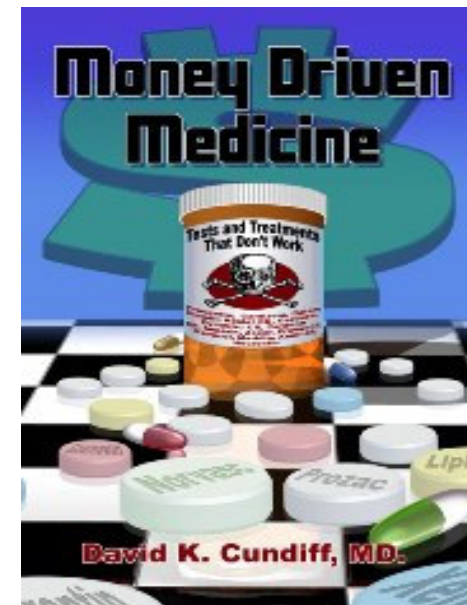


- (1) Open 4 internet windows
- (2) Go to: Doctormanagedcare.com

Money Driven Medicine— Tests and Treatments That Don't Work

About Dr. Cundiff
Reader Comments
Executive Summary
Introduction
Chapters
Purchase Print Copy
Money Driven Medicine Footnotes
(1) Click Interactive Health Risk Assessment
(2) Click Health Risk Assessment Tutorial
Contact

Our current crisis in health care cannot be resolved with incremental fixes. A comprehensive restructuring of our medical care system is required. No comprehensive health care reform plan is complete without addressing tests and treatments that don't work.



(3) Use new windows for each URL

Diet and Lifestyle Related to Health Risks: A Personal Assessment and Monitoring Tool

This is a scientific analysis of the relationship of your diet and lifestyle for one day to your health risk factors. If you continue your habits on average like this day, your predicted health indices will be as shown in the "results" below. If you repeat this exercise, say once per week or once per month over time and average

your results, the predictions will be more accurate.

Step 1: Record all food eaten and the quantities over the past 24 hours by going to the USDA diet and exercise website:

mypyramidtracker.gov/

Cut and paste this URL in a new window



Due to the high volume of traffic, service on the Tracker is slower than normal. While we take steps to correct the problem, if possible, try to avoid the peak period of usage which is from 12 noon to 4 p.m. EST Monday through Thursday.

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity.

From now on, you can also keep track of your energy balance history and view it up to one year. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time required to complete this information collection is estimated to average 1.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Assess Your Food Intake

The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.

Assess Your Physical Activity

The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

Select one of the "Login" links below to enter the system. **What do I need to use this site?** Click [here](#) for answers to Frequently Asked Questions.

[New User Registration](#) [Existing User Login](#) **click** [Check It Out](#) (no registration)



Login



Personal Profile	
	(
Age:	(1) age in years
Gender:	(2) Male or female
Entry Date Month/Day/Year:	(3) / / date
Height:	(4) feet inches centimeters
Weight:	(5) pounds kilograms
Email (optional):	omit

(6) click

Save Today's Changes

(7) click

Proceed to Food Intake

27 exact matches for McDonald`s

Scroll down and click the 7 items marked with “x”

