



**SOUTHERN
ADVENTIST UNIVERSITY**
Employee Wellness



National Consortium for Building Healthy Academic Communities (BHAC)



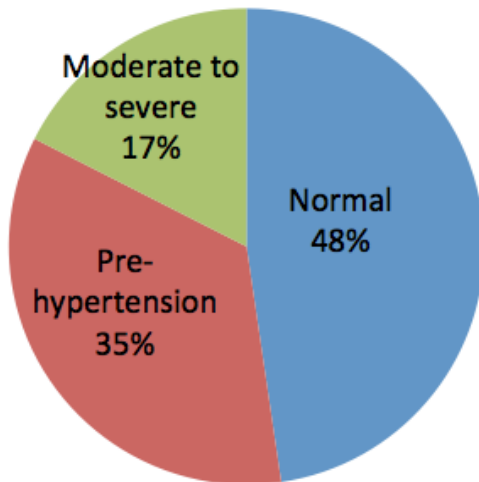
2015 Employee Wellness Health Assessment Report

well4ever LLC.

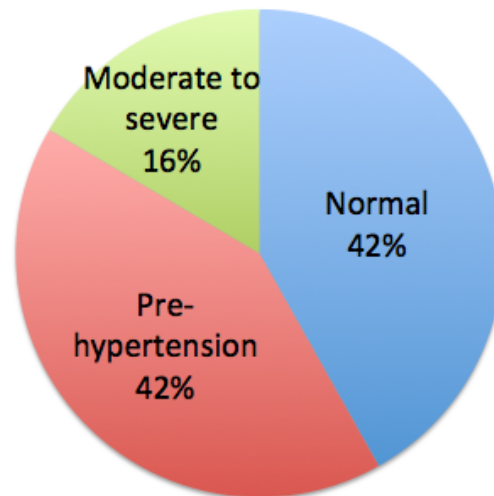
Improved by 6%

Blood Pressure

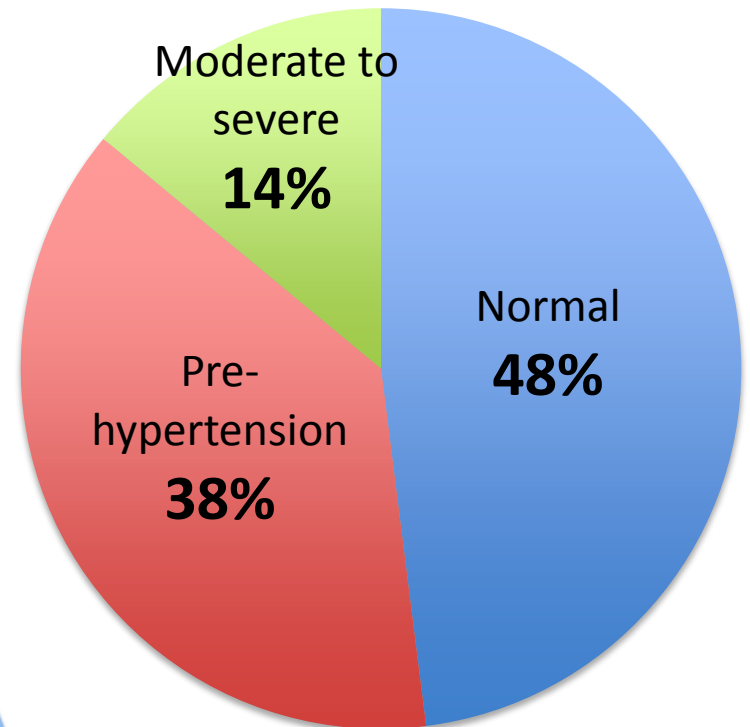
2013 (428 total)



2014 (411 total)



2015 (387 total)



Normal: <120/80

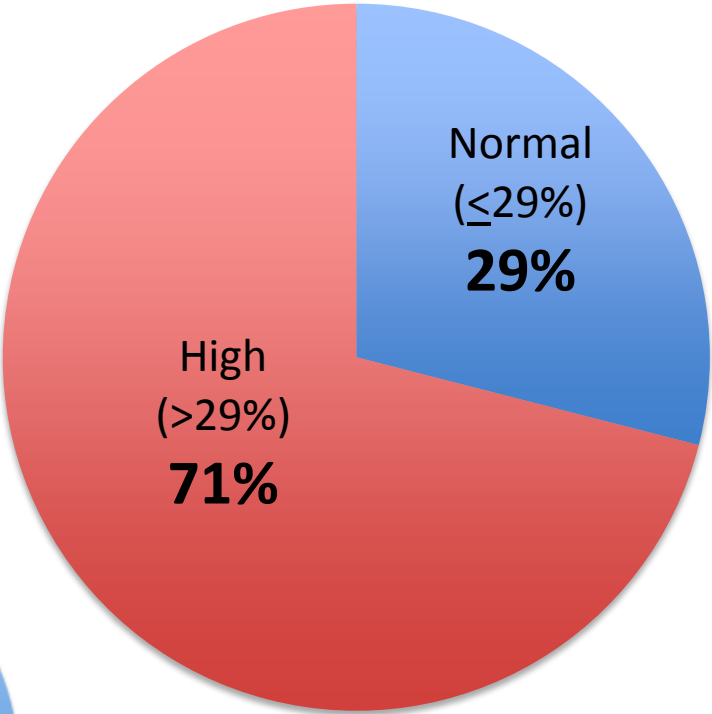
Pre-hypertension: 120/80-139/89

Moderate to severe: \geq 140/90

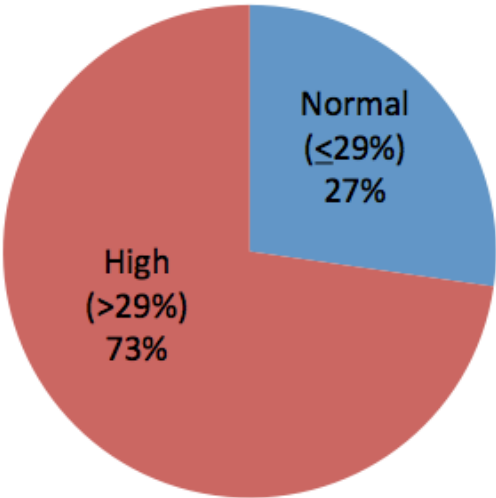
Regressed by 2%

Female % Body Fat

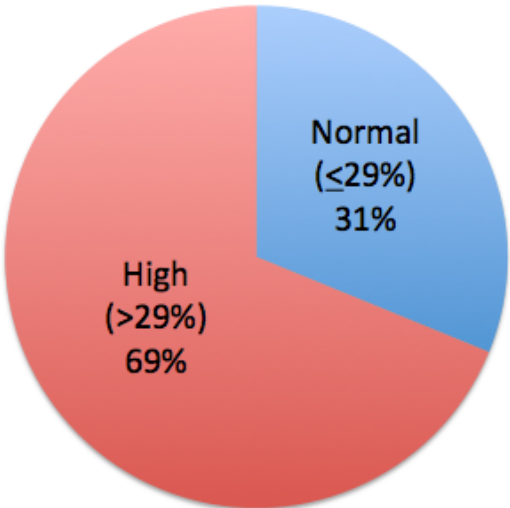
2015 (total 180)



2013 (198 total)



