**Attachment 7**

Report of Test Results from Home Examination

Appendix 7-1. Report of Findings Provided to Participants at the End of Home Examination

Appendix 7-2. Final Report of Findings

**Appendix 7-1. Report of Findings Provided to Participants at the End of Home Examination**

**NHANES Longitudinal Study**

**REPORT OF FINDINGS**

Date of Examination:

Participant Name:

SP ID:

This report provides you with results from the body measurements and the blood pressure assessment that were obtained today. The results from laboratory blood and urine tests, and the foot sensation test will be reported to you in the Final Report of Findings that will be mailed at a later time.

The examination given to you was not a complete physical examination and was not intended to be a substitute for visits to your medical care provider. However, the enclosed report contains results of your examination that may be useful to maintaining and promoting your health.

If you have any questions about the results of your examination, you can reach our Senior Medical Officer, Dr. Duong T. Nguyen, at one of our toll-free numbers below between 7:30 AM and 4:30 PM Eastern Time, Monday through Friday.

English: 1-800-452-6115, press "1" Chinese: 1-866-887-7996, press "1"

Spanish: 1-800-452-6115, press "2" Korean: 1-866-887-7996, press "2"

Vietnamese: 1-866-887-7996, press "3"

**Body Measurements**

**Height from original NHANES exam:** **\_\_\_\_ ft \_\_\_\_ inches**

**Weight: \_\_\_\_ lbs**

**Body Mass Index (BMI): \_\_\_\_**

The Body Mass Index (BMI) is used to define the categories of healthy weight, overweight, and obesity. BMI is calculated from measured height and weight using the formula below:

BMI=weight (lbs.) ÷ height (in.) ÷ height (in.) x 703.

**Based on your height, your weight is:**

*(The system will select the correct category based on the test result and display it on the computer screen for the examiner to circle below for the participant)*

Body mass index Statement

< 18.5 **below the range of a healthy weight, and you may be underweight**.

18.5 – <25.0 **within the range of a healthy weight**.

≥25.0 - < 30.0 **above the range of a healthy weight, and you may be overweight.**

≥ 30.0 **above the range of a healthy weight, and you may be obese**.

* **This measurement was not done for you during the home exam.**

**Waist Circumference: \_\_\_\_ in**

For **men**, a waist circumference greater than 40 inches is associated with an increased risk of health problems such as type 2 diabetes, high blood pressure, and cardiovascular disease. This is based on guidelines from the National Heart, Lung and Blood Institute, NIH, 1998.

For **women**, a waist circumference greater than 35 inches is associated with an increased risk of health problems such as type 2 diabetes, high blood pressure, and cardiovascular disease. This is based on guidelines from the National Heart, Lung and Blood Institute, NIH, 1998.

* **This measurement was not done for you during the home exam.**

## Blood Pressure

**Your Measurements Normal**

Systolic Blood Pressure: **\_\_\_\_\_\_ mm Hg** < 120

Diastolic Blood Pressure: **\_\_\_\_\_\_ mm Hg** < 80

Resting heart rate: **\_\_\_\_\_\_ per minute**

*(The system will select the correct category based on the test result and display it on the computer screen for the examiner to circle below for the participant)*

1. Your blood pressure today is **within the normal range**. We suggest you see your doctor within the next year to have your blood pressure rechecked.
2. Your blood pressure today is **above normal** and is in the pre-hypertensive range. We suggest you see your doctor within the next six months to have your blood pressure rechecked.
3. Your blood pressure today is **high**. We suggest you see your doctor within the next two months to have your blood pressure rechecked.
4. Your blood pressure today is **very high**. We suggest you see your doctor within the next two weeks to have your blood pressure rechecked.
5. Your blood pressure today is **severely high**. We **strongly encourage** that you see your doctor today to have your high blood pressure evaluated.

Items 1 - 4 are from the Seventh Report of the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure; NIH Publication, 2003. Item #5 is based on a recommendation from the American Heart Association.

* **This assessment was not done for you during the home exam.**

*These measurements were obtained as part of a survey and do not represent a medical diagnosis. Interpretation of these measurements must be made by a physician.*

**Appendix 7-2. Final Report of Findings**

Dear {SP NAME},

We appreciate your participation in the National Health and Nutrition Examination Survey Longitudinal study conducted by the National Center for Health Statistics.

*If abnormal Hemoglobin A1c or Urine Albumin Creatinine Ratio, insert* **[We reviewed your test results from your examination on *<insert date>******,* and found that some values were abnormal and require your immediate attention.]**

The examination given to you was not a complete examination and was not intended to be a substitute for visits to your medical care provider. However, the enclosed report contains results of your examination that may be useful to maintaining and promoting your health.

If you have any questions about the results of your examination, you can reach me at one of our toll-free numbers below between 7:30 AM and 4:30 PM Eastern Time, Monday through Friday.

English: 1-800-452-6115, press "1" Chinese: 1-866-887-7996, press "1"

Spanish: 1-800-452-6115, press "2" Korean: 1-866-887-7996, press "2"

Vietnamese: 1-866-887-7996, press "3"

Sincerely,

Duong T. Nguyen, DO

Senior Medical Officer

Enclosure



|  |  |
| --- | --- |
| **Date of Examination:** | 2/15/2016 |
| **Participant Name:** | John Doe |
| **Participant Age at Home Visit:** | 73 years |
| **Participant Gender:** | Male |
| **SP ID:** | 123456 |

**Body Measurements**

|  |  |
| --- | --- |
|  |  |
| Height from original NHANES exam: | 5 ft. 7 in. |
| Weight: | 166.1 lbs. |
| Body Mass Index (BMI): | 26.0 |

**Based on your height, your weight is within the range of a healthy weight.**

Waist circumference: 33 in.

For men, a waist circumference greater than 40 inches is associated with an increased risk of health problems such as type 2 diabetes, high blood pressure, and cardiovascular disease. This is based on guidelines from the National Heart, Lung and Blood Institute, NIH, 1998

**Blood Pressure & Heart Rate**

|  |  |  |
| --- | --- | --- |
|  |  | Normal |
| Systolic Blood Pressure: | 132 mm Hg | < 120 |
| Diastolic Blood Pressure: | 92 mm Hg | < 80 |
| Resting Heart Rate: | 74 |  |
|  |  |  |

Your blood pressure on 2/15/2016 was **above normal** and was in the pre-hypertensive range. We suggested at that time that you see your doctor within the next six months to have your blood pressure rechecked.

**Foot sensation Tests**

This sensory examination tests your ability to feel a filament pressed on the big toe of your feet. The examination showed that you have normal sensation in both of your feet.

**Laboratory Tests - Blood**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Result** | **Units** | **Flag** | **Reference Range** |
| Hemoglobin A1c | 6.8 | % | High | < 6.5 |

**Laboratory Tests - Urine**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Result** | **Units** | **Flag** | **Reference Range** |
| Albumin Creatinine Ratio | 28 | mg/g |  | < 30.00 |

# Laboratory Information

The following CLIA-certified laboratories performed the named tests on biologic specimens

|  |  |
| --- | --- |
| Laboratory name  Laboratory address | Hemoglobin A1c |
| Laboratory name  Laboratory address | Urine albumin/creatinine ratio |