

## National FinHealth Study

### FEEDBACK TO THE EXAMINEE

Name: \_\_\_\_\_

Examination date: \_\_\_\_\_ / \_\_\_\_\_ 2017

**Blood pressure: Systolic \_\_\_\_\_ Diastolic \_\_\_\_\_ Pulse: \_\_\_\_\_ /minute**

Blood pressure is considered to be elevated if the systolic pressure (the higher value) is 140 mmHg or higher and/or the diastolic pressure (the lower value) is 90 mmHg or higher.

The aim of hypertension treatment is to bring the systolic pressure down to under 140 mmHg and the diastolic pressure down to under 85 mmHg. If you have diabetes or a kidney condition or have suffered a stroke or heart attack, the target is for your blood pressure to be under 130/80 mmHg. If you are already being monitored or treated for hypertension, continue following your current instructions and show your measurement results to your nurse or physician at your next appointment.

If your blood pressure in this measurement was higher than the recommended values and you are not being monitored or treated for hypertension, we recommend you to visit a health centre or a doctor's appointment in the near future for another blood pressure measurement. If the measurement showed that your systolic pressure was 180 mmHg or higher and/or your diastolic pressure was 120 mmHg or higher, we recommend you to consult a physician in the next few days. If you are also suffering from nausea, dizziness, headache or similar symptoms, you should seek medical attention urgently.

Living habits and lifestyle have an effect on blood pressure levels. For example high salt consumption, alcohol, overweight and low levels of physical activity raise blood pressure.

**The visual acuity test** measures the accuracy of your vision, both eyes together (with spectacles, if you wear them).

**Near vision, visus:** \_\_\_\_\_

**Distance vision, visus:** \_\_\_\_\_

- Good (visus at least 0.50)  
 Slightly diminished (visus 0.32–0.40)  
 Clearly diminished (visus 0.25 or less)

- Good (visus at least 1.00)  
 Slightly diminished (visus 0.63–0.80)  
 Clearly diminished (visus 0.50 or less)

If you have diminished eyesight and you have not visited an optician or an ophthalmologist within a year, you should see an optician or an ophthalmologist for a more thorough vision examination.

**Waist circumference:** \_\_\_\_\_ cm

**Height:** \_\_\_\_\_ cm

**Weight:** \_\_\_\_\_ kg

**Body mass index:** \_\_\_\_\_, \_\_\_\_\_ kg/m<sup>2</sup>

Body mass index (kg/m<sup>2</sup>) interpretation:

Less than 18.5	Underweight
18.5–24.9	Normal weight
25.0 or more	Overweight

**Body fat percentage:** \_\_\_\_\_, \_\_\_\_\_ %

Body fat percentage (%) recommended values:	20–39 years	40–59 years	60–79 years
Women	21–33 %	23–34 %	24–36 %
Men	8–20 %	11–22 %	13–25 %

### Overweight and obesity

Waist circumference, body mass index and body fat percentage are different indicators of overweight and obesity and health risks. Maintaining normal weight and recommended body fat percentage significantly reduce the risk for chronic diseases, such as cardiovascular diseases, diabetes, cancer and musculoskeletal diseases. Healthy eating habits and regular, meaningful physical exercise together help to attain and keep normal weight.

For **waist circumference** (cm), the recommended value is less than 90 cm for women and less than 100 cm for men. Waist circumference is a measure that helps to estimate the location of fat in the body. An increased waist girth is often caused by excess fat accumulating in the abdominal cavity, which has been found to be detrimental to health. Exceeding a waist circumference of 100 cm (men) or 90 cm (women) represents an elevated risk of developing conditions such as diabetes or cardiovascular diseases.

**Body mass index** is calculated by dividing weight by height (kg/m<sup>2</sup>). Body mass index is associated with the amount of fat tissue in the body. The upper limit for normal weight among adults has been selected as 25 kg/m<sup>2</sup>. Body mass index values between 18.5 and 24.9 represent ideal weight. When the body mass index exceeds the value of 25, overweight becomes more significant and the risk for several illnesses is increasing.

### Body fat percentage

A bioimpedance measurement was used in this study to estimate body fat percentage. Body fat percentage is an estimate of the proportion of fat tissue from the total body weight. An adequate proportion of fat secures normal body function, as fatty acids are a necessary part of cell structure. Access energy is retained in the body as fat (fat tissue). The recommended body fat percentage among women is on average 20–30 % and among men 10–20 %. The proportion of body fat increases by age, when for those aged 60 years and over, the range of the recommendation moves up, among women 24–36 % and among men 13–25 %.