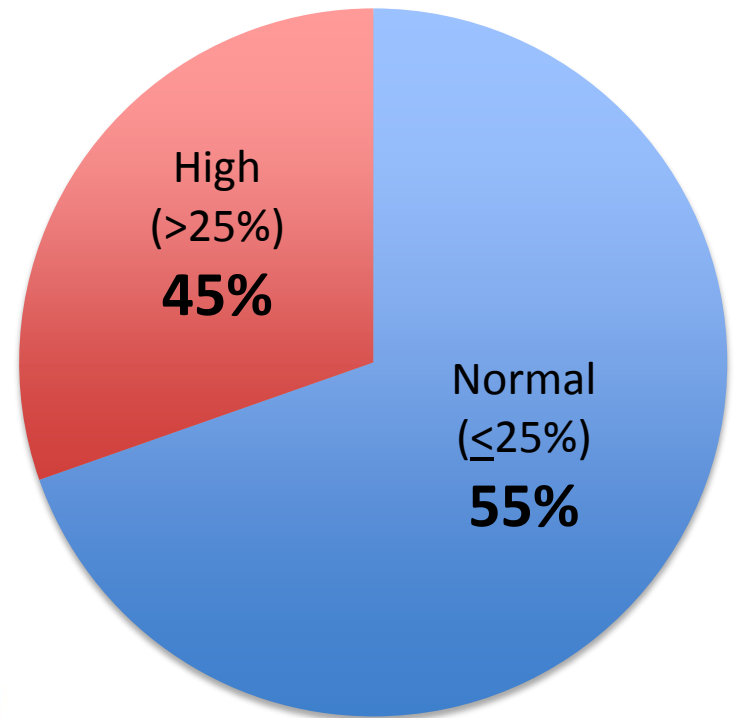
2014 (202 total)



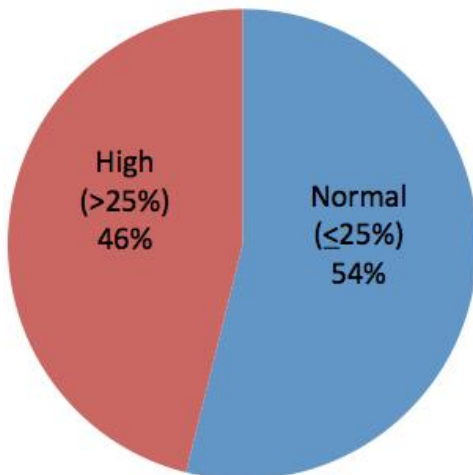
Regressed by 9%

Male % Body Fat

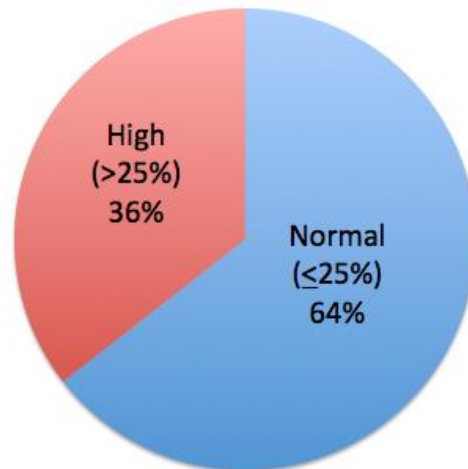
2015 (172 total)



2013 (180 total)



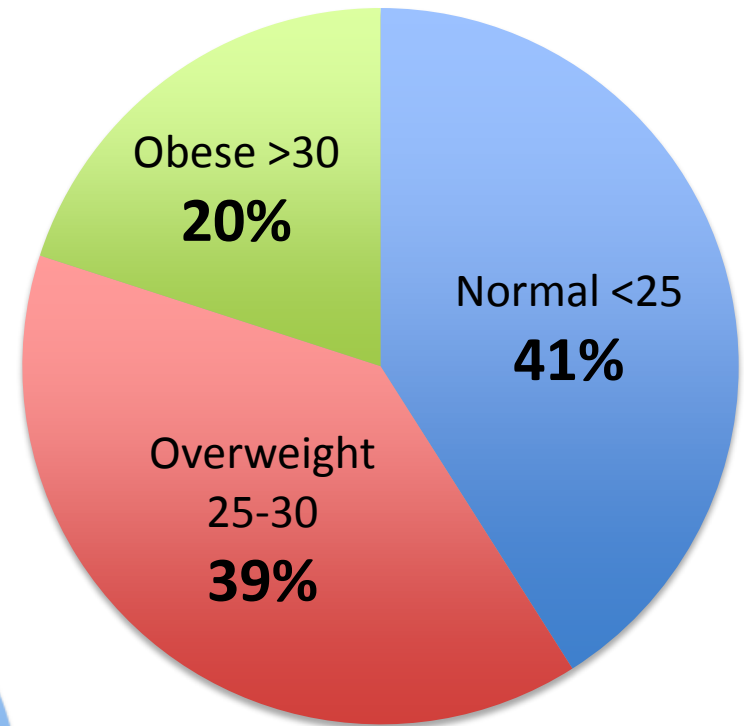
2014 (180 total)



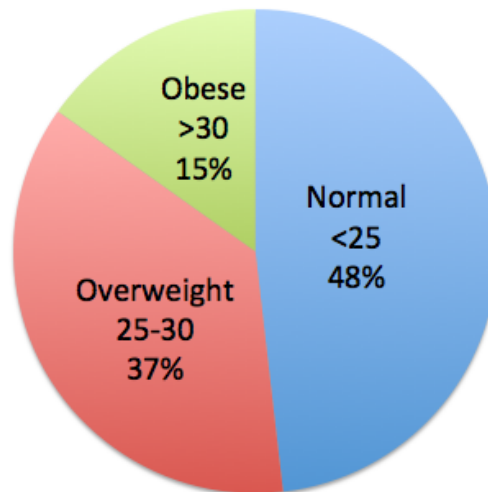
Regressed by 7%

Body Mass Index

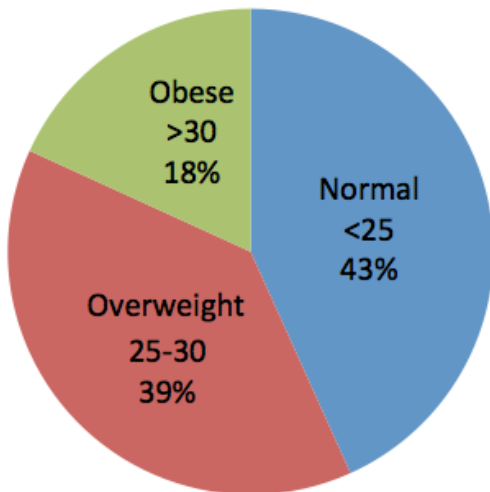
2015 (414 total)



2014 (382 total)



2013 (363 total)

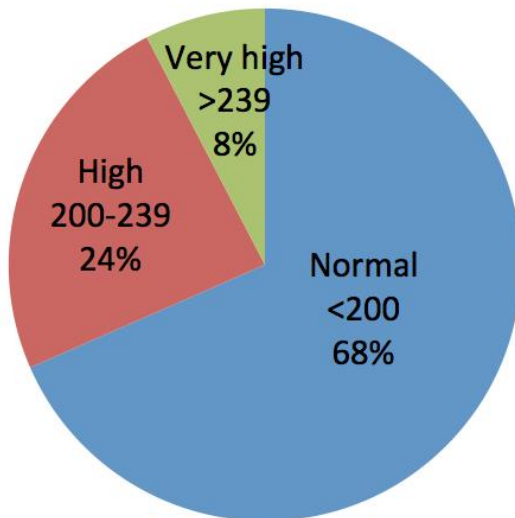


Improved by 3%

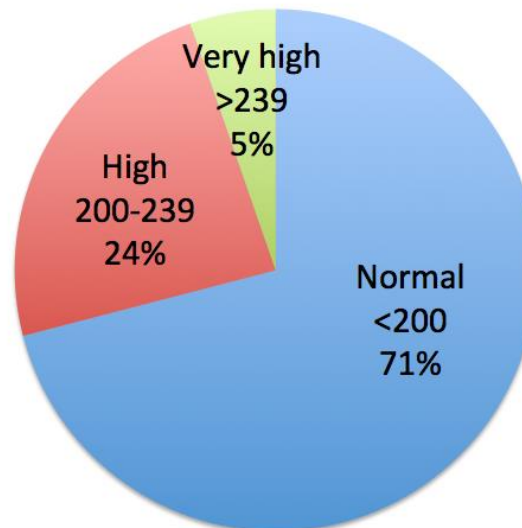
Total Cholesterol

Measurement of HDL, LDL & 1/5th of Triglycerides.

