Juniata College
Screening Results
October 11, 2016
&
October 12, 2016
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.

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.

<table>
<thead>
<tr>
<th>Weight Status</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>18.5-24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25-29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt;30</td>
</tr>
</tbody>
</table>

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.

RESULTS

<table>
<thead>
<tr>
<th>Waist Circumference Range</th>
<th>Male &lt; 40 inches</th>
<th>Female &lt; 35 inches</th>
</tr>
</thead>
</table>

**RESULTS**

![Bar chart showing waist circumference for males and females, with data points and percentages for within and out of range.](image)

**Waist Circumference**

- **Within Range**
  - Males: 93%
  - Females: 54%

- **Out of Range**
  - Males: 7%
  - Females: 46%
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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>or 80-89</td>
</tr>
<tr>
<td>Hypertension Stage 1</td>
<td>140-159</td>
<td>or 90-99</td>
</tr>
<tr>
<td>Hypertension Stage 2</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
<tr>
<td>Hypertension Crisis</td>
<td>Higher than 180</td>
<td>or Higher than 110</td>
</tr>
</tbody>
</table>

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

**Average Blood Pressure**

<table>
<thead>
<tr>
<th>SBP</th>
<th>DBP</th>
</tr>
</thead>
<tbody>
<tr>
<td>116</td>
<td>71</td>
</tr>
<tr>
<td>122</td>
<td>71</td>
</tr>
</tbody>
</table>

**Blood Pressure Results**

- Normal: 60%
- Prehypertension: 35%
- Hypertension Stage 1: 5%
- Hypertension Stage 2: 0%
- Hypertension Crisis: 0%

**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.

<table>
<thead>
<tr>
<th>Total Cholesterol Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 200 mg/DL</td>
<td>Desirable</td>
</tr>
<tr>
<td>200–239 mg/dL</td>
<td>Borderline-high risk</td>
</tr>
<tr>
<td>240 mg/dL and above</td>
<td>Very high risk</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Blood Glucose Range</th>
<th>Diagnosis</th>
<th>What is Means?</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 100 mg/dl</td>
<td>Normal</td>
<td>Healthy Range</td>
</tr>
<tr>
<td>100 to 125 mg/dl</td>
<td>Pre Diabetes</td>
<td>At increased risk</td>
</tr>
<tr>
<td>126 mg/dl or more</td>
<td>Diabetes Mellitus (Type 2)*</td>
<td>High risk for Cardiovascular Disease or Stroke</td>
</tr>
</tbody>
</table>

RESULTS

![Glucose bars](image)

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 bloodstream. This can also contribute to clogged arteries, which can lead to a heart attack or stroke, if too much is present.

<table>
<thead>
<tr>
<th>Triglyceride Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 150 mg/dL</td>
<td>Desirable</td>
</tr>
<tr>
<td>150–199 mg/dL</td>
<td>Borderline-high risk</td>
</tr>
<tr>
<td>200–499 mg/dL</td>
<td>High risk</td>
</tr>
<tr>
<td>500 mg/dL or higher</td>
<td>Very high risk</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>LDL Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 100 mg/dL</td>
<td>Desirable</td>
</tr>
<tr>
<td>100–129 mg/dL</td>
<td>Near optimal/above optimal</td>
</tr>
<tr>
<td>130–159 mg/dL</td>
<td>Borderline high</td>
</tr>
<tr>
<td>160–189 mg/dL</td>
<td>High risk</td>
</tr>
<tr>
<td>190 mg/dL and above</td>
<td>Very high risk</td>
</tr>
</tbody>
</table>

RESULTS

![Average LDL Graph]

![LDL Results Pie Chart]

HOW TO IMPROVE YOU 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.

<table>
<thead>
<tr>
<th>HDL Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 40 mg/dL for men;</td>
<td>Major heart disease risk factor</td>
</tr>
<tr>
<td>less than 50 mg/dL for women</td>
<td></td>
</tr>
<tr>
<td>60 mg/dL or higher</td>
<td>Gives some protection against heart disease</td>
</tr>
</tbody>
</table>

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).
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.