- [MCDONALD`S 1/4 POUNDER \(Add to Freq Foods\)](#)
- [MCDONALD`S 1/4 POUNDER W/CHEESE \(Add to Freq Foods\)](#)
- [MCDONALD`S APPLE BRAN MUFFIN \(Add to Freq Foods\)](#)
- [MCDONALD`S APPLE PIE, FRIED \(Add to Freq Foods\)](#)
- [MCDONALD`S BIG MAC \(Add to Freq Foods\)](#)
- [MCDONALD`S BISCUITS \(Add to Freq Foods\)](#)
- x [MCDONALD`S BREAKFAST BURRITO \(Add to Freq Foods\)](#)
- [MCDONALD`S CHEDDAR MELT \(Add to Freq Foods\)](#)
- [MCDONALD`S CHEESEBURGER \(Add to Freq Foods\)](#)
- [MCDONALD`S CHEF`S SALAD \(Add to Freq Foods\)](#)
- x [MCDONALD`S CHERRY PIE, FRIED \(Add to Freq Foods\)](#)
- [MCDONALD`S CHICKEN FAJITA \(Add to Freq Foods\)](#)
- [MCDONALD`S CHICKEN ORIENTAL SALAD \(Add to Freq Foods\)](#)
- [MCDONALD`S GARDEN SALAD \(Add to Freq Foods\)](#)
- [MCDONALD`S GRILLED CHICKEN SANDWICH \(Add to Freq Foods\)](#)
- [MCDONALD`S HAMBURGER \(Add to Freq Foods\)](#)
- [MCDONALD`S HASH BROWNS \(Add to Freq Foods\)](#)
- x [MCDONALD`S LITE VINAIGRETTE \(Add to Freq Foods\)](#)
- x [MCDONALD`S MCCHICKEN SANDWICH \(Add to Freq Foods\)](#)
- x [MCDONALD`S OR BURGER KING DOUBLE CHEESEBURGER \(Add to Freq Foods\)](#)
- [MCDONALD`S OR BURGER KING FISH SANDWICH \(Add to Freq Foods\)](#)
- [MCDONALD`S SAUSAGE BISCUIT \(Add to Freq Foods\)](#)
- x [MCDONALD`S SAUSAGE BISCUIT WITH EGG \(Add to Freq Foods\)](#)
- [MCDONALD`S SAUSAGE MCMUFFIN \(Add to Freq Foods\)](#)
- [MCDONALD`S SAUSAGE MCMUFFIN WITH EGG \(Add to Freq Foods\)](#)
- x [MCDONALD`S SHRIMP SALAD \(Add to Freq Foods\)](#)
- [MCDONALD`S SIDE SALAD \(Add to Freq Foods\)](#)



- **Enter Food Item**

Enter a choice of food in the text box, then click "Search." To choose a food, click on it from the list. Repeat until you have included all foods and beverages eaten in the last 24 hours.

- 27 exact matches for **McDonald`s** are below

Here are the foods Check It Out user has eaten on 11/07/2006

Your 7 selections appear.

- [MCDONALD`S BREAKFAST BURRITO](#)
- [MCDONALD`S CHERRY PIE, FRIED](#)
- [MCDONALD`S LITE VINAIGRETTE](#)
- [MCDONALD`S MCCHICKEN SANDWICH](#)
- [MCDONALD`S OR BURGER KING](#)
- [DOUBLE CHEESEBURGER](#)
- [MCDONALD`S SAUSAGE MCMUFFIN](#)
- [WITH EGG](#)
- [MCDONALD`S SHRIMP SALAD](#)

Click



Select Serving Size

Number of servings

(Enter a number e.g. 1.5)

(1) **Select** 1 McDonald's Breakfast Burrito (8) **enter** 1

(2) **Select** 1 Pie (McDonald's Cherry Pie Fried) (9) **enter** 1

(3) **Select** 1 McDonald's Salad Dressing Packet (10) **enter** 1

(4) **Select** 1 McDonald's McChicken sandwich (11) **enter** 1

(5) **Select** 1 McDonald's double cheeseburger (12) **enter** 1

(6) **Select** 1 McDonald's biscuit (13) **enter** 1

(7) **Select** 1 McDonald's fast food order (14) **enter** 1

(15) **Click**



Analyze Your Food Intake



MyPyramid Tracker is based upon the recommendations of the *Dietary Guidelines for Americans, 2005*. Your food group and nutrient recommendations are goals for the entire day, not one meal. Your analysis will be based on the nutrient content of the foods you enter for one day and does not include the nutrients from dietary supplements. Dietary supplement information is provided below.

Select the following to analyze your dietary intake:

[Meeting 2005 Dietary Guidelines \(DG\) »](#)

You will see:

Your recommended food groups and nutrient intakes within your energy needs

Your intakes of basic food groups compared with the *Dietary Guidelines for Americans, 2005* recommendations

[Calculate DG Comparison](#)

Nutrient Intakes »

You will see:

Your nutrient intake scores

Recommended intake information

Click [Calculate Nutrient Intakes from Foods](#)



Nutrient Intakes For Check it Out User on 11/07/2006

Nutrient	Your intake
Energy/Total Calories (kcal)	2200
Protein (gm)	109
Carbohydrate (gm)	169
Total Fiber (gm)	9
Total Fat (gm)	119.4
Saturated Fat (gm)	37.7
Monounsaturated Fat (gm)	46
Polyunsaturated Fat (gm)	24

