

Our Health Study

Your Personal Report

Name:

DOB:

Thank you for participating in the Our Health Study at the University of Melbourne.

How to follow this report

You can use the table of contents below to find your requested results and general information.

Page 3 provides a quick glance summary of your results. If a result is marked red, it means the finding is outside the usual range. You can click on the headers to jump to that specific section further down the report, where you'll find further information about the assessment, recommendations and links to sources if you want to read more.

Please note that all assessments are done for research purposes by research staff. They are **not medical or diagnostic tests**. The results should not be used to diagnose or exclude a health problem or concern. Results may indicate to your healthcare provider where follow-up or further tests may be advisable. If you have any health concerns, please speak with your healthcare provider or hospital emergency department (if urgent).

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Results Summary Table

Anthropometry

Height	150.8cm	Average waist circumference	67.5cm
Weight	58.4kg	Average hip circumference	85cm
Average neck circumference	30cm	Body Mass Index	19

Body Composition

Total mass	58.3kg	Subcutaneous adipose tissue	100cm ²
Tissue fat	19.9%	Total fat mass	21452g
Visceral adipose tissue	58cm ²	Total lean mass	35625g

Bone Density

Left hip	These results were outside the normal range
Right hip	These results were outside the normal range
Spine	These results were within normal range.

Blood Pressure and Heart Rate

Time point	Blood pressure	Heart rate
Resting 5 min rest	136/76mmHg	49 bpm
Resting +1 minute	132/77mmHg	48 bpm
Resting +1 minute	136/80mmHg	48 bpm
Resting Average	134/79mmHg	48 bpm
Standing +1 minute	131/84mmHg	60 bpm
Standing + 3 minute	131/86mmHg	60 bpm

Your average resting blood pressure reading was within normal range.

Your average **resting** heart rate was outside of the normal range.

12 Lead Electrocardiogram (ECG)

'Borderline ECG.'

Blood Test Results (pathology)

See Blood Test Results section.

Liver Elastography

Your measurements on the day of your study visit were within normal range.

Spirometry

Your spirometry results on the day of your visit were outside of the normal range.

Oral Health

Caries (dental decay)	Some teeth showed signs of obvious dental decay.
Periodontal (gums)	Gingivitis.
Tooth wear	Medium risk of tooth wear.
Saliva pH	Saliva pH within normal range.

Eye Health

Measure	Right eye	Left eye
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Visual Acuity	Within normal age-expected range.	Below the expected level for your age
Intraocular pressure This assessment was not completed.		
Autorefraction	Within normal range.	Within normal range.
Ear Health		
Otoscopy	Your otoscopy exam was clear.	
Audiometry (hearing test)	Your results were outside normal ranges	
Tympanometry	Right ear: Your results were within normal limits.	Left ear: Your results were outside normal limits.
Lifestyle results		
Diet (Australian Eating Survey)		
You would have received an email from the University of Newcastle. See AES section.		
Sleep	You opted not to receive these results.	
Physical activity	Moderate weekly physical activity.	
Strength and mobility		
Grip Strength	Average right hand grip strength	26.9kg
	Average left hand grip strength	28.5kg
Sit to Stand test	9.3 seconds	

Anthropometry

Anthropometry is the study of the measurement and proportions of the human body. Anthropometric data can be used to assess body composition, metabolism and nutrition status.

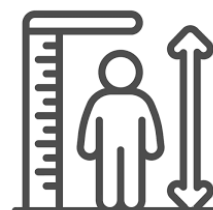
Your Results:

Height	150.8cm
Weight	58.4kg
Average neck circumference	30cm
Average waist circumference	67.5cm
Average hip circumference	85cm
Body Mass Index (BMI)*	19

General Information

Anthropometry is particularly relevant in studying change over time, such as through age effects (young and old), health and understanding certain risks.

*BMI is a limited assessment as it only measures weight relative to height, failing to differentiate between muscle mass, bone density, and body fat.



Resource Pathways

If you would like to discuss your results, we recommend making an appointment with your GP or an accredited dietician. Below are some useful links with further information:

- [BMI and waist circumference- Health Direct](#)

Body composition

Body composition provides a more detailed picture of a person's physical state other than their total weight. It includes the percentage of fat, bone and muscle. This offers a more meaningful way to understand how the body is structured.

