Group Summary Report

Personal Wellness Profile
Group Summary
Sample Report

Scientific Basis for the Personal Wellness Profile

- American Cancer Institute
- American Cancer Society
- American College of Sports Medicine
- American Heart Association
- U.S. Department of Health and Human Services
- Health Outcomes Institute
- Johns Hopkins Medical Institutions
- National Academy of Sciences, NRC
- National Center of Health Statistics
- National Committee For Quality Assurance
- National Institutes of Health
- National Mental Health Association
- University of California at Berkeley
- University of Michigan
- U.S. Preventive Services Task Force
- U.S. Surgeon General's Report on Health Promotion and Disease Prevention
- U.S. Department of Agriculture's Dietary Guidelines for Americans
- World Health Organization

BIOMETRICS

HEART SCREEN healthfairs at work®

Provided by

Sample Report
Sample Report
January 19, 2010
Administered by... Heart Screen 631.842.1122

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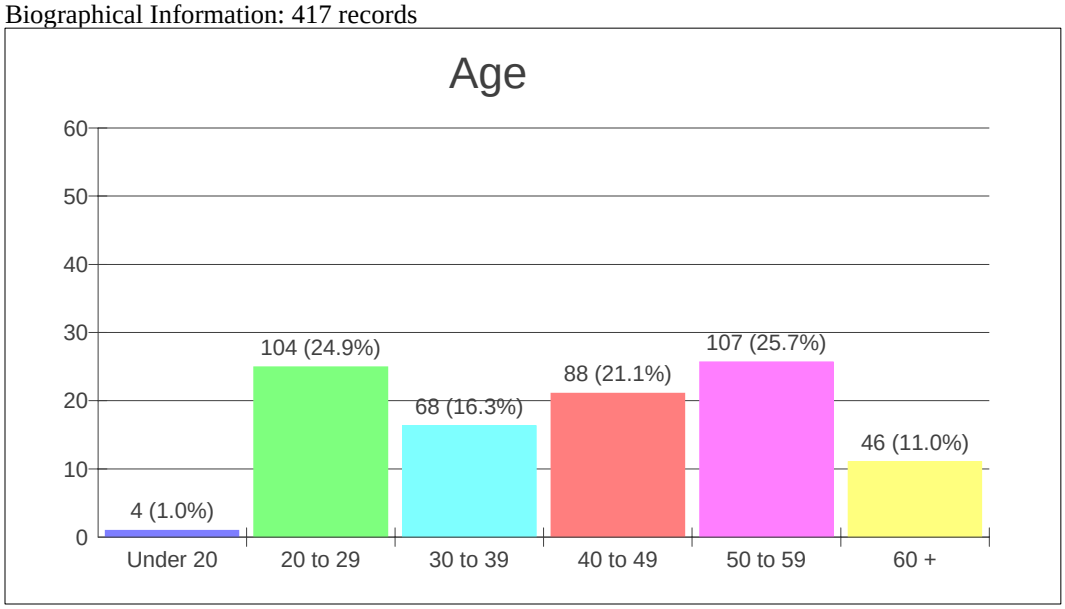
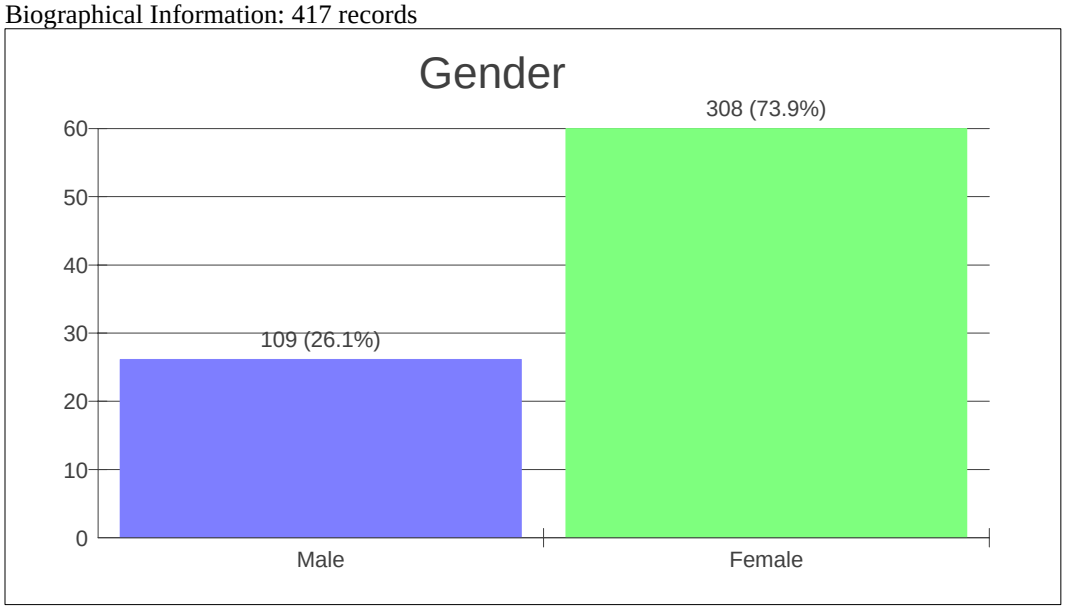
Personal Wellness Profile

Biographical Information: 417 records



The average age for people in this group is 42.4. This report is based on a sample size of 417 people.

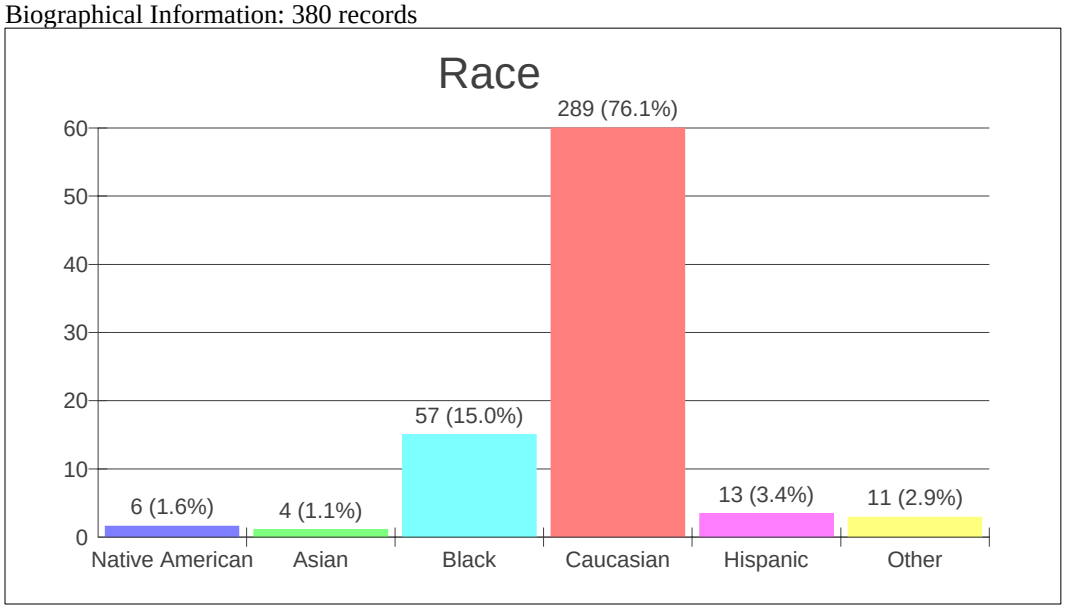
Biographical Information: 417 records



109 (26.1%) men and 308 (73.9%) women participated in this program for a total of 417 people.

