SOUTHERN ADVENTIST UNIVERSITY

Employee Wellness

National Consortium for Building Healthy Academic Communities (BHAC)

Healthier Tennessee Workplace

2016 Healthier Tennessee Workplace healthierTN.com

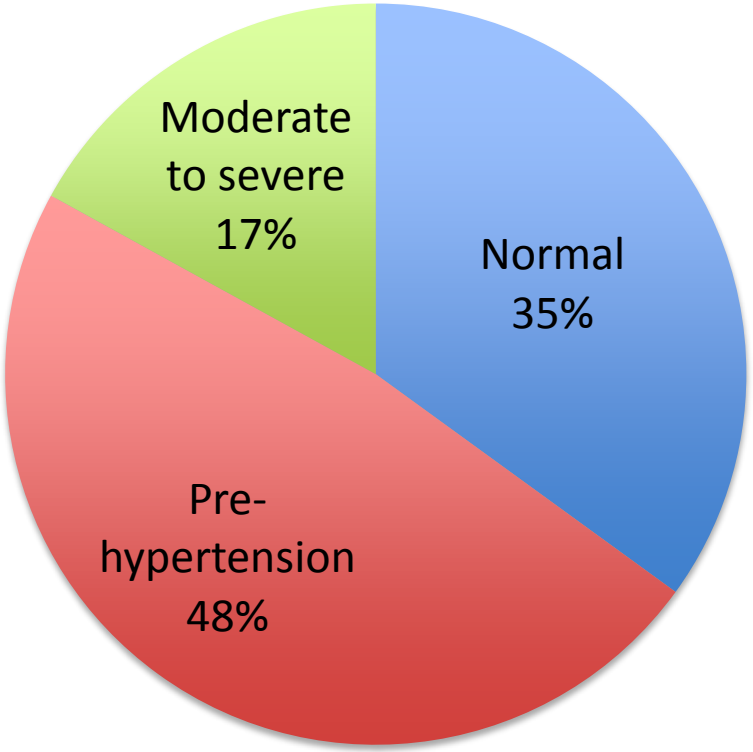
2016 Employee Wellness Health Assessment Report

well4ever LLC.

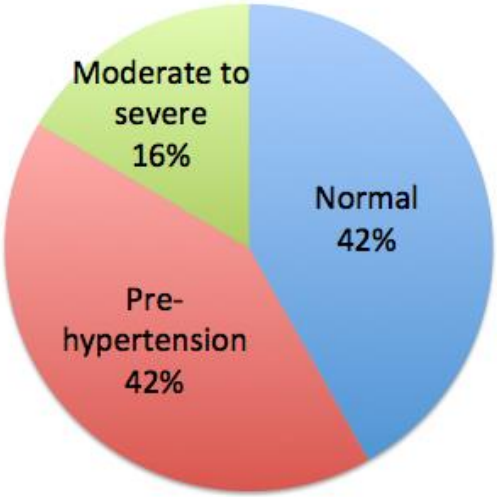
Blood Pressure

Normal Range
Regressed by 13%

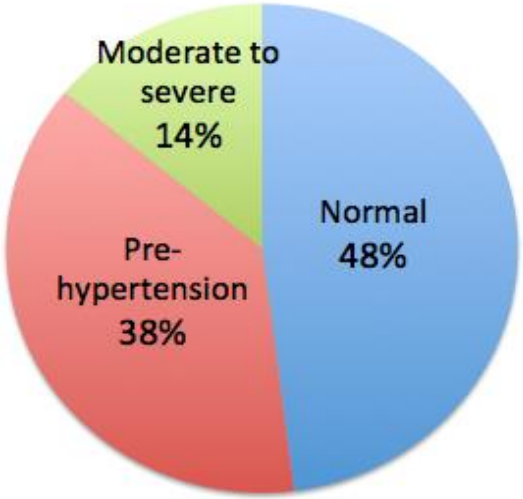
2016 (455 total)



2014 (411 total)



2015 (387 total)

