



Findings at baseline assessment visit

Name: [Insert name]

[Participant ID]

Date: [Insert date]

Factor	Finding	Interpretation
Smoking	[Non-smoker/Current smoker]	[Good/Higher risk]
Blood pressure	[SBP/DBP] mmHg	[Good/Borderline/High]
Weight	[WEIGHT] kg or [WEIGHT] stone [WEIGHT] lbs	-
Height	[HEIGHT] metres or [HEIGHT] ft [HEIGHT] ins	-
Body mass index (weight divided by height squared)	[BMI] kg/m ²	[Low/Good/ High/Very high]
Waist circumference	[Waist] cm or [Waist] ins	[Good/Borderline/High]
Percent body fat	[FAT]%	[Good/High]
Heel bone ultrasound	[BUA]dB/MHz	[Good/Reduced]
Lung function		
FEV ₁ value	[FEV ₁] litres	[Good/Reduced]
FVC value	[FVC] litres	[Good/Reduced]
FEV ₁ /FVC ratio	[FEV ₁ /FVC]%	[Good/Reduced]
Intraocular pressure	[IOP] mmHg	[Good/High]

The interpretation of findings is based on information from previous studies linking these factors with health risk. Participants with undesirable findings may be at higher risk of some diseases, and may wish to consider appropriate lifestyle changes (e.g. stop smoking; reduce dietary intake of salt, meat and other sources of animal and other "saturated" fats; increase physical activity). Advice leaflets are available from reception.

If your blood pressure or intraocular pressure are high, or your lung function or heel ultrasound are reduced, you may wish to have them checked again by your doctor or optician for intraocular pressure. Call NHS Direct (0845-4647) for further information.