

EXAMINEE FEEDBACK FORM

Name: _____ Examination date: ____/____/ 2011

The **visual acuity test** measures the accuracy of your vision, both eyes together (with spectacles, if you wear them).

Near vision, visus: _____

Distance vision, visus: _____

- Good (visus at least 0.50)
- Slightly diminished (visus 0.32–0.40)
- Clearly diminished (visus 0.25 or less)

- Good (visus at least 1.00)
- Slightly diminished (visus 0.63–0.80)
- Clearly diminished (visus 0.50 or less)

If you have diminished eyesight, you should see an optician or an ophthalmologist for a more thorough eye examination.

Height: _____ cm Weight: _____ kg Body mass index: _____ kg/m²

Body fat percentage: _____% Waist circumference: _____ cm

Body mass index (kg/m²) interpretation:

under 18.5	underweight
18.5–24.9	normal weight
25.0 or more	overweight

Body fat percentage (%) recommended values:

	20 to 39 years	40 to 59 years	60 to 79 years
Women	21–33%	23–34%	24–36%
Men	8–20%	11–22%	13–25%

For **waist circumference** (cm), the recommended value is less than 90 cm for women and less than 100 cm for men.

Waist circumference is a measure that helps estimate the location of fat in the body. An increased waist measurement is often caused by excess fat accumulating in the abdominal cavity, which has been found to be detrimental to health. Exceeding a waist circumference of 100 cm (men) or 90 cm (women) represents an elevated risk of developing conditions such as diabetes or cardiovascular diseases. Even a somewhat lower waist measurement (over 90 cm in men, over 80 cm in women) represents a slightly elevated risk.

Resting EKG result (electrocardiogram)

- Your enclosed EKG appears to be normal.
- * Your enclosed EKG is slightly abnormal; please show it to your physician when you have your next check-up
- ** Your enclosed EKG is moderately abnormal; please consult a physician as soon as possible, e.g. within the next week.
- *** Your enclosed EKG is severely abnormal; please consult a physician immediately, preferably today

Blood pressure: Syst. _____ Diast. _____ **Heart rate:** _____/minute

Blood pressure is considered to be elevated if the systolic pressure (the higher value) is 140 mmHg or higher and/or the diastolic pressure (the lower value) is 90 mmHg or higher.

The purpose of hypertension treatment is to bring the systolic pressure down to under 140 mmHg and the diastolic pressure down to under 85 mmHg. If you have diabetes or a kidney condition, or if you have suffered a stroke or heart attack, the target is for your blood pressure to be under 130/80 mmHg.

If you are already being monitored or treated for hypertension, continue following your current instructions and show your check-up results to your nurse or physician at your next appointment.

If your blood pressure in this check-up was higher than the recommended values and you are not being monitored or treated for hypertension, we recommend that you visit the health centre for another blood pressure measurement to confirm this result as soon as possible. If the check-up showed that your systolic pressure was 180 mmHg or more and/or your diastolic pressure was 120 mmHg or more, we recommend that you consult a physician in the next few days. If you are also suffering from nausea, dizziness, headache or similar symptoms, you should seek medical attention urgently.

The chair stand test is a simple functional test of the strength of the muscles of the lower limbs and torso. The result recorded here is the time needed to rise from a chair 5 times. The test may be interpreted according to indicative values based on average age group and gender group values in the Finnish population from the Health 2000 survey. There are no reference values for examinees under the age of 55.

Result: _____ seconds

Fitness rating		Age group (years)			
		55–59	60–69	70–79	80 +
1 = Clearly below average	Women	15.2 or more	16.8 or more	21.8 or more	no result
	Men	14.5 or more	15.1 or more	18.6 or more	no result
2 = Somewhat below average	Women	12.8–15.1	14.3–16.7	16.7–21.7	48.0 or more
	Men	12.2–14.4	12.8–15.0	15.0–18.5	38.1 or more
3 = Average	Women	11.6–12.7	12.5–14.2	14.3–16.6	19.9–47.9
	Men	10.8–12.1	11.5–12.7	12.6–14.9	16.4–38.0
4 = Somewhat above average	Women	10.2–11.5	10.8–12.4	12.4–14.2	14.5–19.8
	Men	9.6–10.7	9.9–11.4	11.0–12.5	12.7–16.3
5 = Clearly above average	Women	under 10.2	under 10.8	under 12.4	under 14.5
	Men	under 9.5	under 9.9	under 11.0	under 12.7

Spirometry (functional capacity of the lungs):

FEV1: _____

- 80% or more of normal = normal
- 65% to 79% = slightly diminished
- 45% to 64% = moderately diminished
- less than 45% = severely diminished

FEV1/FVC %: _____

- at least 70% = normal
- less than 70% = diminished

Spirometry measures the functional capacity of the lungs. Spirometry is used to measure how much air the examinee exhales and how quickly the examinee is able to empty the lungs.