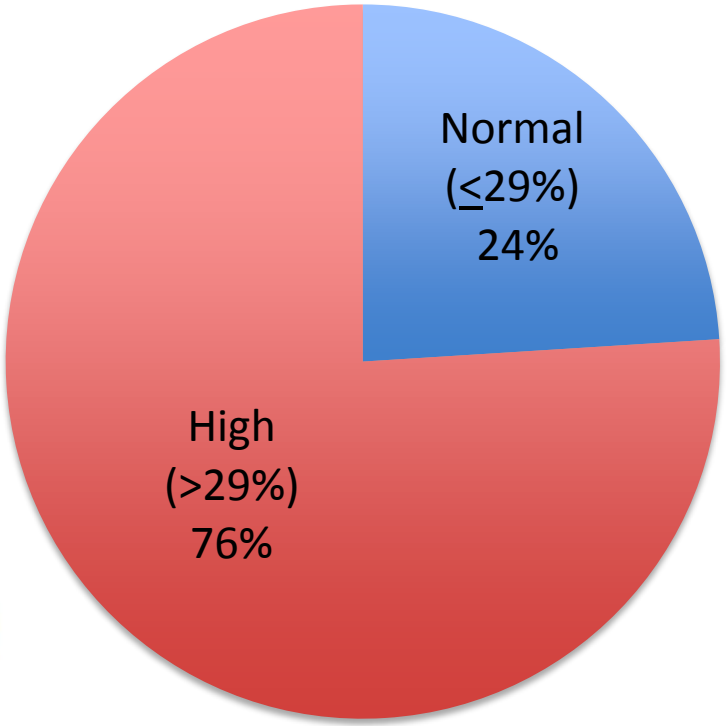


Normal: <120/80
Pre-hypertension: 120/80-139/89
Moderate to severe: ≥140/90

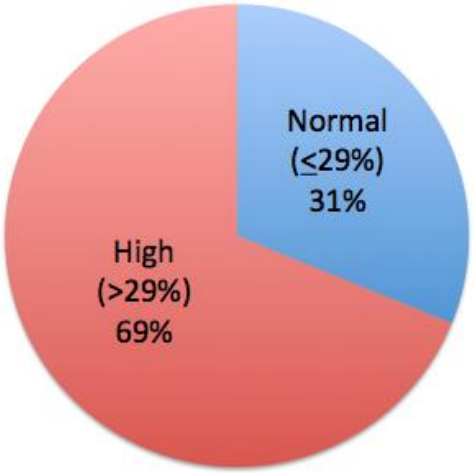
Female % Body Fat

Normal Range
Regressed by 5%

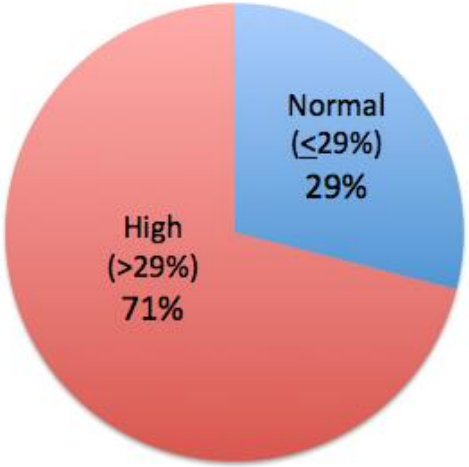
2016 (240 total)



2014 (202 total)



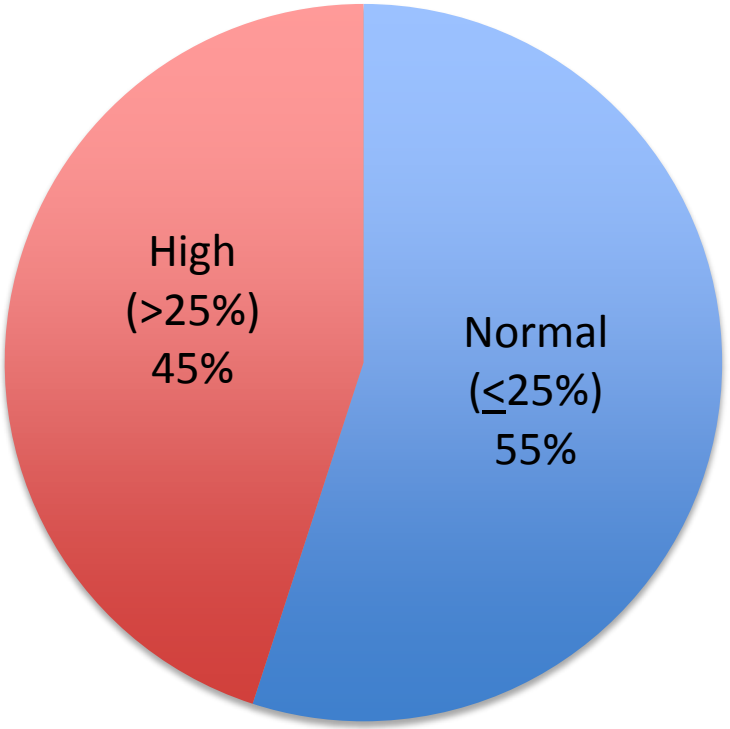
2015 (total 180)



