



Juniata College

Screening Results

October 11, 2016

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October 12, 2016

Juniata College Screening Results



JUNIATA COLLEGE

The J.C. Blair Hospital CARES team screened 55 Juniata College employees on October 11th 2016 and October 12th 2016. Thirty-nine women and sixteen men were screened.

The screening included a body mass index (BMI) calculation, waist circumference measurement, blood pressure check, lipid panel and glucose test conducted by the J.C. Blair CARES team. The following summarizes the aggregate results of all screened.

October
2016
RESULTS

55 Total Employees Screened

- 82% of Females and 81% of Males had abnormal BMI results (Overall 64% of employees had abnormal BMI results)
- 40% had abnormal blood pressures (pre-hypertensive and hypertensive)
- 40% tested with abnormal HDL
- 16% tested with abnormal LDL
- 11% tested with abnormal Triglycerides
- 25% tested with abnormal total Cholesterol
- 29% tested with abnormal Glucose

The following report details each health indicator and compares Juniata College employee's results with national averages. We welcome the opportunity to follow up with Juniata College to discuss strategies to address the priority health issues identified in this screening.

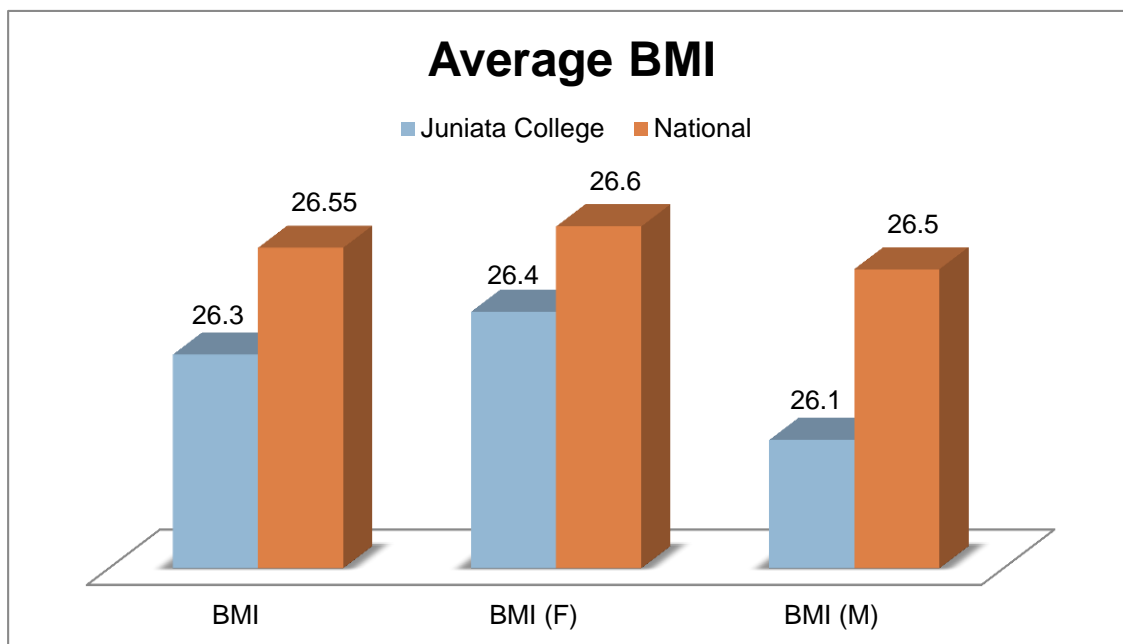
BODY MASS INDEX (BMI)