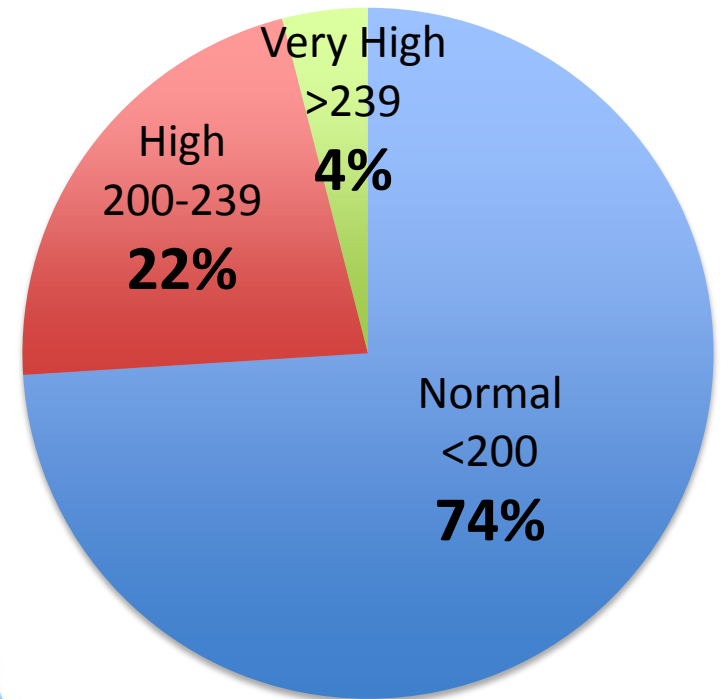
2013 (472 total)



2014 (451 total)



2015 (453 total)

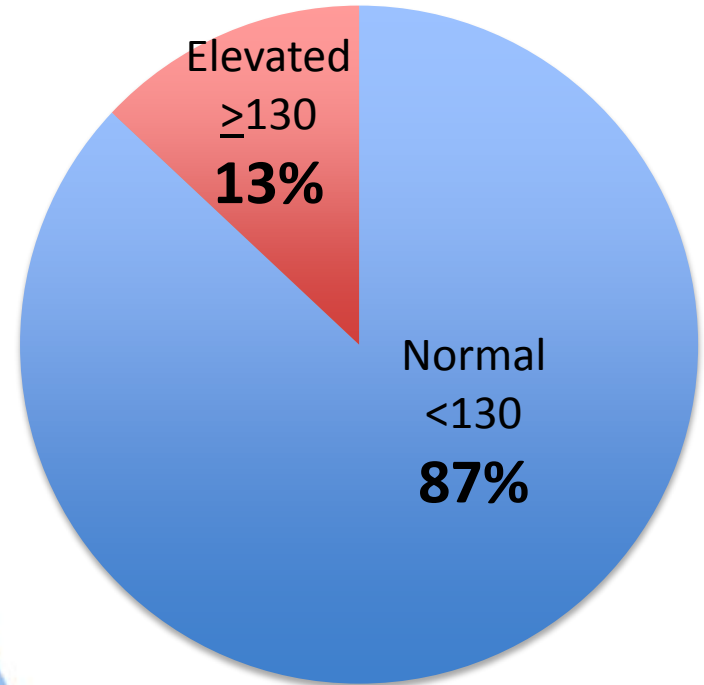


Improved by 5%

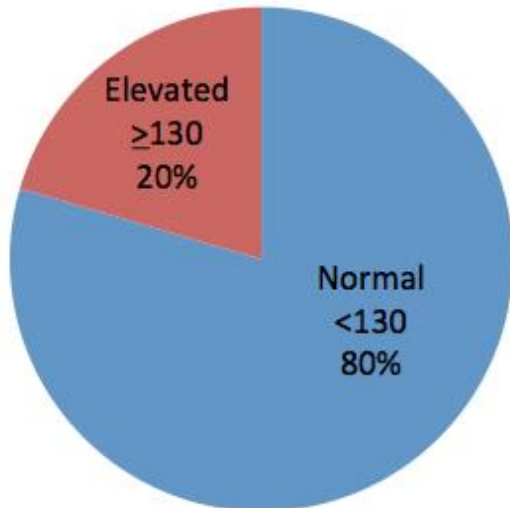
LDL

(Unhealthy Cholesterol)

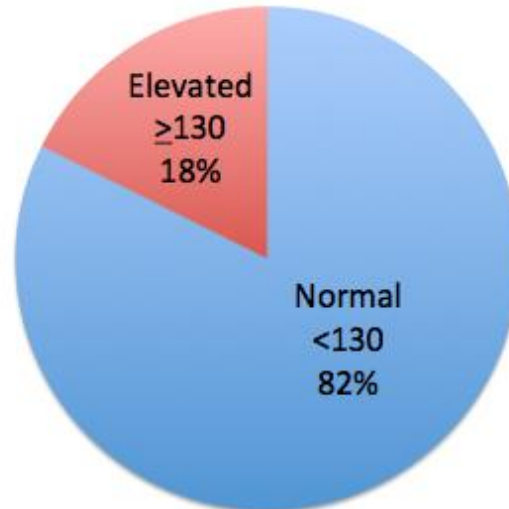
2015 (446 total)



2013 (469 total)



2014 (451 total)