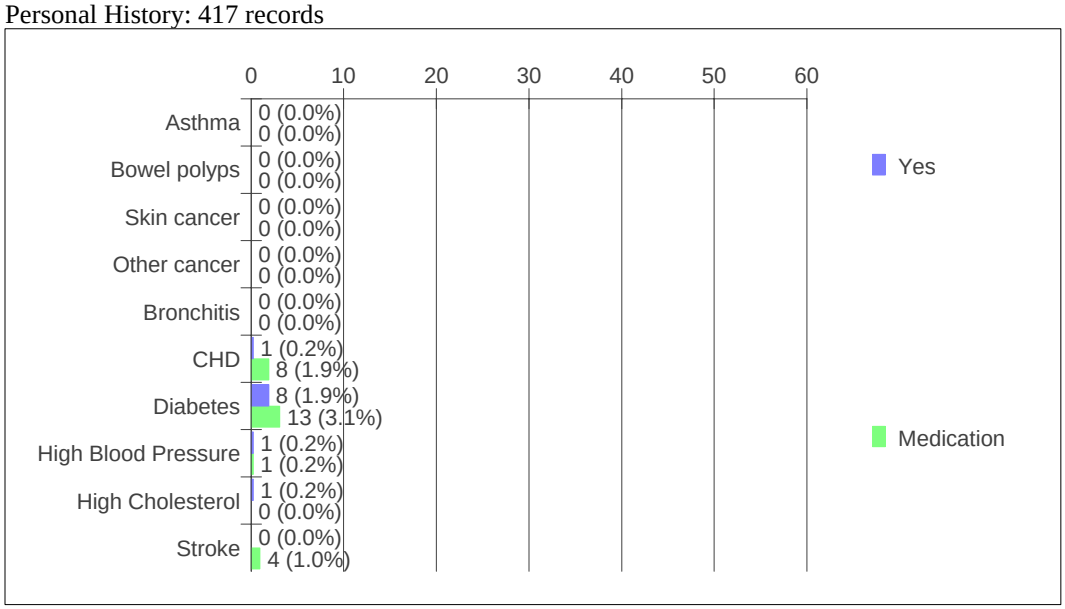
Personal Wellness Profile

Biographical Information: 380 records



Out of 380 people in this group, 6 are Native American, 4 are Asian, 57 are African American, 289 are Caucasian, 13 are Hispanic, and 11 of the people belong to other ethnic group(s).

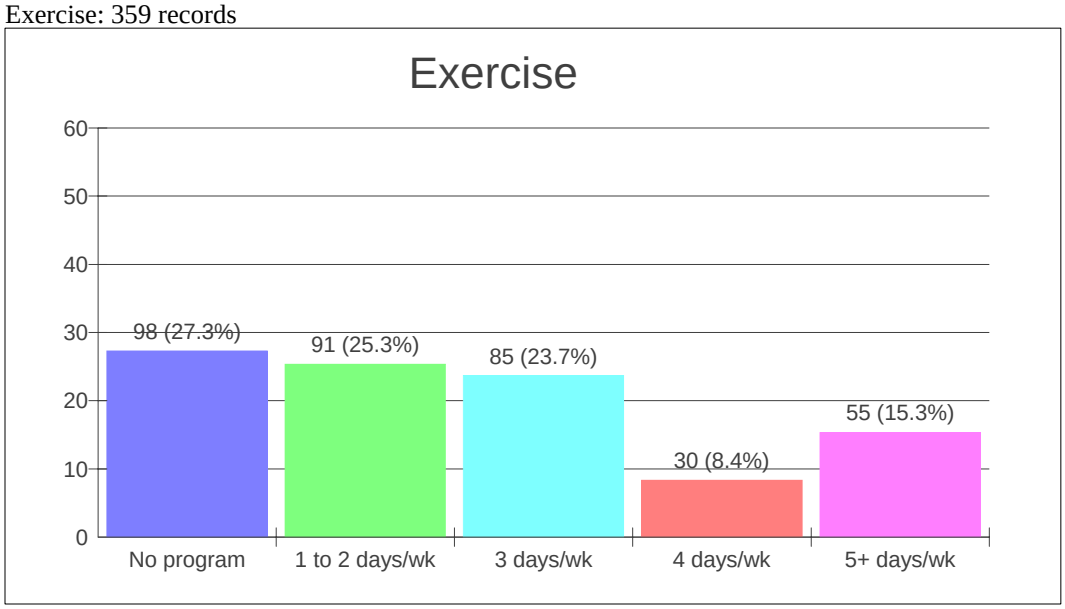
Personal History: 417 records



This graph illustrates health conditions which increase a person's risk for disease.

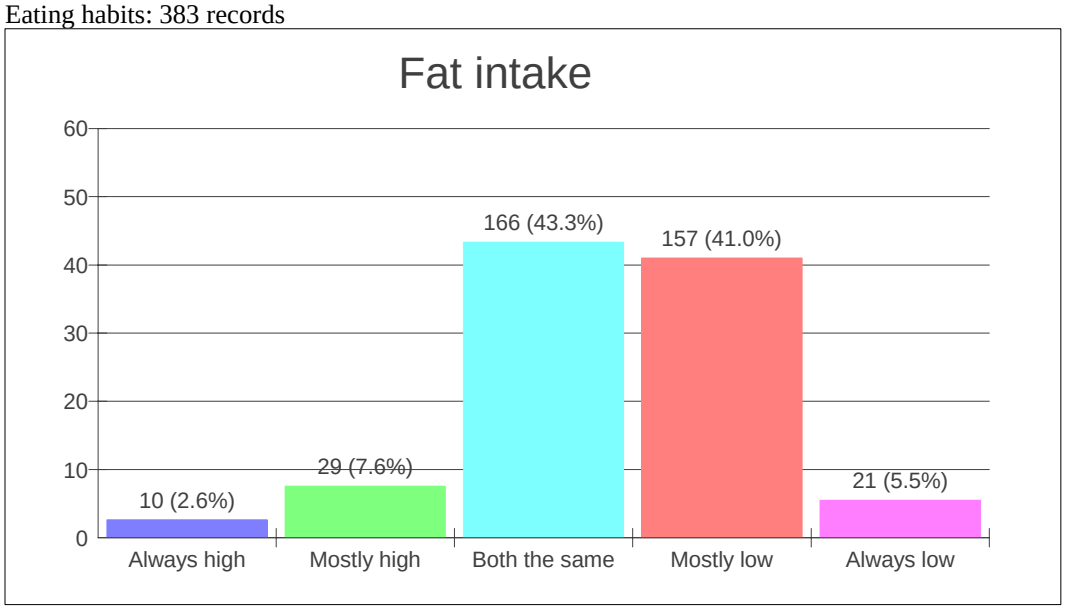
Personal Wellness Profile

Exercise: 359 records



Three to four aerobic exercise sessions per week (20 to 30 minutes each) are recommended for maintaining good cardiovascular fitness. In this group, 170 (47.4%) meet these requirements. Another 189 (52.6%) have no regular exercise program or are not getting adequate exercise to maintain good health.

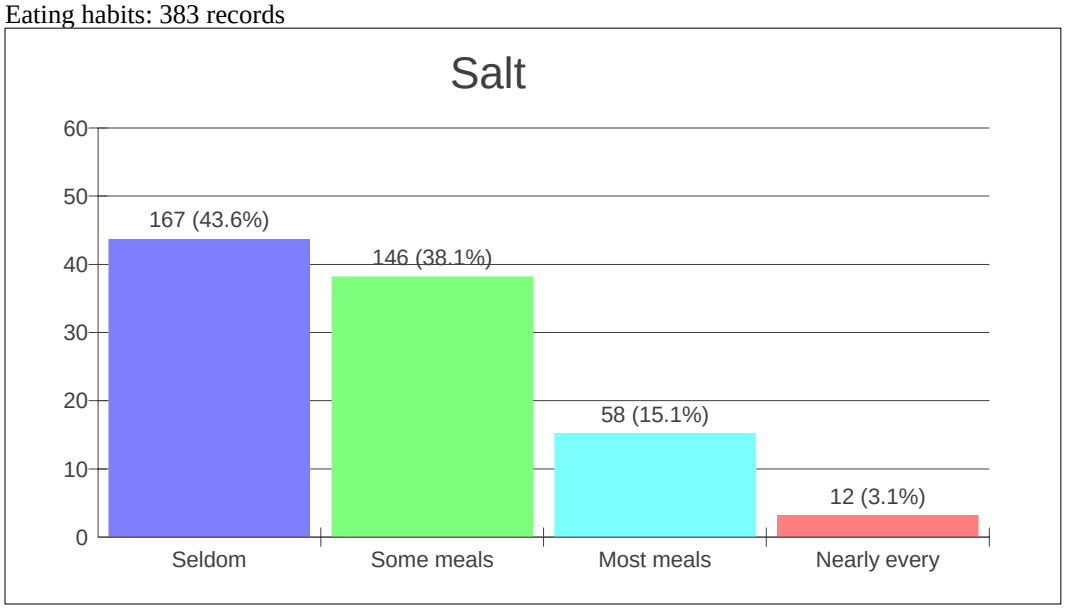
Eating habits: 383 records



Choosing low-fat foods and cooking options such as using vegetable oils instead of animal fats, doing less frying, eating low-fat dairy products (skim milk, low-fat yogurt, and cottage cheese) in place of high-fat products (whole milk, cream, cheese, butter), and choosing low-fat protein sources (nuts, skinless poultry, and fish) instead of high-fat protein foods (bacon, beef, and poultry with skin) can significantly reduce calories and fat in the diet. In this group, 39 (10.2%) report choosing mostly high fat items. 178 (46.5%) report using primarily low fat. The remaining 166 (43.3%) use both about the same.

