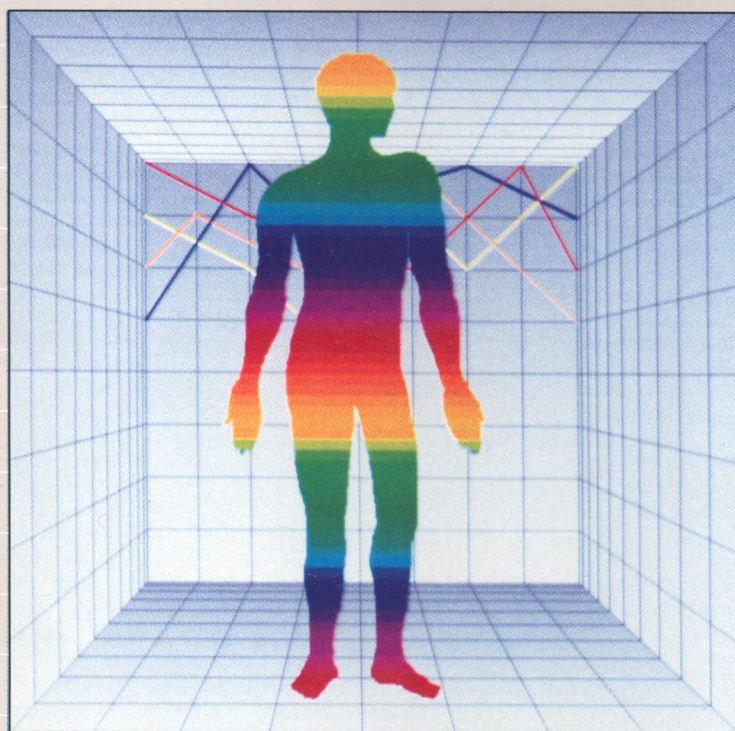


HEALTH ASSESSMENT

**How are your current health
practices affecting your life expectancy?**



Answer the crucial questions for building a healthy life-style. Can you and your family add to your life expectancies with new health habits?



HEALTH ASSESSMENT

LIVING LONGER

How we live almost always determines how long we live. A mountain of statistics bears that out.

According to the statisticians, the average length of life today is 73 years. Compare this to only 47 years, the average at the turn of this century. We've added 26 years to the average since 1900 by arresting many infectious or acute diseases like polio, smallpox and tetanus, and by other means.

Will we add another 26 years to the average by 2060? Researchers think not. Even though there are chronic diseases like cancer and heart disease that may be less and less prevalent in the future, the impact of this on the average length of life for all of us probably will not be dramatic. Why? Because the nature of the human body is such that our cells will only regenerate so many times, and we are approaching the maximum fixed average length of life now.

So how do we alter our own course to insure we get the maximum length of life our bodies will give us? The obvious answer is to alter the way we live. Consider this: One recent study indicates that 78 percent of the nation's hospital patients could have stayed home if they'd followed better health practices. Another study, this one in Massachusetts, indicates that 43 percent of us eat too much, 33 percent still smoke, 28 percent don't exercise at all, and 12 percent misuse alcohol.

With this *Health Assessment™* you can evaluate your own health behavior and how it affects your potential for long life.

Health Assessment™ is based on a 1973 study by Nedra Belloc and her colleagues at the Human Population Laboratory of the California State Department of Public Health. Belloc and colleagues identified seven health habits that influence our chances of living a long, healthy life. They included:

sleeping seven to eight hours a night; eating a full breakfast each day; limiting between-meal eating; maintaining ideal weight; scheduling regular exercise periods each week; limiting alcohol consumption to two drinks a day; and not smoking.

