

Testvalue - interpretation

<34,9 Normally there is a health risk linked to this level of cardio fitness

- 20-22,9 Seek medical advice in order to evaluate your poor level of cardio fitness. About 3 out of 10 people with this value never lives to celebrate their 65:th birthday, if this test is accurate on your health there is a severe health risk (cardiovascular disease) linked to your cardio fitness.
- 23-27,9 Seek medical advice in order to evaluate your poor level of cardio fitness. If this test accurate on your health there is about twice the risk for cardiovascular disease linked to your cardio fitness. Seek medical advice and advice from a personal trainer.
- 28-34,9 Your fitness level put you in high risk for developing diabetes, metabolic syndrome and colon cancer. Seek medical advice or advice from a personal trainer.

≥35 Normally there is no health risk linked to this level of cardio fitness

- 35 Minimal value for most people. Normally no increased risk of illness linked to cardio fitness. You could probably run 2 km in 12 minutes or jog 10 km i about 1h 10 min.
- 45 Minimum value to start Police- or Coastguard traning. You could probably run 10 km in about 56 min. **All labour work with constant moderate strain (1,25 liter/min x 1000 / 70 kg / 0,40).**
- 50 Demand on firefighters and special forces in the military. You could probably run 10 km in about 50 min.
- 55 NHL hockey players have about 55 (heavy muscles). You could probably run 10 km in about 45 min.
- 65 Fotball players (top).
- 70-75 Female top atlethes in endurace sports.
- 80-85 Male top atlethes in endurace sports.
- 96 The highest known value for a human being, Norwegian skier Björn Dählie, 30 år, 1997.
- 180 Ordinary horse.
- 240 Alaskan Husky, sled dogs in competition shape – fastest animal on land for long distances.

Exception: The test that you have done may not work for you! In all tests there are confounding factors and individuals may get too high or too low value!

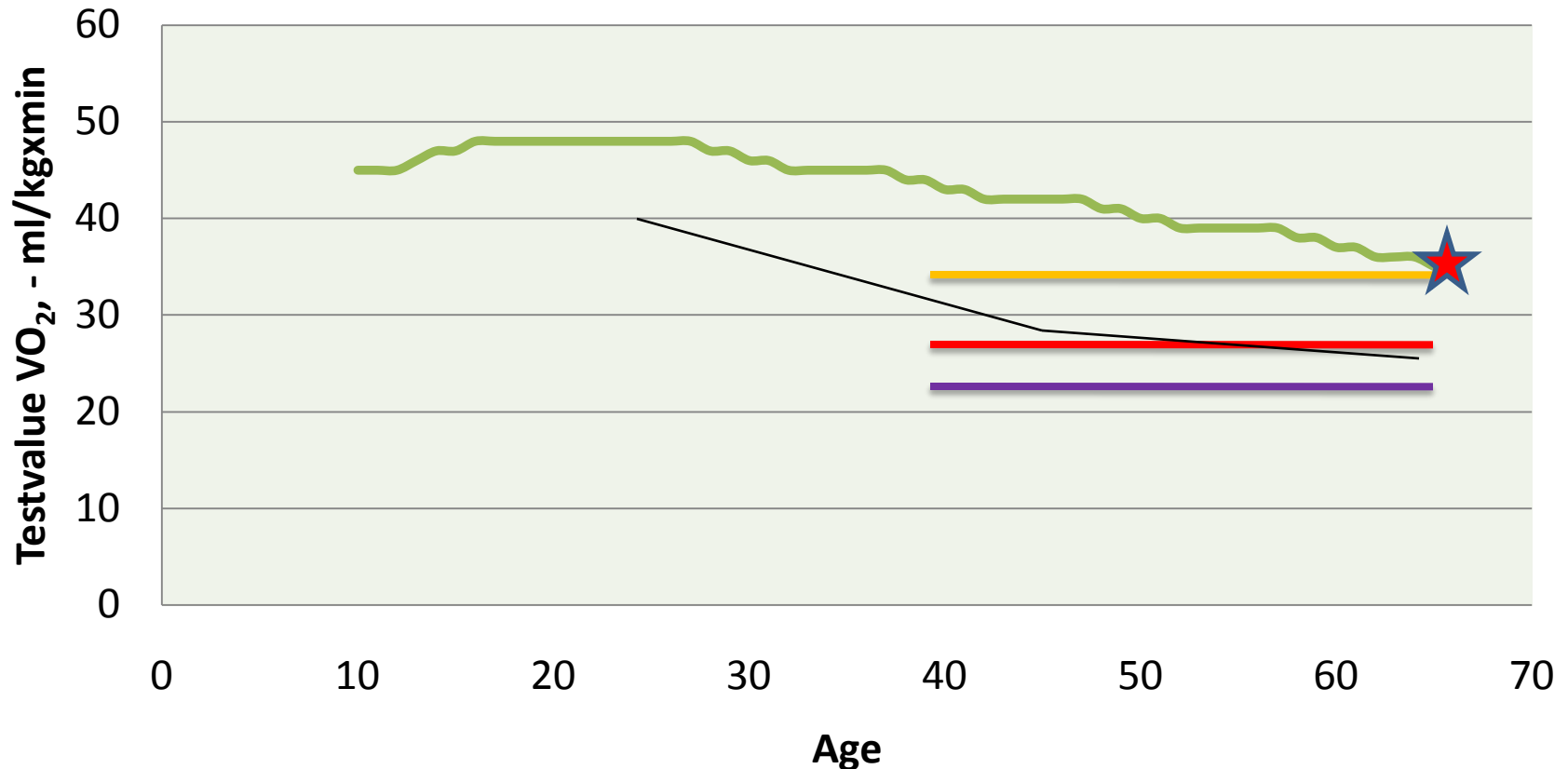
Test value also acts bad as a predictor for health risk for those with an overweight, up to about 20 kg, placed in the typical female positions (rear and thigh). This obesity is usually not very metabolically active and lowers the test value "false".