Copy results to: <http://doctormanagedcare.com/HealthRiskForm.htm> -

“Step 1”

Diet and Lifestyle Related to Health Risks:

A Personal Assessment and Monitoring Tool

Step 1 Record all food eaten and the quantities over the past 24 hours by going to the USDA diet and exercise website: mypyramidtracker.gov/
From the table that is displayed, (1) record #1 - #8 and, for #9, enter "0":

1	2200	Food Energy/Total Calories (kcal)
2	109	Protein (g)
3	169	Total carbohydrates (g)
4	9	Total fiber (g)
5	119.4	Total fat (g)
6	37.7	Saturated fatty acids (g)
7	46	Monounsaturated fatty acids (g)
8	24	Polyunsaturated fatty acids (g)
9	0	Alcohol (g) (1 drink = 15 g alcohol = 12 ounces of beer = 4 ounces of wine = 1/2 ounce of 80 proof liquor)

After data entered, (2) return to mypyramidtracker.com



▲
Click “Physical Activity Entry”



Physical Activity Tool

Physical Activity Entry

Click Standard option: This option provides **the most accurate** assessment of your energy expenditure, and directly links to your Estimated Energy Requirement and Energy Balance Status. **It requires that you enter all physical activities you performed for the past 24 hours.** You should enter all activities you did to include personal hygiene, house or yard work, transportation, employment, and leisure. The total duration of these activities should add up to 1440 minutes. If the total duration is less than 1440 minutes, you will be prompted to add more activities or to check the duration of activities you have already entered. For activities you do often, you can create a stored list by using the "Frequently Performed Activities" list. Once you enter all activities, you will be prompted to enter the duration for each activity entered, and then to save the information for analysis.

Condensed option: This option allows you to bypass the standard option for physical activity entry. It is recommended for people with few leisure-time activities or for people who are not regularly physical active. Based on the age, gender, weight and height information in your personal profile, an estimated Basal Energy Expenditure (BEE) is calculated and adjusted to include routine activities (i.e. personal hygiene, housework, light yard work, computer use and driving a car) of estimated duration. If you did not perform any additional [leisure time physical activity](#), you can directly analyze your results. In this case, your Estimated Energy Requirement (EER) is likely to be the same or similar to your Basal Energy Expenditure (BEE) adjusted for routine activities. If you performed one or more leisure-time physical activities, you will need to enter these activities using the physical activity entry page. You will be prompted to enter the duration for each activity entered, and then to save information for analysis. Results will account for the adjusted BEE, and any additional physical activity you performed and entered into the program. However, **with or without additional leisure-time physical activity, the assessment of Estimated Energy Requirement (EER) using the condensed physical activity entry option may not be accurate**



Choose an activity from the dropdown menu or type a search term.

[Click here for details.](#)

How does the Frequently Performed Activities List (FPA) work?

Enter Activity Type:

(1) click

-- All Activities --	V
----------------------	---

(2) Select "walking"

-- enter search term --

(3) click

Select

Search

Daily Activities performed by Check It Out user on 11/07/2006

Continue adding activities until the list contains all activities performed on the date shown above. Click an item to remove it from your list. Press **Select Duration** when you are done.

- No activities currently selected -



Choose an activity from the dropdown menu or type a search term.
Click here for details. How does the Frequently Performed Activities List (FPA) work?

Enter Activity Type:

-- Walking --

Select

-- enter search term --

Search

(1) push "F11" for full screen

(2) Click on "backpacking" at menu top

WALKING TO NEIGHBOR'S/FAMILY'S HOUSE, SOCI
WALKING, 2.0 MPH, LEVEL, SLOW PACE, FIRM SURF
WALKING, 2.5 MPH, DOWNHILL
WALKING, 2.5 MPH, FIRM SURFACE
▶ WALKING, 3 MPH, LEVEL, MODERATE PACE, FIRM

(4) click

Add activity

Add to FPA

Daily Activities performed by Check It Out user on 11/07/2006

Continue adding activities until the list contains all activities performed on the date shown above. Click an item to remove it from your list. Press **Select Duration** when you are done.

- No activities currently selected -

(3) Using directional arrows, scroll to "WALKING, 3 MPH, LEVEL, MODERATE PACE, FIRM SURFACE."



Choose an activity from the dropdown menu or type a search term. [lick here for details.](#)
How does the Frequently Performed Activities List (FPA) work?