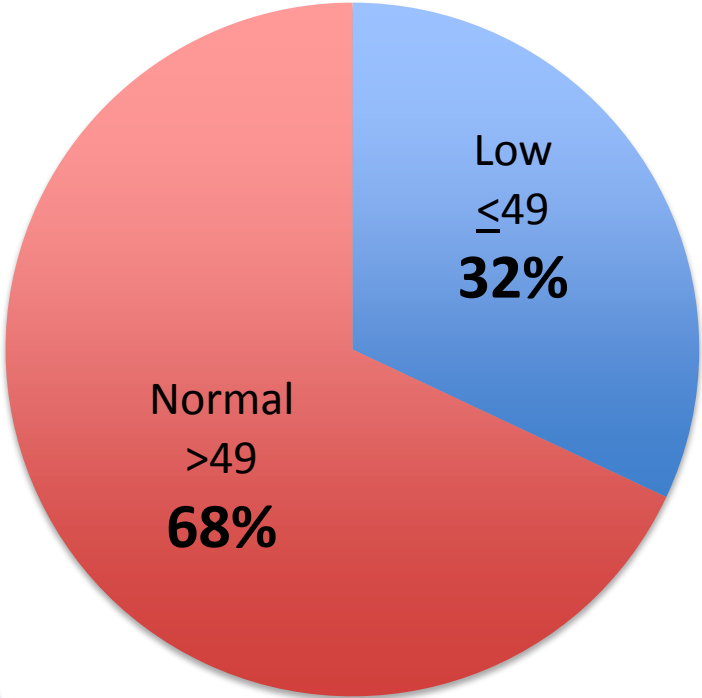
3 had triglycerides too high to get LDL

Regressed by 7%

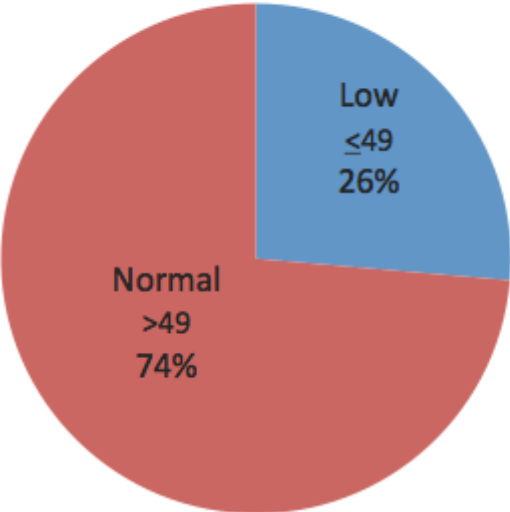
HDL Women

(Healthy Cholesterol)

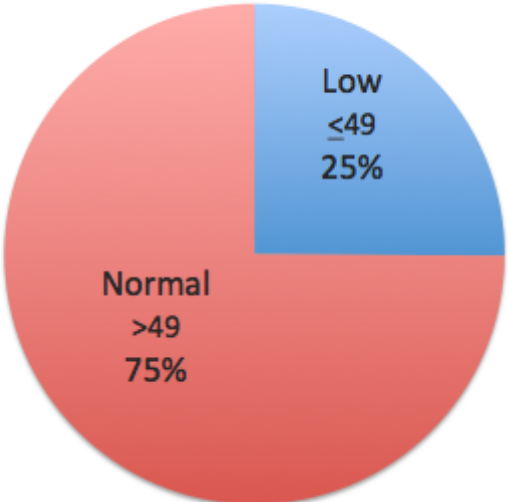
2015 (238 total)



2013 (258 total)



2014 (235 total)

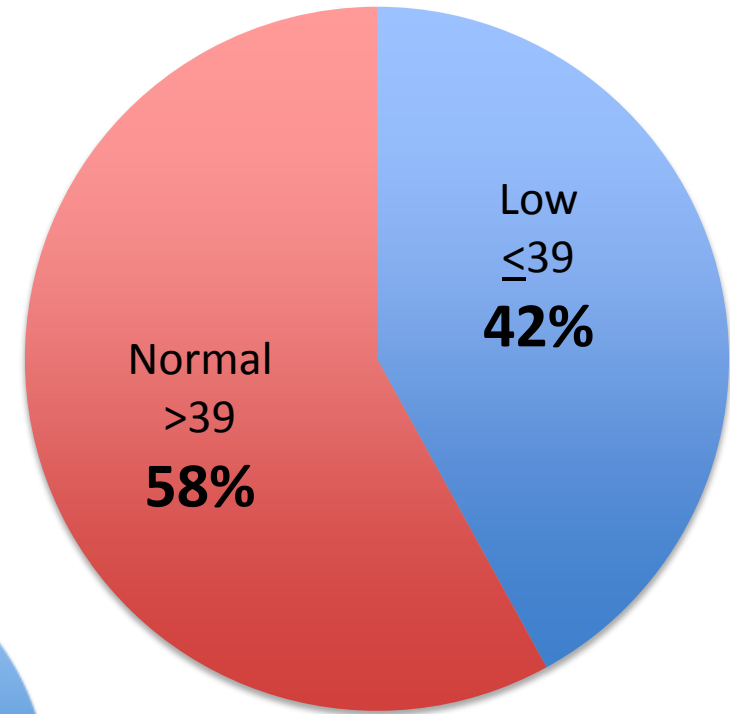


Largest Regression by 17%

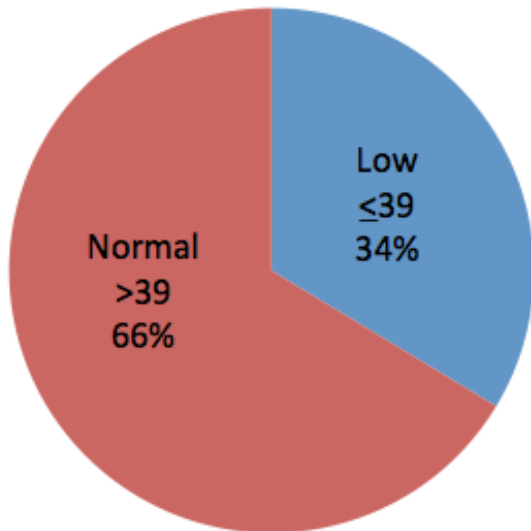
HDL Men

(Healthy Cholesterol)

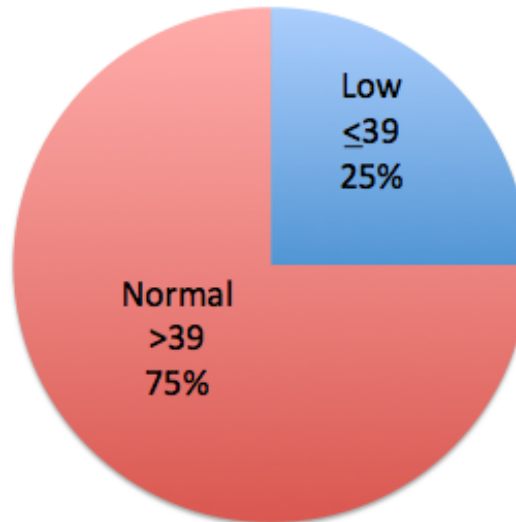
2015 (215 total)



2013 (214 total)



2014 (216 total)