Health Assessment™ lets you make use of one of the strongest features of your home computer — the ability to

Desirable Weights

(Medium Frame)

Desirable weights for men 25 years of age and over*

Height with shoes on (1-inch heels)

Feet	Inches	5% Under	Median Weight	20% Over
5	2	117	124	148
5	3	121	127	152
5	4	124	130	156
5	5	126	133	160
5	6	130	137	164
5	7	133	141	169
5	8	138	145	174
5	9	142	149	179
5	10	145	153	184
5	11	150	158	189
6	0	154	162	194
6	1	158	167	200
6	2	162	171	205
6	3	167	176	211
6	4	172	181	217

Desirable weights for women 25 years of age and over*

Height with shoes on (2-inch heels)

Feet	Inches	5% Under	Median Weight	20% Over
4	10	96	102	122
4	11	99	104	125
5	0	102	107	128
5	1	105	110	132
5	2	107	113	136
5	3	110	116	139
5	4	114	120	143
5	5	117	123	148
5	6	121	128	153
5	7	125	132	158
5	8	129	136	163
5	9	133	140	167
5	10	136	144	172
5	11	140	148	177
6	0	144	152	182

*Weight in pounds (in indoor clothing)

play "what if" games. Once you've run the program, run the questions again and change one of your health habits to see how this affects your life span.

Here are the habits that may have the greatest impact on your results.

Smoking: In our quiz, answer yes to the question, "Do you smoke?" if you smoke one or more cigarettes a day.

Exercise: In our quiz, we consider "regular exercise" to be activities you engage in several times a week.

Sleeping: In the Belloc study, men who slept eight hours a night did better than those sleeping less. Women who slept seven hours a night did best, but sleeping a little less wasn't as bad for women as for men.

Program Instructions

■ Load the program into your computer with OSCAR. Then type "RUN." (Refer to your User's Manual if you have difficulties.)

■ Indicate your sex by entering "M" or "F".

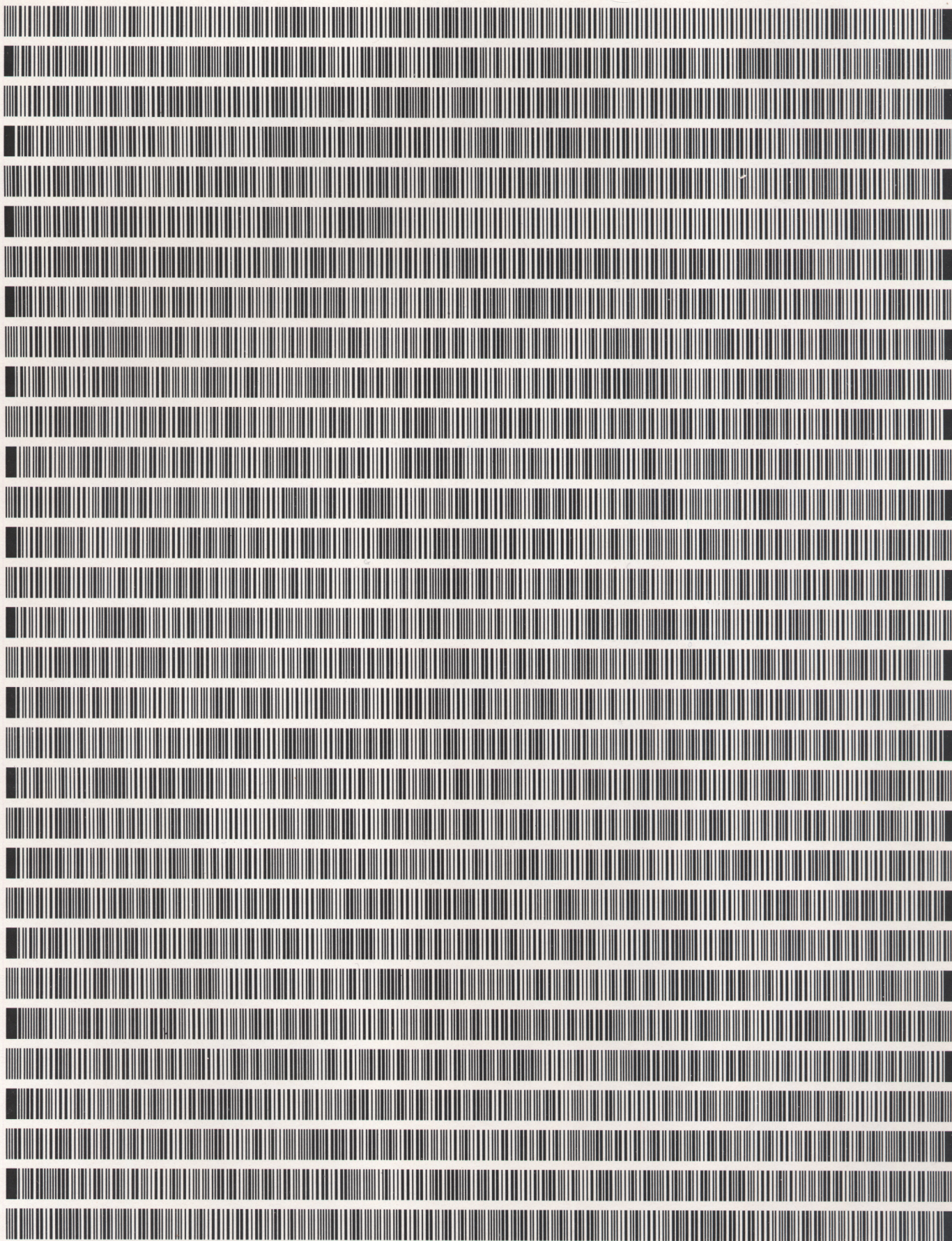
■ Answer questions by pressing "Y" (yes) or "N" (no).

