

Personal Wellness Profile Group Summary 2011 Sample Group Report

Scientific Basis for the Personal Wellness Profile

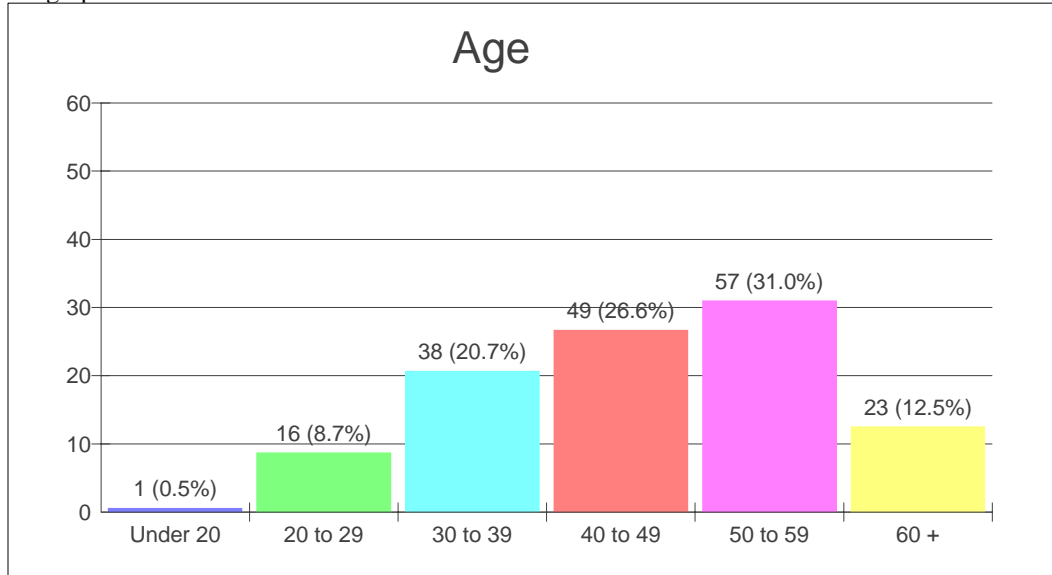
- ◆ American Cancer Institute
- ◆ American Cancer Society
- ◆ American College of Sports Medicine
- ◆ American Heart Association
- ◆ U.S. Department of Health and Human Services
- ◆ Health Outcomes Institute
- ◆ Johns Hopkins Medical Institutions
- ◆ National Academy of Sciences, NRC
- ◆ National Center 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



Provided by
Sample Group Report
 2011 Company Report
 All Locations
 Administered by... Heart Screen

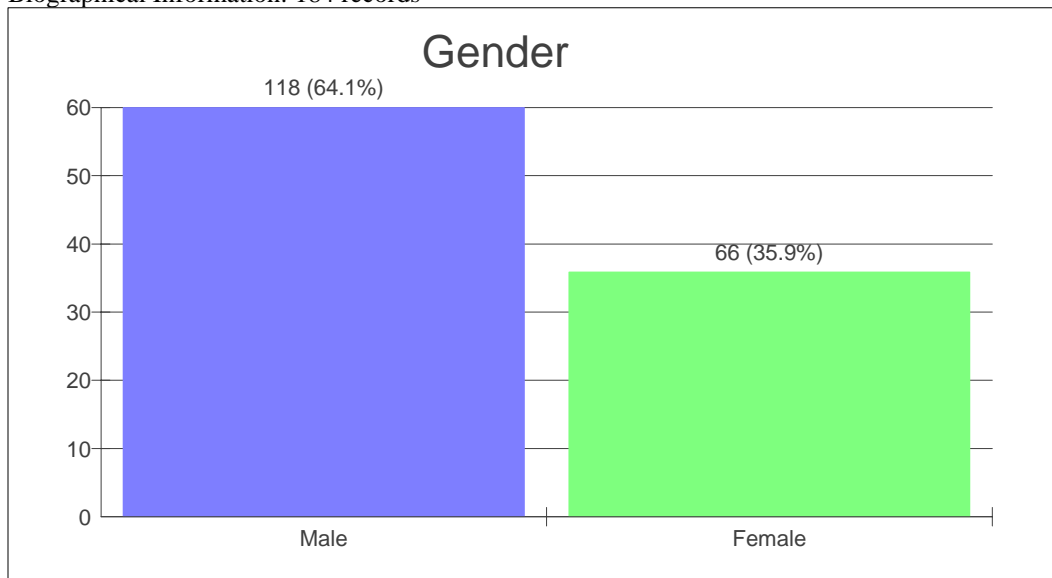
Personal Wellness Profile

Biographical Information: 184 records



The average age for people in this group is 46.1. This report is based on a sample size of 184 people.

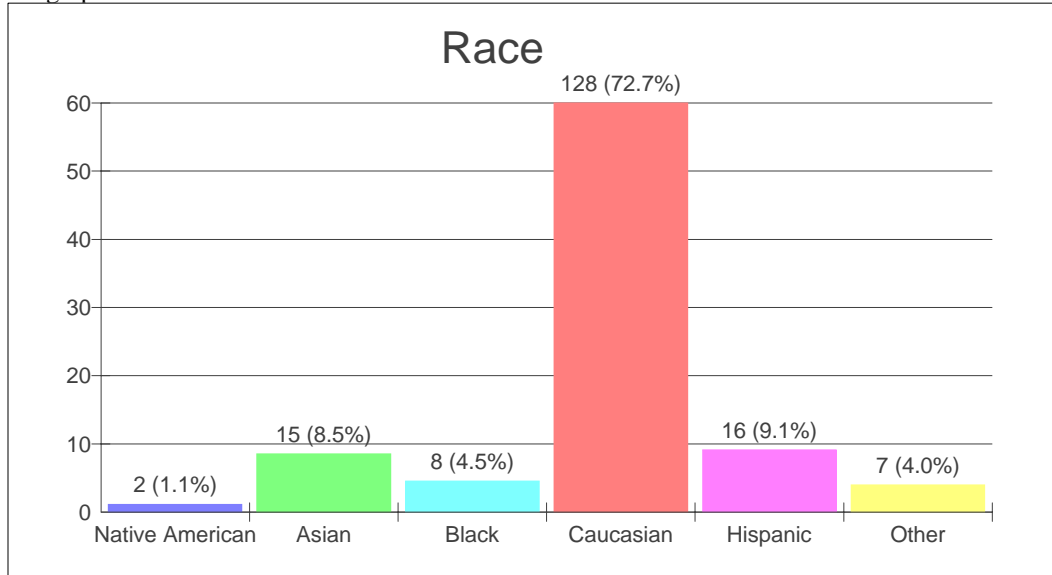
Biographical Information: 184 records



118 (64.1%) men and 66 (35.9%) women participated in this program for a total of 184 people.