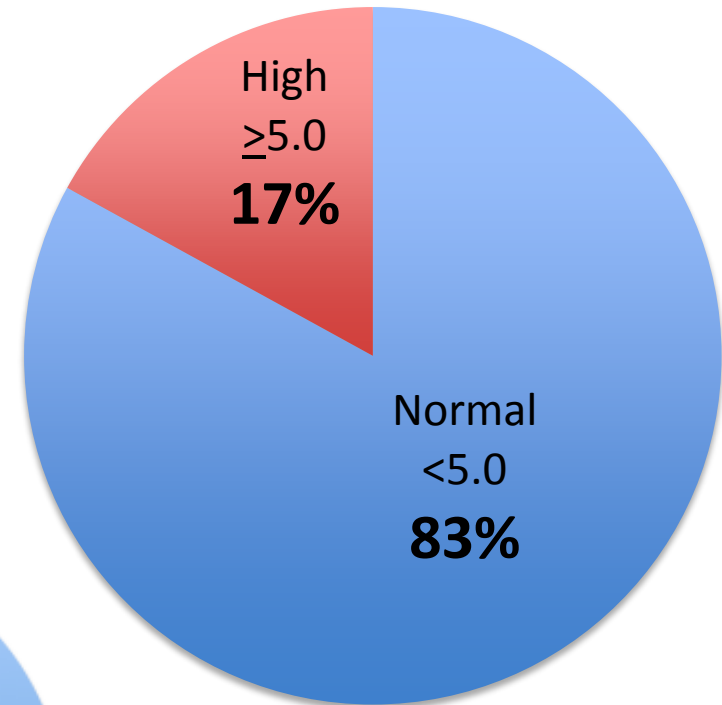


Regressed by 7%

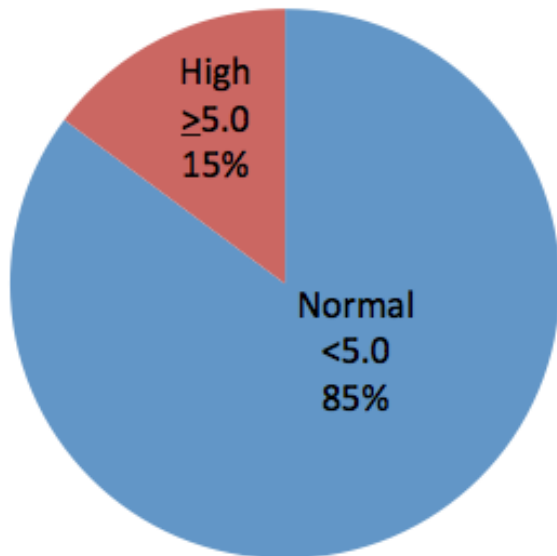
Cholesterol Ratio

(Total Cholesterol/HDL)

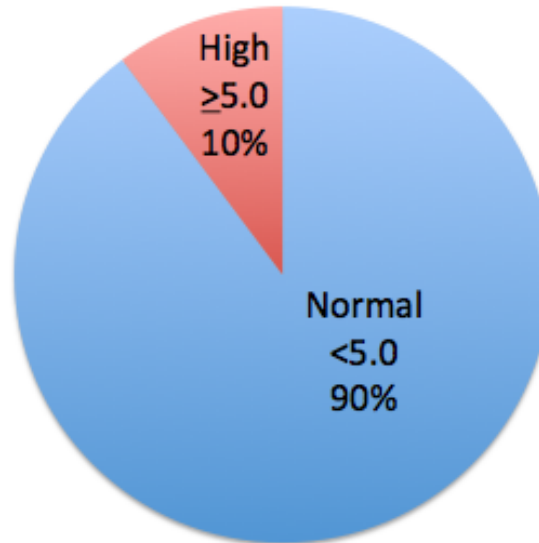
2015 (453 total)



2013 (472 total)



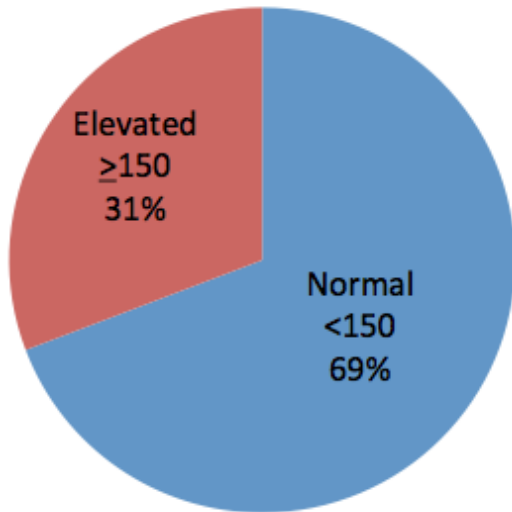
2014 (451 total)



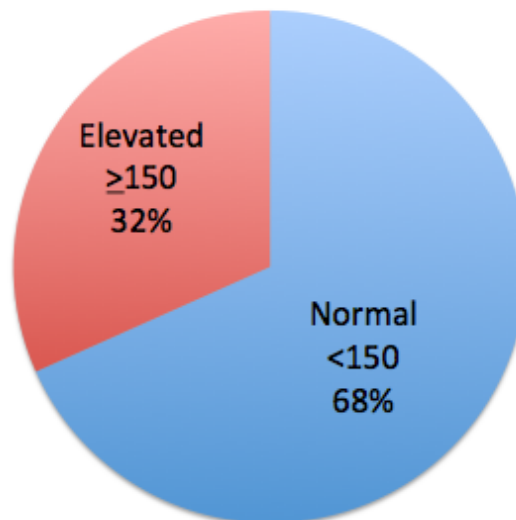
Regressed by 4%

Triglycerides

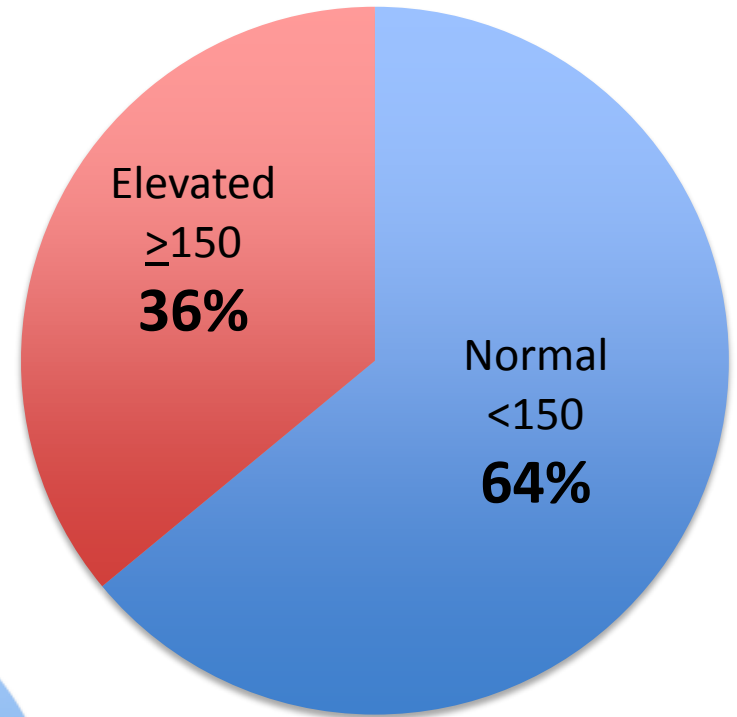
2013 (471 total)



2014 (451 total)



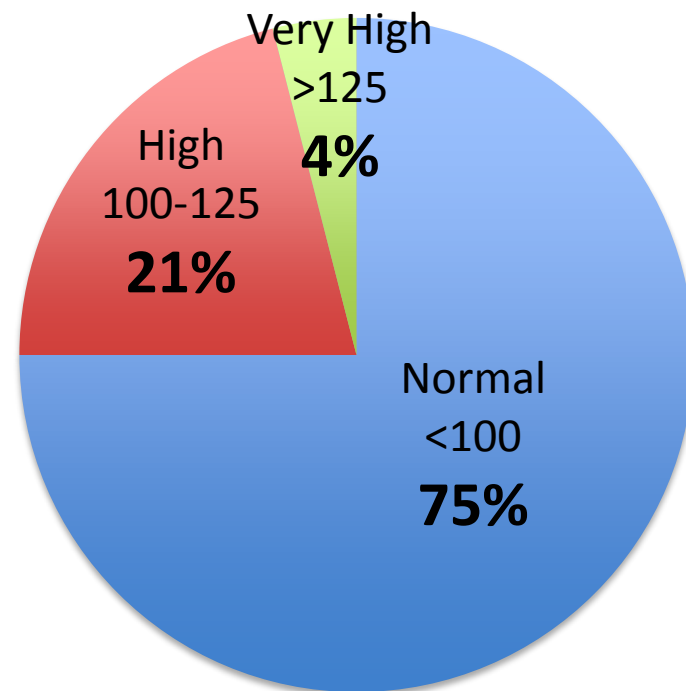
2015 (453 total)