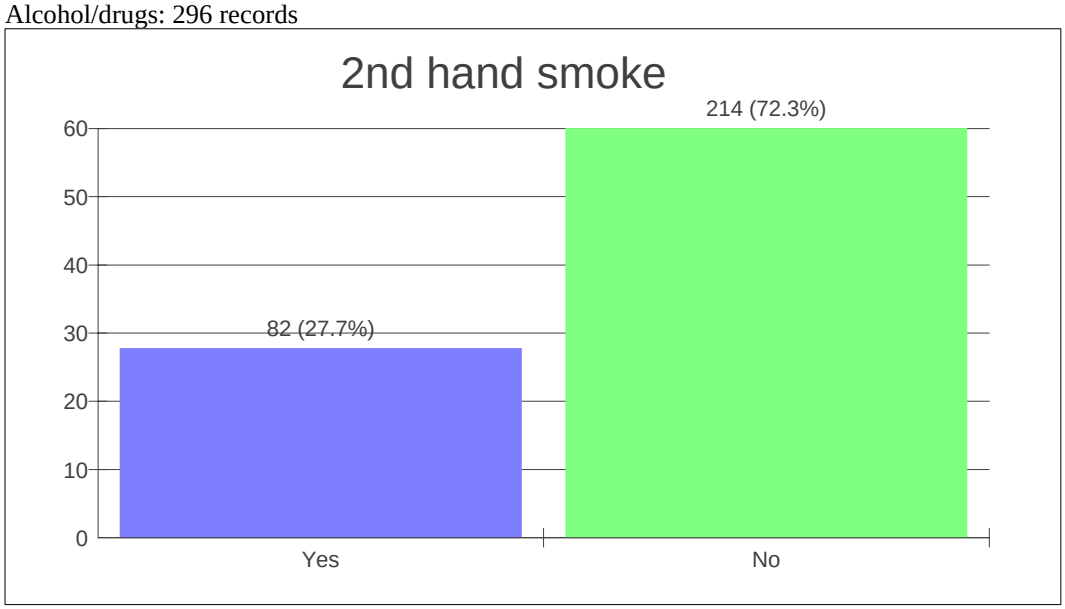
Personal Wellness Profile

Eating habits: 383 records



Heavy use of salt can contribute to high blood pressure. Because high blood pressure is so common in the population, it is recommended that everyone avoid the heavy use of salt (including salty foods). In this group, 313 (81.7%) of the people report using salt or eating salty foods sparingly (seldom or occasionally), while 70 (18.3%) say they use salt or eat salty foods regularly or often.

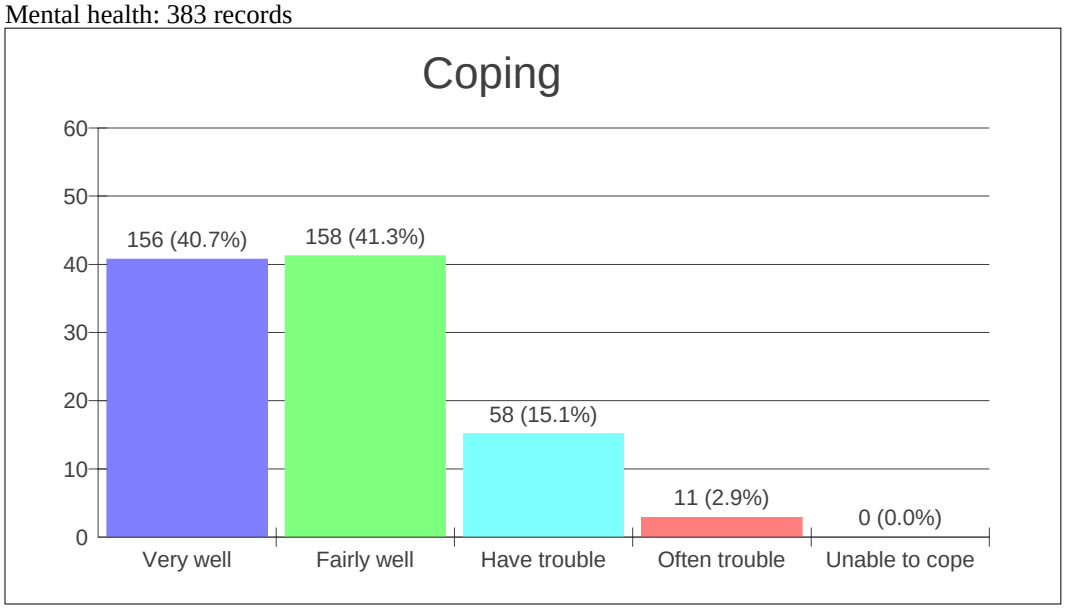
Alcohol/drugs: 296 records



The scientific advisory board to the Environmental Protection Agency recommended that secondhand smoke receive classification as a Class A carcinogen in the same category as asbestos. Secondhand smoke is a serious health hazard for individuals who are exposed to it. All organizations should ensure that their workers are protected from exposure to secondhand smoke at the worksite and should warn employees to avoid exposure elsewhere. In this group 82 (27.7%) people report that they are regularly exposed to secondhand smoke.

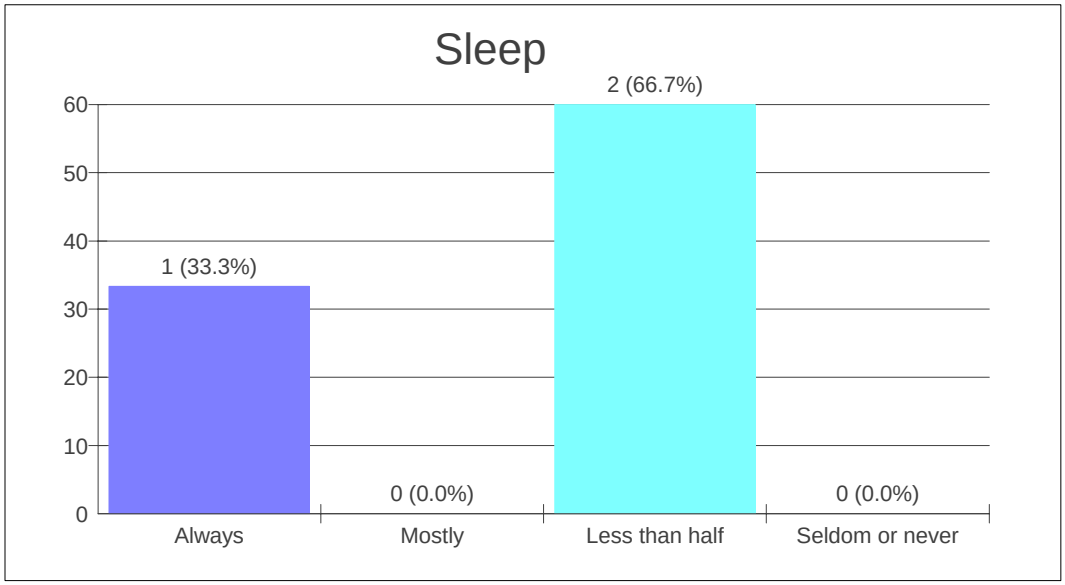
Personal Wellness Profile

Mental health: 383 records



Excessive levels of stress can cause increased absenteeism, decreased performance on the job, and physical and mental health problems. Programs for reducing stress and improving coping skills can help offset many of these problems. In this group, 314 (82.0%) people feel they are seldom or only occasionally stressed and are coping well. Another 58 (15.1%) people feel they are stressed often and have trouble coping at times. The remaining 11 (2.9%) people feel they experience heavy or excessive levels of stress and are having trouble coping or are unable to cope.