Your results:

Total mass Total fat, lean tissue and bone mineral content	58.3kg
Tissue fat The percentage of the body composed of fat tissue	19.9%
Visceral adipose tissue Fat that is deep inside the abdominal wall and usually surrounds the organs	58cm ²
Subcutaneous adipose tissue The layer of fat stored directly beneath the skin	100cm ²
Total fat mass Includes all the fatty tissue in your body i.e. fatty tissue within organs and the subcutaneous fat under skin	21452g
Total lean Total muscle and soft organ tissue	35625g

General Information

Two people at the same height and same body weight may have different body composition, and thus different health and risk factors. Like anthropometry, body composition values are relevant in studying change over time, such as through age effects (young and old), health and understanding certain risks.



Resource pathways

If you would like to discuss your results, we recommend making an appointment with your GP. Below are some useful links with further information:

- [DXA Body composition analysis – UC Davis Health](#)
- [What's a healthy body fat percentage, and how do you calculate it? - Healthline](#)



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Bone Density

Bone density testing is a procedure used to determine bone composition and strength. It can indicate changes related to osteoporosis (when bones become less dense, lose strength and are more prone to breaking due to calcium loss) or osteopenia, a milder form of bone loss.

Your results:

Your bone density report can help determine whether your bone mass is in the normal range, or whether there are indications of possible lower than average bone density for your age and gender. These results should not be used to exclude a health problem or concern.

Left Hip
These results were outside the normal range
Right Hip
These results were outside the normal range
Spine
These results were within normal range.

The full report from your bone densitometry scan (DXA) can be found at the end of this document.

General recommendations

Bone health is an important part of general health. Your bones continuously renew themselves and your body breaks down and rebuilds bone tissue throughout your life. However, from your 30s onwards, more bone is broken down than rebuilt. You can improve bone health by eating a well-rounded diet (enough calcium, vitamin D and protein), keeping active with regular weight bearing exercise, reducing or stopping smoking or vaping and drinking alcohol in moderation.



Resource pathways

If you are concerned about your bone density/strength, we recommend making an appointment with your GP. Below are some useful links with further information:

- [Healthy Bones – Health Direct](#)
- [Bone Health Explained – Healthy Bones Australia](#)
- [Bone Density Testing – Better Health Vic](#)

Blood Pressure and Heart Rate

Blood pressure and resting heart rate assessments measure cardiovascular (heart) health.

Your results:

Resting blood pressure		Resting heart rate
5 min rest	136/76mmHg	49 bpm
+1 minute	132/77mmHg	48 bpm
+1 minute	136/80mmHg	48 bpm
Average	134/79mmHg	48 bpm
Standing blood pressure		Standing heart rate
+1 minute	131/84mmHg	60 bpm
+3 minute	131/86mmHg	60 bpm

Your average resting heart rate was outside of the normal range.

Your average resting blood pressure reading was within normal range.

General Information

Blood pressure is the pressure of blood on the walls of your arteries as your heart pumps blood around your body. Blood pressure does not stay the same all the time. It changes to meet your body's needs, and it is normal for your blood pressure to go up and down throughout the day. It is affected by various factors, including body position, breathing, emotional state, exercise and sleep. However, if blood pressure remains high over a long period of time it could lead to serious health conditions. High blood pressure usually does not have any symptoms. You can have high blood pressure and feel perfectly well. The only way to find out if your blood pressure is high is to have it checked regularly by your doctor.



Your **heart rate** can tell you a lot about your health such as cardiovascular fitness, stress levels and potential heart issues. When your heart beats it pushes blood around your body. This heartbeat can be felt as your 'pulse' on your wrist or neck.

Normal ranges

- Ideal blood pressure readings in adults are generally between 90-120mmHg/60-80mmHg.
- Ideal resting heart rate for adults is generally between 60-100 beats per minute (bpm).

Resource pathways

If you are concerned about your cardiovascular health, we recommend making an appointment with your GP. Below are some useful links with further information:

- [Blood pressure and your heart – Heart Foundation](#)
- [Blood pressure – Better Health Channel](#)
- [Hypertension \(high blood pressure\) – Better Health Channel](#)
- [Heart arrhythmias and palpitations – Better Health Channel](#)
- [Dizziness – orthostatic hypotension – Better Health Channel](#)

Electrocardiogram (ECG)

The heart is a large muscle that's function is regulated by electrical pulses. An electrocardiogram is a graph of your heart's electrical activity.