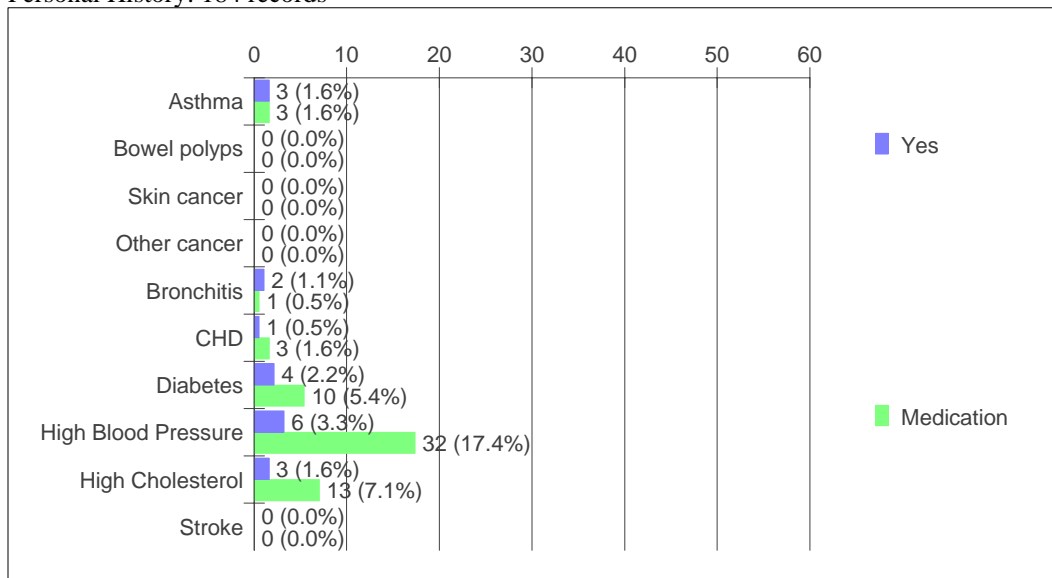
Personal Wellness Profile

Biographical Information: 176 records



Out of 176 people in this group, 2 are Native American, 15 are Asian, 8 are African American, 128 are Caucasian, 16 are Hispanic, and 7 of the people belong to other ethnic group(s).

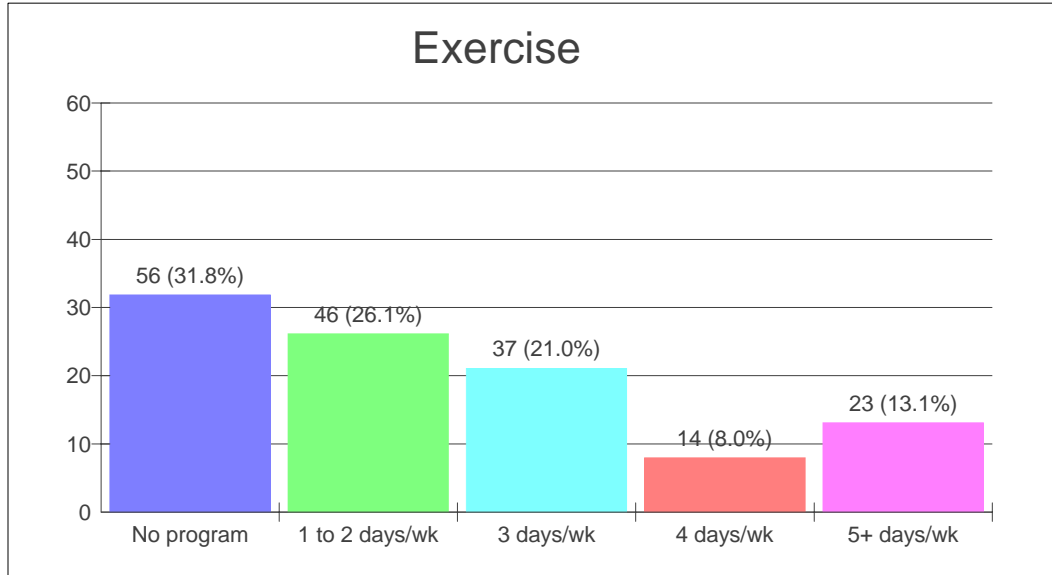
Personal History: 184 records



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

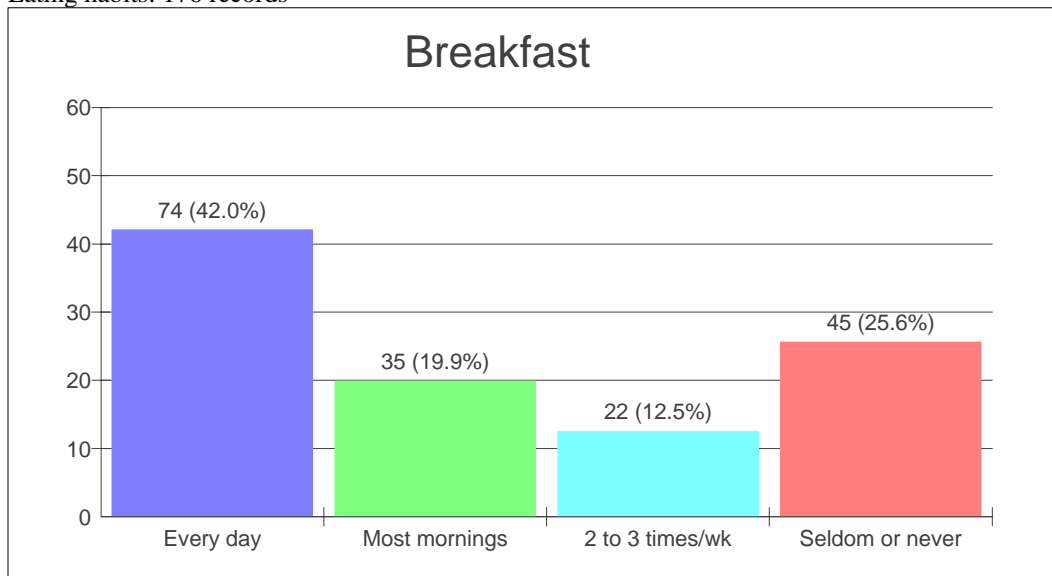
Personal Wellness Profile

Exercise: 176 records



Three to four aerobic exercise sessions per week (20 to 30 minutes each) are recommended for maintaining good cardiovascular fitness. In this group, 74 (42.0%) meet these requirements. Another 102 (58.0%) have no regular exercise program or are not getting adequate exercise to maintain good health.

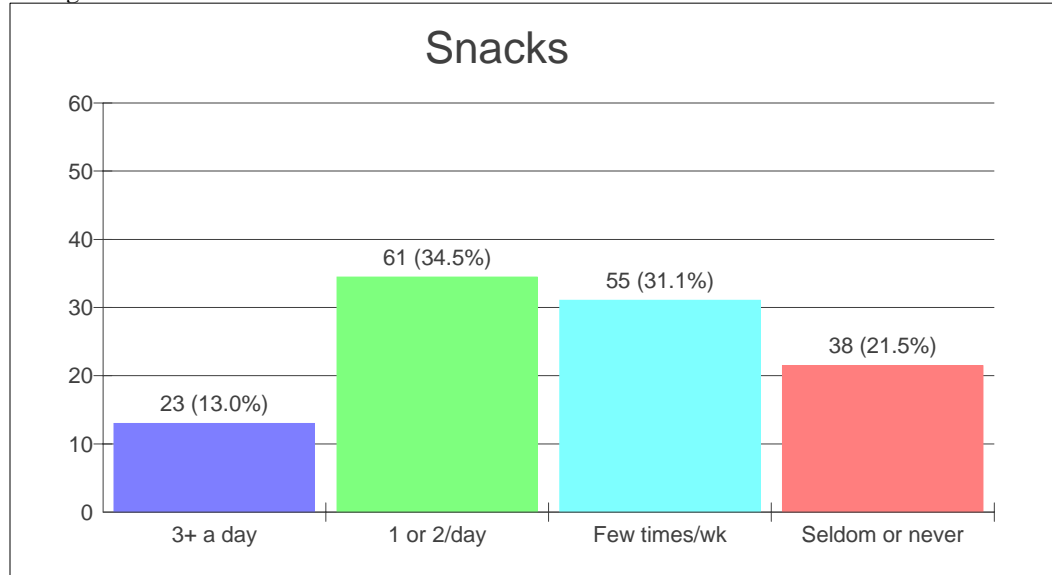
Eating habits: 176 records



Starting each day with a nutritious breakfast is a good health practice related to longevity and improved mental and physical performance. Nationally, 55% of people report eating breakfast almost every day. In this group, 109 (61.9%) of the people report they eat breakfast daily or almost every day. 45 (25.6%) say they seldom or never eat breakfast.