Enter Activity Type:

-- All Activities --

Select

-- enter search term --

Search

WALKING TO AND FROM AN OUTHOUSE
WALKING TO NEIGHBOR'S/FAMILY'S HOUSE, SOCI
WALKING, 2.0 MPH, LEVEL, SLOW PACE, FIRM SUF
WALKING, 2.5 MPH, DOWNHILL
WALKING, 2.5 MPH, FIRM SURFACE
WALKING, 3 MPH, LEVEL, MODERATE PACE, FIRM

Daily Activities performed by Check It Out user on 11/07/2006

Continue adding activities until the list contains all activities performed on the date shown above. Click an item to remove it from your list. Press **Select Duration** when you are done.

WALKING, 3 MPH, LEVEL, MODERATE PACE, FIRM SURFACE

click

Select Duration

Remove All



Here are the activities displayed for you on 11/07/06

Select your duration for each activity. When you are done, click **Save & Analyze** to save your activity entry information and to analyze your exercise. If you want to make a list of your daily activities for another day, click **Return to Login** to save a the date and entry information; then make another day's entry. For a record of today's food entry, click **Print Activity Record** prior to saving food entry. To return to initial values,

click **Reset Values**. To add or remove activity items, click **Enter Activities**.

Activities Performed

Select Duration (in minutes)

WALKING, 3 MPH, LEVEL, MODERATE PACE, FIRM SURFACE

40

(1) Type

(2) Click

Save & Analyze

Enter Activities

Return to Login

Reset Values



Here are the total minutes of physical activity recorded for Check It Out user on 11/07/2006

Your total activity time is less than 1440 minutes (24 hrs). To get an accurate assessment of energy expended you should choose "Enter Activities". This will allow you to add more activities and to check the duration of activities already entered. If you only want to assess energy expended from leisure or sports activities, and you have entered all your activities for the day, you should click on "Analyze" to get to the Analysis page.

Total Minutes of Activities Performed

40

click

Analyze

Enter Activities



Analyze your Physical Activity

Select from the following to analyze your Physical Activity:

[Physical Activity Analysis »](#)

You will see:

Your Physical Activity Results to include activity type, description, category, and intensity for each activity

Your Physical Activity Score (0-100)

Your Total Calories Expended

Click [Calculate your Physical Activity Score](#)



Activity type	Activity description	Activity category	METs	Intensity classification	Duration in minutes	Calories expended
Walking	WALKINGWALKING, 3 MPH, LEVEL, MODERATE PACE, FIRM SURFACELEISURE3.3MODERATE40123	Leisure	3.3	Moderate	40	123

Result Summary

Click directly on the numbers or word in the table for more detailed physical activity information.

Credited Minutes	40
Total Calories Expended from Physical Activity	123
Physical Activity Score (Out of 100) Transfer to health risk form ▶	88
Physical Activity Assessment	Good

Return to <http://doctormanagedcare.com/HealthRiskForm.htm>

Step 2: At the top of the table displaying your nutrient intake, click "physical activity entry":

- Click on "Standard option."
- Enter each physical activity that you did in the last 24 hours.
- Record the duration of each activity.
- Click on "Save & Analyze."
- Click on "Analyze."
- Click on "Physical Activity Analysis."
- Under "Result Summary," find "Physical Activity Score (Out of 100)
- Record the "Physical Activity Score": ▶

88

Step 3. Complete the entry of other "lifestyle data":

Begin with BMI, #4

4. Body Mass Index (BMI): calculate using the following website-

<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

Cut and paste into a new 4th window.

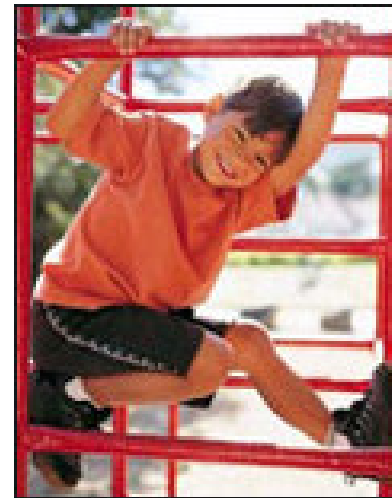


Department of Health and Human Services

Centers for Disease Control and Prevention

[Adult BMI Calculator](#)

