

SCIENTIFIC BASIS FOR GUIDELINES AND NORMS

The following primary sources provide the scientific basis for the health standards and guidelines used throughout the Personal Wellness Profile™ (PWP) assessment and education program. These sources are considered to be the top organizations in North America for providing reliable health information.

ACSM	American College of Sports Medicine (fitness, heart health)	NCEP	National Cholesterol Education Program (cholesterol and dietary guidelines)
ADA	American Diabetes Association (diabetes prevention, screening, and care)	NCHS	National Center for Health Statistics (health statistics)
AHA	American Heart Association (heart health, stroke prevention, weight management, fitness)	NCI	National Cancer Institute (cancer prevention guidelines)
AHRQ	Agency for Healthcare Research and Quality (prevention guidelines, health testing)	NHBPEP	National High Blood Pressure Education Program (blood pressure guidelines)
ATP3	Adult Treatment Panel 3 (heart health guidelines for the nation)	NHLBI	National Heart Lung and Blood Institute (heart health, stroke prevention, weight management)
CDC	Centers for Disease Control and Prevention (weight, nutrition, health, statistics)	NIH	National Institutes of Health (health in general, alcohol, drug use, mental health, depression)
CSEP	Canadian Society for Exercise Physiology (CSEP's plan for healthy active living)	WHO	World Health Organization (guidelines on nutrition, health, fitness, osteoporosis, cancer prevention, heart health, mental health, and depression)
DHHS	Department of Health and Human Services (health, nutrition, food guide pyramid, fitness)		
FDA	Food and Drug Administration (nutrition, drug use)		
HARVARD	Harvard University (fitness, nutrition, heart health, diabetes prevention, major health research such as the Nurse's Health Study, Health Professional Follow-up Study, etc.)		
HP 2010	Healthy People 2010 (health guidelines and statistics for all aspects of health)		
IOM	Institute of Medicine (nutrition, fitness, weight, body composition, dietary reference intake standards)		
MICHIGAN	University of Michigan (healthcare cost assessment, health practices and healthcare costs, productivity)		

Many of these standards and guidelines are illustrated in a slide set prepared by Wellsource titled "*Healthy Living Guidelines*." This slide set is designed for use in evaluating PWP results with participants and is included free with the purchase of any PWP system. It is also available for purchase separately as a general overview of healthy living principles. Contact your Wellsource representative at 1-800-862-4395 or well@wellsource.com to purchase a copy of this slide presentation.