



Findings at baseline assessment visit

Name:

Date:

Factor	Finding	Interpretation
Smoking	[Non-smoker/Current smoker]	[Good/Higher risk]
Blood pressure	[SBP/DBP] mmHg	[Good/Borderline/High]
Weight	[WEIGHT] kg or [WEIGHT] stone [WEIGHT] lbs	-
Height	[HEIGHT] metres or [HEIGHT] ft [HEIGHT] ins	-
Body mass index (weight divided by height squared)	[BMI] kg/m ²	[Underweight/Good/ Overweight/Very overweight]
Waist circumference	[Waist] cm or [Waist] ins	[Good/Borderline/Excessive]
Percent body fat	[FAT]%	[Good/Excessive]
Heel bone ultrasound	[BUA]dB/MHz	[Good/Reduced]
Lung function		
FEV ₁ value	[FEV ₁] litres	[Good/Reduced]
FVC value	[FVC] litres	[Good/Reduced]
FEV ₁ /FVC ratio	[FEV ₁ /FVC]%	[Good/Reduced]

The interpretation of findings is based on information from previous studies linking these factors with health risk. Participants with undesirable findings may be at higher risk of some diseases, and may wish to consider appropriate lifestyle changes (e.g. stopping smoking; reducing dietary intake of salt, meat and other sources of animal and other "saturated" fats; increasing physical activity). Some advice leaflets are available from reception. Those with high blood pressure levels or reduced lung function may also wish to have them checked again by their own doctor.