

# PWP Group Progress Report

Sample Group Progress Report

**The Group Progress Report** documents health changes made since the last testing session. Group test results for the previous and current testing sessions are shown together. Values shown are the number and percent of people who rate "Good" to "Excellent" in the Wellness Factors and clinical tests listed.

**This group** consists of 106 people (83 men, 23 women). Positive changes, as well as areas still needing improvement, are listed below.

### -- Positive Changes --

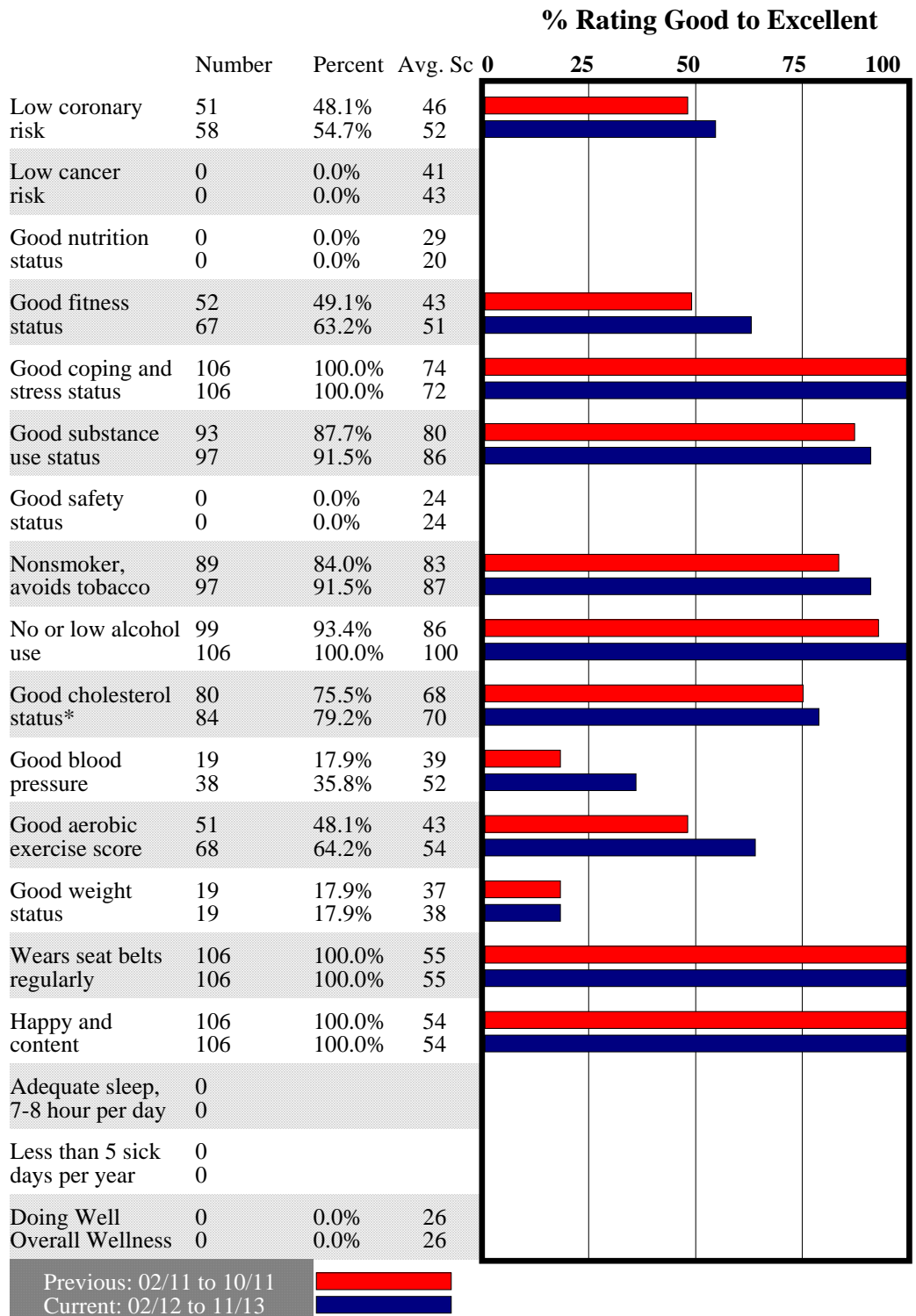
At least 74 people (69.8%) achieved "Good" to "Excellent" in each of the following wellness factors.

- ★ Handling stress better
- ★ Improved substance use
- ★ Smoking/tobacco use
- ★ Drinking less alcohol
- ★ Lower cholesterol
- ★ Better seat belt use
- ★ Improved happiness

### -- Needing Improvement --

Less than 74 people (69.8%) achieved "Good" to "Excellent" in the following wellness factors.

- ✓ Coronary risk
- ✓ Cancer risk
- ✓ Nutrition status
- ✓ Fitness status
- ✓ Safety status
- ✓ Blood pressure
- ✓ Aerobic activity
- ✓ Body composition



\* LDL and HDL, if tested, may influence the overall cholesterol score.

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## Clinical Tests

*The Clinical Summary of the Group Report shows changes in specific health tests. Average values are listed for current and previous testing data. The percent improvement for the average test results is shown in graph form.*

### -- Evaluation --

This group has improved in 7 of the 10 clinical tests listed. Those areas showing improvement, in average test results, are listed below. Areas marked with a ★ indicate major improvement (1% or more) has occurred.

- ★ Systolic blood pressure
- ★ Diastolic blood pressure
- ★ Total cholesterol
- ★ Glucose
- ★ Percent body fat
- ★ Waist/hip ratio
- ↪ Waist girth

	# of people tested		Percent Improved	Percent Improvement					
	Previous	Current		0	5	10	15	20	
Systolic Blood Pressure	106	129.2	121.8	5.7%					
Diastolic Blood Pressure	106	81.9	77.9	4.9%					
Cholesterol (mg/dl)	106	187.7	183.9	2.0%					
HDL level (mg/dl)	106	55.0	52.2	0.0%					
Glucose (mg/dl)	105	107.1	104.8	2.2%					
Body mass index	106	27.8	28.2	0.0%					
Percent body fat	73	25.4	25.1	1.1%					
Waist/hip ratio	91	0.90	0.89	1.0%					
Cholesterol/HDL ratio	106	3.6	3.8	0.0%					
Waist girth (in)	92	36.6	36.4	0.5%					

# Group Progress Report

## Personal Wellness Profile Group Progress Report Sample Group Progress 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

### Table of Contents

Major Wellness Scores	1
Clinical Test Values	2

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