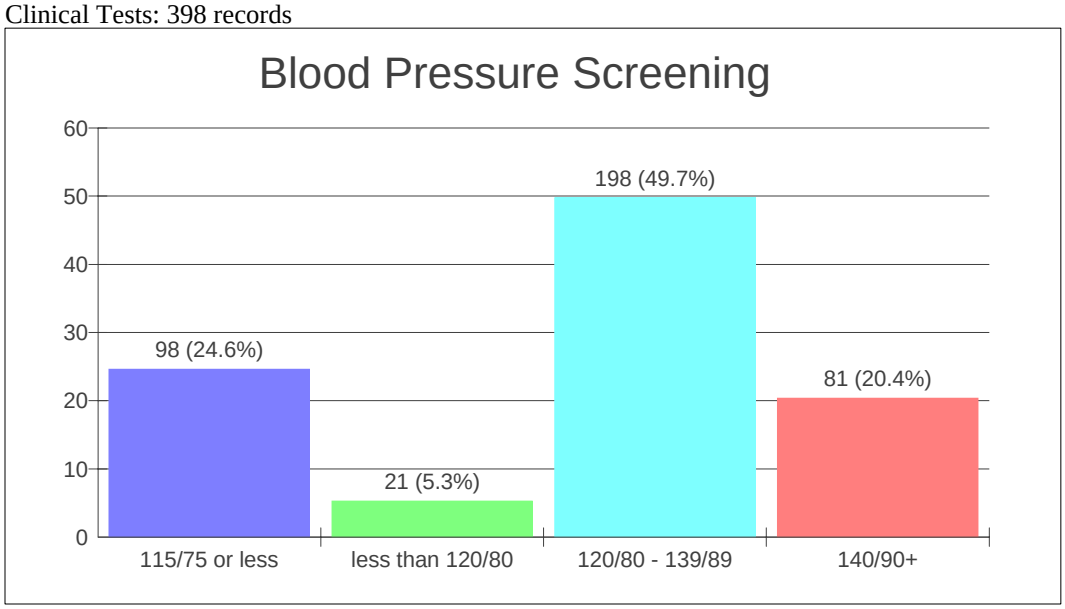
Mental health: 3 records



The Alameda County Study of nearly 7,000 lives showed that people who get seven to eight hours sleep each night live longer than those who don't get enough sleep. In addition to increasing longevity, getting adequate sleep increases productivity and helps manage stress.

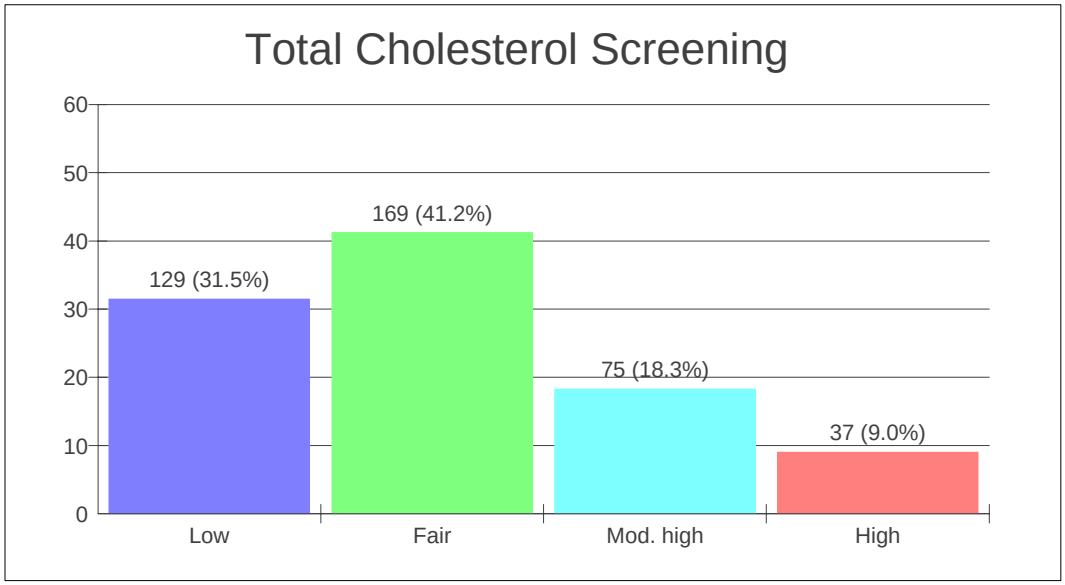
Personal Wellness Profile

Clinical Tests: 398 records



High blood pressure increases the risk for heart disease and stroke. Studies show that people with high blood pressure tend to have higher health care expenses. For most people, ideal blood pressure is 115/75 or below. Those with blood pressure of 120/80 or above are considered prehypertension. In this group, 198 people have elevated blood pressure, putting them at moderate risk. 81 people have blood pressures that indicate high risk (140/90+).

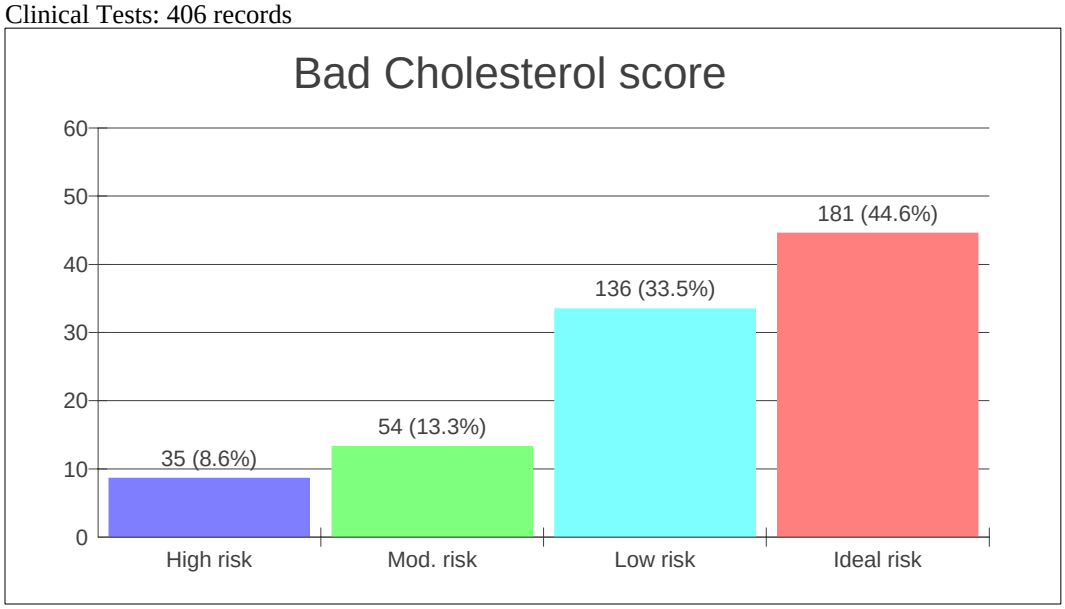
Clinical Tests: 410 records



High blood cholesterol levels increase the risk for heart disease and stroke. For most people, it is recommended to have a cholesterol level below 200. A level of 161 or below is ideal. People with a level of 240 or higher are at high risk. In this group, 75 people have an elevated cholesterol level, putting them at moderate risk. 37 people have a cholesterol level that indicates high risk.