The reference values for the tests on functional capacity are based on population representative values from the Health 2011 survey. In each age and gender group, 20% of the population is ranked in each fitness rating category.

## HAND GRIP STRENGTH

The hand grip strength test measures muscular strength of the hand and forearm, which is a good indicator of general muscular strength.

### WOMEN

Fitness rating	Age group (years)						
	18–29	30–39	40–49	50–59	60–69	70–79	80 +
5= Clearly above average	36 or more	37 or more	38 or more	35 or more	32 or more	29 or more	23 or more
4= Somewhat above average	33–35	34–36	34–37	32–34	29–31	25–28	20–22
3= Average	30–32	31–33	32–33	28–31	26–28	22–24	17–19
2= Somewhat below average	28–29	28–30	28–31	25–27	23–25	19–21	12–16
1= Clearly below average	under 28	under 28	under 28	under 25	under 23	under 19	under 12

### MEN

Fitness rating	Age group (years)						
	18–29	30–39	40–49	50–59	60–69	70–79	80 +
5= Clearly above average	60 or more	62 or more	61 or more	56 or more	51 or more	46 or more	37 or more
4= Somewhat above average	54–59	56–61	54–60	51–55	46–50	40–45	34–36
3= Average	47–53	51–55	49–53	48–50	42–45	35–39	29–33
2= Somewhat below average	42–46	46–50	44–48	42–47	38–41	30–34	23–28
1= Clearly below average	under 42	under 46	under 44	under 42	under 38	under 30	under 23

## CHAIR STAND 10 TIMES

The chair stand test is a functional test that requires strength, balance and endurance. The result is the time spent in standing up ten times.

### WOMEN

Fitness rating	Age group (years)						
	18–29	30–39	40–49	50–59	60–69	70–79	80 +
5= Clearly above average	under 16.3	under 16.5	under 17.3	under 19.4	under 20.4	under 22.5	under 27.4
4= Somewhat above average	16.3–17.1	16.5–17.8	17.3–19.0	19.4–21.3	20.4–23.1	22.5–25.5	27.4–31.1
3= Average	17.2–18.4	17.9–19.3	19.1–20.5	21.4–23.7	23.2–25.7	25.6–28.1	31.2–36.4
2= Somewhat below average	18.5–20.3	19.4–21.1	20.6–22.7	23.8–26.4	25.8–29.0	28.2–32.5	36.5–42.1
1= Clearly below average	over 20.3	over 21.1	over 22.7	over 26.4	over 29	over 32.5	over 42.1

### MEN

Fitness rating	Age group (years)						
	18–29	30–39	40–49	50–59	60–69	70–79	80 +
5= Clearly above average	under 15.6	under 16.0	under 16.1	under 17.4	under 18.9	under 21.3	under 23.7
4= Somewhat above average	15.6–16.9	16.0–17.5	16.1–17.8	17.4–19.8	18.9–21.1	21.3–24.2	23.7–26.5
3= Average	17.0–17.8	17.6–19.0	17.9–19.3	19.9–21.7	21.2–22.9	24.3–27.3	26.6–30.4
2= Somewhat below average	17.9–20.1	19.1–21.3	19.4–21.5	21.8–24.9	23.0–26.3	27.4–32.3	30.5–41.5
1= Clearly below average	over 20.1	over 21.3	over 21.5	over 24.9	over 26.3	over 32.3	over 41.5

**Results from the laboratory tests** will be sent to you within about two months by mail. When the results from all participants are ready by the end of 2017, we will send you your **personal health profile**, including average results in the population and the reference or recommended values. You will know how your results are related to the results among your own age group and sex. The feedback will include recommendations how to promote or attain your health. You will get separate feedback letters concerning your results on nutrition and accelerometer measurements, if you participated in these parts of the study. If you have questions concerning your examination or your results, contact public health nurse Hanna Valtonen tel. 029 524 8607, Mondays between 9 and 11 am. At other times, you can also leave a contact request to this number, e.g. by a text message, or by e-mail to [finterveys@thl.fi](mailto:finterveys@thl.fi).