



CHANGE Assessment Description for Participants

A brief description of all the initial, 3-month, and final assessment components has been included below.

Blood pressure: A blood pressure of higher than 130/85 (or on medication for high blood pressure) is considered high blood pressure or hypertension. Your blood pressure is used to calculate your 10-year cardiovascular risk (only applicable for individuals under the age of 65 years of age).

Waist circumference: The waist circumference is a measure used to estimate the belly fat which is associated with an increased risk of developing some chronic conditions. Someone is at increased risk of developing health problems such as type 2 diabetes, heart disease and high blood pressure if their waist circumference is:

- Men: 102 cm (40 inches) or more
- Women: 88 cm (35 inches) or more.

Fasting glucose: Fasting glucose of 6.1-6.9 is considered prediabetes and a fasting glucose of 7.0 or higher (or on medication for elevated blood sugars) is considered diabetes.

A1C: The A1C is the average blood sugar over the last 2-3 months.

Cholesterol: The LDL, HDL and triglycerides (or on medication for high cholesterol) are also used in the PROCAM score. In addition, a level of 1.7 or higher for triglycerides, and HDL (over 1.3 for women and over 1.0 for men is desired) are two other measures that we use your assessment.

Cardiovascular risk Calculation: The PROCAM measure is used to estimate risk for having a heart attack within 10 years (in %). It uses 8 measurements which include: Age; LDL cholesterol; smoking; HDL cholesterol; systolic blood pressure; family history of premature heart attack; diabetes; triglycerides.

The Quality of Life: - The scale is from 0-100 where 100 is the best health that you can imagine and 0 is the worst health you can imagine. You are asked to place yourself on the scale according to how you were feeling on the day you were assessed.

Mediterranean Diet Score:

- **0 – 8** = You would benefit from making changes to eating habits;
- **9 – 16** = You have some of the eating habits that reflect the Mediterranean style of eating, but would benefit from making changes to eating habits.
- **17 – 24** = You have many of the habits associated with the Mediterranean style of eating.

Confidence Scale: Measures how confident you are in making sustainable lifestyle changes. Zero reflects a low level of confidence, while 10 reflects a high level of confidence.

Heart and Lung fitness (VO2max): Your estimated VO2max is calculated based on a combination of your age, sex, and heart rate response to a given workload.

- If for some reason someone would prefer to not use a treadmill, we can use a 6-minute walk test.

Upper and Lower Body Strength:

- A 30-second sit to stand test is used to assess lower body strength and endurance. If someone is unable to perform this test due to pain or any health reasons, the test is not done.
- We give each participant 3 modifications of a standard pushup test to assess upper body strength and endurance, and you are allowed to choose from the options below. We measure horizontal distance between toes and hands, your effort level, and the number of pushups completed with acceptable form.
 - Wall pushups
 - Desk/table pushups
 - Floor pushups (women using their knees, men using their toes).

Mobility:

- Two mobility tests are used to assess shoulder and hip mobility. For each joint, tests are graded on a scale of 0-3.
 - 3: You meet the unmodified mobility criteria. (Excellent)
 - 2: You meet the modified mobility criteria. (Passable)
 - 1: You cannot meet the modified mobility criteria. (Compromised)
 - 0: Neither assessment option can be performed without an increase in pain.