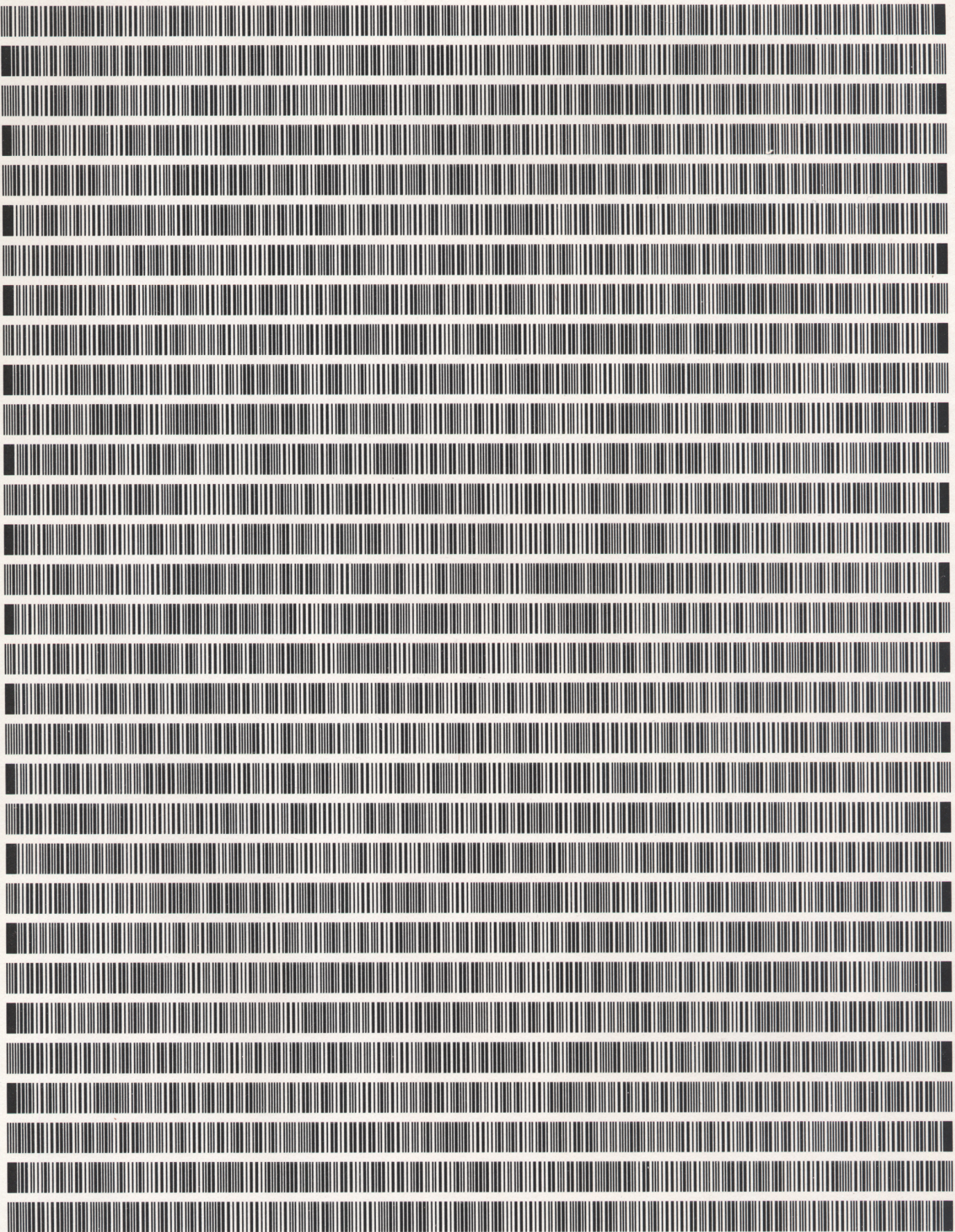
■ Use the accompanying tables when the computer asks about your weight.