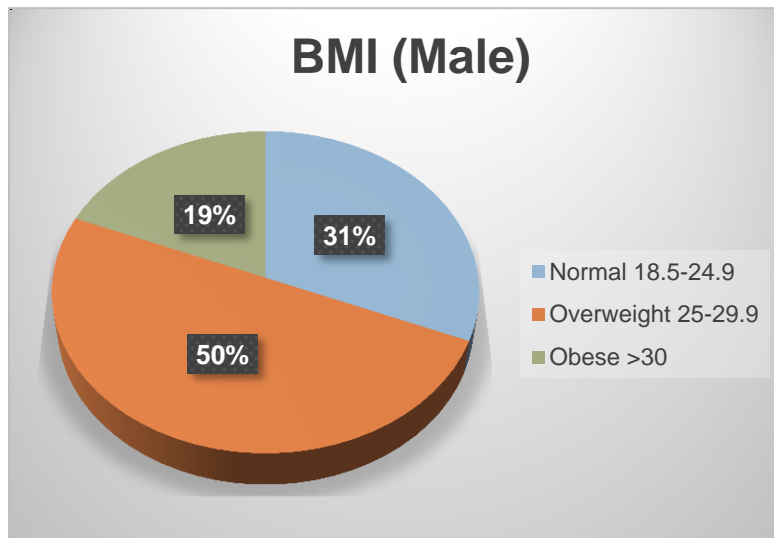
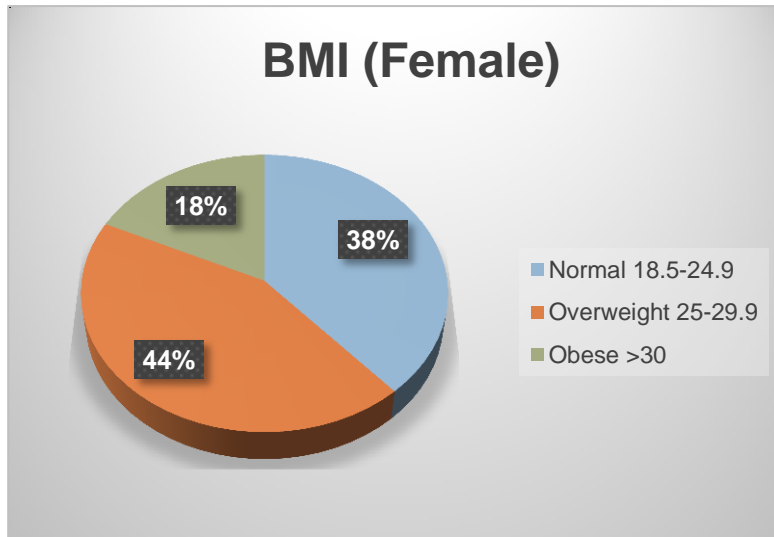
Body Mass Index (BMI) is one way to determine whether or not an adult is overweight or obese. BMI is a calculation that assesses a ratio of height and weight.

The average BMI for the Juniata College employees who participated in the screening was 26.3, slightly lower than the national average.

Weight Status	BMI
Normal	18.5-24.9
Overweight	25-29.9
Obese	>30

RESULTS





HOW TO REDUCE BMI:

- Limit high fat/calorie foods.
- Read food labels.
- Increase physical activity.
- Incorporate more fruits, vegetables, low fat dairy products, and lean protein into your diet.