[click Child and Teen
BMI Calculator](#)





Department of Health and Human Services

Centers for Disease Control and Prevention

BMI Percentile Calculator for Child and Teen (English)

- **1.** Birth Date:
- **2.** Date of Measurement:
- **3.** Sex: boy girl
- **4.** Height, to nearest 1/8 inch: feet, inches, fractions of an inch
12 inches = 1 foot; Example: 4 feet, 5 1/2 inches)
- **5.** Weight, to nearest 1/4 (.25) pound: pounds, fractions of a pound
(8 ounces = 1/2 pounds; Example: 75 3/4 pounds)

Complete #1 - #5, then click

Calculate



Department of Health and Human Services

Centers for Disease Control and Prevention

- BMI—Body Mass Index: Child and Teen Calculator:
Example Results
- **Age:** 15 years 10 months
- **Sex:** Girl
- **Birth Date:** January 19, 1991
- **Height:** 5 feet 3 inch(es)
- **Date of Measurement:** November 07, 2006
- **Weight:** 130 pounds
- **Results**
- Based on the height and weight entered, the BMI is **23.0**, placing the BMI-for-age at the 76th percentile for girls aged 15 years 10 months.
- This teen has a **healthy weight**.
- (1) Return to: <http://doctormanagedcare.com/HealthRiskForm.htm>
- (2) Enter result (BMI = 23.0) in step 3 #4 of health risk form

Step 3. Complete the entry of other example

"lifestyle data":

- Tobacco use (enter number: 1=Yes, 0=No) (1) enter ►
- Sleep quality (1-5 scale) = "How often do you have a bad night's sleep?"
1=never, 2=very seldom, 3=sometimes, 4=often, 5=all the time.
(2) enter ►
- Sleep satisfaction (1-5 scale) = "How satisfied are you with the quality of your sleep?"
1=very satisfied, 2=moderately satisfied, 3=neutral, 4=moderately unsatisfied, 5=very unsatisfied.
(3) enter ►
- Body Mass Index (BMI): calculate using the following website-
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>
(4) enter ►

Results:

- Predicted Body Mass Index (BMI) in 5 years:
– The BMI increased to the “overweight” range. 27.5
- Insulin utilization (diabetes risk factor) percentile: 97
- Hemoglobin A1c (diabetes risk factor – especial test for blood sugar) percentile: 93
- LDL/HDL Cholesterol percentile: 85
- Mean blood pressure percentile:

Note: 0 - 30th percentile suggests low risk (diabetes, high cholesterol, or high blood pressure)

31th – 60th percentile is average

61th – 100th percentile suggests high risk

Results: with tobacco = 1

- Predicted Body Mass Index (BMI) in 5 years:

25

- Tobacco slows weight gain somewhat

- Insulin utilization percentile:

98

- Tobacco increases insulin consumption

- Hemoglobin A1c (blood sugar) percentile:

100

- Tobacco raises the blood sugar

- LDL/HDL Cholesterol percentile:

100

- Tobacco raises the LDL (bad) cholesterol

Results with **Alcohol = 15 g** **and no tobacco**

- Predicted Body Mass Index (BMI) in 5 years:

27.5

- Insulin utilization percentile:

93

- Hemoglobin A1c percentile:

97

- LDL/HDL Cholesterol percentile:

64

– Alcohol lowers LDL Cholesterol somewhat

- Mean blood pressure percentile:

76

– Alcohol raises blood pressure

Results with **Physical Activity Score = 100** (equivalent to running 1 hour or more per day), no tobacco, and no alcohol.

- Predicted Body Mass Index (BMI) in 5 years: 21
 - Exercise helps control weight
- Insulin utilization percentile:
 - Exercise reduces insulin requirements 93
- Hemoglobin A1c percentile:
 - Exercise reduces blood sugar 90
- LDL/HDL Cholesterol percentile:
 - Exercise reduces LDL Cholesterol 55

A plant-based or “vegan” diet

Food Consumed	Portion	amount
ORANGE, FRESH	1 medium	1
STRAWBERRIES, FRESH	1 medium	6
40% BRAN FLAKES CEREAL	1 cup	1
SOY MILK	1 cup	1
TORTILLA, WHOLE WHEAT	1 medium	2
GRANOLA	1 cup	0.2
MASHED POTATO, FROM FRESH, NOT MADE W / MILK / FAT	1 cup	2
OLIVE OIL	1 tbsp	1
SOYBEAN OIL	1 tbsp	1
MUSHROOMS, RAW	1 medium	6
SOY SAUCE	1 tbsp	1
CORNMEAL MUSH, MADE W / WATER	1 oz dry	1
MISO	1 cup	0.2