References: http://www.sbu.se/upload/Publikationer/Content0/2/Langre_liv_battre_halsa.pdf

Blair, S, et al, Physical Fitness and All-Cause Mortality, JAMA, November 1989-Vol 262, No 17, sid 2395-2401

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Cardio Fitness age 10 to 64 years



Green line = Cardio exercise about 30 min x 3 ggr/v in order to stay on the safe side of 35 ml/kgxmin

Black thin line = Real development (middle value Swedish population year 2001)

Yellow line = 35 – Lower limit healthrisk (diabetes, metabolic syndrome, colon cancer)

Red line = 28 – High risk for cardio vascular disease

Violet line = 23 – Below this line, extremely high risk for cardio vascular disease

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Health Metrics 1-9

Only to be used on a group with at least 8-15 individuals.
This grade should never be given to a specific individual!

B A D	1 – Acute low level of fitness (Testvalue, $Tv < 28$) + daily smoker	A risk fact- ors
	2 – Dangerous low level of fitness ($Tv = 28 - 34$) + daily smoker	
	3 – Acute low level of fitness ($Tv < 28$)	
D	4 – Daily smoker	B risk fact- ors
	5 – Dangerous low level of fitness ($Tv = 28 - 34$)	
	6 – Psychological factors: Tired or perceived illness + ($Tv \geq 35$)	
G O O D	7 – Non acute factors; like daily use of non-smoking tobacco, bad dietary habits, some other light health issue etc.	C fact- ors
	8 – Testvalue 35 or better, but low fitness level compared to age. Increased risk for a fitness level below 35 during middle age. Testvalue must be at least 48 at the age of 18-29, age 30-39: $Tv \geq 45$, age 40-49: $Tv \geq 42$, age 50-59: $Tv \geq 39$, age 60-65: $Tv \geq 36$. <small>Reference to Bradshaw 2005 & Ekblom 2005</small>	
	9 – Best possible lifestyle according to this analysis	Goal

Note that many respondents (RP) with grades 1-5 often feel tired during the day according to the criteria for grade 6. No one with scores 7-9, however, experiencing fatigue during the day. It is the lowest rating that counts as risk factors in order of preference. Preference scheme is influenced by what the most rewarding / profitable actions are (at group level) in each situation. To experience ill health (one of the criteria for grade 6) is a very serious individual risk factor, perceived ill health, however, are usually combined (> 98% of cases) with smoking and / or poor cardio fitness and therefore has RP in this case has already received a lower rating. Responsibility for lifestyle is obviously on the individual to a 100% degree and not on the employers, but the employer has to pay for it anyway! Sick leave, insurance cost, unwanted turnover and lower productivity is the main cost of bad lifestyle habits

Management Dashboard

Dept: _____

Manager: _____

Screening November 2009

Number (n rp)	Share (today in %)	Desired position nov 2011 (%)	Sweden today(%)
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SUMMARY

Healthy group

41%

Risk group

59%

Acute low level of fitness (<28)

30-40%

Solution - Personal training

_____ (about 70% becomes active after intervention on paid worktime)

Dangerous low level of fitness (28-34)

30-40%

Testvalue ≥ 35 , but too low to age

10-20%

Solution - Group training

_____ (about 30% becomes active after intervention on paid worktime)

Smokers (daily)

14%

Solution – Stop smoking therapy

_____ (about 70% stops smoking after intervention on paid worktime)

Psychological factors & testvalue ≥ 35

ca 2%

Solution – CBT therapy

_____ (about 70% gets better stresscontrol and better perceived health)

No. of respondents: _____

Metrics average: _____ Ranking: _____