

# HEALTH SCREENING & EDUCATION RECORD



The World Health Organization

Reports that

**80%** of Premature Heart Disease  
(#1 Killer)

**80%** of Stroke (#3 Killer)

**80%** of Diabetes (#6 Killer)

**40%** of Cancer (#2 Killer)

and **NUMEROUS** other conditions

can be prevented by

**YOU**

doing just **3** things...

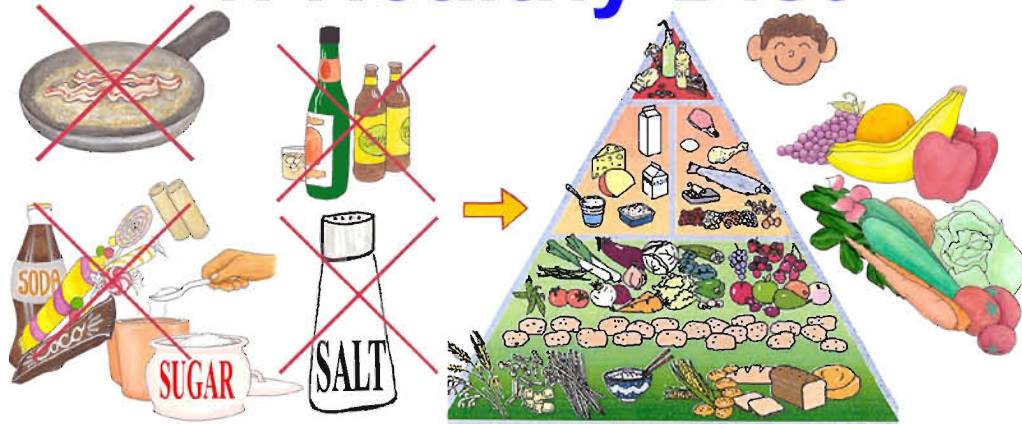
(Much more important than all

of our hospitals & clinics, doctors & nurses,  
and drugs & surgeries combined.)

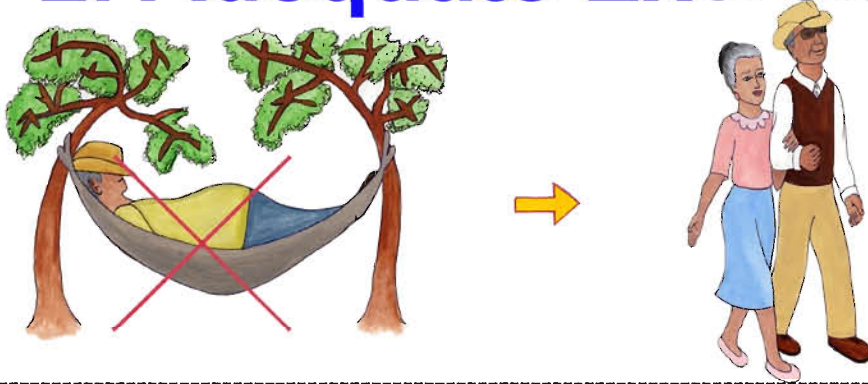
# THE 3 THINGS

# HEALTH SCREENING RECORD

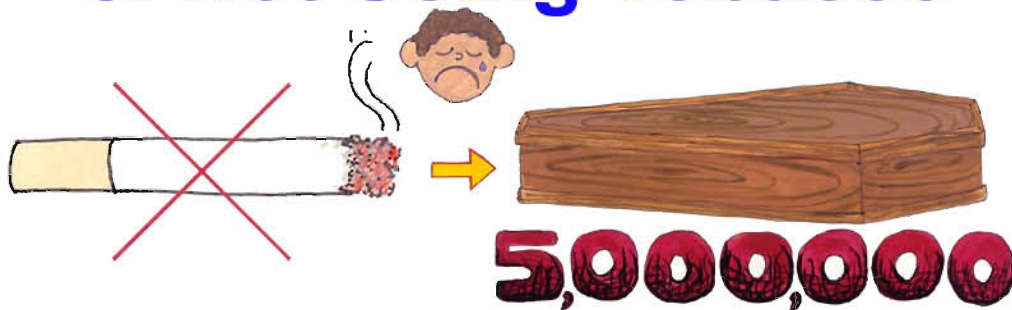
## 1. Healthy Diet



## 2. Adequate Exercise



## 3. Not Using Tobacco



NAME: \_\_\_\_\_  
Surname/Nom/Apellidos (Last)    Given names/Prenoms/Nombres(First)    (Middle)

Age: \_\_\_\_\_ Date: \_\_\_\_\_ Registration Number: \_\_\_\_\_

1. Do you have any of the following symptoms: Increased thirst, Increased urination, Unexplained weight loss, Sores that do not heal? Yes\_\_\_ No\_\_\_
2. Do you get less than 30 minutes exercise per day? Yes\_\_\_ No\_\_\_
3. Do You Use Tobacco? Yes\_\_\_ No\_\_\_
4. I Request the Following Free Services: Yes\_\_\_ No\_\_\_

**A. HEIGHT & WEIGHT for BODY MASS INDEX(BMI):** The higher your BMI, the higher your risk for diseases such as **heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, osteoarthritis, and certain cancers.** These BMI related diseases have now increased to epidemic levels. For example, nearly **10%** of adults world-wide now have **diabetes**.

Underweight = Less than **18.5** BMI

Normal weight = **18.5–24.9** BMI

Overweight = **25–29.9** BMI

Obesity = **30** or greater BMI

Height Inches: \_\_\_\_\_ or Centimeters: \_\_\_\_\_

Weight Pounds: \_\_\_\_\_ or Kilograms: \_\_\_\_\_

BMI: \_\_\_\_\_

**B. BLOOD PRESSURE & PULSE:** (Should always be confirmed by follow-up with your own doctor: **Green=Normal/ Yellow=Pre-hypertension/ Red=Hypertension.** Blood pressure in the **hypertension** range should be evaluated by your own doctor as soon as possible.)

Systolic: \_\_\_\_\_ (Less than **120/ 120-139/140** or greater)

Diastolic: \_\_\_\_\_ (Less than **80/ 80-89/90** or greater)

Pulse: \_\_\_\_\_ (**60-100**)(Less than 60 may be normal for athletes)

Although "The 3 Things" are very simple, they are not always easy to accomplish. For additional evidence-based health education and holistic (mind, body & spirit) health services & support please see the next page.