



Date: 09-27-2023

Your Result

Possible Surgery Candidate

Based on your weight, health conditions, and quality of life, surgery may be an option for you.

Ask a doctor for a complete evaluation.

- Talk to your doctor about the risks and benefits of weight-loss surgery or other options.
- Based on widely accepted guidelines, a person of your height should weigh less than 149 pounds (a weight loss of 76 pounds for you).
- Work with a health care professional to improve your weight-related health risk factors.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Blood Pressure

Moderate Risk ∨

Systolic Blood Pressure

Current

120-129 mm Hg
Moderate Risk

Recommended Goal

Less than 120 mm Hg
Low Risk

Diastolic Blood Pressure

Current

80-89 mm Hg
Moderate Risk

Recommended Goal

Less than 80 mm Hg
Low Risk

High blood pressure is an important health risk factor. Your doctor will figure out your blood pressure goal based on several health factors.

People with high blood pressure should:

- Keep their weight in the healthy range
- Be physically active every day
- Take medication to control blood pressure (if recommended by a doctor)

Cholesterol

Low Risk 

Cholesterol

Current

Within recommended range
Low Risk

Recommended Goal

Within recommended range
Low Risk

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. There are no symptoms for abnormal cholesterol.

Some people are able to control their cholesterol through physical activity, losing weight, and eating a healthful diet. Other people may need to add medication in order to reach their recommended goals.

Exercise

High Risk ∨

Weekly Exercise

Current

No physical activity
High Risk

Recommended Goal

150 min. or more (moderate)**
Low Risk

Exercise is only part of the weight loss story.

A healthful diet and regular exercise can help with weight loss. The key is to exercise for enough minutes each week.

Regular physical activity can also improve blood pressure, cholesterol, and blood sugar.

*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Fasting Blood Sugar

Low Risk 

Fasting Blood Sugar

Current

Within recommended range

Low Risk

Recommended Goal

Within recommended range

Low Risk

High (uncontrolled) blood sugar can take a toll on almost every organ of the body.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar between 100 mg/dL and 125 mg/dL is called prediabetes. Prediabetes is a major risk factor for developing diabetes in the future.

Exercising, eating/drinking fewer calories, and losing a little weight may help lower blood sugar.

High blood sugar is not a weight-related risk factor in people with Type 1 diabetes.

Tobacco Use

Low Risk 

Tobacco Use

Current

Never used tobacco

Low Risk

Recommended Goal

Tobacco-free at least 1 year

Low Risk

Smokers have a higher risk of several important health problems. The more cigarettes smoked, the higher the health risk.

Quitting smoking has big health benefits. It may even reduce cravings for high-calorie and high-fat foods in some people.

Programs to quit smoking should also include weight management support.

Weight Loss Recommendation

**Weight Loss
Recommended**

Your Weight Loss Recommendation

Only a health care professional can determine the ideal weight for you. This assessment uses body mass index (BMI) to estimate your healthy weight range. Your ideal weight may not fall within this range.

Watch Your Weight and Your Waistline

Having too much body fat increases several serious health risks. Having too much belly fat (a larger waistline) can also increase these risks no matter how much you weigh. If you're overweight, losing just five to ten pounds can help lower your blood pressure. High blood pressure is an important risk factor for heart disease and stroke. Type 2 diabetes is another important weight-related health risk.

Weight-Related Health Conditions



Weight-Related Health Conditions	You Reported
Quality of life is greatly impacted	No
High blood pressure or on medication	Yes
High blood sugar or on medication	No
Abnormal cholesterol or on medication	No
Prediabetes or type 2 diabetes	Yes
Debilitating arthritis	No
Asthma	No
Obstructive sleep apnea	No
Gastroesophageal reflux disease (GERD)	Yes
Severe urinary incontinence	No
Obesity-hypoventilation syndrome	No
Pseudotumor cerebri	No
Nonalcoholic liver disease	No
Venous stasis disease	No

Body Mass Index (BMI)

BMI is a calculation that uses height to define weight ranges for both men and women. BMI is a good first step towards learning if you're at a healthy weight, but may not be appropriate for people under age 20, highly trained athletes, or pregnant/breastfeeding women.

Weight Category (BMI)	Weight Range for people 5'5" tall
Underweight (BMI under 18.5)	109 lbs. or less
Healthy (BMI 18.5 to 24.9)	110 to 148 lbs.
Overweight (BMI 25.0 to 29.9)	149 to 178 lbs.
Obesity I (BMI 30.0 to 34.9)	179 to 208 lbs.
Obesity II (BMI 30.0 to 34.9)	209 to 238 lbs.
Extreme Obesity (BMI 30.0 to 34.9)	239 lbs. or more

Take Your Next Steps

You are eligible for a surgical consultation.

[Take Next Steps](#)

Take next steps with our comprehensive approach to weight management.

[Learn More](#)

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Bariatric Services

To learn more about bariatric services at National Health, visit nationalhealth.org. We provide a comprehensive array of bariatric services to help our community maintain and improve their health.

Thank you for participating in the WeightAware Risk Assessment.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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