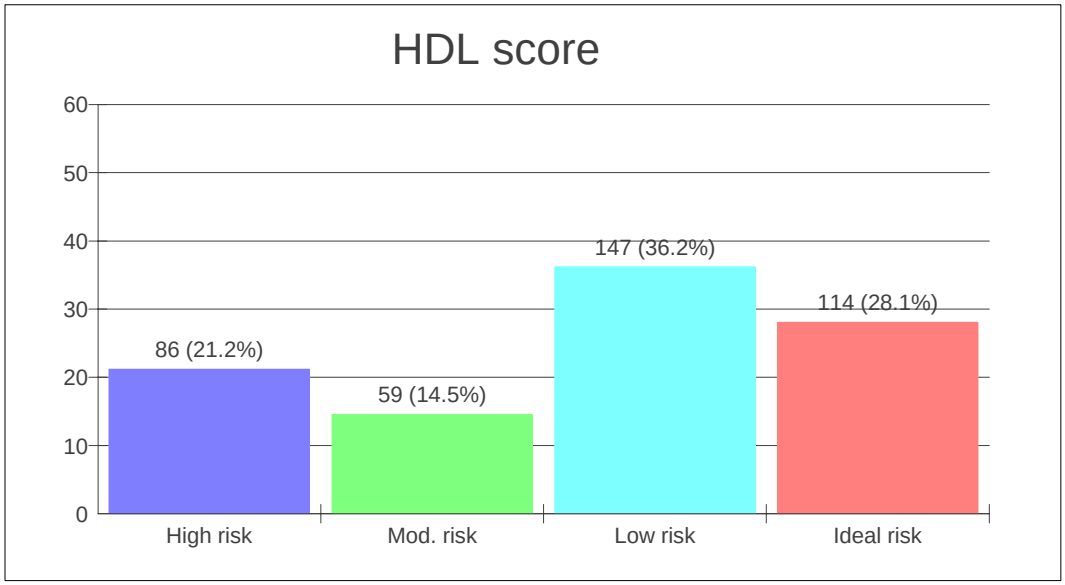
Personal Wellness Profile

Clinical Tests: 406 records



LDL cholesterol and Non-HDL cholesterol are considered "bad cholesterol". When "bad cholesterol" levels are high, cholesterol deposits form in the arteries. These tests are a better risk indicator than total cholesterol. In this group, 54 people have "bad cholesterol" levels that indicate moderate risk. 35 people have a high "bad cholesterol", putting them at high risk. (If LDL-C is not done, Non-HDL-C is scored. Non-HDL Chol = T Chol minus HDL Chol)

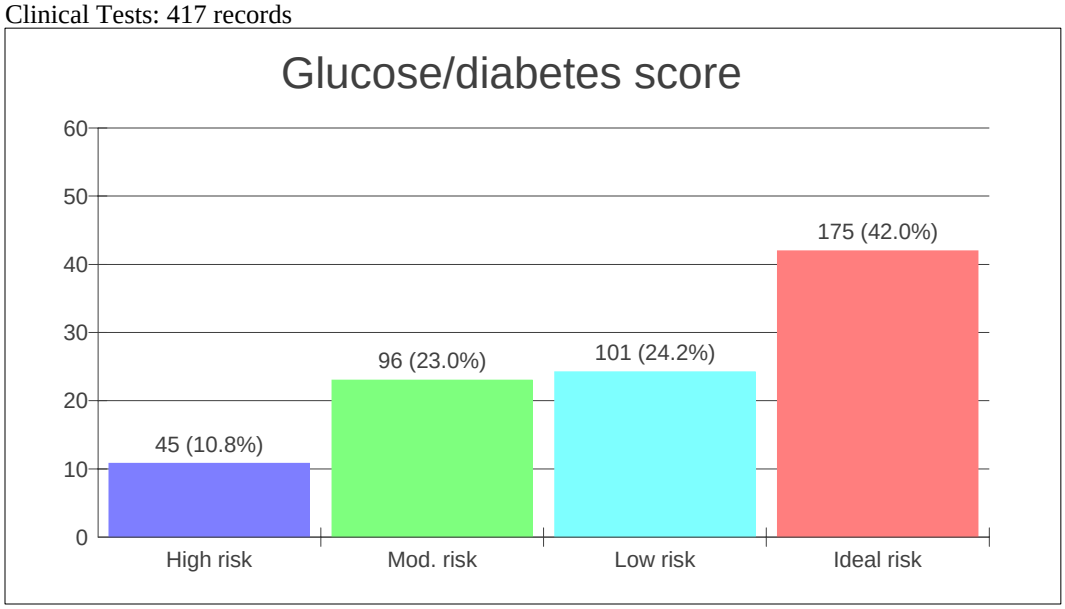
Clinical Tests: 406 records



High density lipoprotein cholesterol (HDL-C) is a carrier of "good cholesterol." HDL-C protects against heart disease by helping remove excess cholesterol deposited in the arteries. The more HDL in the blood, the lower your risk. HDL-C levels of 60 or more are ideal, while HDL-C levels of less than 40 are considered high risk. In this group, 59 people have an HDL level in the moderate risk range. 86 people have a low HDL-C level indicating high risk.

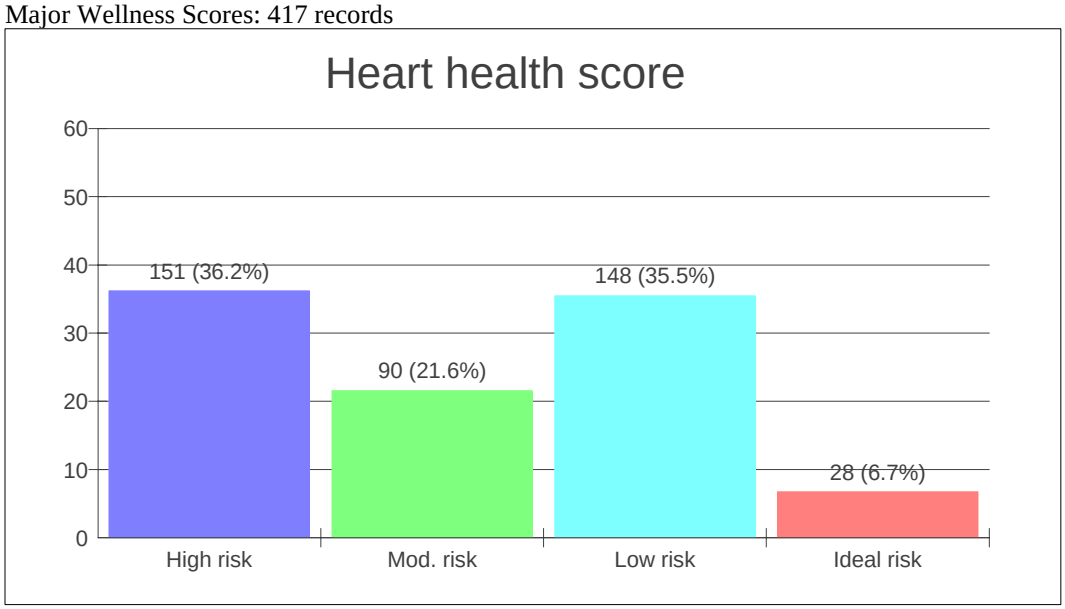
Personal Wellness Profile

Clinical Tests: 417 records



High blood glucose (sugar) can indicate the presence of diabetes, which increases the risk for heart and blood vessel diseases. Normal fasting glucose levels are less than 100, and nonfasting are less than 140. In this group, 141 people have a glucose level greater than recommended, putting them at high risk (presence of diabetes may affect score).

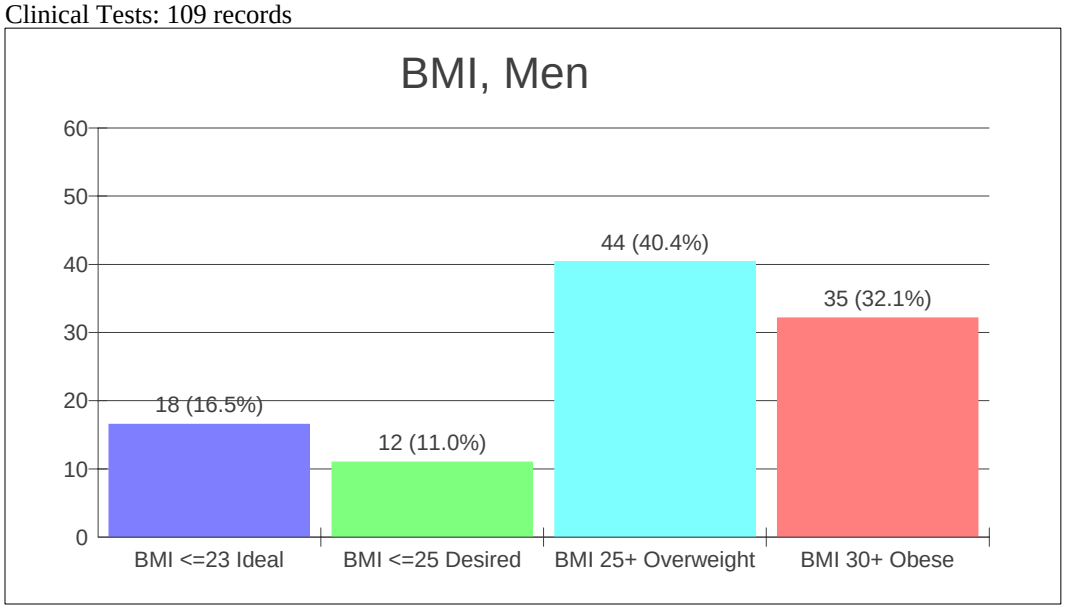
Major Wellness Scores: 417 records



The overall coronary risk rating is based on the information provided by the National Institutes of Health's "National Cholesterol Education Program." This rating indicates an individual's risk for heart disease. 176 people have a low or excellent coronary risk rating.

