Centers for Disease Control and Prevention

National Center for Health Statistics 3311 Toledo Road, MS P08

Hyattsville, Maryland 20782

**SAMPLE ROF 2021**

**Date**

**Attachment 14g**

Participant Name

Address

Dear Participant,

We appreciate your participation in the National Health and Nutrition Examination Survey conducted by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. By taking part in this survey, you have helped add to our knowledge about the health status of people living in the United States. The information we collect is used to evaluate the country's health problems, develop health programs, and improve the quality of medical care.

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. You are responsible for securing your test results. If you do not want anyone else to review your results place them in a secure place so no one else can review them.

If you have any questions about the results of your examination, you can reach me on 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" |
| Sincerely, |  |

Duong T. Nguyen, D.O. Chief Medical Officer

Enclosure 123456

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.

**Date of Examination:** DATE

**Participant Name:** Participant

**Participant Age at Interview:** xx years

**Participant Age at Exam:** xx years

**Participant Gender:** Female

**SP ID:** 123456

# Body Measurements

Height: 5 ft. 4 in.

Weight: 122.9 lbs.

# Blood Pressure & Heart Rate

|  |  |
| --- | --- |
| **ADULT (ages 18 years and up)** | Normal |
| Systolic Blood Pressure: | 118 mm Hg | < 120 |
| Diastolic Blood Pressure: | 76 mm Hg | < 80 |
| Resting Pulse Rate: | 88 |  |
| Cuff Size: | Adult |  |

## Your blood pressure today is within the normal range based on the American Cardiology Association (ACC) and the American Heart Association (AHA) Hypertension Guidelines for Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. American Journal of Hypertension, 2018; 31 (2):133-135.

## CHILD (ages 8-17 years)

|  |  |  |
| --- | --- | --- |
| Systolic Blood Pressure: | 105 mm Hg |  |
| Diastolic Blood Pressure: | 65 mm Hg |  |
| Resting Pulse Rate: | 94 |  |
| Cuff Size: | Child |  |

## Your child’s blood pressure today is within the normal range based on the American Academy of Pediatrics (AAP) Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. Pediatrics 2017; 140 (3):e20171904

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# Complete Blood Count

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| White Blood Count | **Result**7.0 | **Units**x109 /L | **Flag** | **Reference Range**4.1 - 12.9 |
| Lymphocytes | 21.8 | % |  | 14.1 - 47.6 |
| Monocytes | 4.7 | % |  | 3.8 - 11.6 |
| Neutrophils | 56.6 | % |  | 39.8 - 78.1 |
| Eosinophils | 0.6 | % |  | 0.6 - 7.3 |
| Basophils | 1.4 | % |  | 0.1 - 1.7 |
| Red Blood Count | 4.7 | x1012 /L |  | 3.6 - 5.2 |
| NRBC | 0.0 | x1012 /L |  | 0.0 - 0.3 |
| Hemoglobin | 12.7 | g/dL |  | 10.6 - 15.6 |
| Hematocrit | 38.0 | % |  | 32.0 - 45.9 |
| MCV | 80.8 | fL |  | 74.6 - 98.2 |
| MCH | 26.0 | pg |  | 24.3 - 33.8 |
| MCHC | 33.4 | g/dL |  | 32.1 - 35.3 |
| RDW | 14.5 | % |  | 11.4 - 16.3 |
| Platelet Count | 360 | x109 /L |  | 168 - 441 |

--- Test not done

A/A/A/ Results still pending

<<< Lower than the limit of detection

>>> Above the limit of detection

vvv Delayed results Number of hours fasted prior to blood draw: 22

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**Blood Tests**



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Result** | **Units** | **Flag** | **Reference Range** |
| Glucose | 85 | mg/dL |  | 60 - 109 |
| Hemoglobin A1c | 4.6 | % |  | < 6.5 |
| ALT | 10 | IU/L |  | < 31 |
| AST | 11 | IU/L |  | < 31 |
| Alkaline Phosphatase | 60 | IU/L |  | 39 - 117 |
| Albumin | 3.3 | g/dL |  | 3.2 - 5.2 |
| Bicarbonate | 20 | mmol/L | Low | 22 - 29 |
| BUN | 7 | mg/dL |  | 6 - 19 |
| Calcium | 10.0 | mg/dL |  | 8.4 - 10.2 |
| Cholesterol | 182 | mg/dL |  | < 200 |
| CPK | 30 | IU/L |  | 22 - 199 |
| Triglycerides | 87 | mg/dL |  | < 150 |
| HDL | 66 | mg/dL |  | > 39 |
| Phosphorus | 4.1 | mg/dL |  | 2.6 - 4.5 |
| Sodium | 136 | mmol/L |  | 133 - 145 |
| Potassium | 4.00 | mmol/L |  | 3.30 - 5.10 |
| Chloride | 102 | mmol/L |  | 96 - 108 |
| Total Protein | 6.9 | g/dL |  | 5.9 - 8.4 |
| Uric Acid | 3.7 | mg/dL |  | 2.4 - 5.7 |
| Bilirubin | 0.2 | mg/dL |  | 0.0 - 1.0 |
| Serum Folate | 48.8 | nmol/L |  | 10.5 - 90.7 |
| RBC Folate | 1610 | nmol/L |  | 640 - 2006 |
| Serum Ferritin | 48 | µg/L |  | 15 - 150 |
| Iron | 63 | µg/dL |  | 22 - 163 |
| Total Iron Binding Capacity (TIBC) | 344 | µg/dL |  | 250 - 450 |
| Transferrin Saturation | 18 | % | Low | 20 - 50 |
| Lead | 0.5 | µg/dL |  | 0.0 - 10.0 |
| Vitamin A (retinol) | vvv | µg/dL |  | 20 - 100 |
| Vitamin C | vvv | µg/dL |  |  |
| Vitamin D | vvv | µg/dL |  |  |
| Cadmium | 0.1 | µg/L |  | 0.3 - 1.2 |
| Total Blood Mercury | 0.6 | µg/L |  | < 5.7 |
| Testosterone  | 500 | μg/dL |  | 250-1100 |
|  Thyroglobulin ng/mL 1.5-29.2 | 5 | ng/ml |  | 1.5-29.2 |
| TSH | 4 |  mIU/dL |  | 0.45-4.12 |
| Follicle Stimulating Hormone | 12 | mIU/mL |  | Varies individually |
| Lutenizing Hormone | 15 | mIU/mL |  | Varies individually |
|  |  |  |  |  |

