



## HeartTrack Online (Voluntary Cardio-vascular risk assessment)

### A Brief History of Heartrack

Heartrack is a product of original medical research at the Baker Medical Research Institute, Melbourne - Australia's major heart research centre.

The Risk Evaluation Clinic at the Baker Medical Research Institute has been in operation since 1978 and was initially involved in the National Heart Foundation's Risk Factor Prevalence Study surveys during 1980 and 1983. In 1990, the Baker Institute and the Risk Reduction Clinic was recognised by the World Health Organisation as a Collaborating Centre for Research and Training in Cardiovascular Diseases.

Since 1990, Public Health Management P/L has taken the Program – now known as **Heartrack** - to the wider community with a significant focus on assisting Emergency Service Workers in improving their risk of developing cardiovascular disease. Now, through the assistance of The Victorian Valuing Volunteer Emergency Services Workers Program, Heartrack Online is now available to all emergency service volunteers in Victoria.

The program provides valuable information on the prevalence of cardiovascular risk factors amongst a variety of occupational and community groups. This is in addition to assisting each individual participating in the program the opportunity to not only determine their current risk factor level, but more importantly, the opportunity to lower their level of risk.

### Major Aims and Objectives of HEARTRACK.

#### **Global Aim:**

To reduce the level of heart disease and other lifestyle related deaths in the community.

#### **Major Aims:**

1. To provide a risk evaluation program model suitable for use in the community and corporate setting.
2. To evaluate risk factor prevalence in specific occupational, community, and health promotion practice populations.
3. To evaluate non-pharmacological methods of cardiovascular risk reduction in specific populations.

#### **Major Objectives.**

1. To assist individuals in determining their current risk factor status.
2. To provide the opportunity for individuals to lower their level of cardiovascular risk.
3. To increase awareness of cardiovascular risk factors and lifestyle variables that may influence levels of risk among the Australian population.

## **THE PROGRAM:**

Heartrack is a minimum intervention program with demonstrated ability to identify and quantify MULTIPLE RISK FACTORS for lifestyle related diseases and REDUCE those levels of risk in individuals identified at high risk.

### **Components:**

1. Lifestyle and Health Questionnaire.
2. Resting blood pressure.
3. Height and weight, waist circumference and body composition.
4. Fasting total cholesterol, HDL, LDL, triglycerides and glucose.
5. Coronary (heart) risk percentile estimation (comparison with other Australians of same age and sex), together with an absolute risk estimation.
6. Appropriate counselling and referral.
7. Group data analysis and follow-up.

## **How do Volunteers Participate in Heartrack Online?**

To participate in Heartrack Online, Volunteers first need to enlist the co-operation of their local doctor to obtain some basic health information needed to complete the program. This includes the following measurements:

- Height, weight and waist circumference
- Resting blood pressure
- Fasting blood lipid levels (cholesterol, HDL, LDL and triglycerides) and blood glucose

Please note that this assessment is not designed for people who have existing heart disease. Diabetics should check with their treating doctor before fasting for a blood test.

You will see below some information regarding Heartrack that may be given to your local doctor to explain the program.

Once you have the information required you may log onto Heartrack Online website and perform your risk calculation.

If you have identified risk factors you will be directed to a number of resources to obtain information as to how you can reduce your risk. Volunteer who are assessed as being at high risk will be directed back to their local doctor for follow up advice and treatment.

## **Information for your Doctor:**

Heart Track is a health assessment program initially developed by the Baker Institute – a world leader in research into heart disease. Public Health Management P/L has taken this program into the wider community and now the program is available to all Emergency Service Volunteers online.

The program is designed to

- identify major risk factors for the development of heart disease,
- assist in providing advice to improve identified risk factors and
- track the effect of lifestyle changes over time

Participants will require some basic parameters to complete the online risk assessment, including blood pressure, fasting lipids and glucose together with some basic anthropometric data (see below). As this is a program designed to assist Emergency Service Volunteers to improve their health outcomes, it would assist volunteers if you could request that pathology services be bulk billed. All participants who are identified as having high risk of developing heart disease will be directed back to their local doctors for follow up.

Please note the program is not designed for people with existing heart disease and diabetics should be advised regarding medications and fasting for blood tests.

**Information for participant:**

Please get your doctor to provide the information required to fill in the boxes below. When this is done you can then go online and enter the data into the Heart Track program. You will also be asked to complete some questions related to your lifestyle that help determine your risk of developing heart disease.

