**Client Report for Hans Spielman**

Name and date submitted (3 pts):

Instructions: USING THIS HANDOUT AS A TEMPLATE, create space below for your responses. Take your time, do the research, and give well thought-out answers.

**Client Name**: Hans Spielman

**Health history and specific health goals**:

Hans Spielman is a 20-year-old college sophomore who has not worried much about his weight in the past. He has never been involved in sports and he rarely exercises. He would prefer to walk from his campus apartment to class, but he is often running so late he just takes his car. Hans spends countless hours a day in the library or in his apartment at his computer. He reports snacking constantly, although many times he does reach for fruit or nuts. Hans is allergic to seafood. He does prepare his own food most nights of the week, but he sticks mainly to pasta, hamburgers, and frozen pizza. He does not make the time to prepare side dishes or vegetables.

Hans has a strong family history of cardiovascular disease. His father died of a heart attack at age 39, and his maternal grandmother has battled high blood pressure for years. His mother runs half-marathons and is in perfect health. His uncle just found out that his routine colonoscopy revealed some cancerous polyps. There is no family history of diabetes.

Recent lab work revealed that Hans’ total cholesterol is 240 and his HDL cholesterol is 39. His triglycerides are 205. His average resting blood pressure was 130/80.

Hans is bothered by his classification as obese and wants to make a change. He would like to lose at least 50lbs. He needs help to design a healthy strategy for getting his health back on track.

**Height**: \_\_\_\_\_\_\_5’ 11”\_\_\_\_\_\_\_\_ **Weight:** \_\_\_\_\_\_\_274lbs\_\_\_\_\_\_\_\_\_\_\_

**Cholesterol and Heart Health:**

1. Compare Hans’ total cholesterol, HDL cholesterol, his triglycerides, and his blood pressure readings with recommended levels. Create a table below to do your comparison. Here are 2 links to get you started.

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800>

<https://www.webmd.com/cholesterol-management/guide/understanding-numbers#1>

1. List the risk factors and complications of each of these on his health.

**Body Mass Index (BMI)**:

1. Calculate Hans’ BMI based on his height and weight and describe the implications and risk factors of this number.

BMI calculator: <https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm>

Risk factors and implications:<https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm>

**Hans’ OUTPUT:**

**Basal Metabolic Rate (BMR) and Total Daily Energy Expenditure (TDEE)**

Hans only walks to campus about once or twice a week. He used to play basketball with his friends on weekends, but now he becomes too winded to keep up.

1. Compute Hans’ BMR (Basal Metabolic Rate). The BMR is the total daily calories needed just to keep a person alive, not counting any calories needed for exercise of any kind. <https://www.muscleandstrength.com/tools/bmr-calculator>

Compute Hans’ TDEE (Total Daily Energy Expenditure) using the Harris-Benedict Formula. The TDEE is the total daily calories needed to maintain a person’s weight, given his/her current exercise/activity level.

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>

**Han’s INPUT**:

Hans completed a food diary for one week. Analysis of his food choices revealed the following results:

|  |  |
| --- | --- |
| Average calories consumed per day | 3780 |
| Average fat consumed per day | 90g |
| Average saturated fat consumed per day | 60g |
| Average carbohydrates consumed per day | 455g |
| Average protein consumed per day | 40g |
| Average sodium consumed per day | 3,520mg |

Hans reports eating 1-2 servings of fruits or vegetables per day. Hans does not drink coffee, but he drinks about 4-5 sodas per day. He goes out drinking with his friends about twice a week and usually drinks the equivalent of 5-6 beers.

Hans eats on campus every day for lunch. Most days he skips breakfast, so lunch is normally a big meal. He is a not a picky eater and he likes trying new foods, he just does not have time to be selective about what he eats.

**Calorie Deficit or Surplus (Compare Inputs and Outputs)**:

1. Compare calories consumed (his input) versus calories expended (his output measured by TDEE). What is Hans’ surplus (or shortfall) per month in calories? Use an average 30-day month.
2. Describe what will happen to Hans’ weight over the next month if he continues the same eating patterns. How many pounds will he gain or lose in the next month? Show your work. Use this <http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/calorie-intake-to-lose-weight.php>

**Overall Assessment**:

1. Analyze food choices: Is the client getting enough of each of the designated food groups? Do your best, using the information stated in this summary. Create a table to show your comparison/analysis.

<https://health.gov/dietaryguidelines/dga2000/document/build.htm>

This links to the U.S. Dept. of Health & Human Services. There are other websites. You’re not limited to this one. However, I want you to state which dietary guidelines you are using in your analysis!

1. How does consumption of fats, carbohydrates, proteins and sodium compare to recommended values?

<http://healthyeating.sfgate.com/recommended-fats-carbohydrates-proteins-sodium-4478.html>

State the source you are using.

Create a table to show your comparison/analysis.

**“Health strategy” recommendations for Hans**:

1. Write a client letter to Hans. Propose ways to bring the energy input and output in line with Hans’ health goals (his goals were stated above – go back and find them). Describe final recommendations to improve Hans’ overall health and meet his fitness goals. How should Hans alter his eating habits and his activity? Link your recommendations to his personal health history *and* his family history.

Take into account all the above information about his health, his diet, his activities, and his body metrics. I am looking for a well-written, well thought-out proposal - addressed to the client and written in a tactful yet matter-of-fact style that will inform and hopefully inspire him to make the needed changes.

Come up with a ‘name’ for your consultancy, and include it at the top of your letter. Address the client as “Mr. Spielman” and make it look professional. Hans’ health is important!

Length: 11th-12 grade: 1 page, 11-pt font, 1.2 spacing

9th-10th grade: ¾ page, same font & spacing