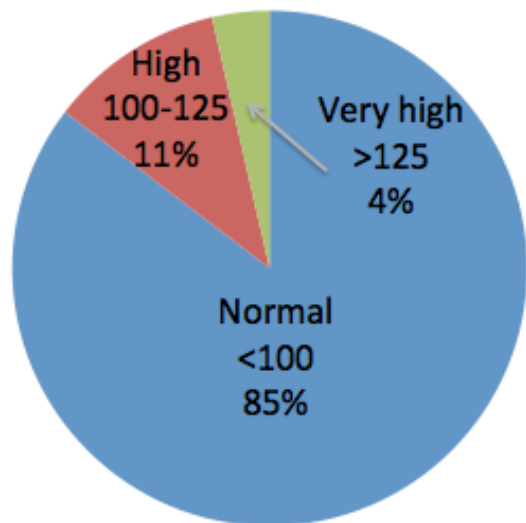
Glucose

Regressed by 9%

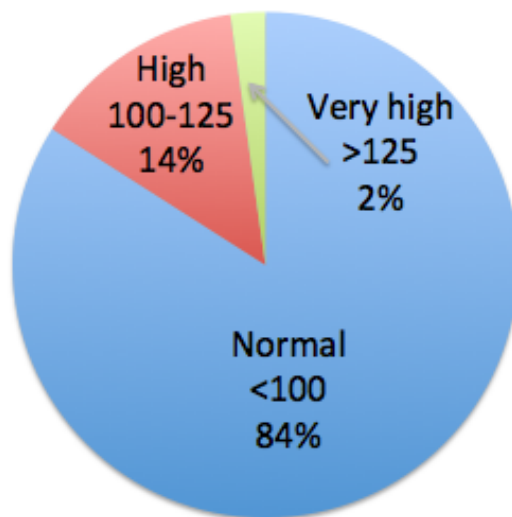
2105 (460 total)



2013 (472 total)



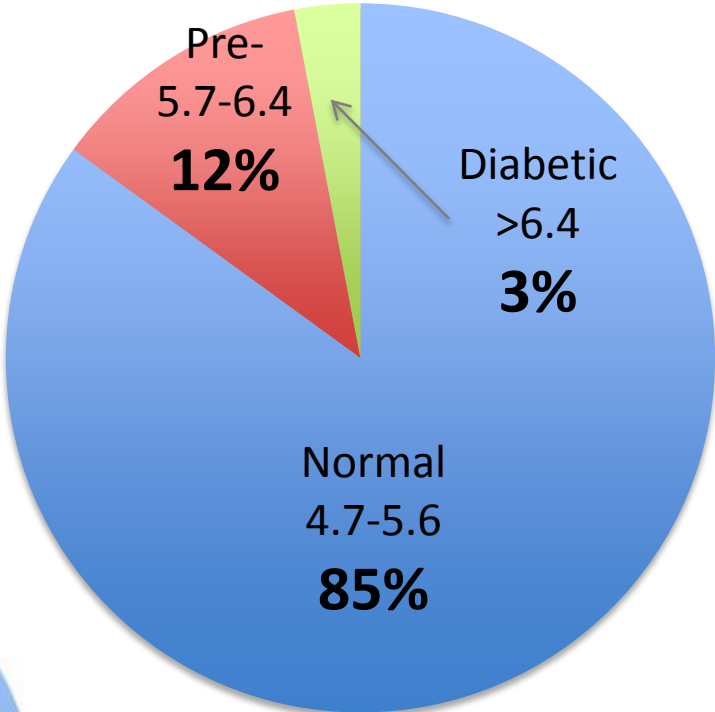
2014 (451 total)



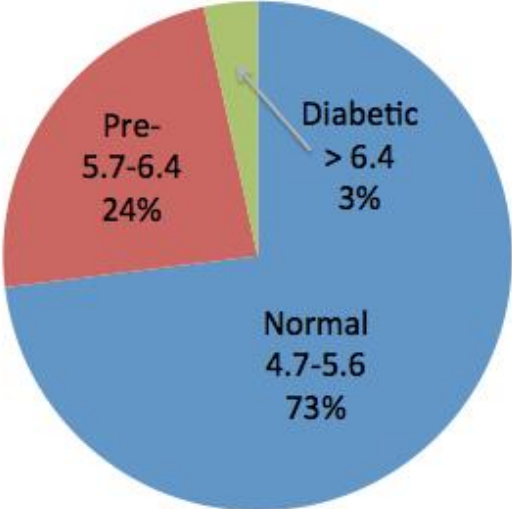
Regressed by 3%

Hemoglobin A1C

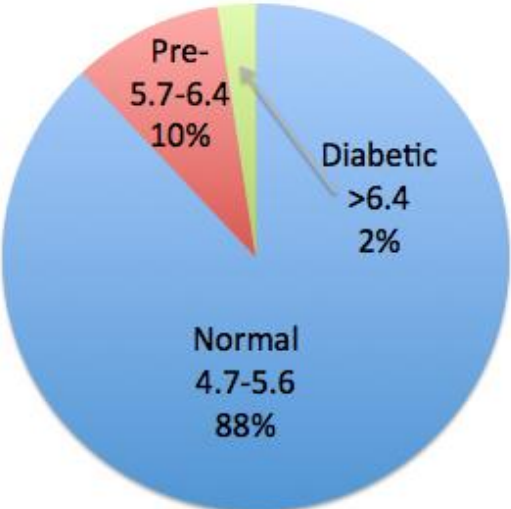
2015 (453 total)



2013 (471 total)



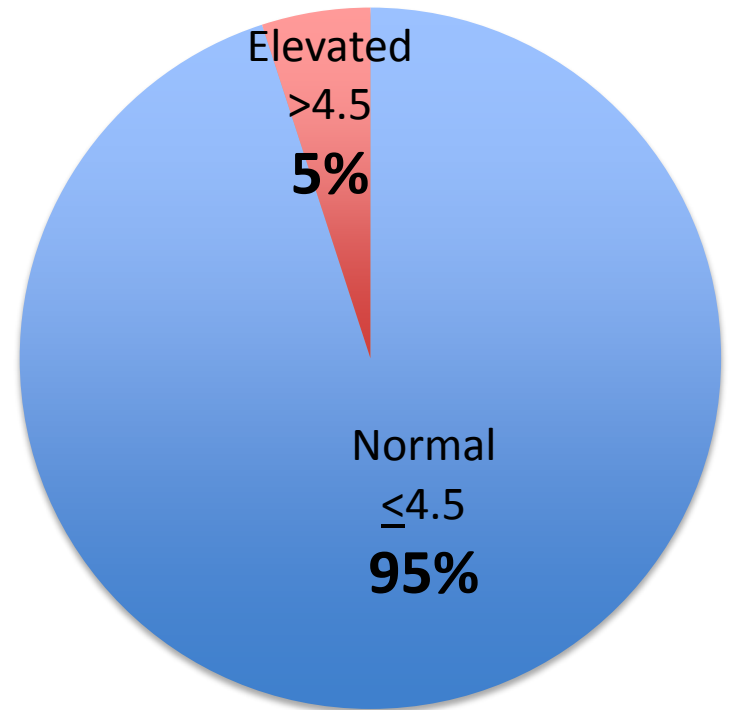
2014 (449 total)



