

HOW TO READ YOUR HEALTH & DISEASE RESULTS

PAGE ONE

Health & Disease Questionnaire Results

SCORE – Higher scores are better. The best possible score is 100, and the worst is zero.

BAR GRAPH – Longer bar graphs are better.

HEALTH (STARS) – More stars are better. Like a movie review, the stars interpret each score based on your age and sex, from five stars for excellent health down to one star for poor health. For a young person, a score of 95 may be poor health, because almost everyone that age scores 100. Thus the stars may be more helpful to you than the scores and the bar graphs.

Disease Impact

CATEGORY

- ∞ **Physical Functioning** These areas are usually understandable to ourselves.
- ∞ **Pain**
- ∞ **Social Functioning** Most people already know what is causing their physical limitation, pain, poor social functioning, or lack of emotional well being.
- ∞ **Emotional Well Being**
- ∞ **Energy Fatigue** – A score below 60 is concern. A low score here could come from something physical or something emotional, but it is often worth the effort to find the cause.
- ∞ **General Health Perception** – This is often a measure of Optimism or Pessimism and Worry.
- ∞ **Role Physical** – This describes what is expected by you or others and your physical ability to meet those expectations.
- ∞ **Role Emotional** – This describes your emotional ability to meet expectations set by you or others.

Health Skills

CATEGORY

- ∞ **Life Management Skills** – This is an overall score for your health skills.
- ∞ **Prevention Index** – A Score below 80 is of concern.
- ∞ **Life style Indicator** – This measures life choices you make that affect your health. A score below 80 is of concern.
- ∞ **Spiritual Health** – A score below 70 is of concern.
- ∞ **Satisfaction** – These scores are how you rated your health practitioner and the staff and the services offered.

Health & Disease Problem List

CATEGORY OR QUESTION – These are the questions. Your answers triggered each problem statement.

STATEMENT – Interpretation of your responses.

LEVEL OF CONCERN – How serious the problem is.

The terms **Requires Help**, **Health Hazard**, and **Dangerous** should be viewed with concern and with an interest in their correction.

HEALTH (STARS) – The same as on Page One.

Problems: Disease Impact

These problems are a measure of how your health is affecting your physical, mental, emotional, and social well being.

Problems: Health Skills

These problems are about your own behaviors or life style choices, your satisfaction with care, and your spiritual well being. The good news is that these choices are mostly under our own control. These are the problems that each of us has the most power to change.

ASSISTED INTERPRETATION

IDENTIFY your most trusted health advisor, such as your Family Physician, Chiropractor, Spiritual Advisor, or any other person you can trust with your health.

DISCUSS this report with that trusted person for the purpose of writing down your own treatment plan.

ASK yourself and your trusted partner these two questions:

What would need to happen for me to say my health is excellent?

What do I want to happen for my health in the next 12 months?

These questions provide an opportunity for you to look into yourself. Whenever you have a problem, you usually have a solution as well. It may take a little effort, and sometimes you need a trusted partner, but the solution is there somewhere for you to find.

PAGE TWO

The Health & Disease results are holistic, and were developed using the scientific method. People who use this questionnaire have found the results to be reflective of themselves and useful for improving their health. This instruction sheet will help you with your own health improvement.