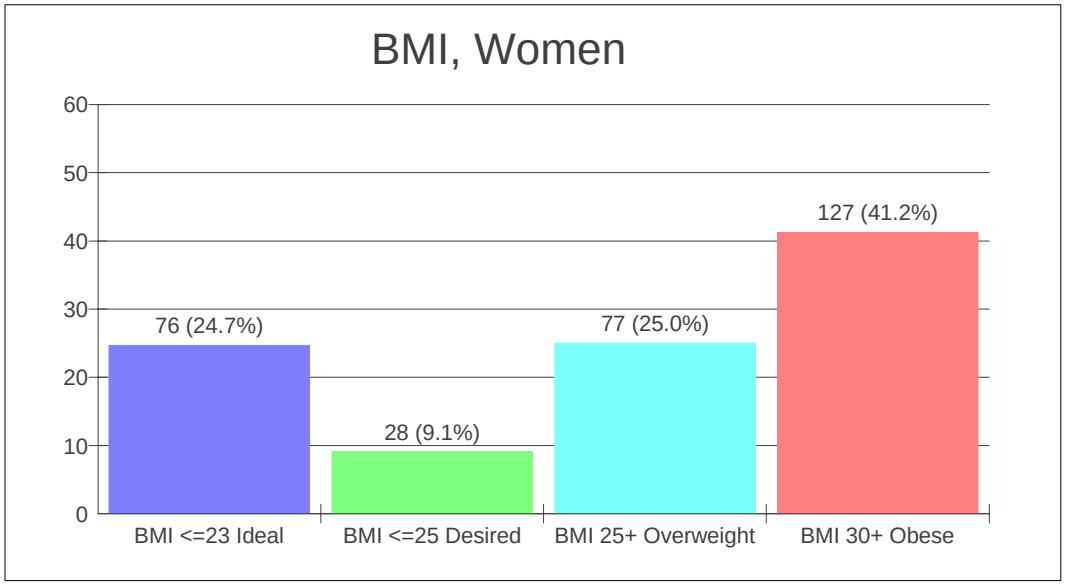
Personal Wellness Profile

Clinical Tests: 109 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Men with BMI values above 25 are at higher risk for heart disease and other health problems.

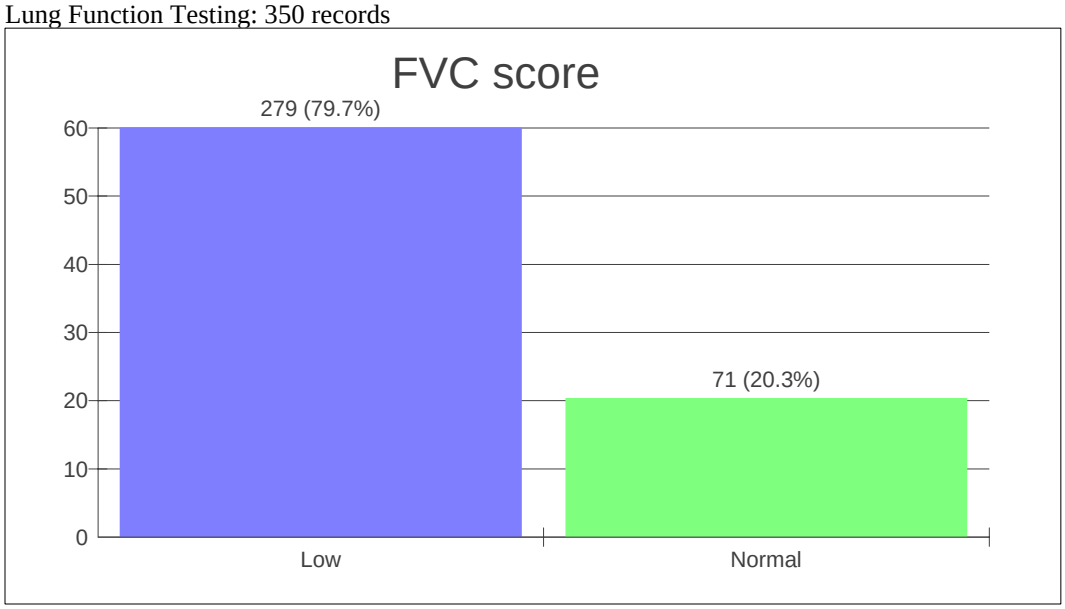
Clinical Tests: 308 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Women with BMI values above 25 are at higher risk for heart disease and other health problems.

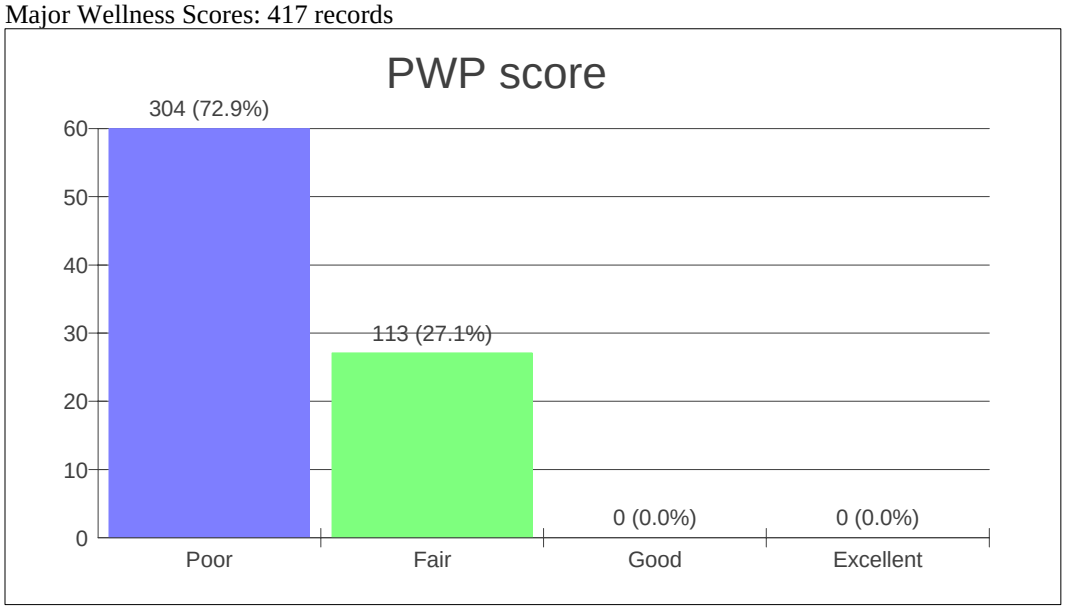
Personal Wellness Profile

Lung Function Testing: 350 records



Forced vital capacity (FVC) is a measure of the volume of air a person can take into his or her lungs and forcibly blow out. This measurement is then compared to expected values for each individual, and a percentage is calculated. A low vital capacity (below 80% of predicted) is usually associated with "restrictive" lung problems (anything that restricts the full expansion of the lungs or chest wall). In this group, 279 people are in the impaired range (less than 80%) for FVC. 71 people are in the normal range (80% and above) for FVC.

