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LifeLongHealth.org – <http://www.LifeLongHealth.org>

Background

LifeLongHealth.org was designed as a tool to provide a personalized report of tests, interventions, and vaccinations that are recommended by the United States Preventive Services Task Force (USPSTF).¹ The site was loosely modeled after the USPSTF's Electronic Preventive Services Selector (ePSS) tool.² The ePSS tool is intended for clinicians and the results are not in a patient friendly format. The goal of LifeLongHealth.org is to provide a simple, straight forward interface for visitors to obtain a report of recommendations, while also providing links to obtain detailed information for each item. By design, the site is easy to use, with all necessary instructions on each screen, and should not require any prior knowledge.

Instructions

Disclaimer:

This site only gives suggestions for a healthier life, not medical advice.
All decisions about the ultimate management of your healthcare should be made with your physician.

Note:

This site is intended for use by people age 18 and over. No advice will be given if under 18.
In the future a pediatric version will be available with interventions specific to children and adolescents.

Upon entering the site from a browser window, the user is presented with a page containing several questions including basic demographics, vaccinations, and other questions about tests or interventions they may have already had. Figure 1 is an example a user input form. The first six questions are required (age, sex, smoker, past smoker, pregnant and sexually active). The rest of the questions are optional, but the more that are filled in, the better the recommendations will be tailored to the specific user. After entering as much information as possible, click the submit button. Error checking ensures that the user has completed all required fields and that they are over 18. There are other logic checks built-in as well, including ensuring that a male is not pregnant. An error message appears in red at the top of the form upon submission indicating the specific error(s) present.

¹<http://www.ahrq.gov/CLINIC/uspstfix.htm>

²<http://epss.ahrq.gov/ePSS/search.jsp>

Demographics:

* Age:	<input type="text"/>
* Sex:	Male <input type="radio"/> Female <input type="radio"/>
* Do you currently smoke cigarettes?	Yes <input type="radio"/> No <input type="radio"/>
* Have you ever smoked cigarettes in the past?	Yes <input type="radio"/> No <input type="radio"/>
* Are you pregnant?	Yes <input type="radio"/> No <input type="radio"/>
* Are you sexually active?	Yes <input type="radio"/> No <input type="radio"/>
Height (in inches)	<input type="text"/>
Weight (in pounds)	<input type="text"/>

* denotes required field

Figure 1. Screen shot of user input form.

After submitting the form the user will see a list of recommendations for better health (figure 2). The first section reports body mass index (BMI) and a suggested amount of weight loss if any is indicated. A link to the webMD section on healthy eating is provided if the user is overweight or obese. If the user is pregnant, no recommendations on BMI classification (overweight, obese) will be made, since the BMI classification does not apply during pregnancy. The user will instead be provided with a link to the webMD section on appropriate weight during pregnancy. The next section provides recommendations for preventive medicine testing and interventions such as smoking cessation, colon cancer screening, etc. Each recommendation is a hyperlink to the USPSTF guidelines with in-depth details for that specific intervention. Though only the first five questions are required, answering more questions will remove any unnecessary recommendations to create a more customized report.

Your Personalized Recommendations
Discuss these results with your physician.

Weight Suggestions

Based on your height and weight, your body mass index (BMI) is **25.7**. Talk to your physician about appropriate weight gain during your pregnancy.
[Click for more information from webMD about healthy weight gain during pregnancy.](#)

Preventive Medicine Testing and Interventions

- 1 [Quit Smoking - this is the single most important thing you can do to improve your health \(ask your physician for help\)](#)
- 2 [Check Blood Pressure - at least once every two years, more frequently if elevated.](#)
- 3 [Take 0.4-0.8mg of Folic Acid Daily to Prevent Birth Defects if Planning or Capable of Pregnancy.](#)
- 4 [Pap Smear Every 3 Years \(more frequently if abnormal results\), possibly less after age 65.](#)

Recommended Vaccinations [Link to Adult Immunization Guidelines](#)

- 1 [Influenza \("flu"\) Vaccine - 1 dose annually.](#)
- 2 [Tetanus/Diphtheria \(Td\) Booster - once every 10 years.](#)
- 3 [Varicella \("chicken pox"\) Vaccine - 2 doses total.](#)
- 4 [Measles, mumps, rubella \(MMR\) Vaccine - 1-2 doses \(talk to your physician\).](#)
- 5 [Hepatitis B Vaccine - 3 doses total.](#)

Pregnancy Related Recommendations

- 1 [Iron Deficiency Anemia Screening - during pregnancy.](#)
- 2 [Asymptomatic Bacteruria Screening \(urine culture\) - once at first prenatal visit after 12 weeks gestation.](#)

The most important things you can do to prevent disease and be healthy are:

1. Be tobacco free
2. Be physically active!
3. Eat a healthy diet.

Body Mass Index (BMI) is a measure used to determine an appropriate weight based on height.

BMI categories

Underweight = 18.4 or less
Normal = 18.5 - 24.9
Overweight = 25 - 29.9
Obese = 30 or greater

Figure 2. Screen shot of personalized recommendations.

The third section provides guidelines for adult vaccinations. Again, the more information the user provides on vaccinations, the more specific the recommendations will be. There is also a link to the CDC's adult immunization schedule that provides more specific information. If the user enters the date of the last tetanus vaccination and it was greater than ten years ago, a Td booster will be suggested and the number of years that have elapsed since the last vaccination will be presented. The last section makes recommendations related to pregnancy and only appears if the user indicates that they are pregnant. These are general recommendations for all pregnant women. The site also includes links to the USPSTF and other health related sites and an explanation of BMI.