Personal Wellness Profile

Eating habits: 177 records



Frequent eating between meals of typical snack foods (highly refined, rich in sugar and salt) can impair nutritional status and contribute to common health problems such as dental decay and obesity. Nationally, 39% of people report snacking between meals almost every day. Of the people in this group, 139 (78.5%) report eating snacks almost every day. On the other hand, 38 (21.5%) eat snacks only occasionally or rarely.

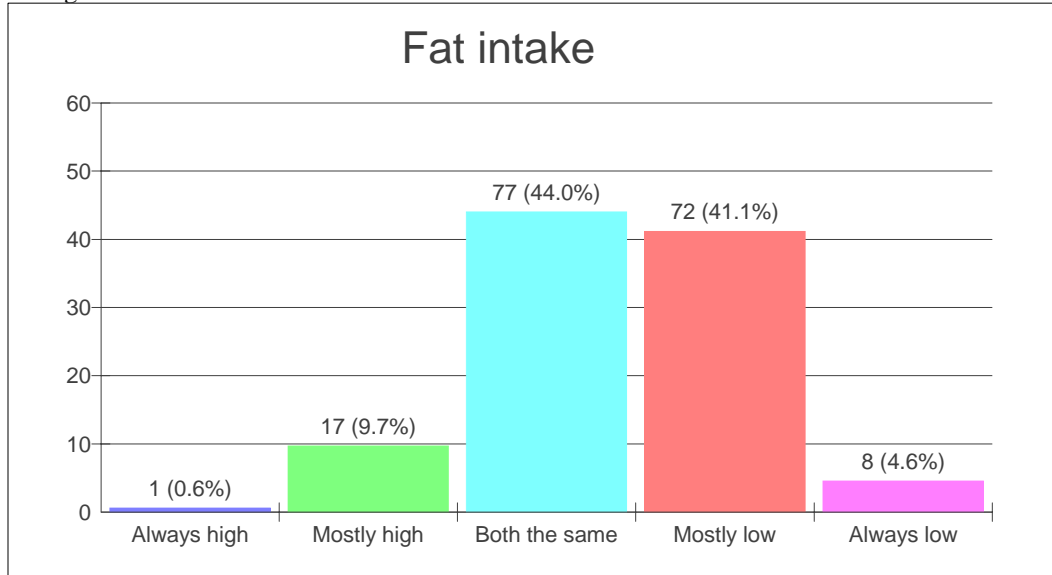
Eating habits: 178 records



Eating frequently at typical fast food restaurants may contribute to increased fat, calories, and lower fiber intake. Of this group, 9 (5.1%) report eating typical fast food meals four or more times per week. 40 (22.5%) report eating typical fast food meals two to three times per week. The remaining 129 (72.5%) report eating typical fast food meals no more than once per week.

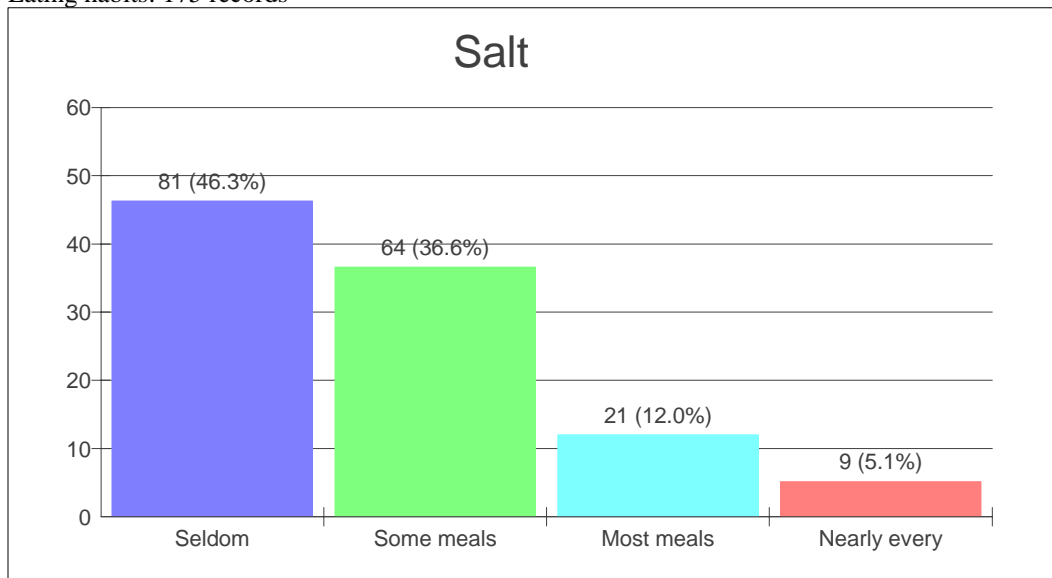
Personal Wellness Profile

Eating habits: 175 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, 18 (10.3%) report choosing mostly high fat items. 80 (45.7%) report using primarily low fat. The remaining 77 (44.0%) use both about the same.

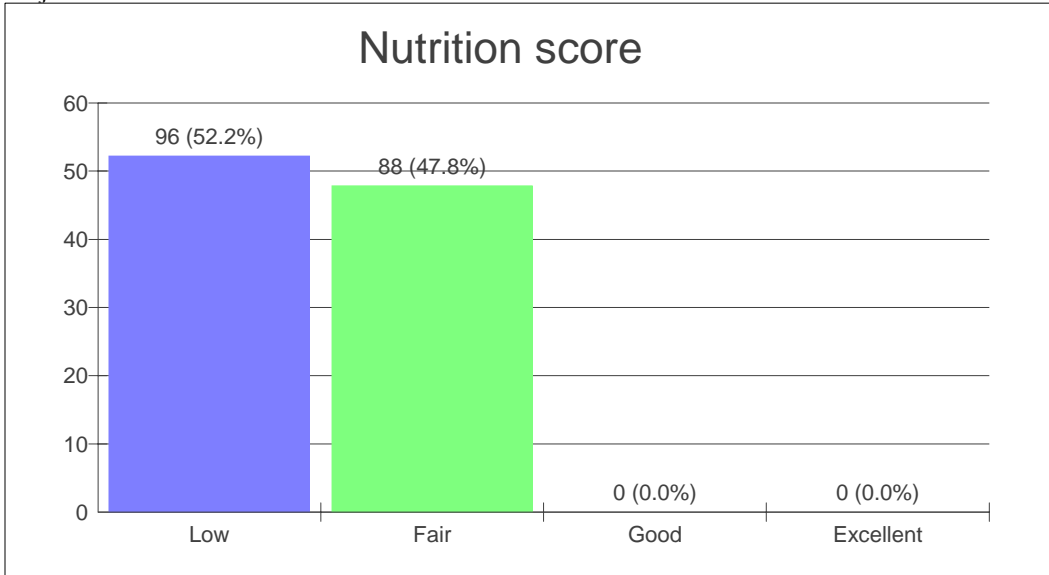
Eating habits: 175 records



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, 145 (82.9%) of the people report using salt or eating salty foods sparingly (seldom or occasionally), while 30 (17.1%) say they use salt or eat salty foods regularly or often.