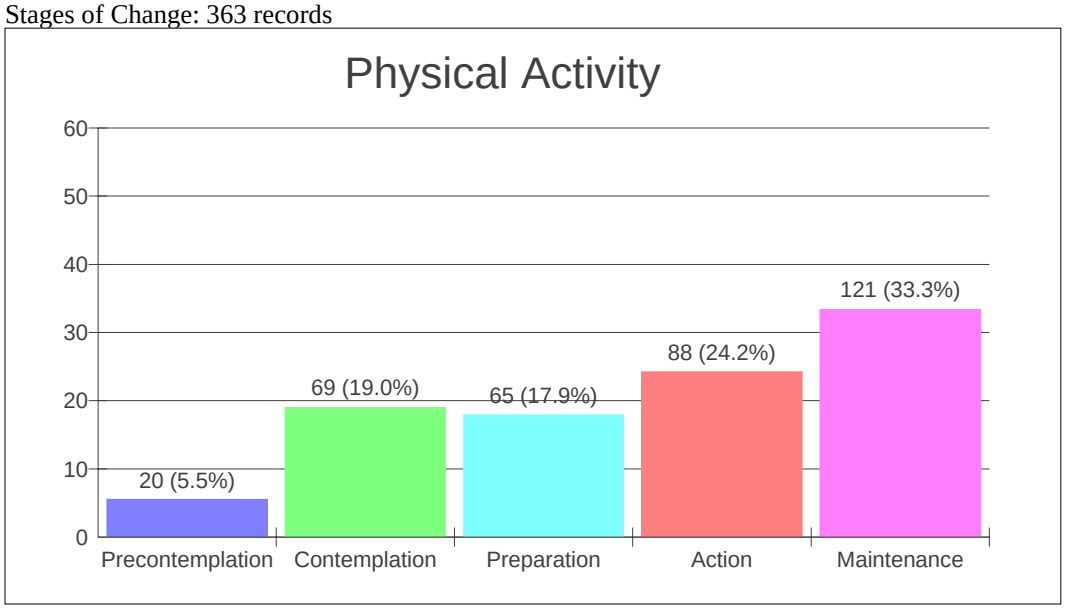
Major Wellness Scores: 417 records



The overall wellness rating gives a comprehensive score based on the sum of the different major wellness factors. 0 (0.0%) people have a good or excellent wellness rating.

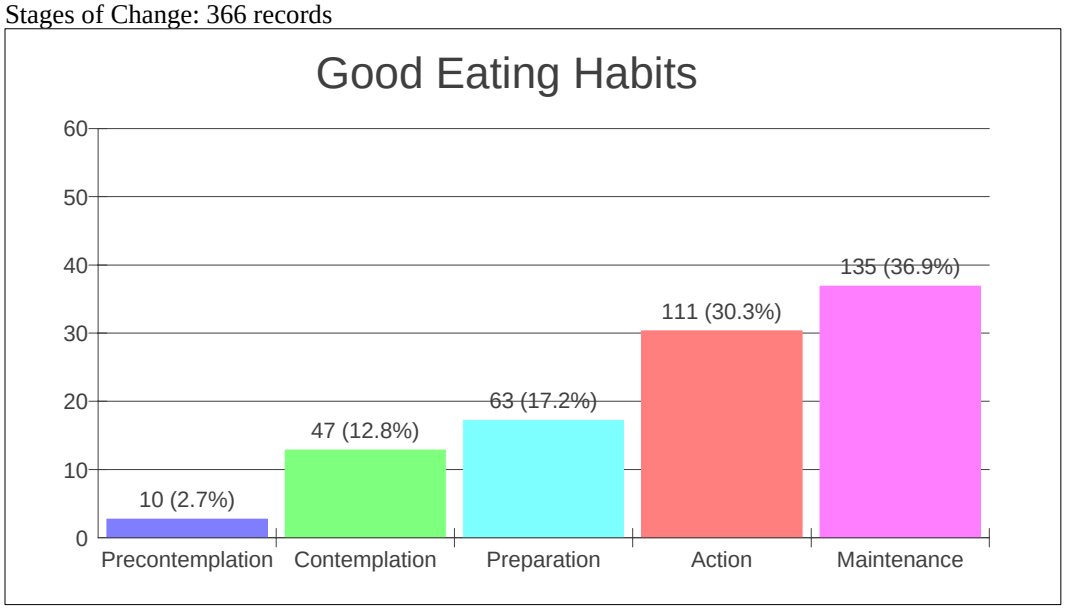
Personal Wellness Profile

Stages of Change: 363 records



By understanding the stages of change, in this case for physical activity, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to increase physical activity. Contemplators acknowledge they need more physical activity, but they are not yet ready to start. People in preparation are planning to start an activity program sometime within the next month. People in the action stage have recently started a physical activity program, while people in the maintenance stage have participated in regular activity for at least six months.

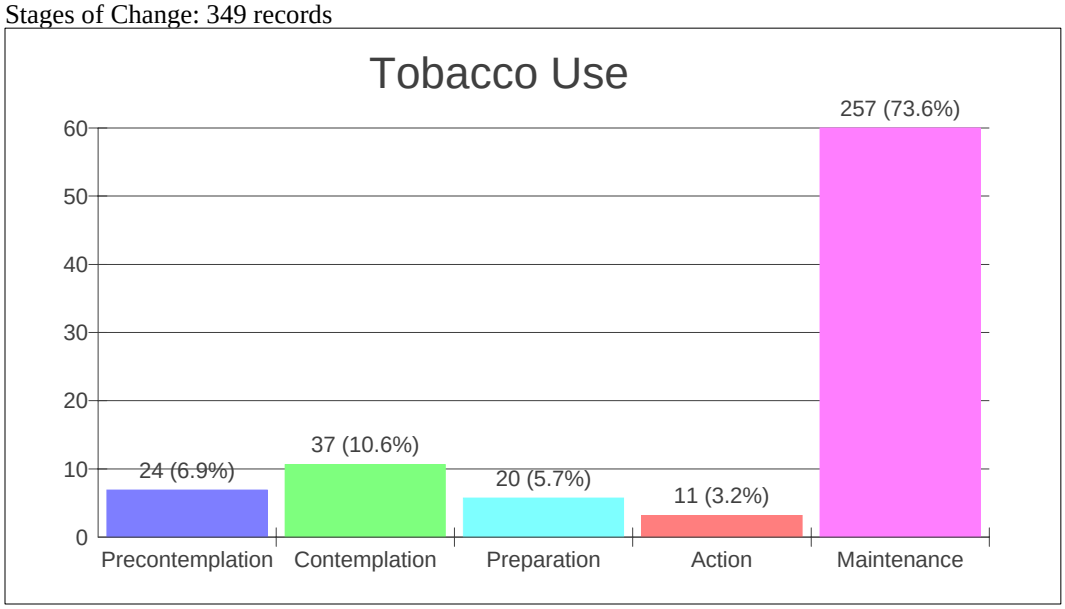
Stages of Change: 366 records



By understanding the stages of change, in this case for good eating habits, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to improve their diet. Contemplators acknowledge they need to eat better, but they are not yet ready to start. People in preparation are planning to start a good eating program sometime within the next month. People in the action stage have recently made an effort to improve their eating habits, while people in the maintenance stage have been practicing good eating habits for at least six months.

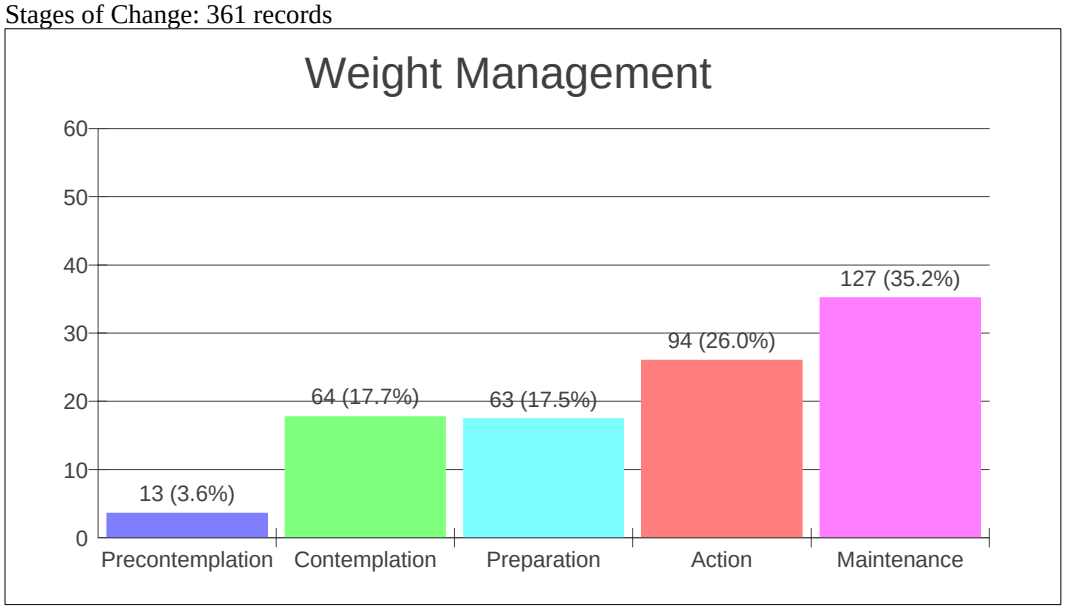
Personal Wellness Profile

Stages of Change: 349 records



By understanding the stages of change, in this case to avoid tobacco use, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to stop smoking or avoid tobacco. Contemplators acknowledge they should stop using tobacco products but are not yet ready to start. People in preparation are planning to stop smoking or quit using tobacco products sometime within the next month. People in the action stage have recently stopped using tobacco, while people in the maintenance stage have avoided tobacco use for at least six months.

