

October  
2004



BYU WELLNESS PROGRAM NEWSLETTER

Y'S CHOICES



# HEALTH RISK AND LIFESTYLE APPRIASAL

BY LARRY TUCKER, PhD

The four leading killers in the U.S. today are chronic diseases: heart disease, cancer, stroke, and chronic lower respiratory diseases. These health problems account for two out of every three deaths in America. Luckily, chronic diseases are among the most preventable health problems we face.

Chronic diseases don't just happen. Typically, they begin at an early age and develop undetected until serious damage occurs and a life-altering event, like a heart attack, manifests itself. Chronic diseases are primarily a consequence of years of unhealthy living. In other words, the leading killers are mainly a result of lifestyle-what we eat, how much we exercise, whether or not we smoke, how well we manage our body weight, etc.

Research shows clearly that we can prevent, or at least postpone, most chronic diseases if we make healthy day-to-day lifestyle choices. Further, we can lower the likelihood of meeting the Grim Reaper prematurely by identifying our lifestyle challenges now and working to overcome them.

One of the best methods to identify health risks, so we can make wise adjustments to our lifestyles, is to complete a health risk appraisal. With this in mind, the University Wellness Program and Y Be Fit have worked together to offer all university employees and their spouses the opportunity to participate in a free comprehensive screening using an on-line, computer-scored appraisal. The lifestyle appraisal evaluates health risks in multiple strategic areas, including:

- Personal Health and Medical History
- Family Medical History
- Nutrition
- Safety
- Body Weight Status
- Social Support
- Stress and Emotional Well-Being
- Exercise and Physical Activity
- Life Satisfaction
- Cancer

Besides the questionnaire, the appraisal includes field tests that are designed to afford additional information about your health risks. The field tests include:

- Total, LDL and HDL cholesterol
- Body Mass Index
- Glucose
- Total/HDL Cholesterol Ratio
- Triglycerides
- Back Health
- Body Fat Percentage
- Abdominal Obesity
- Flexibility
- Systolic and Diastolic Blood Pressure
- Cardiovascular Fitness
- Muscular Strength

If it's been several years since you had your cholesterol and blood pressure checked, or you don't have this information on your medical records, you may want to contact Y Be Fit (422-4494). They can provide you with a form to have your blood tested at the hospital for just \$15, and they will take your blood pressure for free.

The other self-administered field tests are simple and can be completed by following the instructions provided by the on-line appraisal. After you complete these important field assessments, the on-line appraisal will ask you to enter your field test results. Then you will be asked to respond to a variety of questions that will focus on your lifestyle (see the bulleted categories above). Of course, your responses will be entirely confidential.

Once you complete the appraisal and submit your responses on-line, within seconds you will receive your results, including a summary of personalized health risks and lifestyle information. Results that reflect significant risk or the need for careful follow-up will be highlighted to catch your attention.

We encourage you to participate in this rare opportunity to complete the free on-line lifestyle appraisal. It will be available to you on-line at <http://wellness.byu.edu/hrla.php> from October 1st until October 31st. The Appraisal will provide you with a wealth of information that will help you fight chronic disease. Moreover, the appraisal will give the University Wellness Program and Y Be Fit valuable group data (individual results will be completely anonymous) that will help us design wellness programs and offer activities that will address the health and lifestyle problems we face as a university.

PS. Don't forget to have your spouse complete the appraisal, too. However, it's not for children or those who are not currently employed by BYU.

# UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT  
Wellness.byu.edu OR CALL 2-5884

ALL EVENTS ARE  FREE UNLESS OTHERWISE NOTED

## HEALTH RISK AND LIFESTYLE APPRAISAL

This online health survey will be conducted throughout the month of October. It is available at the following URL:  
<http://wellness.byu.edu/hrla.php>.

The survey will provide information about individual health risks as well as indicate overall health status of University employees.

Note: Health professionals and Wellness Program Coordinators will be available to assist you in completing the blood pressure, body measurement, fitness test, and one-mile walk portions of the HRLA. Locations and dates are as follows:

**10/11**, Monday: 12 noon - 2 pm (3220 WSC)

**10/13**, Wednesday: 11 am - 1 pm (1188 CONF)

**10/15**, Friday: 11 am - 2 pm (Indoor track SFH)

**10/19**, Tuesday: 12 noon - 1 pm (1188 CONF)

**10/20**, Wednesday: 11 am - 1 pm (3238 WSC)

**10/21**, Thursday: 11 am - 2 pm (Indoor track SFH)

### Did You Know?

October is National Breast Cancer Awareness Month. The American Cancer Society estimates that 200,000 people will be diagnosed with breast cancer this year and 40,000 will die of the disease. Early detection is key to survival. Women age 40 and older should have a mammogram every one or two years. In addition to mammograms, it is recommended that self-breast exams be performed once a month. Risk factors for breast cancer include age, age at first menstrual cycle, a family history of cancer, being Caucasian, not having children, alcohol use, being overweight and being sedentary. Being physically active, enjoying a healthy diet and participating in screenings can help you reduce your risk for breast cancer.

### CHEF'S CORNER

#### LOW-FAT PUMPKIN OATMEAL COOKIES

##### Ingredients:

1 c. pumpkin	1 tsp. cinnamon
2 egg whites, whipped	1/2 tsp. nutmeg
1 c. brown sugar, packed	1/2 tsp. cloves
1 1/2 c. all-purpose flour	3 c. rolled oats
1 tsp. baking soda	1 c. raisins

##### Directions:

Spray baking sheet with cooking spray. In a large bowl combine pumpkin and egg whites. In a separate bowl combine sugar, flour, baking soda, cinnamon, nutmeg, cloves, oats, and raisins. Batter will be very dry at first, mix ingredients together just until moistened. Drop cookies by tablespoonfuls onto prepared baking sheet, 2" apart. You can leave the cookies in the shape of a ball (the baked cookie will still be a ball) or flatten them out with the bottom of a glass before baking.

\* Bake at 350 degrees for 15 minutes.