

**Juniata College - JUNIATA COLLEGE**

**Screening Results**

**October 14 & 15, 2015**

**Juniata College 2015**

**Screening Results**

Juniata College

The J.C. Blair Hospital Worksite Wellness team screened 53 Juniata College employees on October 14 and 15, 2015. Forty women and 13 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 J.C. Blair community nurses and wellness coordinator. The following summarizes the aggregate results of all screened.

**53 total employees screened**

* 38 or 72% had abnormal BMI results (Females – 53% and Males – 77%)
* 32 or 61% had abnormal blood pressures (pre-hypertensive and hypertensive)
* 19 or 36% tested with abnormal HDL
* 5 or 9% tested with abnormal LDL
* 5 or 9% tested with abnormal Triglycerides
* 9 or 17% tested with abnormal total Cholesterol
* 2 or 3% tested with abnormal Glucose

**2015**

**RESULTS**

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 employees 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 58 Juniata College employees who participated in the screening was 27.1, slightly higher than the national average. However, 38 or 72% of those screened had abnormal BMI results. Men had higher BMI’s than women; 77% of men screened scored in the obese range compared to 53% of women screened.

|  |  |
| --- | --- |
| **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.

# dotted line.jpgdotted line.jpgdotted line.jpg**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**

# **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** |

# **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.**

# **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.**

# **results**

# **how to improve your glucose levels**

* **Increase in physical activity.**
* **Maintain a healthy weight.**
* **Maintain a low fat/high fiber diet.**

# **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.**

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| --- | --- |
| **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**

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# **how to improve your triglyercide 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.**

# **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 you ldl levels**

* **Decreasing unhealthy fats (Saturated and Trans fat).**
* **Increase your high fiber food.**

# **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).**

# **Summary**

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

**1. Stress Management**

**2. Weight Management/Nutrition**

**3. Blood Pressure Management**

**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.**