Your results:

'Borderline ECG'. These findings were discussed with you during your study visit and a review with your GP was recommended.

A copy of your ECG report can be found at the bottom of this report.

Please note that this report was flagged as abnormal based only on the computer-generated rhythm statement/conclusion and has not been reviewed by a physician. The results should not be used to diagnose or exclude a health problem or concern. You will have received a handout on the day of your appointment with additional information.

If you have any chest pain, please call triple zero (000) or present to your closest Emergency Department.

Resources pathways and general information

Below are some useful links for further information about ECGs:

- [Electrocardiogram – Better Health](#)



Blood Test Results (Pathology)

Your results:

One or more of your pathology results are outside the normal reference range. These are bolded in the table below. We recommend you discuss this with your GP or other medical practitioner.

Test results may be out of the reference range for many reasons and do not necessarily indicate something is wrong. They need to be considered in the context of the individual person's medical history, medications, lifestyle and other factors. They sometimes occur in response to a temporary condition, like having a virus, and then return to normal range when re-tested. However, if persistently abnormal may need further follow up to identify the cause.

Full Blood Count

Test	Units	Reference Range
Haemoglobin	146g/L	115-155
White Cell Count	4.2x10 ⁹ /L	4.0-12.0
Platelet Count	369x10 ⁹ /L	150-400
RCC	3.57x10 ¹² /L	3.60-5.20
Hct	0.27L/L	0.33-0.45
MCV	84fL	80-99
MCH	33.7pg	26.0-34.0
MCHC	329g/L	315-365
RDW	13.8%	11.6-14.0
MPV	11.6fL	7.0-12.0

White Cell Differential

Test	Units	Reference Range
Neutrophils	8.4x10⁹/L	2.0-8.0
Lymphocytes	3x10 ⁹ /L	1.0-3.5
Monocytes	0.4x10 ⁹ /L	0.2-1.0
Eosinophils	0.1x10 ⁹ /L	0.0-0.5

Basophils	0.1x10 ⁹ /L	0.00-0.20
General Chemistry		
Test	Units	Reference Range
Sodium	139mmol/L	135-145
Potassium	4.4mmol/L	3.5-5.2
Chloride	105mmol/L	95-110
Bicarbonate	26mmol/L	22-32
Urea	3.5mmol/L	3.0-7.0
Creatinine	79umol/L	45-90
eGFR	77	> 90
Glucose	5.7mmol/L	3.3-7.7
Calcium	2.37mmol/L	2.10-2.60
Calcium Corrected	2.11mmol/L	2.10-2.60
Magnesium	0.96mmol/L	0.70-1.10
Phosphate	0.96mmol/L	0.75-1.50
Total Protein	71g/L	60-80
Albumin	45g/L	35-50
Globulin	34g/L	25-40
Bilirubin	12umol/L	<21
ALT	18U/L	5-35
AST	24U/L	< 31
GGT	23U/L	<37
ALP	40U/L	30-110
CRP	<0.mg/L	< 5
Urate	0.29mmol/L	0.15-0.35
Lipid Studies		

Test	Units	Reference Range
Cholesterol	4.2mmol/L	< 5.5
Triglycerides	1.2mmol/L	< 2.0
HDLC	1.1mmol/L	> 1.2
LDLC	2.8mmol/L	< 3.0
Non-HDL Chol	3.4mmol/L	< 4.0
Chol:HDL	3.9	< 4.5

Iron Studies

Test	Units	Reference Range
Ferritin	24ug/L	30-200

General Endocrinology

Test	Units	Reference Range
HbA1c (IFCC)	33mmol/L	< 48
HbA1c (DCCT)	5.2%	< 6.5

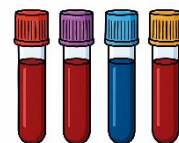
General information and resource pathways

For more detailed information about pathology tests, you can view

- [Pathology Tests Explained](#)

For general medical information, including finding GPs and urgent care clinics

- [Get health information and advice – Health Direct](#)



Liver

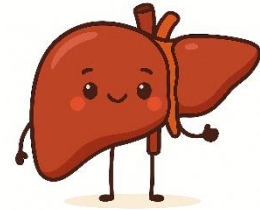
Liver Elastography is a test that measures the stiffness of your liver. Stiffness is usually caused by scarring, which can be a sign of liver disease.