--- Test not done

A/A/A/ Results Still Pending

<<< Lower than the limit of detection

>>> Above the limit of detection

vvv Delayed Results Number of hours fasted prior to blood draw: 22

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# Blood Test

 **Result Reference Range**

COVID 19 Antibody Positive Negative

# Urine Tests

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Result** | **Units** | **Flag** | **Reference Range** |
| Albumin Creatinine Ratio - 1st Collection | 7.17 | mg/g |  | < 30.00 |
| Total Arsenic | --- | µg/L |  |  |
| Urinary Nickel | --- | µg/L |  |  |

# Kidney Health

Your kidneys filter your blood and help control blood pressure. We checked how healthy your kidneys are by calculating your estimated glomerular filtration rate (eGFR). This is not a meaningful test if you are very muscular.

 **Your estimated glomerular filtration rate (eGFR) was 120 mL/min/1.73m2**

**This indicates normal function**

This value is not meaningful for pregnant women, individuals with acute kidney failure, people with extreme body size or muscle mass (such as individuals who are bodybuilders, extremely obese or severely malnourished), and people on vegetarian or low-meat diets or taking creatine dietary supplements.

# Balance

You performed a Modified Romberg test for balance during your examination. This screening test is listed by the Centers for Medicare and Medicaid (CMS) Physician Quality Reporting System for fall risk assessment.

**Based on the Modified Romberg screening test, you passed**.

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--- Test not done

A/A/A/ Results Still Pending

<<< Lower than the limit of detection

>>> Above the limit of detection vvv Delayed Results

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# Body Composition

The whole body scan provides information on your percent body fat.

The body composition exam results showed that your total body fat is \_\_\_%.

We do not know exactly what percent body fat is considered healthy for your age and gender.

Researchers are working to define the healthy ranges for the public. You may want to discuss this result

and your body measurement findings (page 1) with your doctor to find out what they mean for you. Too

much body fat can increase a person's risk of getting diabetes or heart disease.

**Liver Elastography**

Liver elastography measures the stiffness of your liver. In general, having liver stiffness may indicate liver damage.

Information from your liver ultrasound exam showed a value of 3.60 kiloPascals (kPa).

A scoring system (1), was used to interpret your result. Using this recommended scoring system, the result showed you have little or no liver stiffness. No additional follow-up regarding this test is recommended at

this time.

1. Published in GASTROENTEROLOGY 2005;128:343–350.

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 **Laboratory Information**

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

|  |  |
| --- | --- |
| NHANES Mobile Examination Center Laboratory National Center for Health Statistics3311 Toledo Road, MS P08 Hyattsville, Maryland 20782 | Complete blood count |
| Diabetes Diagnostic Laboratory University of Missouri - Columbia 1 Hospital Drive Room M765 Columbia, MO 65212 | Glucose and hemoglobin A1c |
| Centers for Disease Control and Prevention National Center for Environmental Health Nutritional Biomarkers Branch Laboratory 4770 Buford Highway, NEMS F-55Atlanta, GA 30341 | Serum ferritin, serum folate, RBC folate, vitamin A(retinol), vitamin C and vitamin E |
| Centers for Disease Control and Prevention NCEH / DLS / IRAT4770 Buford Hwy. Building 103, Labs 1117, 1119,1103Mailstop F-18Atlanta, GA 30341-3724 | Total urinary arsenic, blood lead, cadmium, manganese, total blood mercury, selenium, inorganic blood mercury and urinary nickel |
| Microalbumin Laboratory University of Minnesota 515 Delaware Street SERoom 13-219 - MOOS Tower Minneapolis, MN 55455 | Urine albumin/creatinine ratio |
| University of MinnesotaAdvanced Research and Diagnostic Laboratory 1200 Washington Ave S Suite 175Minneapolis, MN 55415 | Glucose, CPK, estimated glomerular filtration rate, iron binding, transferrin saturation, iron, ALT, AST, alkaline phosphatase, albumin, bicarbonate, BUN, calcium, cholesterol, triglycerides, HDL, LDL, serum creatinine, GGT, LDH, phosphorus, sodium, potassium, chloride, total protein, uric acid and bilirubin |

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