A plant-based or “vegan” diet continued


Food Consumed	Portion	amount
ONIONS, MATURE, RAW	1 cup chopped	1
GARLIC, RAW	1 clove	2
TOFU	1 cup	2
LENTILS, COOKED	1 cup	1
CARROTS, RAW	1 oz	1
TURNIP, RAW	1 oz	1
CELERY, RAW	1 oz	1
BROCCOLI, RAW	1 floweret	3
BRUSSELS SPROUTS, RAW	1 oz	2
PEAS, GREEN, RAW	1 cup	0.2
CHOCOLATE CANDY, SWEET OR DARK	1 bar	2
RAISINS	1 miniture box	1
BREAD, WHOLE WHEAT, TOASTED	1 slice	2

Diet and Lifestyle Related to Health Risks:

A Personal Assessment and Monitoring Tool

Step 1 Record all food eaten and the quantities over the past 24 hours by going to the USDA diet and exercise website: mypyramidtracker.gov/

Enter this Vegan Diet Data in health risk form



1	2,898	Food Energy/Total Calories (kcal)
2	118	Protein (g)
3	431	Total carbohydrates (g)
4	77	Total fiber (g)
5	104	Total fat (g)
6	28	Saturated fatty acids (g)
7	34	Monounsaturated fatty acids (g)
8	34	Polyunsaturated fatty acids (g)
9	0	Alcohol (g) (1 drink = 15 g alcohol = 12 ounces of beer = 4 ounces of wine = 1/2 ounce of 80 proof liquor)

Step 3. Complete the entry of lifestyle data for vegan diet example:

- Tobacco use (enter number: 1=Yes, 0=No) (1) enter ►
- Sleep quality (1-5 scale) = “How often do you have a bad night’s sleep?”
1=never, 2=very seldom, 3=sometimes, 4=often, 5=all the time.
(2) enter ►
- Sleep satisfaction (1-5 scale) = “How satisfied are you with the quality of your sleep?”
1=very satisfied, 2=moderately satisfied, 3=neutral, 4=moderately unsatisfied, 5=very unsatisfied.
(3) enter ►
- Body Mass Index (BMI): calculate using the following website-
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>
(4) enter ►

Results with **Vegan diet, Physical Activity** **Score = 100, no tobacco, average sleep** **satisfaction, and no alcohol.**

- Predicted Body Mass Index (BMI) in 5 years:
 - Vegan athletes are usually slim 19.5
- Insulin utilization percentile: 0
 - Very low risk of diabetes
- Hemoglobin A1c percentile: 52
- LDL/HDL Cholesterol percentile: 0
 - Blood cholesterol stays low without drugs

Step 3. Complete the entry of lifestyle data for vegan diet example (improved sleep):

- Tobacco use (enter number: 1=Yes, 0=No) (1) enter ►
- Sleep quality (1-5 scale) = “How often do you have a bad night’s sleep?”
1=never, 2=very seldom, 3=sometimes, 4=often, 5=all the time.
(2) enter ►
- Sleep satisfaction (1-5 scale) = “How satisfied are you with the quality of your sleep?”
1=very satisfied, 2=moderately satisfied, 3=neutral, 4=moderately unsatisfied, 5=very unsatisfied.
(3) enter ►
- Body Mass Index (BMI): calculate using the following website-
(4) enter ►

Results with **Vegan diet, Physical Activity** **Score = 100, no tobacco, good sleep** **satisfaction, and no alcohol.**

- Predicted Body Mass Index (BMI) in 5 years: 19.5
- Insulin utilization percentile: 1
- Hemoglobin A1c percentile: 8
 - Insufficient sleep or poor quality sleep increases blood sugar (compare with “average sleep” slide 36)
- LDL/HDL Cholesterol percentile: 0

Your Turn

- Use this tutorial to assess your own health risks
- Make any diet and lifestyle changes you would like.
- Reassess your health risk factors to monitor your improvement

Here's to your health!