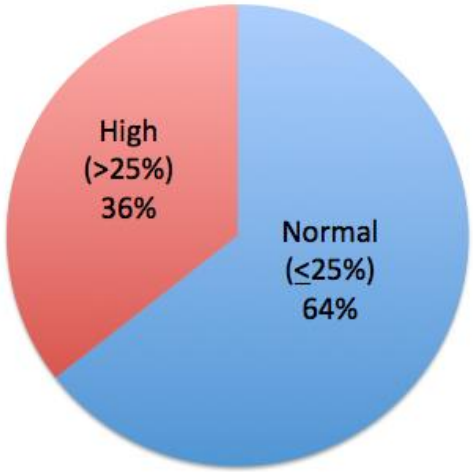
Male % Body Fat

No Change

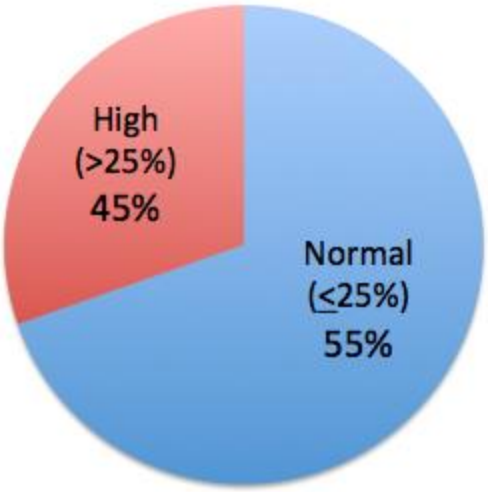
2016 (198 total)



2014 (180 total)