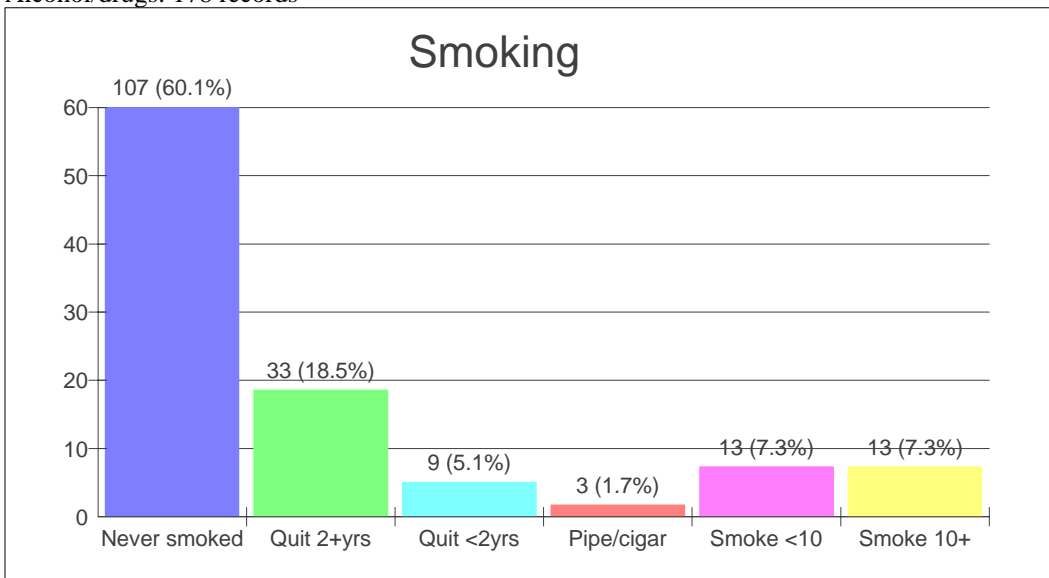
Personal Wellness Profile

Major Wellness Scores: 184 records



The overall nutrition rating is based on how well participants follow the guidelines provided by national organizations such as the U.S. Department of Agriculture, National Institutes of Health, and the National Cancer Institute. 0 people have a good or excellent overall nutrition rating.

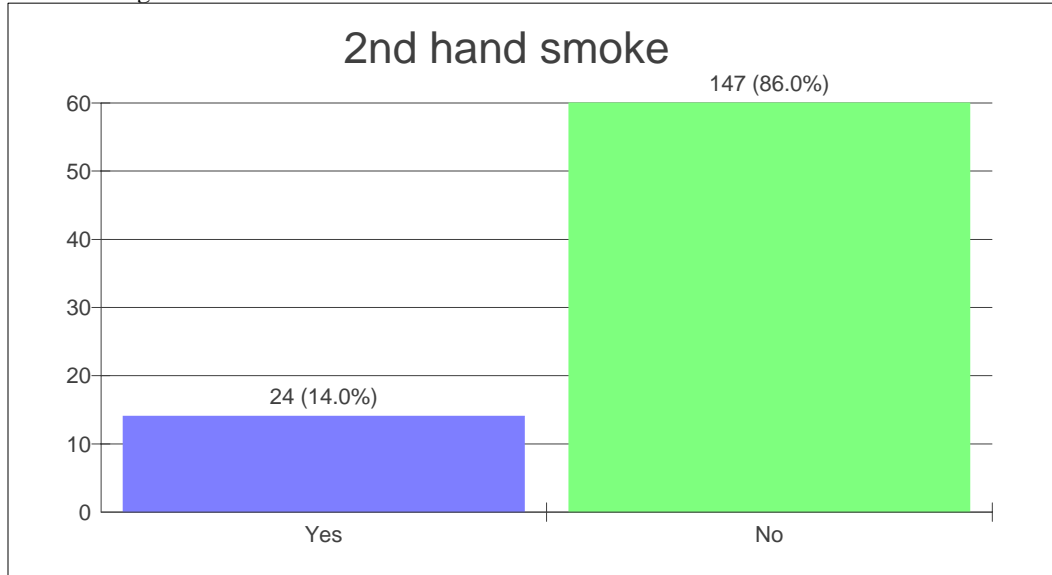
Alcohol/drugs: 178 records



The greatest preventable cause of early death today is smoking. Smokers are sick more often than nonsmokers. In fact, studies suggest that a smoker will pay approximately \$300 to \$600 more each year for health care than a nonsmoker. In this group, 107 (60.1%) people have never smoked, 42 (23.6%) people have quit smoking, and 29 (16.3%) people currently are smokers.

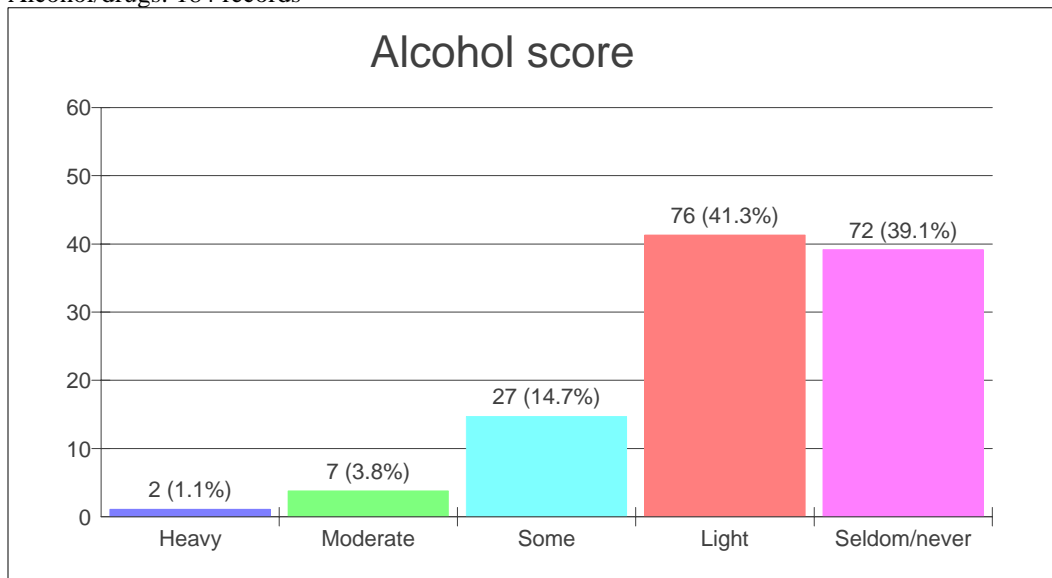
Personal Wellness Profile

Alcohol/drugs: 171 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 24 (14.0%) people report that they are regularly exposed to secondhand smoke.