Your results:

Your measurements on the day of your study visit were within normal range.

General Information

The liver is the largest internal organ of the human body and has around 500 different jobs that keep your body working at its best. The two most important jobs are cleaning your blood and helping with digestion. Just about everything you eat and everything you drink goes through your liver. Even chemicals that touch your skin and toxins that you breathe in pass through your liver. A healthy liver helps with energy, fights infection, and gets rid of harmful toxins. But a damaged liver can't do these jobs properly, so it's vital to keep our liver healthy. To keep your liver in the best shape, it's important to eat a balanced diet, exercise regularly and consume alcohol responsibly.



Resources pathways

If you have any concerns or questions around the health of your liver, please see your GP. Below are some useful links for further information around liver health.

- [The Liver – Health Direct](#)
- [How your liver works – Liver Well Victoria](#)

Spirometry

Spirometry is a type of lung function test. It determines how well your lungs work by measuring how much air goes in and out of your lungs when you breathe.

Your results:

Your spirometry results on the day of your visit were outside of the expected range for your age and ethnicity. These findings were discussed with you during your study visit and a review with a health care provider has been recommended.

A result that is outside of the normal range may indicate that your lungs are not working as they should be. This may be due to an underlying condition such as Asthma. Please note that this test is just a screening of your lung health at one time point, and not a diagnostic tool.



General Information

Lung health is critical because lungs supply oxygen to all bodily tissues, remove carbon dioxide waste, and defend against infections.



Resource pathways

If you have any concerns or questions around your lung health, please see your GP. Below are some useful links for further information about lung health:

- [Protect your lungs – Lung Foundation Australia](#)
- [The respiratory System – Health Direct](#)

Oral Health	
Caries	
Assessment of dental decay	
Your results: Some teeth showed signs of obvious dental decay. These areas will require x-rays and further examination by a dentist. If you do not regularly see a dentist, we recommend making an appointment within the next 6 months.	
Periodontal	
Assessment of gum health	
Your results: Signs of gingivitis. This is an early form of gum disease that is reversible with management by a dentist. You may notice some swelling of the gums or bleeding when brushing or flossing.	
Tooth wear	
Assessment of gradual loss of tooth structure not relating to dental decay. This might include other factors such as habits (clenching/grinding), diet and age.	
Your results: Medium risk of tooth wear. Tooth wear is a multifactorial condition. Assessment by a dentist is required to determine the underlying causes. If you do not regularly see a dentist, we recommend making an appointment in the next 6 months	
Saliva pH	
Your mouth requires a balanced pH to maintain oral health and protect teeth.	
Your results: Saliva pH within normal range.	
Please note: It is important to understand that this was not a full dental check-up. The assessment was not designed to collect information for dental treatment planning. We did not check the teeth as thoroughly as a dentist in a clinical situation would and we were not able to take x-rays. findadentist.adavb.org.au to find a private dentist in your area.	
General Information Looking after your teeth and gums is important for your overall health. A healthy mouth allows you to smile, eat and speak which helps your general health, mental wellbeing and ability to socialise with others. Resource pathways It is recommended that you visit a dentist for a comprehensive checkup and clean every 6 months, even if you don't have any pain. To see if you're eligible for public dental services please visit www.dhsv.org.au/our-services/are-you-eligible. Alternatively, you can visit findadentist.adavb.org.au to find a private dentist in your area.	



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Eye Health

Visual Acuity

This is a measure of your clarity of vision and your ability to distinguish shapes and objects. This was assessed when you read a series of letters from a chart, starting bigger and getting smaller.

Right eye visual acuity:

Within normal age-expected range.

Left eye visual acuity:

Below the expected level for your age. These findings were discussed with you during your study visit and a review with an optometrist is recommended.

Intraocular Pressure

This is a measure of the fluid pressure inside your eyes (and an indicator of general eye health).

This assessment was not completed during study visit.