<b>Height in centimetres :</b>	<input type="text"/>
<b>Weight in kilograms :</b>	<input type="text"/>
<b>Systolic Blood Pressure :</b>	<input type="text"/>
<b>Diastolic Blood Pressure :</b>	<input type="text"/>
<b>Waist circumference in centimetres :</b>	<input type="text"/>
<b>Total Cholesterol :</b>	<input type="text"/>
<b>HDL Cholesterol :</b>	<input type="text"/>
<b>LDL Cholesterol :</b>	<input type="text"/>
<b>Triglycerides :</b>	<input type="text"/>
<b>Glucose :</b>	<input type="text"/>

## **Confidentiality:**

The CFA Heartrack On line Program has been developed as a health promotion program to allow individuals in collaboration with their local doctors to identify the existence of risk factor for the development of heart disease.

The program is not used in any way as a fitness for duty assessment. It is a confidential program and all records are kept as any other medical record.

Heartrack is not a diagnostic program, it is designed to highlight the existence of risk factors and to give an estimate of the level of risk in participating individuals. Participants are then given advice on how any risk factors that are identified may be reduced, with the aim of lowering the risk of having a heart attack in the future.

People who have known or existing heart conditions are not the appropriate people to participate in the Heartrack On Line program (as they are already identified as having heart disease). These people do need to discuss with their treating doctors the possible impact their condition may have on CFA service. This process is totally unrelated to the Heartrack On line program.

## **ESV Health watch website**



A new website has been setup and published on line to provide our volunteers with access to health related information and links to other health information providers. The web address is <http://esvhealthwatch.vic.gov.au>.

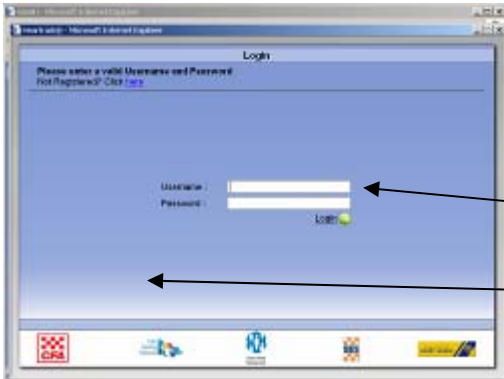


# Heartrac Cardiac Risk Assessment On Line Instructions



Opening screen

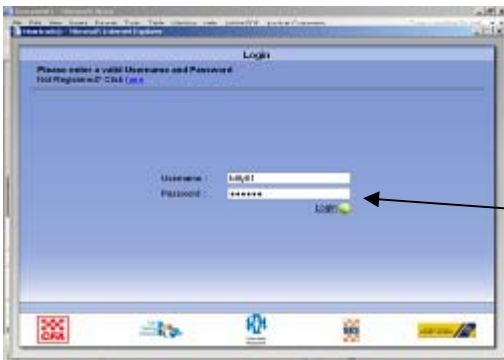
Click on the log on button to open the program



If do not have a logon id and password click on this item and complete the registration form.

Enter user name and password

User name one word no spaces



Click on log on button



← Complete the information to register your logon. Company code = CFA, SES  
etc  
System user name= your choice of a name eg. peterl

**Personal Data**

Please note - All fields marked with an \* are mandatory.  
Please use the Bank using for source of the TMID key.

Date of Birth: 21/11/1960  
 Gender: Male  
 Employee #: 20648  
 Contact: 85 97295928  
 Mobile Number: 84630000  
 Email Address: 82699@tnt.ac.gov.za  
 Home Address: 4 388th Rd  
 Home Street: Mathema  
 Home State: Gb  
 Home Postcode: 7795

Previous Page Next Page Save Personal Data Logout

Home Registration Personal Data Assessment Medical Results Report Closing

This is the registration form to be completed only on the first time using the system.  
 You can also use this form to make changes to your details.

**Assessment**

System: Peter Langhove  
 Please respond to, or update, all the questions below and click the Next Page button when complete.

The system will recommend you what target completed assessment.

**Smoking**  
 Smoking habit: Cigarette 20 cigarettes per day  
 How many do you actually smoke per day? 20

**Alcohol**  
 How often do you consume alcohol? 9-7 times per week  
 When you do drink, how many standard drinks would you have? 1 to 2 drinks only

**Diabetes**  
 Are you a diabetic? Yes

**Dietary Habits**  
 How many meals per week include meat/fowl? 1-7 meals per week

Previous Page Next Page Save Assessment Information Logout

Home Registration Personal Data Assessment Medical Results Report Closing

The lifestyle assessment screens are completed by selecting from a drop down pick list or clicking on an answer button.

