

**Participant Health Measures**  
**Colorado State University | Honduras Cookstove Project**

**Date:** \_\_\_\_\_ **Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ years

**General**

My weight is: \_\_\_\_\_ pounds                      My height is: \_\_\_\_\_ inches  
 My body mass index (BMI) is: \_\_\_\_\_                      My blood pressure is: \_\_\_\_\_ / \_\_\_\_\_

*What do these numbers mean?*

Adult BMI	Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and higher	Obese

Blood Pressure (mmHg)	Status
Less than 120 / 80	Normal
120-139 / 80-89	Prehypertension
140 / 90 and higher	High

**Diabetes**

My hemoglobin A1c is (measure of blood sugar): \_\_\_\_\_ %

*What do these numbers mean?*

Hemoglobin A1c (%)	Status
4 - 5.6	Normal
5.7 - 6.4	Prediabetes
6.5 or higher	Diabetes

**Blood Lipids (non-fasting)**

My total cholesterol level is: \_\_\_\_\_ mg/dL                      My triglyceride level is: \_\_\_\_\_ mg/dL

*What do these numbers mean?*

Total cholesterol (mg/dL)	Status
200 or less	Normal
201 – 239	Borderline high
240 and higher	High

Triglyceride level (mg/dL)	Status
Less than 150	Normal
150 – 199	Borderline high
200 or higher	Very high

**NOTE:** *We are not doctors and cannot diagnose or treat health problems. These results are general measures of your health; they are not meant to diagnose a disease. If you have any questions or concerns with your numbers, please see your community health center or physician.*

Figure S2. Participant health feedback form, English version. Participant’s results were circled with the corresponding status, and results were explained. As mentioned in the form, participants were encouraged to visit a community health center or physician if they had any further questions or concerns.