Autorefraction

This is a measure of refractive errors. Refractive errors are optical imperfections which can cause blurred vision and are commonly corrected with eyeglasses or contact lenses.

Right eye measurements:

Within normal range.

Left eye measurements:

Within normal range.

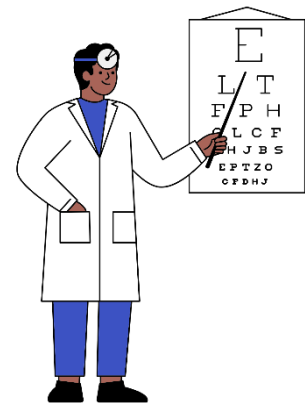
General recommendations – Eye Health

Illness, injury and ageing can all affect your eyesight, so it's important to keep your eyes as healthy as possible. Regular eye tests are important. Around 90% of all blindness and vision impairment in Australia can be prevented or treated if detected early.

Resource pathways

It is recommended to visit an optometrist for an eye test at least every 2 years, even if you have no symptoms/concerns. If you **do have** symptoms/concerns, please speak to your healthcare provider or optometrist:

- [Optometry services by location](#)
- [Ophthalmology services \(doctors specialising in eyes\) by location](#)



Ear Health

Otoscopy

This was performed using an otoscope, a tool which shines a light inside your ear canal to assess for things like redness or discharge. This assessment found:

Your results:

Your otoscopy exam was clear.

Audiometry (Hearing Test)

Your results on hearing screening indicated a:

Your results:

Your results were outside normal ranges. These findings were discussed with you during your study visit and follow up at a hearing clinic is recommended.

Tympanometry

Tympanometry is the measure of your inner ear health, during which the tool sends pulses to the ear drum to measure movement in the middle-inner ear. Your results on tympanometry (checking the middle ear status) indicated:

Your results:

Right ear:

Your results were within normal limits.

Left ear:

Your results were outside normal limits.

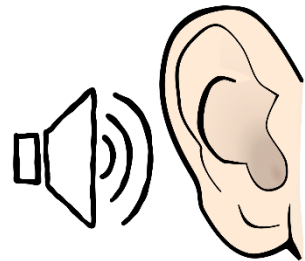
General Information

Our ears play an important role in hearing, balance and relaying messages to our brain. It is important to seek care if you are having problems with hearing or balance.

Resource pathways

If you have hearing loss or other concerns, please speak to your healthcare provider or get a hearing test done. You can make an appointment for a hearing test at an audiology clinic in your area. You don't need a referral from your doctor.

- [Melbourne Hearing Care Clinic](#) – all forms of assessment, custom ear protection and microsuction wax removal.
- [Audiology services by location](#)
- [General practice \(doctors\) by location](#)



Australian Eating Survey (AES)

The AES is a validated and reliable tool to measure usual food and nutrient intake over the past 3-6 months.

Your Results:

You will have received in a separate email, a diet report from the University of Newcastle based on your responses to the Australian Eating Survey.

You would have been sent this on the day you submitted the survey. If you can't find your results, please contact us at ourhealth-study@unimelb.edu.au.

General Information

What we eat can play a major role in a person's health and wellbeing. Healthy balanced diets can help protect against noncommunicable diseases such as diabetes, cardiovascular disease and some cancers. What we eat can also influence our brain, mood and overall mental health. It is important to note that the AES does have limitations, such as the dependency on participants to remember their intake over the last few months and limitations in capturing foods for diverse cultural groups.



Resource pathways

If you would like to discuss your results, we recommend making an appointment with your GP. Below are some useful links with further information:

- [Healthy Eating and Diet – Better Health Channel](#)
- [Food and your Mood – Better Health Channel](#)

Sleep

During the survey component of the Our Health Study, you may recall being asked some questions about your sleeping habits. Sleep is an essential function of all humans and is important for the health of our body and mind.

You opted *not* to receive these results. If you believe this is incorrect, please contact us at ourhealth-study@unimelb.edu.au.

If you have recorded Fitbit sleep data, you will be able to review this data in your Google (Fitbit) account. If you have deleted this app, you can re-download and sign in with the same credentials to see your past data.