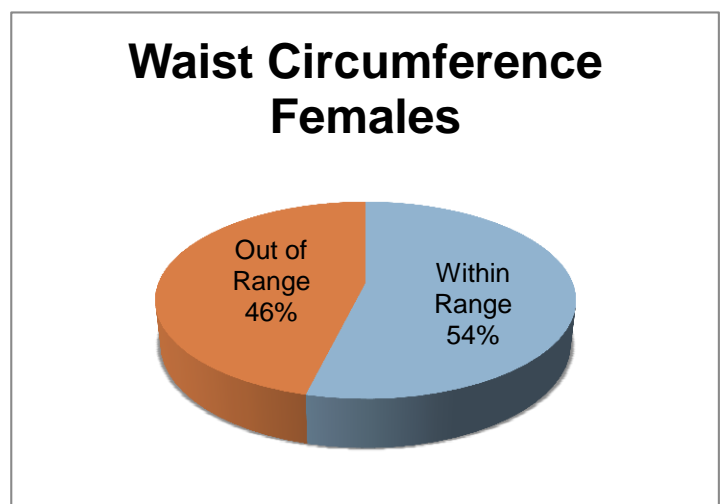
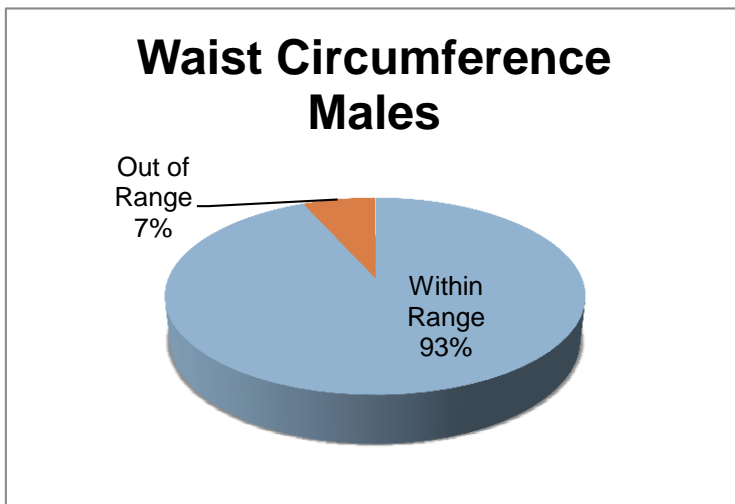
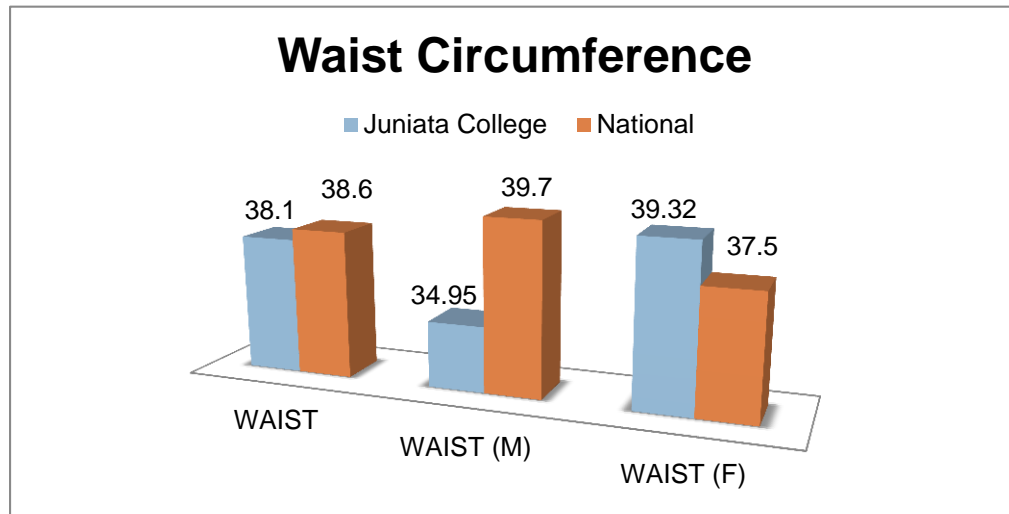


WAIST CIRCUMFERENCE

Where excess fat is located on your body may be another risk factor. People with more weight around the waist are at greater risk of chronic diseases such as heart disease, diabetes, even cancer, than those with weight around their hips.

Waist Circumference Range
Male < 40 inches
Female < 35 inches

RESULTS



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BLOOD PRESSURE

Blood Pressure is a measurement of how hard your heart has to work. High blood pressure increases the risk for heart disease and stroke.

Category	Systolic		Diastolic
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
Hypertension Stage 1	140-159	or	90-99
Hypertension Stage 2	160 or higher	or	100 or higher
Hypertension Crisis	Higher than 180	or	Higher than 110

117
76 mm Hg

Read as "117 over 76 millimeters of mercury"

