



CD 54 - Male

Visit Date
11/17/2013

Height
5 ft. 6 in.

Weight
192 pounds

BMI
31

Patient's Assessment Results

	Patient's Score	Level of Concern	Ready to Change?
Overall Health Rating	Good		
Body Mass Index	31	H	✓★
Health Behaviors			
Fruit/Vegetable Intake	Less than 2/day	H	✓
Fast Food Intake	4+ times/week	H	✓
Soda/Sugary Beverage Intake	3+/day	H	
Physical Activity Participation	15 minutes/week	H	
Sleep	Rarely sleepy		
Alcohol Intake	1 to 3 times	H	
AUDIT-C Assessment Score	7		
Tobacco use	No		
Illegal Drug/Prescription Use	Never misused		
Mental Health			
Stress (0 to 10; none to severe)	9	H	✓
Anxiety/Worry	Nearly every day	H	✓
GAD7 Assessment Score	15		
Depression	Not at all/rarely		

H = High concern M = Medium concern

★ = Most important to patient

Patient Reports Interest in Discussing

- BMI
- Fruits/Vegetables Intake
- Alcohol Intake
- Stress
- Anxiety/Worry

Recommendations Patient Received

High Priority

- Obesity can lead to a number of health problems. Increase physical activity and/or limit the unhealthy food you eat to reduce your weight.
- Decrease your fast food meals or snacks to less than one per week.
- Increase fruits and vegetables to 5 or more servings per day.
- Decrease your soda or sugary beverage consumption to less than 1 per day.
- Increase your physical activity with the goal of being active for 150 minutes total per week.
- You reported feeling stressed often. Discuss ways to reduce your stress.
- You said that you feel nervous, anxious, on edge or unable to stop or control worrying nearly every day. Discuss your anxiety.
- Your answers suggest you drink too much alcohol which is bad for your health. You should not drink more than 4-5 drinks in one day.

Additional Notes:

Responses to Follow-up Questions

AUDIT-C Assessment Questions

How many times in the **past year** have you had 4-5 or more drinks in a day? 1-3 times

- How often do you have a drink containing alcohol? 2-4 times a month
- How many standard drinks containing alcohol do you have on a typical day? 3 or 4
- How often do you have six or more drinks on one occasion? Less than monthly

GAD7 Questions

- Feeling nervous, anxious, or on edge Nearly every day
- Not being able to stop or control worrying More days than not
- Worrying too much about different things
 - Trouble relaxing More days than not
 - Being restless that it's hard to sit still More days than not
 - Becoming easily annoyed or irritable Over half the days
 - Feeling afraid as if something awful might happen Several days