FEV1 (Forced Expiratory Volume in 1 second) is the maximum amount of air exhaled in one second from the beginning of exhalation. This measures how quickly you are able to force air out of your lungs.

FVC (Forced Vital Capacity) represents the maximum amount of air that you can exhale with maximum effort. The FVC value reflects the volume of your lungs, the flexibility of the lung tissue and whether any air is trapped in the lungs after exhalation.

The ratio obtained by dividing FEV1 by FVC illustrates how freely air flows in your respiratory system; this percentage decreases if the airway is obstructed (for instance in cases of asthma or chronic obstructive pulmonary disease).

Asthmatics with a mild case of the disease or currently symptom-free may have a completely normal spirometry test result. If your spirometry test showed a diminished result and you have lung symptoms, you should consult a physician for further examination.

The walking speed test measures mobility. Performing the test requires a combination of many factors such as muscular strength, joint mobility, coordination, balance and vision. The result shows your walking speed over a distance of 6.1 m (m/s). The test may be interpreted according to indicative values based on average age group and gender group values in the Finnish population from the Health 2000 survey. There are no reference values for examinees under the age of 55.

Result: _____ m/s

Fitness rating		Age group (years)			
		55–59	60–69	70–79	80 +
1 = Clearly below average	Women	under 1.37	under 1.21	under 0.95	under 0.18
	Men	under 1.51	under 1.39	under 1.06	under 0.40
2 = Somewhat below average	Women	1.37-1.51	1.21-1.37	0.95-1.13	0.18-0.56
	Men	1.51-1.67	1.39-1.58	1.06-1.31	0.40-0.85
3 = Average	Women	1.52-1.63	1.38-1.53	1.14-1.29	0.57-0.86
	Men	1.68-1.84	1.59-1.74	1.32-1.51	0.86-1.13
4 = Somewhat above average	Women	1.64-1.79	1.54-1.69	1.30-1.48	0.87-1.09
	Men	1.85-2.01	1.75-1.95	1.52-1.71	1.14-1.44
5 = Clearly above average	Women	1.80 or more	1.70 or more	1.49 or more	1.10 or more
	Men	2.02 or more	1.96 or more	1.72 or more	1.45 or more

The hand grip strength test measures the muscular strength of the hand and forearm, which is a good indicator of general muscular strength. The test may be interpreted according to indicative values based on average age group and gender group values in the Finnish population from the Health 2000 survey.

Result: _____ kg **Right hand** **Left hand**

Fitness rating	Age group (years)						
	30–39	40–49	50–59	60–69	70–79	80 +	
1 = Clearly below average	Women	under 27.1	under 26.0	under 23.6	under 20.1	under 15.8	under 11.3
	Men	under 45.8	under 45.8	under 41.8	under 37.3	under 28.6	under 20.3
2 = Somewhat below average	Women	27,1–30,2	26,0–29,4	23,6–27,3	20,1–23,6	15,8–19,6	11,3–14,6
	Men	45,8–50,9	45,8–50,9	41,8–47,0	37,3–42,5	28,6–33,4	20,3–24,6
3 = Average	Women	30,3–32,9	29,5–32,2	27,4–30,3	23,7–26,6	19,7–22,6	14,7–17,4
	Men	51,0–55,4	51,0–55,2	47,1–51,8	42,6–46,5	33,5–38,9	24,7–30,9
4 = Somewhat above average	Women	33,0–36,0	32,3–35,6	30,4–33,3	26,7–29,5	22,7–26,0	17,5–21,0
	Men	55,5–61,4	55,3–60,0	51,9–56,8	46,6–51,5	39,0–43,3	31,0–34,8
5 = Clearly above average	Women	36.1 or more	35.7 or more	33.4 or more	29.6 or more	26.1 or more	21.1 or more
	Men	61.5 or more	60.1 or more	56.9 or more	51.6 or more	43.4 or more	34.9 or more

Laboratory samples: If you had blood samples taken from you at the examination, the results of the tests will be mailed to you.

You may give these check-up results to your own doctor or nurse for their information if you wish. If you have any questions about your check-up or your results, please contact research nurse Ulla Leskinen, tel. +358 20 610 8611 (e-mail: ulla.leskinen@thl.fi), on weekdays between 09.00 and 11.00.

THANK YOU FOR PARTICIPATING IN THE HEALTH 2011 SURVEY!