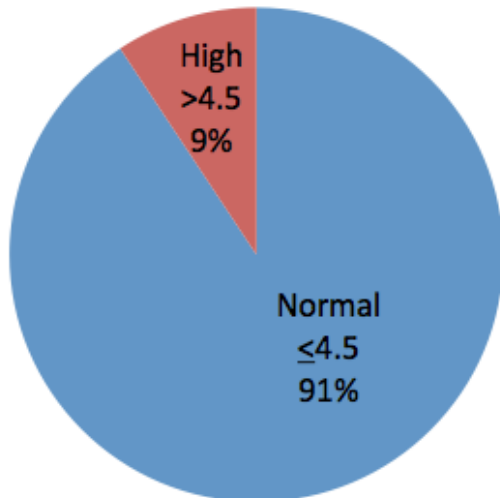
No Change

PSA (Men >40)

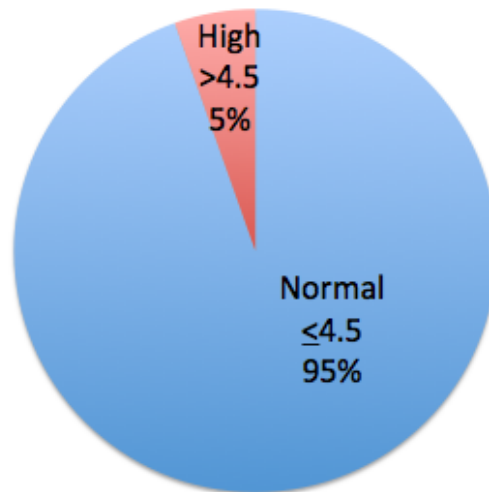
2015 (170 total)



2013 (172 total)



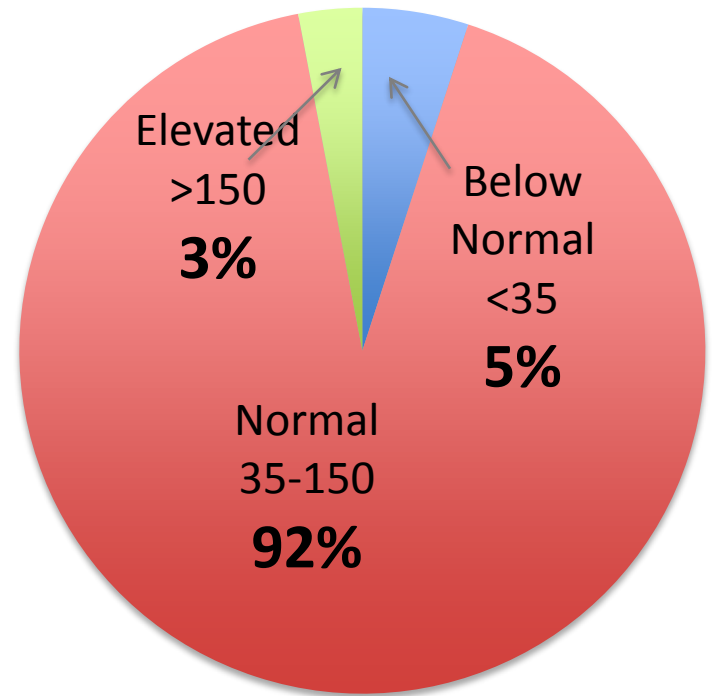
2014 (168 total)



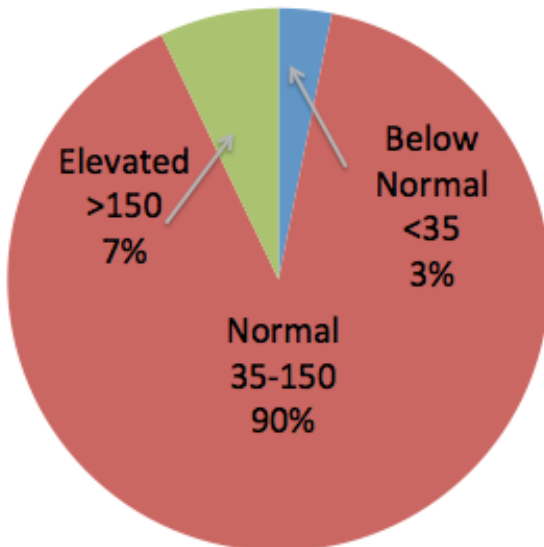
Improved by 2%

Iron (Women)

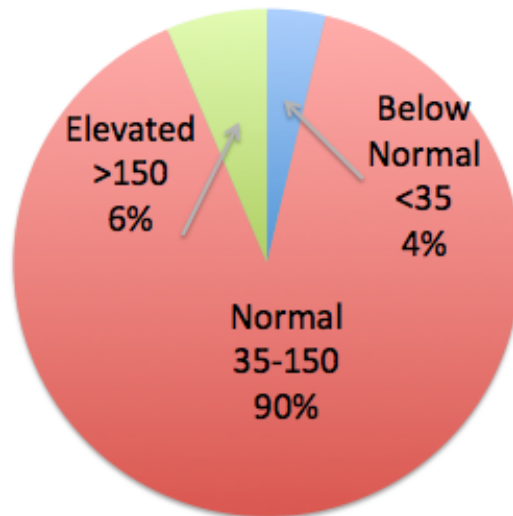
2015 (243 total)



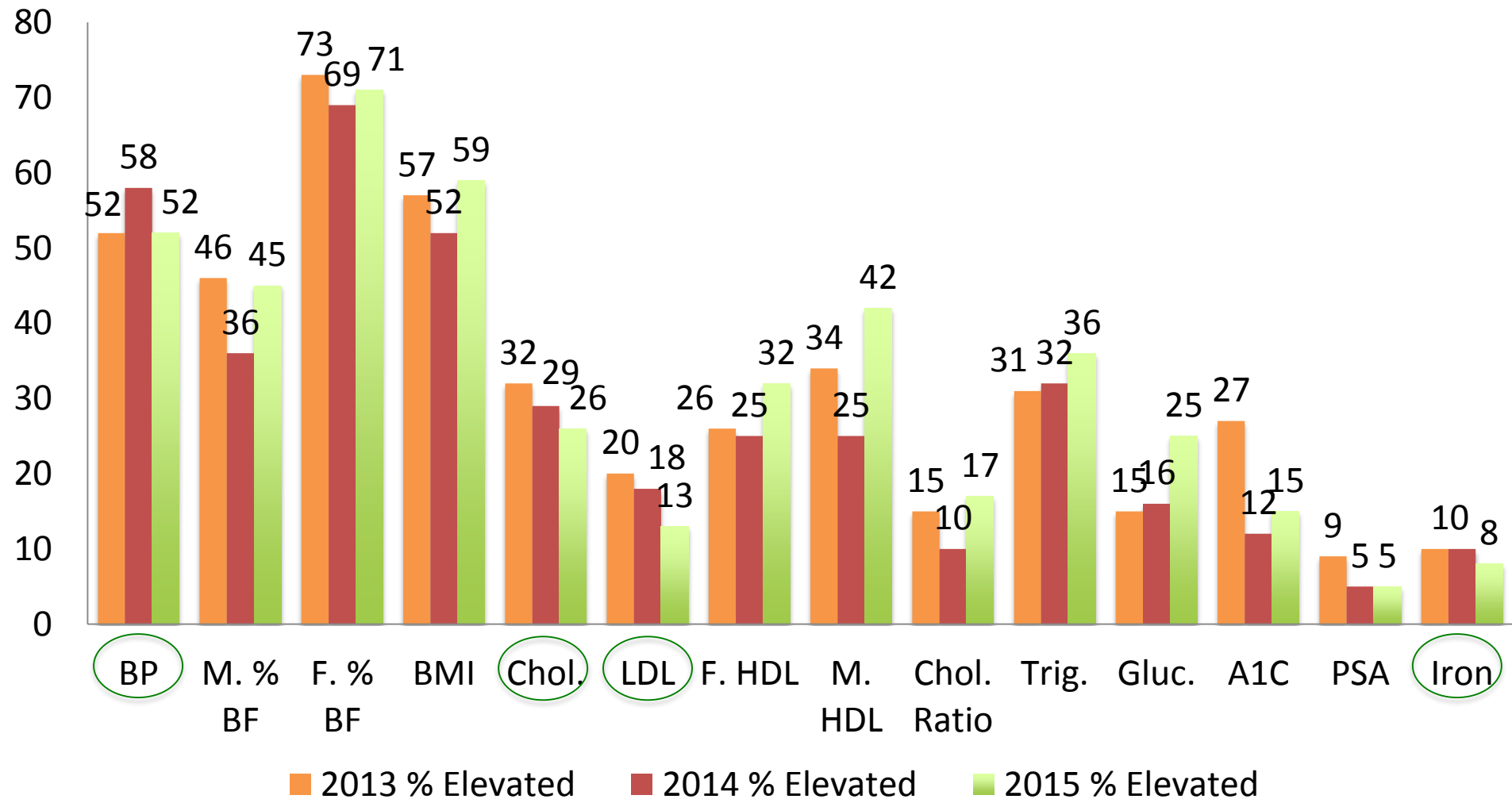
2013 (253 total)