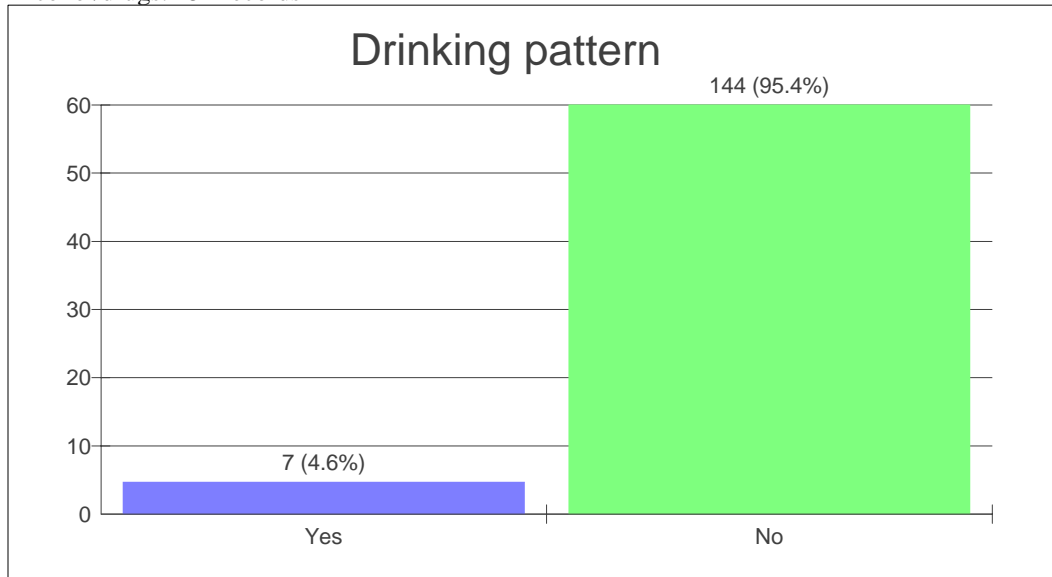
Alcohol/drugs: 184 records



The regular use of alcohol can lead to serious mental and physical health problems. Alcohol is involved in half of all motor vehicle deaths and most cases of cirrhosis (a leading cause of death). It is also a major factor in deaths from drowning, fires, homicides, and suicides. Problem drinking is a major factor in absenteeism, decreased job performance, and contributes to high medical costs. Nationally, 36% of people never drink, 14% rarely drink, 24% are light drinkers, 18% are moderate, and 8% are heavy drinkers. In this group 2 (1.1%) people are rated as heavy drinkers. At the same time, 72 (39.1%) people report they seldom or never drink.

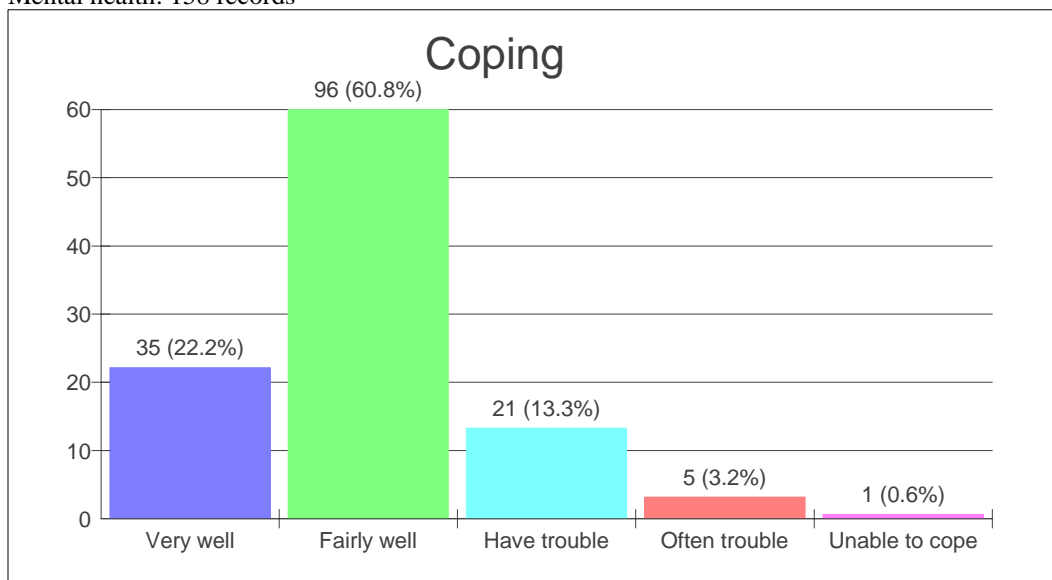
Personal Wellness Profile

Alcohol/drugs: 151 records



The inability to keep drinking levels moderate indicates an alcohol problem that can have serious health and safety consequences. In this group 7 (4.6%) report that they often have three or more drinks on the days that they drink.

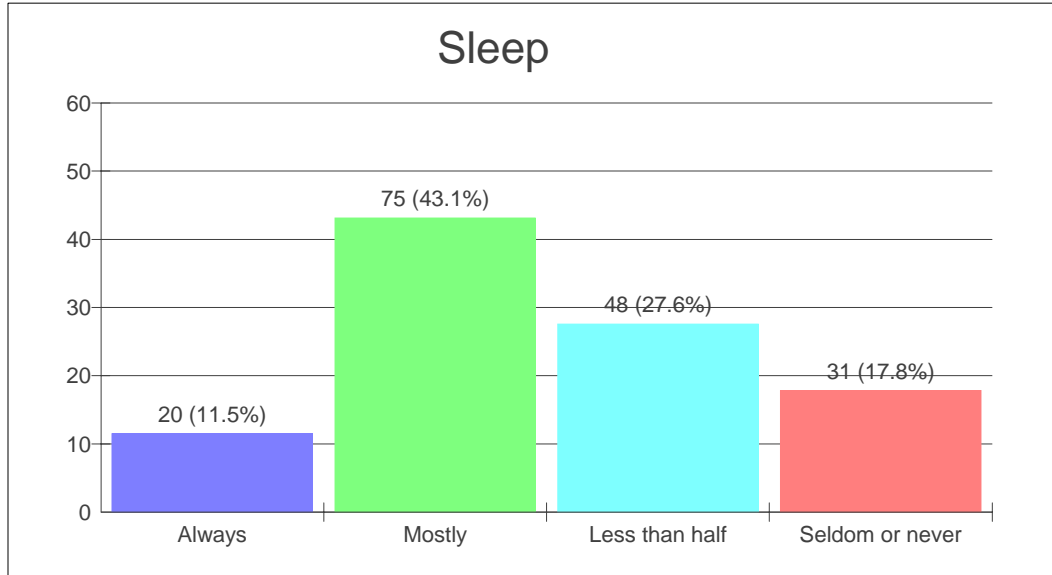
Mental health: 158 records



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, 131 (82.9%) people feel they are seldom or only occasionally stressed and are coping well. Another 21 (13.3%) people feel they are stressed often and have trouble coping at times. The remaining 6 (3.8%) people feel they experience heavy or excessive levels of stress and are having trouble coping or are unable to cope.

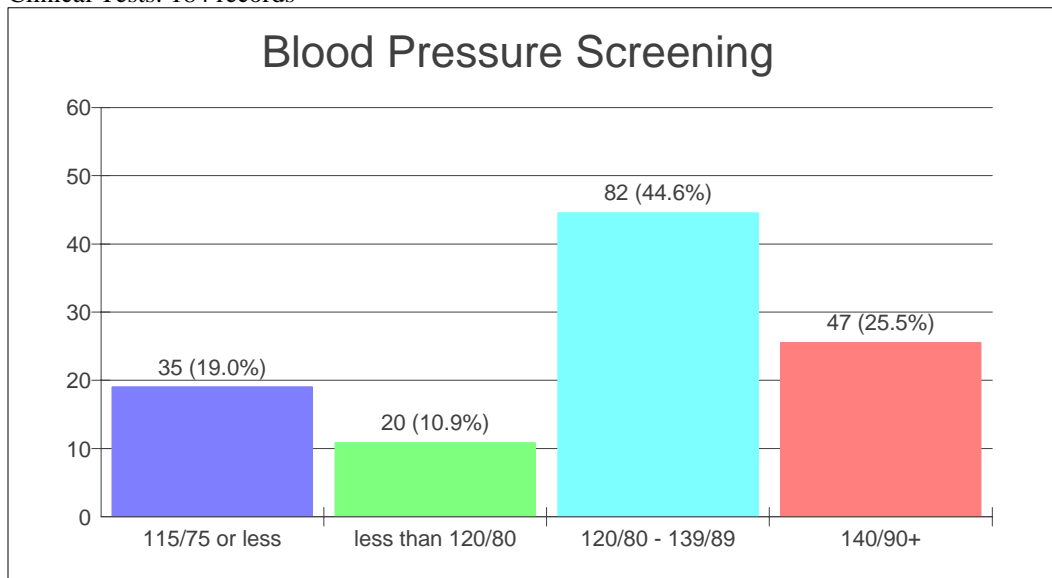
Personal Wellness Profile

Mental health: 174 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.