**Assessment**

System: Peter Langhove  
 Please respond to, or update, all the questions below and click the Next Page button when complete.

Are you a smoker? Yes

**Dietary Habits**  
 How many meals per week include meat/fowl? 1-7 meals per week  
 How many eggs (no eggs) do you eat per week? More than 6  
 How often do you eat take-away meals e.g. McDonalds, pizza, etc? Less than once per week  
 Do you add fat to food when before or after it is cooked? Yes  
 Do you eat cakes or biscuits on a daily basis? Yes  
 How often would you eat fried food? More than 2 times per week  
 Do you use tinned dairy products, e.g. tinned milk? Yes

**Age**  
 What is your current age group? 30-39 years

Previous Page Next Page Save Assessment Information Logout

Home Registration Personal Data Assessment Medical Results Report Closing

The lifestyle assessment screens are completed by selecting from a drop down pick list or clicking on an answer button.

**Assessment**

System: Peter Langhove  
 Please respond to, or update, all the questions below and click the Next Page button when complete.

Do you eat cakes or biscuits on a daily basis? Yes  
 How often would you eat fried food? More than 2 times per week  
 Do you use tinned dairy products, e.g. tinned milk? Yes

**Age**  
 What is your current age group? 30-39 years  
 What is your age in years? 62

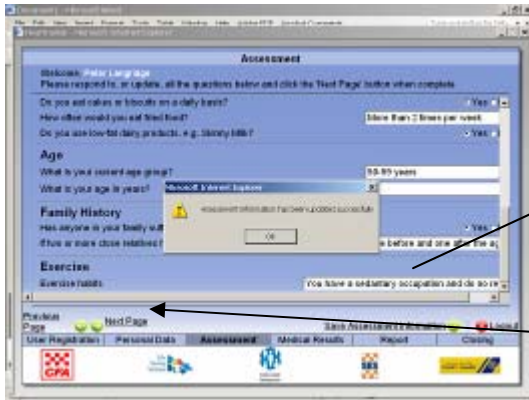
**Family History**  
 Has anyone in your family suffered from heart disease? Yes  
 How or how many relatives have died from heart disease? One father and one other first degree

**Exercise**  
 Exercise habit: You have a sedentary occupation and do no re

Previous Page Next Page Save Assessment Information Logout

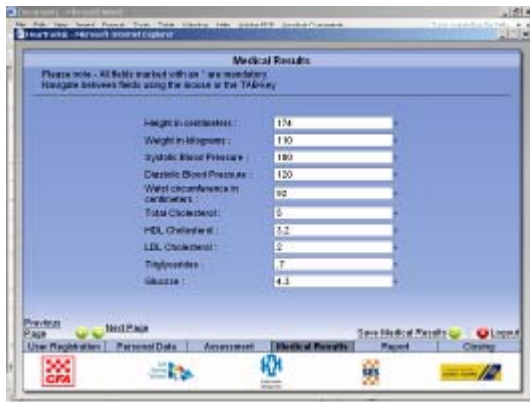
Home Registration Personal Data Assessment Medical Results Report Closing

The lifestyle assessment screens are completed by selecting from a drop down pick list or clicking on an answer button.



Click here to save your information

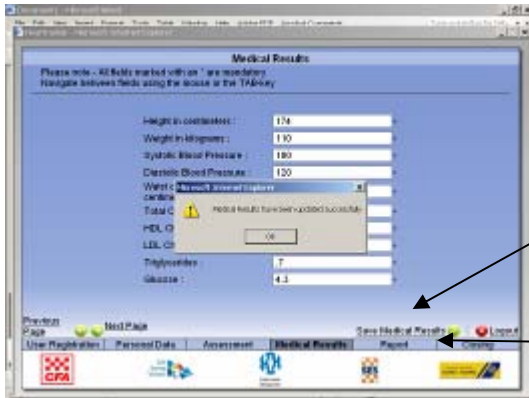
Click here to move on to next page



Complete the information in each box and use the TAB key to move to the next box.

Generic info if you do not have your own blood test results

Total Ch	5
HDL	3
LDL	2
Tri	.7
Glucose	4.6



Click here to save information

Click here to move to report page



Report page



Further information page