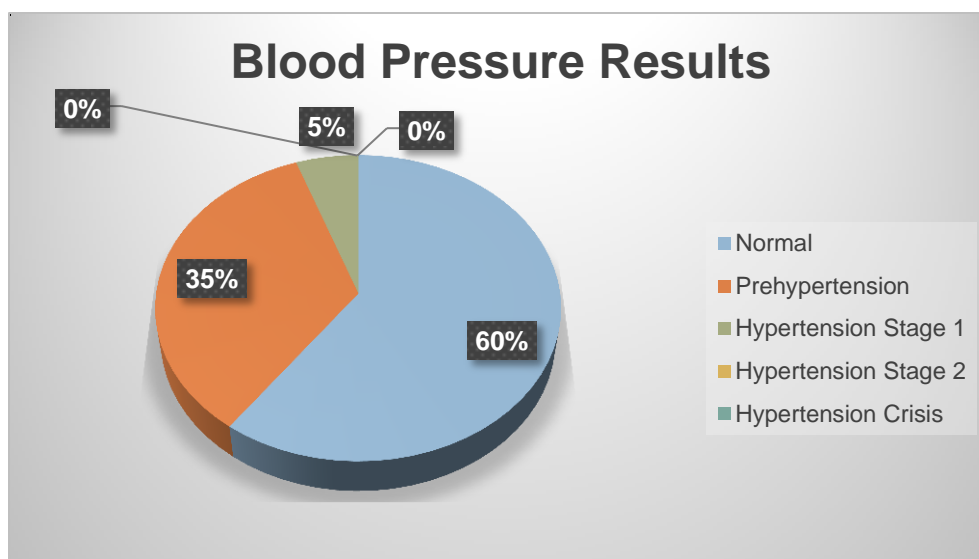
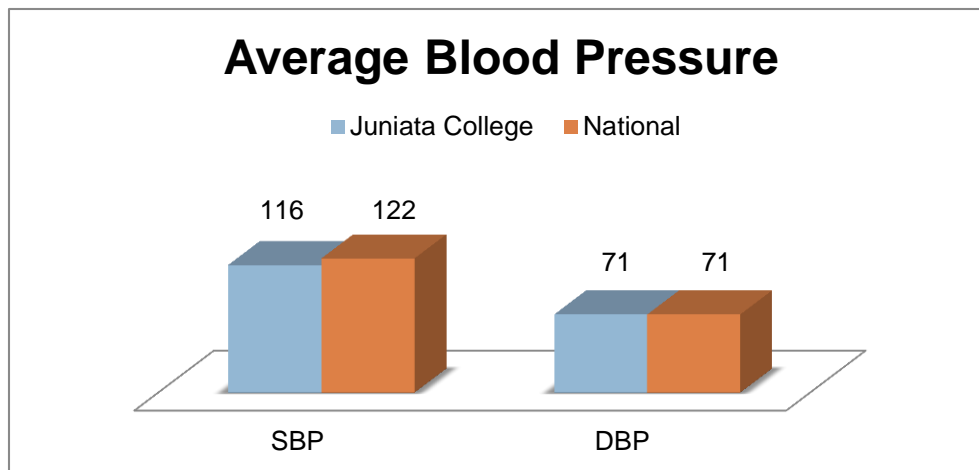
Systolic

The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic

The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

RESULTS



HOW TO IMPROVE YOUR BLOOD PRESSURE

- Follow a healthy diet, low sodium.
- If you drink alcohol, do so in moderation.
- Increase your physical activity.
- Maintain a healthy weight.
- Manage stress.
- Avoid tobacco products.

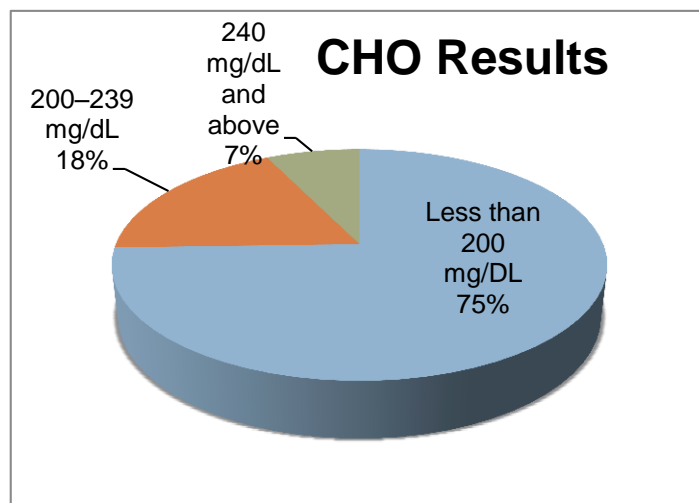
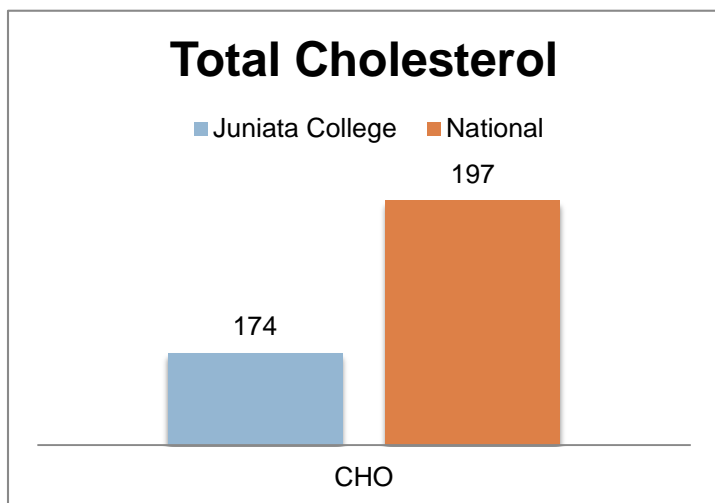


CHOLESTEROL

A waxy fat, found naturally. If you get too much of it, cholesterol can start to cause some problems like clogging arteries which can lead to a heart attack or stroke.

