



## CARDIOVASCULAR

- Risk factors below are associated with heart disease, stroke, heart attacks and diabetes.

<i>Measure</i>	<i>Result</i>	<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Waist Circumference		F $\leq$ 35", M $\leq$ 40"		
Waist to Hip Ratio		F < .85 M < .90		
Blood Pressure		<140/<90mmHg		
Oxygen Sat	%	$\geq$ 95%	Not scored	Not scored
Heart Rate	bpm	60-100	Not scored	Not scored
<b>At greater risk <input type="checkbox"/> 0 points</b> (met none) <b>At some risk <input type="checkbox"/> 1 point</b> (met some) <b>Low risk <input type="checkbox"/> 2 points</b> (met all)				

## STRENGTH

-Risk factors below are associate with bone health and falls.

<i>Measure</i>	<i>Result</i>	<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Grip Strength	kg	From chart		
Chair Stand	sec	$\leq$ 8 seconds		
<b>At greater risk <input type="checkbox"/> 0 points</b> (met none) <b>At some risk <input type="checkbox"/> 1 point</b> (met some) <b>Low risk <input type="checkbox"/> 2 points</b> (met all)				

## WALKING SPEED

-Risk factors below are associated with overall health and fall risk.

<i>Measure</i>	<i>Result</i>	<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Usual Speed	m/s	$\geq$ 1.2 m/s		
Fast Speed	m/s	$\geq$ 1.7 m/s		
Reserve	m/s	$\geq$ .60 m/s		
<b>At greater risk <input type="checkbox"/> 0 points</b> (met none) <b>At some risk <input type="checkbox"/> 1 point</b> (met some) <b>Low risk <input type="checkbox"/> 2 points</b> (met all)				

## FLEXIBILITY

- Risk factors below are associated with injury and falls.

<i>Measure</i>	<i>Result</i> <i>R                      L</i>		<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Shoulder			≥170 degrees		
Calf			≥5 degrees		
Hip Flexors (Pass/Fail)	P/F	P/F	Pass: Thigh rests flat on plinth.		
Posture (Pass/Fail)	P/F		Pass: No pillow needed.		
<div> <div>At greater risk <input type="checkbox"/> 0 points (met none)</div> <div>At some risk <input type="checkbox"/> 1 point (met some)</div> <div>Low risk <input type="checkbox"/> 2 points (met all)</div> </div>					

**BALANCE** - Risk factors below are associated with falls.

Measure	Result	Goal	<i><b>MET</b></i>	<i><b>UNMET</b></i>
Single Leg Stance <i>Eyes Closed</i>	seconds	≥5 seconds		
Single Leg Stance <i>on Foam</i>	seconds	≥15 seconds		
<div> <div>At greater risk <input type="checkbox"/> 0 points (met none)</div> <div>At some risk <input type="checkbox"/> 1 point (met some)</div> <div>Low risk <input type="checkbox"/> 2 points (met all)</div> </div>				

**Overall Score: \_\_\_\_\_/10**

Educational handouts that address risks identified within the SAFE can be found at [NSGA.org](https://www.nsga.org) under the Health and Wellness Tab or at [geriaticsspt.org](https://www.geriaticsspt.org) under For the Public.

If you would like to seek the services of a physician or physical therapist as a result of this screen, it would be helpful to bring this form with you. If you need assistance finding a local physical therapist, visit the website [www.choosept.com](http://www.choosept.com) and click on “Find a PT”. Please be aware that many insurers require a physician referral for physical therapy services.

The interpretation of your screen is based on your age and gender for competitive National Senior Games athletes and may not be meaningful for non-athletic individuals.