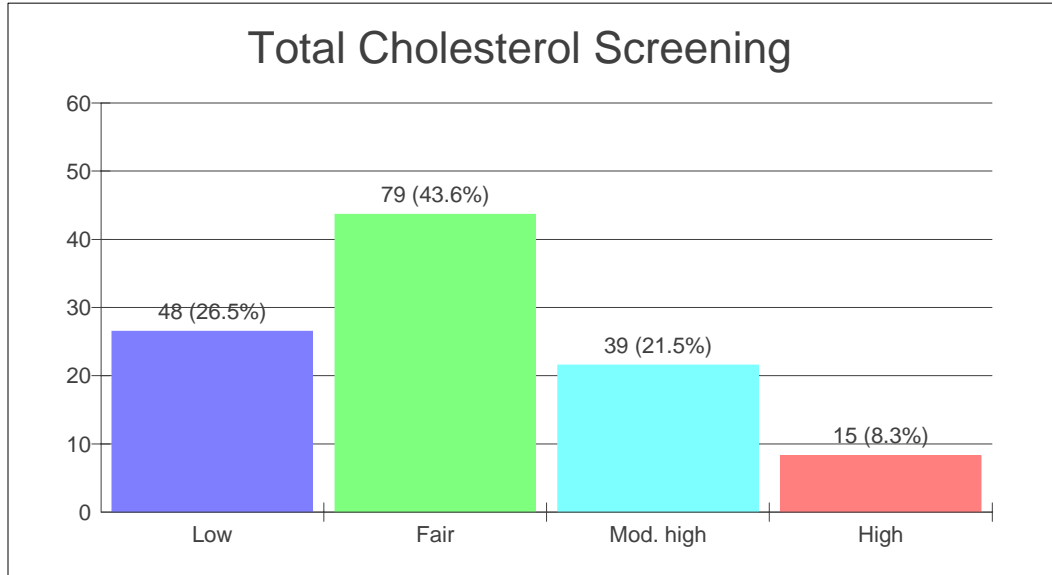
Clinical Tests: 184 records



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, 82 people have elevated blood pressure, putting them at moderate risk. 47 people have blood pressures that indicate high risk (140/90+).

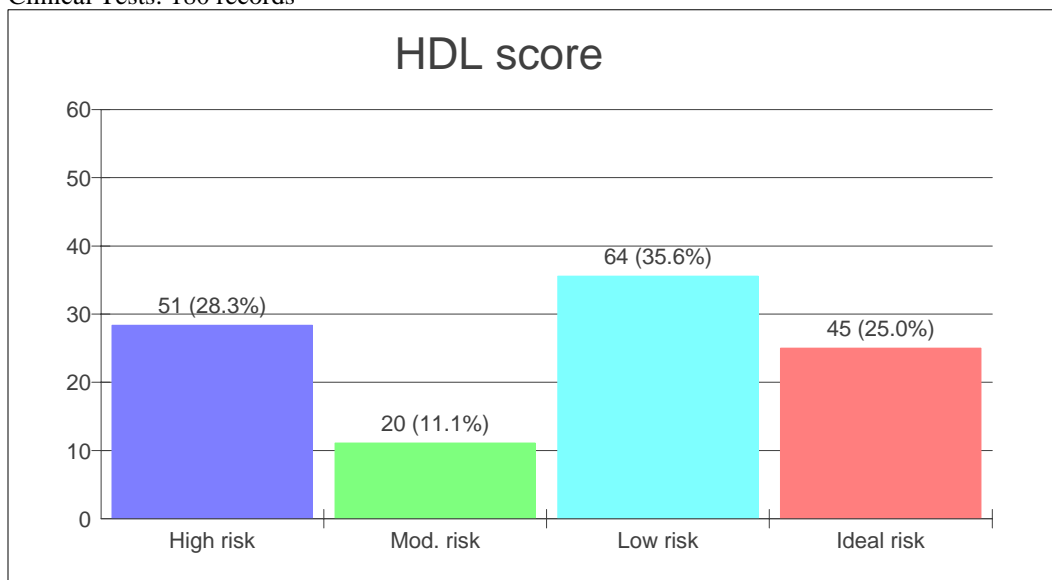
Personal Wellness Profile

Clinical Tests: 181 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, 39 people have an elevated cholesterol level, putting them at moderate risk. 15 people have a cholesterol level that indicates high risk.

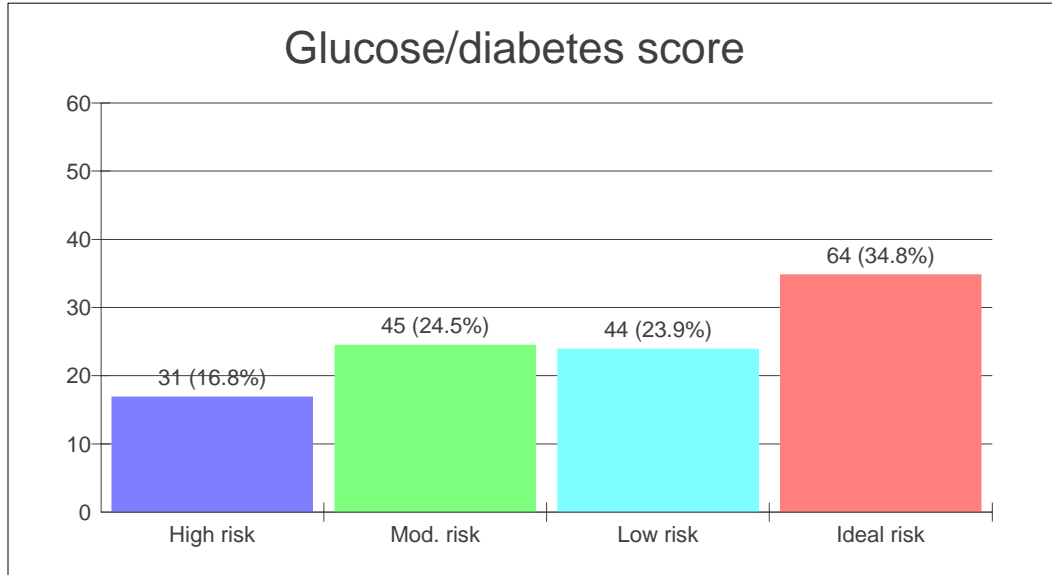
Clinical Tests: 180 records



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, 20 people have an HDL level in the moderate risk range. 51 people have a low HDL-C level indicating high risk.

