

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

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"

Spanish: 1-800-452-6115, press "2"

Chinese: 1-866-887-7996, press "1"

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:

$$\text{BMI} = \text{weight (lbs.)} \div \text{height (in.)} \div \text{height (in.)} \times 703.$$

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.

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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

Systolic Blood Pressure:	132 mm Hg	Nor mal < 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

	<u>Result</u>	<u>Units</u>	<u>Flag</u>	<u>Reference Range</u>
Hemoglobin A1c	6.8	%	High	< 6.5

Laboratory Tests - Urine

	<u>Result</u>	<u>Units</u>	<u>Flag</u>	<u>Reference Range</u>
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