

# WHAT'S YOUR SCORE?

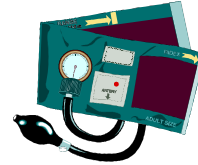


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For each section, use your results to determine your aging points:

## Current Blood Pressure

High blood pressure can lead to atherosclerosis and damage to your heart and kidneys. In general, the lower it is, the better it is.



Systolic	Aging Points
120 or less	0
121 - 130	1
131 - 140	1
141 - 150	3
151 or more	6

Diastolic	Aging Points
80 or less	0
81 - 90	1
91 - 98	2
99 - 106	3
107 or more	6

Are you on any blood pressure medication?  
If yes, multiply your total score by 2.

Systolic + Diastolic =

total aging points

## Cholesterol



HDL-Cholesterol Men	HDL-Cholesterol Women	Aging Points
45 or more	55 or more	0
35 - 44	45 - 54	3
34 or less	44 or less	6



LDL-Cholesterol	Aging Points
130 or less	0
131 - 159	3
160 or more	6



Triglycerides	Aging Points
125 or less	0
126 - 499	1
500 or more	2

HDL + LDL + Triglycerides =

total aging points

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If you **know** you have diabetes, how long have you had the diagnosis?

### Fasting Blood Glucose

Level	Aging Points
Below 110	0
110 - 126	4
Above 126	6

Years with Diabetes	Additional Aging Points
Less than 5 years	4
5 - 10 years	8
More than 10 years	12

Blood Glucose +  
Years Diabetes =

total aging  
points

**On Average How Often Do You Eat (check one for each numbered item):**

Fruits, Vegetables and Grains		Less than 1/WEEK	Once a WEEK	2 - 3 times a WEEK	4 - 6 times a WEEK	Once a DAY	2+ a DAY
1	Fruit juice, like orange, apple, grape, fresh, frozen or canned (Not sodas or other soft drinks)						
2	Any fruit (not counting juice)						
3	Vegetable juice, like tomato juice, V-8, carrot						
4	Green salad						
5	Vegetable soup or stew with vegetables						
6	Any other vegetables, including string beans, peas, corn, broccoli or squash						
7	Fiber cereals like Raisin Bran, Shredded Wheat or Fruit-n-Fiber, and oatmeal						
8	Beans such as baked beans, kidney beans, or lentils (not green beans)						
9	Dark bread such as whole wheat or rye						
<b>Add up the check marks for each column. Multiply the checks in a column by the number listed to get your total for each column. Then add up the column totals to get your grand total of nutrients.</b>							

If your grand total of nutrients points is:

50 or greater = 0 aging points

30 - 49 = 4 aging points

11 - 29 = 6 aging points

0 - 10 = 8 aging points

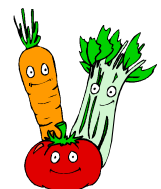
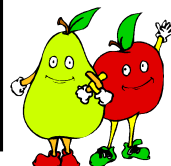
aging points

Total x 1 = \_\_\_\_\_ +  
 Total x 2 = \_\_\_\_\_ +  
 Total x 3 = \_\_\_\_\_ +  
 Total x 4 = \_\_\_\_\_ +  
 Total x 5 = \_\_\_\_\_ +  
 Total x 6 = \_\_\_\_\_ +

**Grand Total Nutrients**

= \_\_\_\_\_

(higher is better)



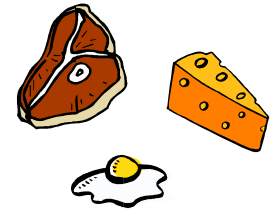
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## Unhealthy Fats

Which of these best describes your diet during the last month? If you eat any of the foods listed in a row, then you qualify for that row. Select the row with the most points that fits for you:	Aging Points
One or more daily servings of red meat; 7 or more eggs/week; or daily have cheese, ice cream, whole milk or chocolate	12
Four to six servings of red meat/week; 4-6 eggs per week; or 1% or 2% milk, some cheese	8
Red meat less than three times/week, fewer than 3 eggs/week; usually use skim milk and skim milk products	2



**aging points**

## How Much Saturated Fat and Cholesterol Are You Eating Now?

Below is a quick self-assessment of the saturated fat and cholesterol you eat and what changes you might need to make. Answer the following questions by checking one answer in each row:

How many eggs yolks do you eat each week?	more than 3	2 to 3	1 or less
How many times do you eat red meat (beef, pork, or lamb) each week?	5 or more	3 to 5	2 or less
If you drink milk, what kind of milk do you usually drink?	whole	low-fat, 2% or 1%	skim or don't drink milk
How many times each week do you eat cheese or ice cream that is <b>not</b> low fat?	5 or more	3 to 4	2 or less
How many times each week do you eat baked goods like doughnuts, pastries, or cookies?	4 to 5	2 to 3	1 or less
<b>Add up the check marks for each column. Multiply by the number to get your total. Then add up the column totals to get your grand total.</b>			

The eating patterns of most Americans fall in the center or left-hand columns. For some people, the right-hand column may look almost out of reach, but anything you can do to work toward the goal will be helpful. Remember that gradual change is more likely to be permanent, so don't feel you must make drastic changes all at once.



