

**Pease Study  
 Body and Blood Pressure Measures Report**

STUDY ID No.: \_\_\_\_\_ NAME: \_\_\_\_\_

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_:\_\_\_\_ AM PM STAFF INITIAL: \_\_\_\_\_

BODY MEASURES AND BLOOD PRESSURE ARE USEFUL TO SEE IF YOU ARE AT RISK FOR DISEASES RELATED TO HIGH BODY FAT.  
**ON THE BACK OF THIS REPORT --- READ MORE ABOUT WHAT YOUR MEASURES MEAN AND ACTIONS YOU SHOULD TAKE WITH A DOCTOR.**

YOUR BODY MEASURES		YOUR STATUS	
HEIGHT: _____ ft _____ in	BODY MASS INDEX: _____ kg/m <sup>2</sup>	Body Mass Index (BMI) is calculated from height and weight. BMI and WAIST SIZE are useful for measuring body fat. They can gauge your risk for diseases that often occur with more body fat. Examples are heart disease, high blood pressure, and Type 2 diabetes.	
WEIGHT: _____ lbs		<u>BMI</u>	<u>WEIGHT STATUS</u>
		Below 18.5	Underweight
		18.5 – 24.9	Normal
		25.0 – 29.9	Overweight
		30.0 and Above	Obese
WAIST SIZE: _____ in		<u>WOMEN</u>	<u>MEN</u>
	Smaller Risk	35-in or less	40-in or less
	Larger Risk	More than 35-in	More than 40-in
YOUR BLOOD PRESSURE		YOUR STATUS	
SYSTOLIC over DIASTOLIC _____/_____ mm Hg	<u>SYSTOLIC over DIASTOLIC</u>	<u>BLOOD PRESSURE CATEGORY</u>	
	Less than 120 AND Less than 80	Normal	
	120-129 OR Less than 80	Elevated	
	130-139 OR 80-89	Hypertension Stage 1	
	140 or Higher OR 90 or Higher	Hypertension Stage 2	
Higher than 180 OR Higher than 120	Hypertensive Crisis		

**PLEASE TURN OVER AND READ MORE ABOUT HOW TO USE THIS INFORMATION**

WHAT YOUR WEIGHT STATUS AND WAIST SIZE MEANS	WHAT YOUR BLOOD PRESSURE STATUS MEANS
<p><b>Underweight or Normal</b></p> <p>Most people who are underweight or at normal weight are <b>not at risk</b> for obesity-related disease. This is not a 100% surety because greater waist size, family history, or lifestyle choices still put some normal weight people at risk.</p>	<p><b>Normal</b></p> <p>Your blood pressure is normal. You should still continue to have your regular appointments and check-ups with you doctor.</p>
<p><b>Overweight</b></p> <p>Overweight people with a smaller waist size are at <b>increased risk of disease</b>.</p>	<p><b>Elevated</b></p> <p>Your blood pressure is slightly above normal. You should still continue to have your regular appointments and check-ups with you doctor.</p>
<p><b>Overweight</b></p> <p>Overweight people with a larger waist size are at <b>high risk for disease</b>.</p>	<p><b>HYPERTENSION NOTICE - Hypertension Stage 1 and 2</b></p> <p>Your blood pressure is very high. You should call your doctor and ask for an appointment. Please take this form with you and show it to your doctor. If you do not have a doctor we will help to find you one.</p>
<p><b>Obese</b></p> <p>People who are at the <b>highest risk of disease</b>. Please check with your doctor on how you could reduce your weight and waist size.</p>	<p><b>HYPERTENSION NOTICE - Hypertension Crisis</b></p> <p>Your blood pressure is dangerously high. You cannot continue with the study. You should call you doctor right now and ask to be seen as soon as possible. Your doctor may want you to go to the emergency room instead of waiting for an appointment. Please take this form with you and show it to your doctor. If you do not have a doctor we will help to find you one.</p>

**THE NURSE HAS TO MARK WHICH CATEGORY APPLIES TO YOU BEFORE YOU LEAVE**