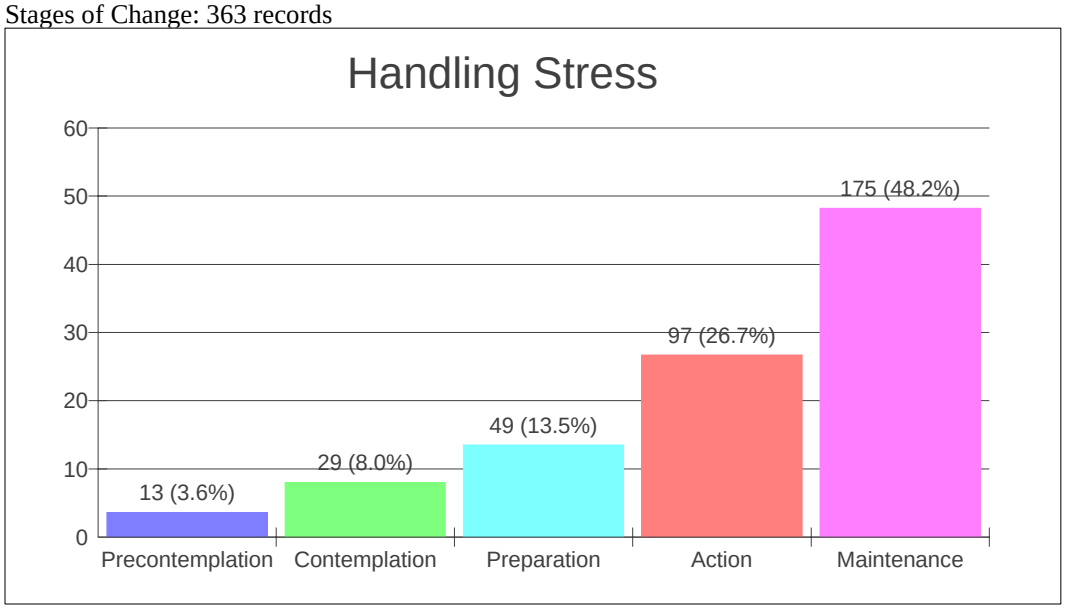
Stages of Change: 361 records



By understanding the stages of change, in this case for weight management, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need for weight management. Contemplators acknowledge they need weight management but are not yet ready to start. People in preparation are planning to start a weight management program sometime within the next month. People in the action stage have recently started a weight management program, while people in the maintenance stage have been involved in weight management for at least six months.

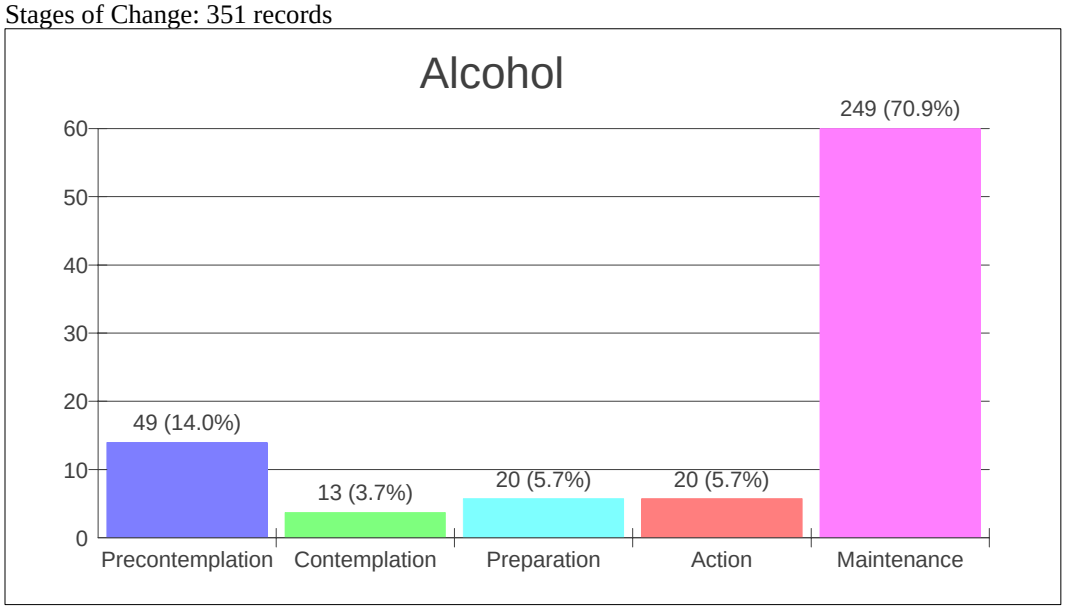
Personal Wellness Profile

Stages of Change: 363 records



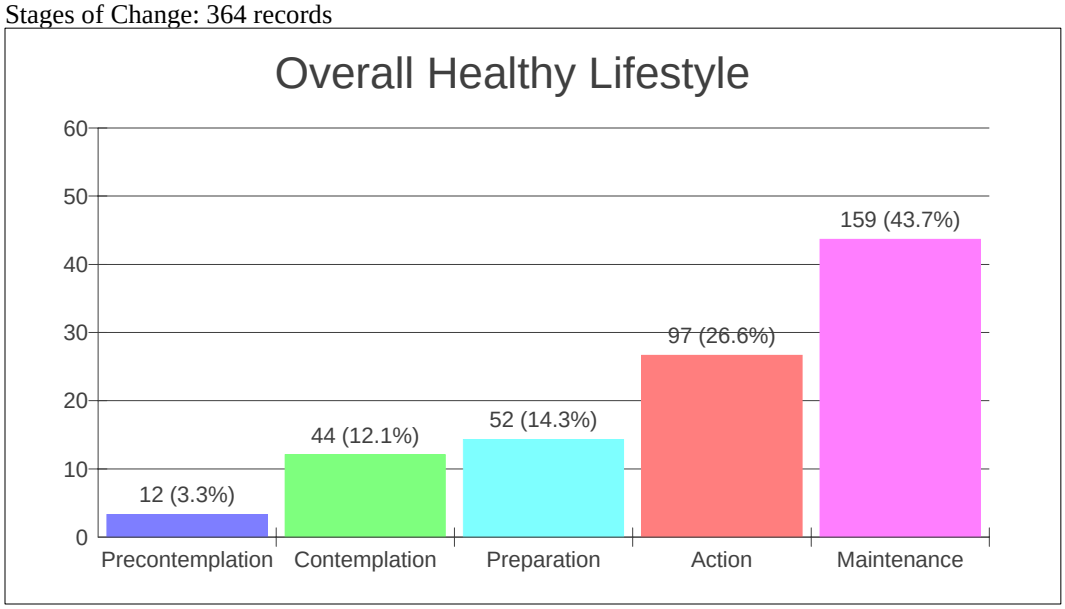
By understanding the stages of change, in this case for handling stress, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to handle stress. Contemplators acknowledge they need more help with handling stress but they are not yet ready to start. People in preparation are planning to start handling stress sometime within the next month. People in the action stage have recently started handling stress, while people in the maintenance stage have been handling stress for at least six months.

Stages of Change: 351 records



By understanding the stages of change, in this case for drinking in moderation, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to drink in moderation. Contemplators acknowledge they need more help to be more moderate in their drinking, but they are not yet ready to start. People in preparation are planning to be drink more moderately sometime within the next month. People in the action stage have recently been more moderate drinkers, while people in the maintenance stage have been drinking in moderation or not at all for at least six months.

Stages of Change: 364 records



By understanding the stages of change, in this case for living an overall healthy lifestyle, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to do this. Contemplators acknowledge they need to live an overall healthy lifestyle but are not yet ready to start. People in preparation are planning to start living an overall healthy lifestyle sometime within the next month. People in the action stage have recently started living an overall healthy lifestyle. People in the maintenance stage have been living an overall healthy lifestyle for at least six months.