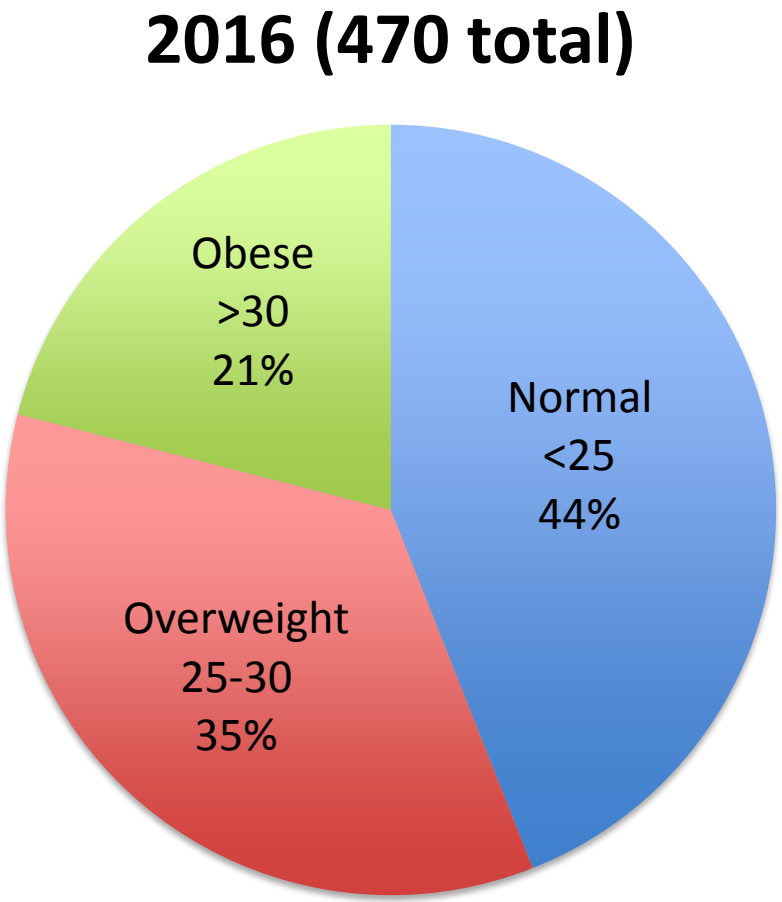


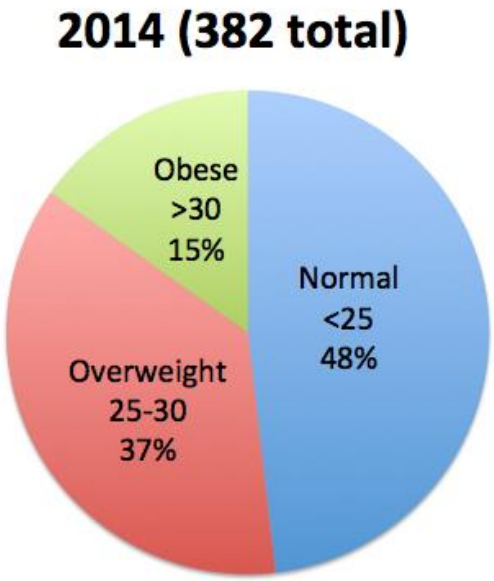
2015 (172 total)

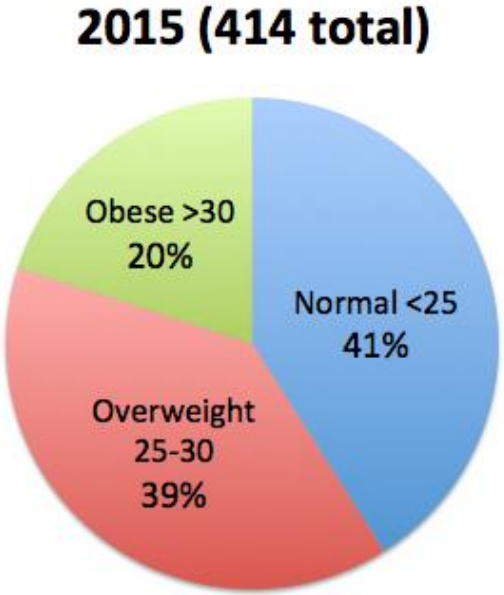


Body Mass Index

Normal Range
Improved by 3%





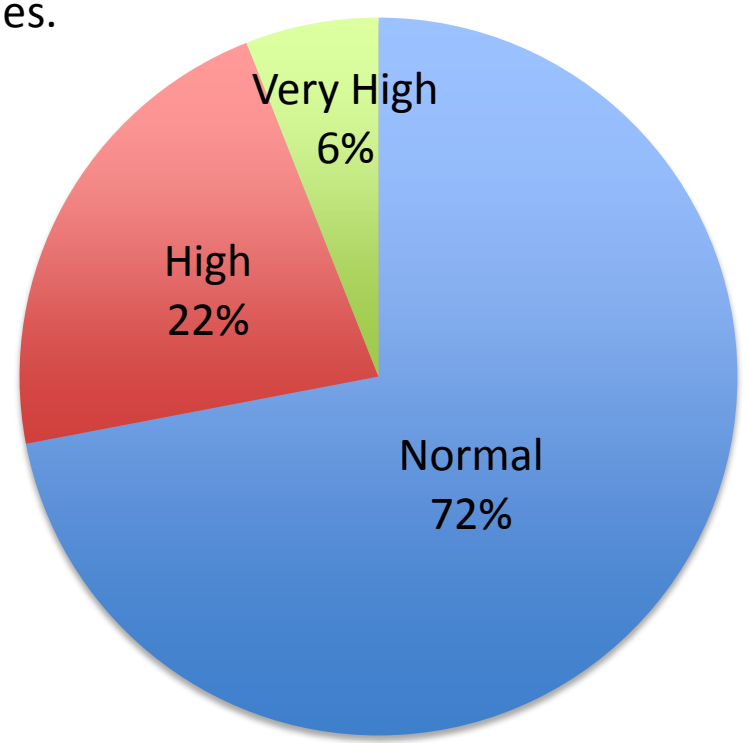


Total Cholesterol

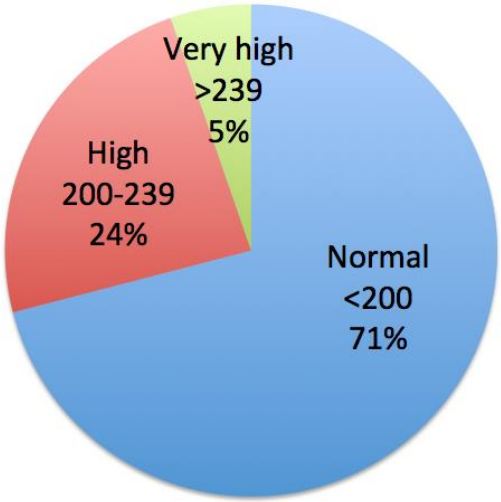
Measurement of HDL, LDL & 1/5th of Triglycerides.