Total Cholesterol Level	Classification
Less than 200 mg/DL	Desirable
200–239 mg/dL	Borderline-high risk
240 mg/dL and above	Very high risk

RESULTS



HOW TO IMPROVE YOUR CHOLESTEROL LEVELS

- Limit saturated fat and dietary cholesterol.
- Exercise regularly.
- Foods to limit: red meats, large portions of cheese, fried foods.
- Balance your diet with fruits, vegetables, and lean meats.
- Increase fibers and whole grains.

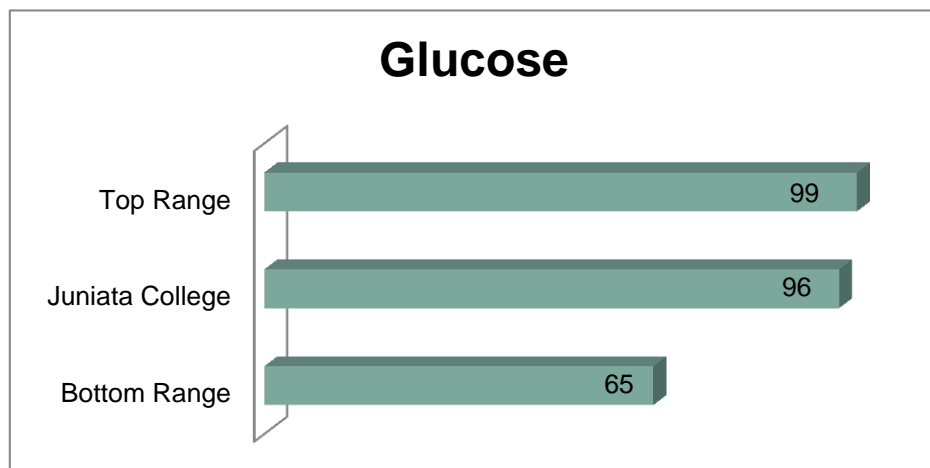


GLUCOSE

A sugar carried in our blood, a simple test to measure your risk of diabetes. The normal range for fasting glucose level is 65 – 99 mg/dl.

Blood Glucose Range	Diagnosis	What it Means?
< 100 mg/dl	Normal	Healthy Range
100 to 125 mg/dl	Pre Diabetes	At increased risk
126 mg/dl or more	Diabetes Mellitus (Type 2)*	High risk for Cardiovascular Disease or Stroke

RESULTS



HOW TO IMPROVE YOUR GLUCOSE LEVELS

- Increase in physical activity.
- Maintain a healthy weight.
- Maintain a low fat/high fiber diet.
- Quit smoking or using tobacco products (if you do).
- Take medication as directed (if on medication for diabetes).

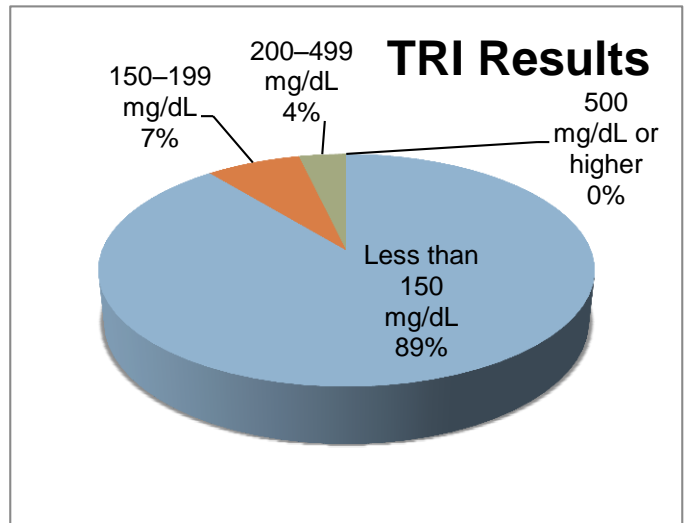
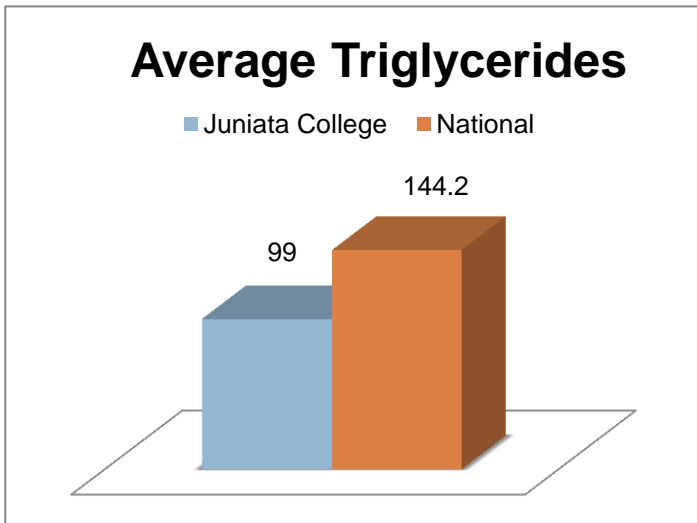