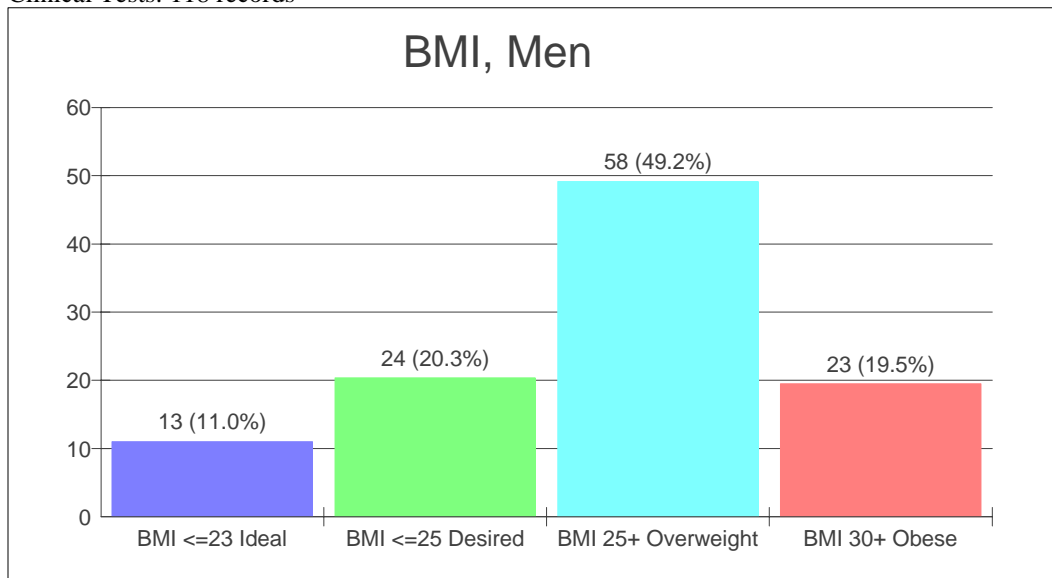
Personal Wellness Profile

Clinical Tests: 184 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, 76 people have a glucose level greater than recommended, putting them at high risk (presence of diabetes may affect score).

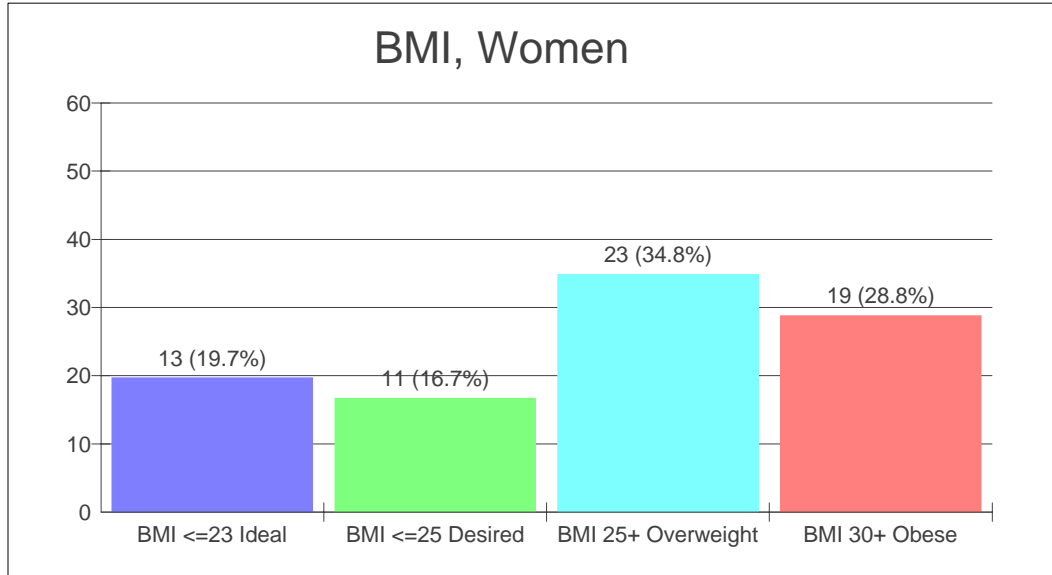
Clinical Tests: 118 records



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.

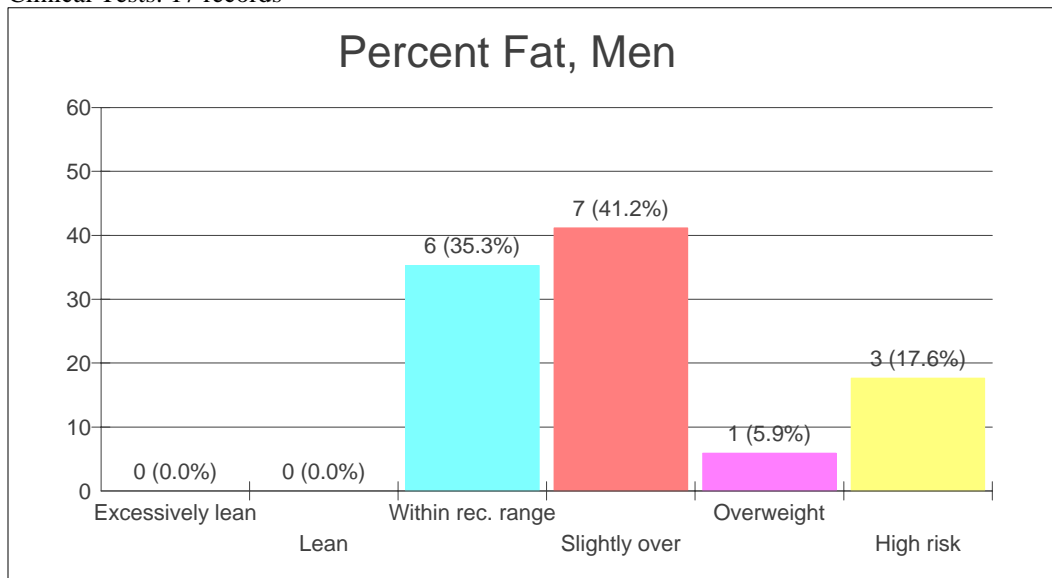
Personal Wellness Profile

Clinical Tests: 66 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.

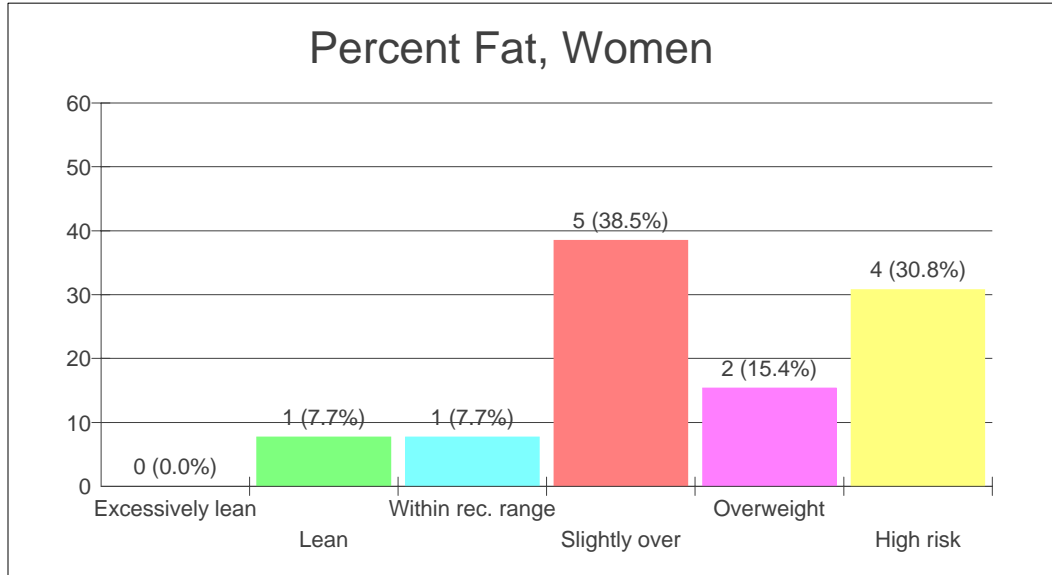
Clinical Tests: 17 records



Percent body fat is a determination of fat weight compared to lean body weight (muscle, bone, ligaments, organ, etc.). Desirable ranges of body fat are made specific to each individual by adjusting for age and gender. Each individual's measured body composition is then compared to his or her desirable range in order to determine which category (above) he or she fits in.