■ Run the program again after the computer has figured out how much your lifestyle has stretched (or shrunk) your life expectancy. Simply change one answer to see how any single factor can affect you.

Databar Magazine wishes to thank Nedra Belloc, *The Journal of Preventive Medicine* and Academic Press, Inc., for their support in preparing *Health Assessment™*. Our thanks also to Metropolitan Life Insurance Co. for the use of its weight tables.

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Look for these exciting Databar software programs at your favorite department stores, computer and software outlets and bookstores. This basic list will be expanding by 12 or more titles each month — check monthly issues of *Databar Magazine* for new titles.

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Pit your code-breaking skills against OSCAR or a friend.

FOUR IN A ROW

Be the first to stack four pieces up, across or diagonally.

AMULET

Mathematical logic helps you find the hidden amulet.

AWARI

A game of strategy and skill invented by the ancient Egyptians.

HOMEWARE™

STRATEGY

A game that lets you hold the reins of big business.

NET WORTH ANALYSIS

What is your current worth? Can you improve it?

LOAN AMORTIZATION

Calculate your total interest and principal payments.

ROI

How much return are you getting on your investments?

PAYBACK PERIOD

When will your investments finally pay off?

IRR

Can figuring the Internal Rate of Return help you?

NPV

Use Net Present Value in your financial planning.

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Is your spelling up to par? Challenge yourself and others.

STAR COUNT

A star show rewards the winner of this "guess-the-number" game.

CATERPILLAR CLIMB

Your correct math answers help the caterpillar reach his apple.

JOURNEY TO THE PLANETS

Visit the planets of our solar system with OSCAR as your guide.

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Can you name all the state capitals? Take this quick quiz and see.

ALPHABET HOUSE

A fun-to-play, easy-to-learn way for kids to practice the alphabet.

HEALTHWARE™

FIRST AID — BURNS

What should you do in an emergency burn situation?

WORDWARE™

SPEED READING

Let OSCAR help you build your reading speed.

SENTENCE TUTOR

Practice breaking down sentences.

DATABAR

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