Below are two links that explain how to review the sleep stages and sleep scores collected during your at-home period:

- [Sleep score](#)
- [Sleep stages](#)

General Information

When you sleep, your body goes through different processes that promote physical and emotional health and mental restoration. The amount of sleep you need varies with your age, lifestyle, genetics and individual factors. Most adults need about 7-9 hours of sleep each night to feel refreshed and to function at their best the next day. Lack of sleep can have a significant impact on your short-term functioning and your long-term health. Some simple ways to improve your sleep health include, maintaining a consistent sleep schedule, creating a dark and quiet bedroom, limit screen time before bed and avoid caffeine in the afternoon and alcohol before bedtime.



Resources pathways

If you have any concerns or questions around your sleep health, please see your GP. Below are some useful links for further information around sleep and creating a healthy sleep hygiene.

- [Sleep – Health direct](#)
- [Improving your sleep environment – Better Health](#)

Physical Activity

During the survey component of the Our Health study, you may recall being asked some questions about your exercise habits, including the amount of walking and sitting you do.

MET minutes are a way of measuring how much physical activity you've done by combining:

1. How hard the activity is, and
2. How long you do it for.

1 MET = the energy your body uses when resting (sitting quietly).

3 METs = using about 3 times as much energy as resting (e.g., brisk walk).

6 METs = using about 6 times as much energy as resting (e.g., brisk walk uphill, or aerobic dancing).

Based on your answers to these questions:

Moderate weekly physical activity

- Criteria: Achieved by combining walking, moderate, and vigorous activities, generally accumulating at least 600 MET-min/week.
- MET-minutes/week: > 600 MET-min/week.
- This level meets the recommended minimum activity levels for better health.

Your Fitbit would have recorded physical activity data, including step count and the intensity of activities per day. You will be able to review this data in your Google (Fitbit) account. If you have deleted this app, you can re-download and sign in with the same credentials to see your past data.

General Information

Exercise is important, no matter your age or fitness level.

Adults should aim for at least 30 minutes of moderate-intensity activity on most days of the week. Moderate-intensity physical activity is energetic and raises your heart rate but doesn't make you breathless. It's important to include muscle strengthening activities on at least 2 days per week, as well as limiting prolonged bouts of sedentary behaviour.



Even if you don't meet the physical activity guidelines, doing some exercise is better than none! You can gradually build up your physical activity over time.

Referral/resource pathways

If you have any concerns or questions around your physical activity, please see your GP. Below are some useful links for further information around physical activity:

- [24-hour movement guidelines for adults & older adults \(18 and over\) – brochure](#)
- <https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important#bhc-content>

Strength and Mobility

Hand Grip Strength

This test assesses strength. Increased strength is often linked with reduced likelihood of hospitalisation.

<u>Right Hand (average)</u> 26.9kg	<u>Left Hand (average)</u> 28.5kg
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Reference ranges based on your age and sex assigned at birth:

<u>Right Hand (average)</u> 29 kg (17.6-40.4 kg)	<u>Left Hand (average)</u> 28 kg (16.6-39.4 kg)
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The range shown in the brackets represent the average grip strength for 95% of people in your age group and sex assigned at birth.

Sit to Stand Test

This test assesses your lower limb functionality, transitional movements, and balance. Faster sit to stand times have been associated with decrease in falls risk

Your result:

9.3 seconds.

The average time to complete the sit stand test for your age group is 7.6, with 95% of people ranging between 4.8 to 10.4.

General Information

Muscle mass decreases as we age but strength building and flexibility exercises can minimise this loss. These exercises can improve balance and coordination, enhance mobility and support bone health. According to the [Australian Physical Activity Guidelines](#), adults aged 18-65+ should engage in muscle strengthening exercises at least two days a week.



Resource pathways

If you have any concerns or questions around your physical activity, please see your GP. Below are some useful links for further information around strength and mobility.

- [24-hour movement guidelines for adults & older adults \(18 and over\) – brochure](#)
- <https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important#bhc-content>
- [Strength training for beginners | healthdirect](#)

Fitbit Data

During your two-week monitoring period, the FitBit you wore was also collecting data on your sleep, heart rate, exercise and other measures.

Visit the website below for instructions on viewing and understanding your FitBit data related to fitness:

https://support.google.com/fitbit/topic/14236503?hl=en&ref_topic=12229026,13812259,&sjid=17037799272190153561-NC