2014 (295 total)



Biometric Data Summary



Participation

2015 Statistics

- 617 total (over both screenings)
 - Employee/Spouse = 468
 - Data collection population
 - Employee participation = 361
 - 77%
 - Spouse participation = 107
 - 22%
 - Retirees/Volunteers = 149
-
- Incomplete Data = 80
 - Did not complete all screening stations, so we could not place them in a risk category
 - We need to encourage participation in all stations of the screening event.



Higher High Risk

–

All 4 levels
elevated



- BMI: 35 kg/m² or higher, Class II and III
- Cholesterol: 240 total or higher, or ratio greater than 5.5
- Blood pressure: 140/90 and higher (hypertensive)
- Blood glucose: greater than 125, with A1C >6.4% (diabetic)

High Risk

–

[4] or [3]
levels
elevated



- BMI: 30 – 35 kg/m², Class 1
- Cholesterol: 200 – 239, or ratio greater than 5.0 – 5.4
- Blood Pressure: 120/80 (normal) up to 139/89 (prehypertension)
- Blood glucose: between 100 – 124, with A1C greater than 5.7% up to 6.4% (pre-diabetic)

Moderate Risk

–

Only 2 levels
elevated



- BMI: greater than 25 kg/m²
- Cholesterol: Any abnormal level, including lower HDL levels
- Blood pressure: any pressure above 120/80
- Blood glucose: any level above 100, with A1C greater than 5.7% up to 6.4% (pre-diabetic)

Low Risk

–

Only 1 level
elevated



- BMI: greater than 25 kg/m²
- Cholesterol: Any abnormal level, including lower HDL levels
- Blood pressure: any pressure above 120/80 up to 139/89
- Blood glucose: any level above 100, with A1C greater than 5.7% up to 6.4% (pre-diabetic)

Lowest Low Risk

–

No levels
elevated



- BMI: less than 25 kg/m²
- Cholesterol: Less than 200
- Blood pressure: $\leq 120/80$
- Blood glucose: ≤ 100 , with A1C less than 5.6%

Risk Category	2015 (388 total)	2014 (433 total)	2013 (487 total)
Highest: 0 total	0%	1%	1%
High (with 4 levels): 34 total	9%	7%	2%
High (with 3 levels): 72 total	19%	20%	19%
Moderate: 103 total	26%	26%	27%
Low: 98 total	25%	21%	23%
No: 81 total	21%	25%	28%
Lowest & Low Totals (goal of >70%)	46%	46%	51%
Highest & High (goal of <20%)	28%	28%	22%

*2015 had 80 participants who didn't complete their assessment and cannot be grouped into a risk category.



August 28, 2015

To:

On behalf of Southern Adventist University's Employee Wellness Committee, and Bwell4ever, thank you for participating in the recent employee wellness health screening event. We have processed your results, and have included the lab reports from Memorial Hospital, with highlighted abnormal values. We have also included handouts relating to the areas that your labs and health screening results show can use some improvement.

Bwell4ever, LLC is the third party vendor that provides the group data for the University. Let us assure you that individual data is always CONFIDENTIAL and in no way is shared with your employer. This information, however, is being shared with YOU in hopes of improving your level of health.

This year we are taking seriously the 5-year health goals established by the Employee Wellness Committee. Based on the results of your lab work and other biometric data (body mass index, blood pressure, etc.), we have placed you into one of the following 5 categories (see below).

1. Higher High Risk - All 4 levels elevated
 - Body Mass Index (BMI): 35 kg/m² or higher
 - Cholesterol: 240 total or higher, or ratio greater than 5.5
 - Blood pressure: 140/90 and higher
 - Blood glucose: greater than 125, with A1C greater than 7%
2. High Risk - Either 3 or all 4 levels elevated
 - BMI: 30 - 34 kg/m²
 - Cholesterol: 200 - 239, or ratio greater than 5
 - Blood Pressure: 120/80 (normal) up to 139/89 (prehypertension)
 - Blood glucose: between 100 - 124, with A1C greater than 5.7% up to 6.4%
3. Moderate Risk - Only 2 levels elevated
 - BMI: greater than 25-29 kg/m²
 - Cholesterol: Any level out of normal, including lower HDL levels
 - Blood pressure: any pressure above 120/80
 - Blood glucose: any level above 100, with A1C greater than 5.7% up to 6.4%
4. Low Risk - Only 1 elevated
 - Same as above
5. No Risk - No levels elevated

You are in category: _____

As outlined in the brochure you received at the screening, the goal of the committee is to have greater than 70% of employees/spouses in the Low Risk and No Risk categories while having less than 20% of employees/spouses in the Higher High Risk and High Risk categories. As a group there is need for improvement to reach our goal, but each individual that makes up the group needs to improve from where he/she is. We encourage everyone to reduce at least one modifiable risk factor this year. Below is a goal-setting exercise to assist you in the areas you may need to improve.

If you are in either the Higher High Risk or High Risk category, the Employee Wellness Committee will be willing to sponsor you to participate in a strictly confidential, 12-week health and wellness coaching program with Bwell4ever LLC's professional staff. We understand that many lifestyle choices made today can impact your future health and minimize the potential for chronic disease and disability. We also realize that age in itself is an increasing risk. If you'd like to find out how you can get help with making better lifestyle choices now, please feel free to contact our staff today.

Thank you and Bwell!

Marlene Geren
Marlene Geren, RN
Owner, Bwell4ever, LLC

Plan-of-Action

The following will help you set goals in different areas of wellness for the remainder of 2015 and beyond. Please take the time to write down your goals in each area. This will give you something more tangible to strive for in improving your overall health.

Physical Exercise: _____

Nutrition: _____

Mental Health: _____

Spiritual Health: _____

Sleep: _____



**Thanks to the Employee
Wellness Committee for
helping to make this event
possible!**