Total x 3	+	Total x 2	+	Total x 1
= _____		= _____		= _____
<b>Grand Total Saturated Fats</b>				
= _____				

**If your score is:**

**12 - 15 = 5 aging points**

**9 - 11 = 3 aging points**

**6 - 8 = 1 aging point**

**less than 6 = 0 aging points**

**aging points**

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## Fast Food Meals

How many fast food meals have you eaten in the past month? \_\_\_\_\_



Did you select healthy choices when you ate fast food? How many unhealthy fast food meals did you eat in the last month? \_\_\_\_\_ . Divide that number by 4 =

aging points

## Regular Exercise

During the last month, on average how many days each week did you get

30 minutes or more of exercise? \_\_\_\_\_.



Subtract that number from 7 = \_\_\_\_\_ x 3 =

aging points

## Smoking

Smoking is a habit that shortens your life expectancy. Give yourself points for one of the following categories that best describes you:

Category	Aging Points
Lifetime nonsmoker	0
Ex-smoker over 1 year	0
Ex-smoker less than 1 year	1
Non-smoker, but currently live or work in a smoking environment	2
Pipe or cigar smoker, or chew tobacco	6
Smoke 1 - 9 cigarettes/day	5
Smoke 10 - 19 cigarettes/day	10
Smoke more than 20 cigarettes/day	15




aging points

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## BMI

**Body Mass Index** or **BMI** is a tool for indicating weight status in adults, and it allows comparing people of different heights. BMI correlates with body fat. For most people, the higher their BMI, the higher their percent of body fat.

As BMI goes up, your risk for certain diseases increases. Conditions related to being overweight or obese include heart disease, diabetes, arthritis and certain cancers.

Use the chart below to find your BMI. First, find your height in the left column, then your weight in that row. Your BMI is at the top of the chart.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

For adults, BMI falls into one of these categories. Select the category and points that fit for your BMI:

BMI	Weight Status	Aging Points
Below 18.5	Underweight	1
18.5 - 24.9	Normal	0
25.0 - 29.9	Overweight	5
30.0 and above	Obese	8



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For the next few items interpreting your results depends on your age and sex. Please refer to your feedback pages 5, 7 and 8, where you will find your results and risk categories.

## Waist to Hip Ratio

Your Risk Category	Aging Points
Lower Risk	0
Moderately High Risk	4
High Risk	8

**aging points**



## Oxygen Uptake Fitness:

Your Category	Aging Points
High	0
Good	2
Average	4
Fair	7
Low	10



**aging points**

## Fitness Category from Sit Ups:

Your Category	Aging Points
Excellent	0
Good	0
Average	2
Fair	4
Poor	6



**aging points**

## Family History

Have any of your close blood relatives (parents, brothers or sisters) had cardiovascular disease (heart attack, strokes or bypass surgery)? Select the row that fits best for you:

	Aging Points
One or more relative before age 51	8
One or more between ages 51 and 60	4
One or more relative after age 60	2
No one with cardiovascular disease	0

**aging points**





# SCORE SHEET

Add up your total points:

Category	Possible # of Points	Your Aging Points
Blood Pressure	0 - 24	
HDL + LDL + Triglycerides	0 - 14	
Blood Glucose	0 - 18	
Fruits & Vegetables	0 - 8	
Unhealthy Fats	0 - 12	
Cholesterol Eating	0 - 5	
Fast Food Meals	0 - 23	
Regular Exercise	0 - 21	
Smoking	0 - 15	
BMI	0 - 8	
Waist to Hip	0 - 8	
Oxygen Uptake	0 - 10	
Sit-Ups	0 - 6	
Family History	0 - 8	
<b>Total Point Score:</b>		

### **FIND YOUR FIRE FIGHTER AGE:**

Your total points ÷ 12 = \_\_\_\_\_ years. Add that number of years onto your current age in years to get your age in fire fighter years = \_\_\_\_\_.

Your point score is an indicator of your total risk for illness. As your points go up, your risk for heart attack, strokes and cancer increases. Look at your high point areas. Those are places where you can make lifestyle choices to help live a longer healthier life. Some people 'beat the odds' and live long lives, despite unhealthy habits. However, odds are that the lower your score or the closer your fire fighter age is to your true age, the longer you will live a healthy life.

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You can determine your predicted additional years of life using this table\*:

If your Current Age is:	MEN's predicted additional years of life		WOMEN's predicted additional years of life	
	Additional Years	Predicted Average Life Expectancy	Additional Years	Predicted Average Life Expectancy
20 years	+ 55	75 years	+ 61	81 years
25 years	+ 51	76 years	+ 56	81 years
30 years	+ 46	76 years	+ 51	81 years
35 years	+ 42	77 years	+ 46	81 years
40 years	+ 37	77 years	+ 41	81 years
45 years	+ 33	78 years	+ 37	82 years
50 years	+ 28	78 years	+ 32	82 years
55 years	+ 24	79 years	+ 28	83 years
60 years	+ 20	80 years	+ 23	83 years
65 years	+ 16	81 years	+ 19	84 years
70 years	+ 13	83 years	+ 16	86 years
75 years	+ 10	85 years	+ 12	87 years
80 years	+ 8	88 years	+ 9	89 years

\*National Vital Statistics Report 2004;52:1-40.

You can be fit and healthy at any age. Remember what Satchel Paige said, "Age is a question of mind over matter. If you don't mind, it doesn't matter." You don't want to end up saying what Mickey Mantle said, "If I'd known I was going to grow this old, I'd have taken better care of myself."

The PHLAME staff thanks you for participating and hopes you live long healthy happy lives. Please call us with questions at 503-494-6555.