TRIGLYCERIDES

Another common form of fat found in the blood stream. This can also contribute to clogged arteries, which can lead to a heart attack or stroke, if too much is present.

Triglyceride Level	Classification
Less than 150 mg/dL	Desirable
150–199 mg/dL	Borderline-high risk
200–499 mg/dL	High risk
500 mg/dL or higher	Very high risk

RESULTS



HOW TO IMPROVE YOUR TRIGLYCERIDE LEVELS

- **Decrease or limit:** Sweets and alcohol, refined carbohydrates, saturated and Trans fat, and fried foods.
- **Increase:** Physical activity, high fiber foods, and healthy fats.
- Add Omega 3 Fatty Acids

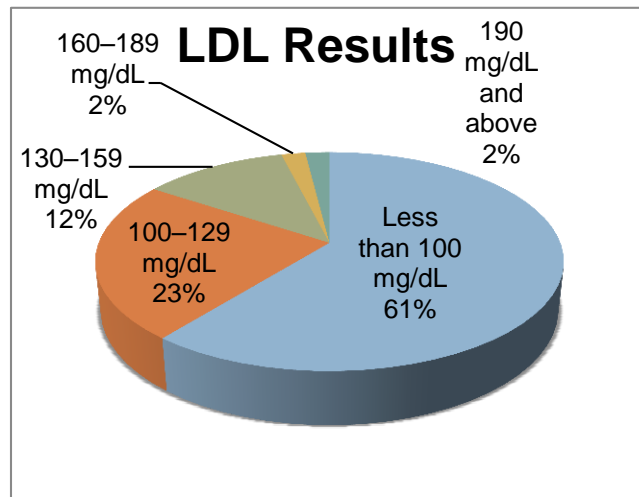
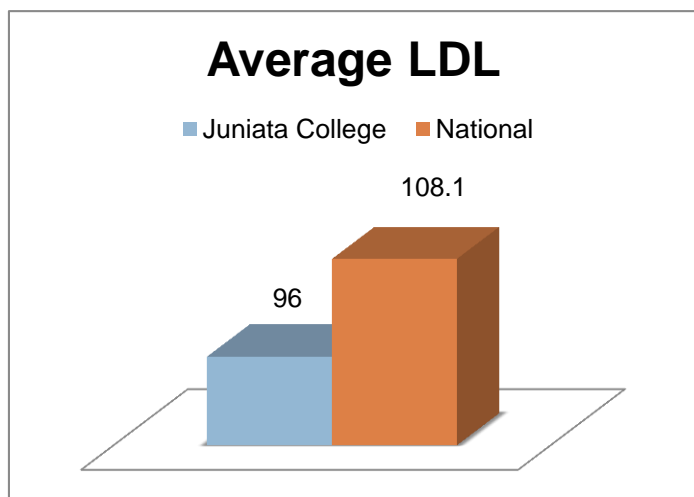


LOW DENSITY LIPOPROTEIN (LDL)

The “bad” cholesterol. This is the cholesterol that is most likely to stick to your artery walls.

