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Gauging Heart Disease Risk - with a shoestring.

Here is an easy "test" to gauge your risk for heart disease. Take a shoestring - **no, I am not kidding** - and put it around your waist; then measure the string on a ruler. (Surely you have a ruler in your desk somewhere.) Then, take the same steps and measure your hips.

Waist Measurement /Hips Measurement = **Waist-Hip Ratio** (range from 0.5 to 1.5)

If the ratio is **equal to or less than 0.8**, then you likely have **average or below average risk** for heart disease. If it is **higher than 0.8**, you likely have a **higher risk**. (Note: this is a likelihood, not a medical diagnosis!)

Why does this test work? Studies have shown that people who carry extra weight around their abdomen tend to have higher blood pressure, higher blood cholesterol, and a higher chance of having a heart attack. With a shoestring and a minute of your time, you now have your eyes open to your heart disease risk - and you never left your desk.

We are always on the look out for simple, practical, inexpensive ways to promote health. If the claims data shows evidence of obesity and heart conditions, we can help the employer select targeted programs to encourage weight loss and cardiovascular health.

✓ **One avoided heart attack saves an employer's plan \$40,000.**

Think of Health Economy when your clients want new cost effective ideas for mastering their health care costs. We do great things on a shoestring.