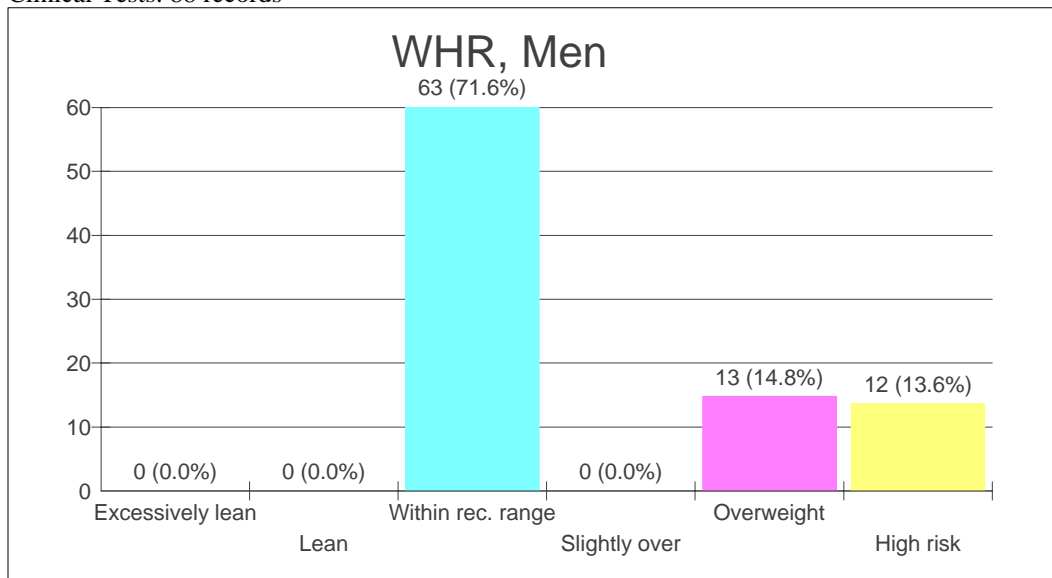
Personal Wellness Profile

Clinical Tests: 13 records



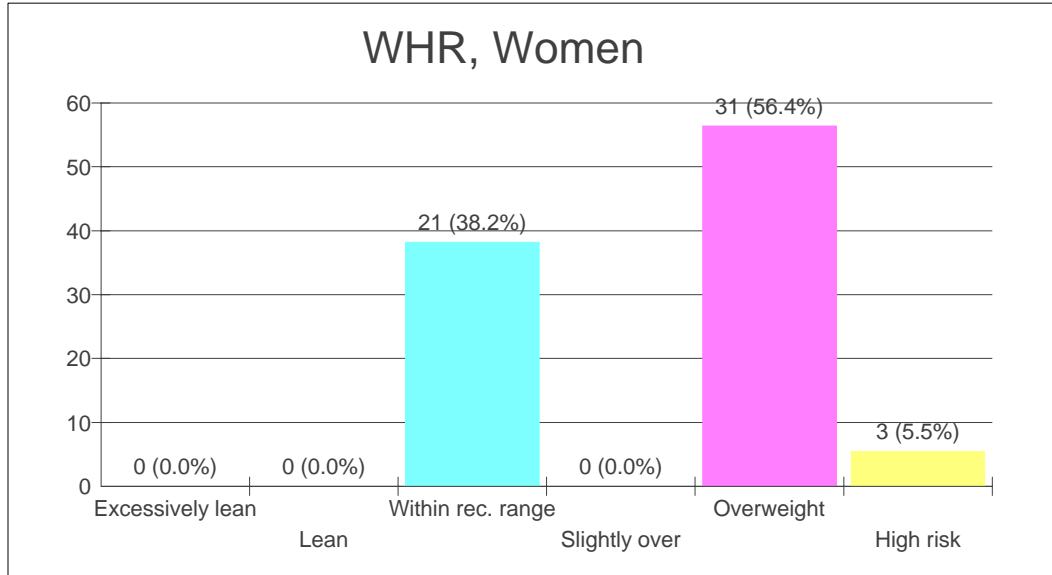
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Clinical Tests: 88 records



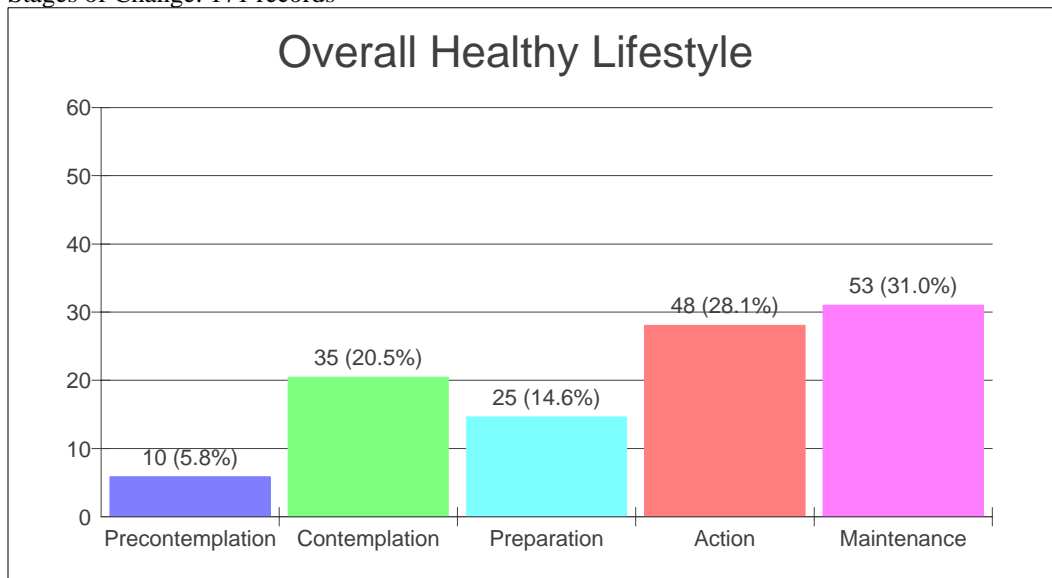
Waist-to-hip ratio (WHR) shows how excess fat is distributed on the body. Fat stored on the hips is not as dangerous as upper body fat. Excess fat in the upper body has been shown to increase risk for coronary heart disease, diabetes, high blood pressure, and certain cancers. Men should have a WHR less than 0.95.

Clinical Tests: 55 records



Waist-to-hip ratio (WHR) shows how excess fat is distributed on the body. Fat stored on the hips is not as dangerous as upper body fat. Excess fat in the upper body has been shown to increase risk for coronary heart disease, diabetes, high blood pressure, and certain cancers. Women should have a WHR less than 0.80.

Stages of Change: 171 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.