

## **Appendix L: Report to Participants (In-Home)**



A health study for oil spill clean-up workers and volunteers

## Urine Glucose Results

Name: \_\_\_\_\_

Date: \_\_\_\_\_  
(Version 0.4)

### Assessment of Diabetic Symptoms *(to be read by examiner):*

Have you previously been diagnosed with diabetes \_\_\_ Yes \_\_\_ No

In the last month, have you experienced frequent urination or unusual thirst? \_\_\_ Yes \_\_\_ No

### Results:

We tested your urine for glucose (sugar) with a chemical reagent strip (dipstick). The result is shown below.

Urine Glucose Result: \_\_\_\_\_ (Negative, Trace, Positive)

### What do Urine Glucose numbers indicate?

Normal urine samples usually contain no detectable glucose (sugar). The presence of sugar in your urine (Trace and Positive values) may indicate a risk for diabetes. The type of test we did is only a quick screening test. It is not accurate enough to diagnose a specific disease, but it does identify people who should have further evaluation. Even if you have been told before that you have diabetes, you should still share a positive test result with your health care provider.

It is important to keep in mind, however, that this type of test can be falsely positive. That is, if you test your urine again, or have a more specific test, it may be normal. Depending on your medical history or the results of a repeated test, your health care provider will determine if any additional evaluations or consultation are needed.

### Interpretation and Advice *(Please circle the appropriate cell below):*

| Prior diagnosis of diabetes | Symptoms of diabetes | Urine Glucose Level  |                                 |                     |
|-----------------------------|----------------------|----------------------|---------------------------------|---------------------|
|                             |                      | Negative             | Trace<br>(1/10 <sup>th</sup> %) | Positive<br>(≥ ¼ %) |
| Yes                         | Yes                  | Of Potential Concern | Urgent                          | Urgent              |
| No                          | Yes                  | Of Potential Concern | Urgent                          | Urgent              |
| Yes                         | No                   | Normal               | Of Potential Concern            | Urgent              |
| No                          | No                   | Normal               | Of Potential Concern            | Urgent              |

**Urgent:** See a health care provider **within the next week** to have your glucose levels checked again

**Of Potential concern:** See a health care provider **within the next month** to have your glucose levels checked again or sooner if symptoms should appear or worsen

**Normal:** No follow-up action is required

If you have questions about your results or need additional assistance in locating health care services in your community, please call the study center toll-free at 1-855-NIH-GULF.



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## Body Mass Index Results

Name: \_\_\_\_\_

Date: \_\_\_\_\_  
(Version 0.6)

### Results:

|                      |                   |            |
|----------------------|-------------------|------------|
| Height: _____ inches | Weight: _____ lbs | BMI: _____ |
|----------------------|-------------------|------------|

### What do body mass index results indicate?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a fairly reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, BMI is used as a screening tool to identify possible weight problems for adults.

| ✓ | Your BMI result is        | This is considered | You are advised to  |
|---|---------------------------|--------------------|---|
|   | BMI 30.0 and above        | Obese              | Your BMI indicates that your weight is in the <b>obese</b> range for adults of your height. People who are obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol. You should talk to your health care provider about this finding and any need for additional evaluation or consultation.           |
|   | BMI between 25.0 to 29.9  | Overweight         | Your BMI indicates that your weight is in the <b>overweight</b> range for adults of your height. People who are overweight are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol. You should talk to your health care provider about this finding and any need for additional evaluation or consultation. |
|   | BMI between 18.5 and 24.9 | Normal             | Your BMI indicates that your weight is in the <b>normal</b> range for adults of your height. Maintaining a healthy weight may reduce the risk of chronic diseases associated with overweight and obesity.   |
|   | BMI < 18.5                | Underweight        | Your BMI indicates that your weight is in the <b>underweight</b> category for adults of   |

|  |  |  |  |
|--|--|--|--|
|  |  |  | your height. Talk with your health care provider to discuss these findings and any need for additional evaluation or consultation. |
|--|--|--|--|

If you have questions about your results or need additional assistance in locating health care services in your