



# Oregon Health Study

## Report of Findings

Dear <Name>,

Recently, as part of the Oregon Health Study, you had a health screening. This letter is to inform you about the results of that screening. While these results may provide you with important information about your health, they are not a medical diagnosis. You should discuss the results with a health care professional such as a doctor or nurse. If you have any questions about these results, please see the contact information at the end of this letter.

### Body Measurements

	Your Measurement	Comparison Information
Body Mass Index (BMI)	<X>	Normal range is between 18.5 and 24.9

When we measured your weight, it was <X, Look-up>.

### Blood Pressure

	Your Measurement	Comparison Information
Systolic Blood Pressure:	<X> mm Hg	Less than 120 usually indicates normal (healthy) systolic blood pressure
Diastolic Blood Pressure:	<X> mm Hg	Less than 80 usually indicates normal (healthy) diastolic blood pressure

When we measured your blood pressure, it was <X, Look-up>

### Blood Tests

During the screening, a small amount of blood was collected to test for risks of heart disease and diabetes. We sent the samples to a laboratory to test your levels of Hemoglobin A1c, cholesterol (total and HDL), and C-reactive protein. Here are your test results, along with some information about what these results mean about your health risks.

Laboratory Test (and health risk)	Your Measurement	Comparison Information
Hemoglobin A1c (diabetes)	<X> %	Less than 6.5% usually indicates normal (healthy) blood sugar (glucose) control
Total cholesterol (heart disease)	<X>mg/dL	Less than 150 mg/dL usually indicates normal (healthy) total cholesterol
HDL cholesterol (heart disease)	<X>mg/dL	Greater than 40 mg/dL usually indicates normal (healthy) HDL cholesterol (the “good cholesterol”)
C-reactive protein (heart disease)	<X>	Less than 3 usually indicates the normal (healthy) range of C-reactive protein.

Hemoglobin A1c tests the level of sugar in your blood. This can tell you about your health risk from diabetes. Your Hemoglobin A1c test result was <X, Look-up>.

Cholesterol can tell you about your risk of heart disease. Having *high* total cholesterol can put you at higher risk of heart disease. For this test, 150 or below is in the normal healthy range. This is comparable to a result of 200 or below on a test performed in your doctor’s office by collecting whole blood from your arm. Your total cholesterol test result was <X, Look-up>.

HDL cholesterol (or “good” cholesterol) can protect you against heart disease. Having *low* HDL cholesterol can put you at risk of heart disease. Your HDL cholesterol test result was <X, Look-up>.

C-reactive protein is a measure of inflammation in your body. Higher levels of C-reactive protein, when they are not due to a recent injury or illness, may mean that you have a higher risk of heart disease. Your C-reactive protein test result was <X, Look-up>.

## Depression Screening

	Your Measurement	Comparison Information
PHQ-8 Depression Screen Score:	<X>	Less than 10 usually indicates you were not clinically depressed at the time of the interview.

The Patient Health Questionnaire depression scale (PHQ-8) is a widely used measure of depressive symptoms. When we measured your depression score, it was <X, Look-up>.

## What Should I Do Next?

If you have any questions about your results and what they mean, you may contact the Oregon Health Study at 1-877-215-0686 and ask to speak to a health professional working on this study. You will receive a return call shortly from a doctor or other health professional who can answer your questions.

The Oregon Health Study cannot provide any follow-up care that may be recommended as a result of your health screening. However, we have included with this letter a list of nearby providers and locations where you may be able to get care, including some that will see patients who do not have health insurance.

Thank you for taking part in this study. In addition to gaining valuable information about your own health, your participation in the study will provide information that can help improve health care in Oregon and across the nation. You can continue to keep track of the study's findings at our website, [www.oregonhealthstudy.org](http://www.oregonhealthstudy.org).

Sincerely,

Bill Wright, PhD and Heidi Allen, PhD  
Oregon Health Study

## LOOK-UP TABLES

### **BMI:**

Less than 18.5: “below the healthy range for a person of your height. Being underweight can be a sign of a health problem. We advise you to talk with a health care professional about your weight.”

18.5-24.9: “within the healthy range for a person of your height.”

25.0 or above: “above the healthy range for a person of your height. Being overweight puts you at risk of heart disease, diabetes, and many other serious health conditions. We advise you to talk with a health care professional about your weight.”

### **BP:**

Both normal (PRF in category 1: systolic  $<120$  *and* diastolic  $<80$ ): “within the normal, healthy range.”

Either in pre-hypertensive range (PRF in category 2: systolic  $\geq 120$  but  $<140$  *or* diastolic  $\geq 80$  but  $<90$ ): “slightly above the normal, healthy range, but is not considered to be high at this point.”

Either elevated (PRF in category 3 or 4: systolic  $\geq 140$  but  $<180$  *or* diastolic  $\geq 90$  but  $<110$ ): “above the normal, healthy range. High blood pressure may put you at risk for serious health conditions such as heart attack and stroke. We advise you to talk with a health care professional about ways to lower these risks.”

Either substantially elevated (PRF in category 5 or 6: systolic  $\geq 180$  *or* diastolic  $\geq 110$ ): “much higher than the normal, healthy range. High blood pressure may put you at risk for serious health conditions such as heart attack and stroke. You were advised to discuss this reading with a health care professional. If you have not yet discussed this with a health care professional, we advise you to do so now.”

### **HbA1c:**

6.5 or less: “within the normal, healthy range.”

Greater than 6.5: “above the normal range. This could mean that you are at risk of diabetes, or that your diabetes is not being managed well enough. Diabetes or “high blood sugar” can lead to serious health problems, like heart disease, blindness, and kidney failure. We advise you to talk with a health care professional about the risk of diabetes and treatments that can help control blood sugar.”

**Cholesterol:**

Total cholesterol:

149 or below: "within the normal, healthy range."

Above 150: "above the normal, healthy range."

HDL cholesterol:

40 or above: "within the normal, healthy range."

Below 40: "below the normal, healthy range."

If either not normal:

"Your cholesterol results may mean that you are at higher risk for heart disease. We advise you to talk with a health care professional about ways to lower these risks."

**CRP:**

3 or below: "within the normal, healthy range."

Greater than 3: "higher than normal. This may mean that you had an injury or infection (like a cold) when the blood sample was collected, or you may be at increased risk for heart disease. We advise you to talk with a health care professional about this test result."

**PHQ-8**

9 or below: "within the normal, healthy range during the time of the interview. However, please see a health care professional if you feel depression may be a problem for you regardless of the results of this screening."

Greater than 9: "higher than normal. Depression can be a serious health condition and we advise you to talk with a health care professional about this test result as soon as possible."