LDL Level	Classification
Less than 100 mg/dL	Desirable
100–129 mg/dL	Near optimal/above optimal
130–159 mg/dL	Borderline high
160–189 mg/dL	High risk
190 mg/dL and above	Very high risk

RESULTS



HOW TO IMPROVE YOUR LDL LEVELS

- Decreasing unhealthy fats (Saturated and Trans fat).
- Increase your high fiber food.
- Choose protein-rich plant foods.
- Lose as much excess weight as possible.

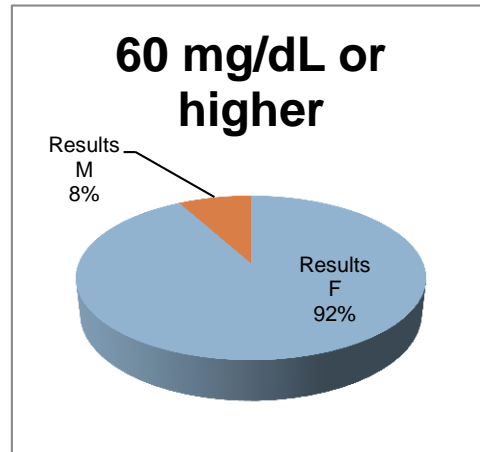
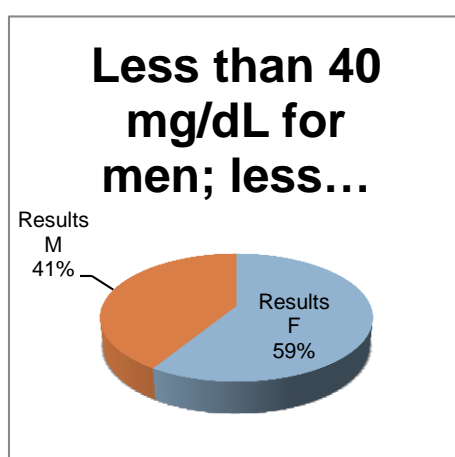
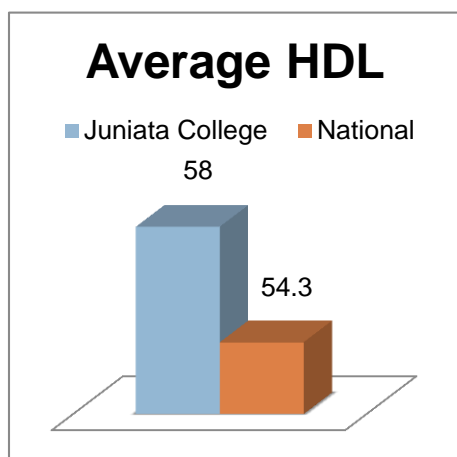


HIGH DENSITY LIPOPROTEINS (HDL'S)

The “good” healthy cholesterol. HDL picks up LDL or bad cholesterol from your artery walls and clears it out of your system.

HDL Level	Classification
Less than 40 mg/dL for men; less than 50 mg/dL for women	Major heart disease risk factor
60 mg/dL or higher	Gives some protection against heart disease

RESULTS

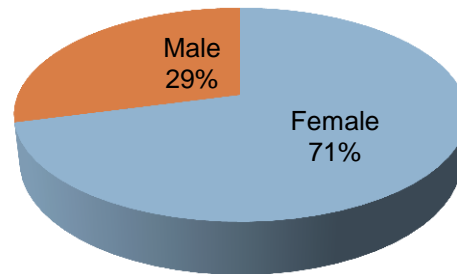


HOW TO IMPROVE YOUR HDL LEVELS

- Exercise – look at both duration and intensity.
- Omega 3's may also help (fatty fish, almonds, walnuts, and flaxseed).



Gender Participation



SUMMARY

Based on the biometric screening results and health information, J.C. Blair CARES team recommends education and programming in:

1. Heart Disease Education
 - a. Cholesterol Education
 - b. Blood Pressure Screenings
 - c. Lunch & Learn
 - d. Pressure Down Challenge
2. Nutrition Education
 - a. Diabetes Education
 - b. Healthy Eating
 - c. Lunch & Learn
3. Cholesterol Education
 - a. Lunch & Learn

J.C. Blair would be pleased to provide additional screenings and educational programming to help the employees of Juniata College meet their goals, and provide programs in other areas of interest.

Juniata College administrators are to be commended for the initiative they have taken in promoting wellness among their workforce. Thank you for involving the J.C. Blair CARES team in your programming. We look forward to a continued partnership to create a culture of wellness at Juniata College.