

## Build

Build is one of the basic life risk characteristics and one of the oldest. There is increased mortality at both extremes of weight as the graph below shows. The Center for Disease Control (CDC) reports that in 1999-2000 15% of American children and adolescents (ages 6-19) are overweight. For American adults, 64% are overweight or obese. Overweight conditions, or obesity, are often precursors to hyperlipidemia, diabetes, cardiovascular disease, or cancer. While an underweight condition may be normal, it may also be an indicator of an eating disorder or an underlying acute or chronic illness. Those whose excess weight is muscle and bone, with little fat, and whose weight distribution is good are better risks than the obese. Body mass index (BMI) is a commonly used measurement of adiposity (fat as opposed to muscle) per height. The build table takes this into consideration by giving a weight range classified by height and BMI. Significantly overweight patients have an increased risk for coronary heart disease, diabetes, hypertension, and hyperlipidemia.

**1. Please list your client's current build:**

height \_\_\_\_\_ weight \_\_\_\_\_

**2. Has your client's weight changed in the past year?**

Yes, increase \_\_\_\_\_ lbs. decrease \_\_\_\_\_ lbs.

No \_\_\_\_\_

**3. Has your client ever had any weight reduction surgery?**

If yes, please give details

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**4. Please check if your client has had any of the following:**

Coronary artery disease \_\_\_\_\_

Diabetes \_\_\_\_\_

High blood pressure \_\_\_\_\_

Elevated cholesterol or triglycerides (lipid levels) \_\_\_\_\_

**5. Is your client on any medications?**

Yes, please give details

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**6. Has your client smoked cigarettes or any other form of tobacco in the last 5 years?**

Yes, please give details

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**7. Has a stress electrocardiogram (treadmill test) been completed within the past year?**

Yes; normal \_\_\_\_\_ (date)

Yes; abnormal \_\_\_\_\_ (date)

No \_\_\_\_\_

**8. Does your client have any other major health problems (ex: cancer, etc.)?**

If yes, please give details

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