Normal Range
Regressed by 2%

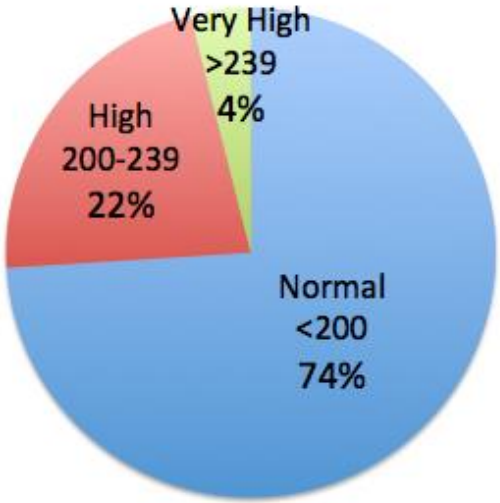
2016 (469 total)



2014 (451 total)



2015 (453 total)



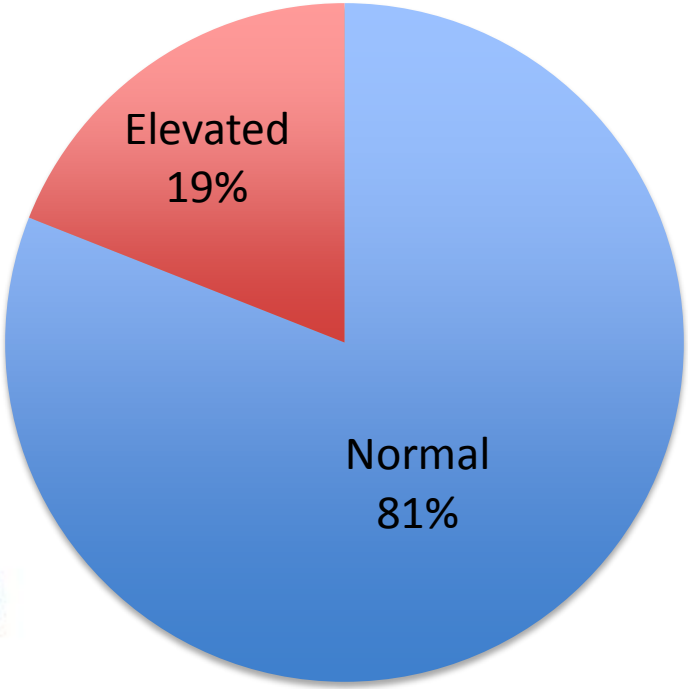
LDL

(Unhealthy Cholesterol)

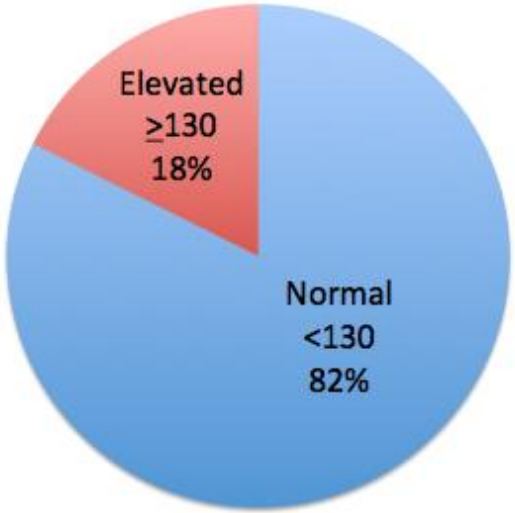
Normal Range

Regressed by 6%

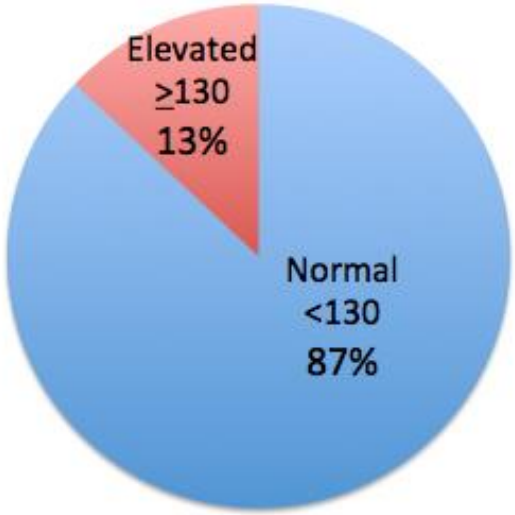
2016 (469 total)



2014 (451 total)



2015 (446 total)



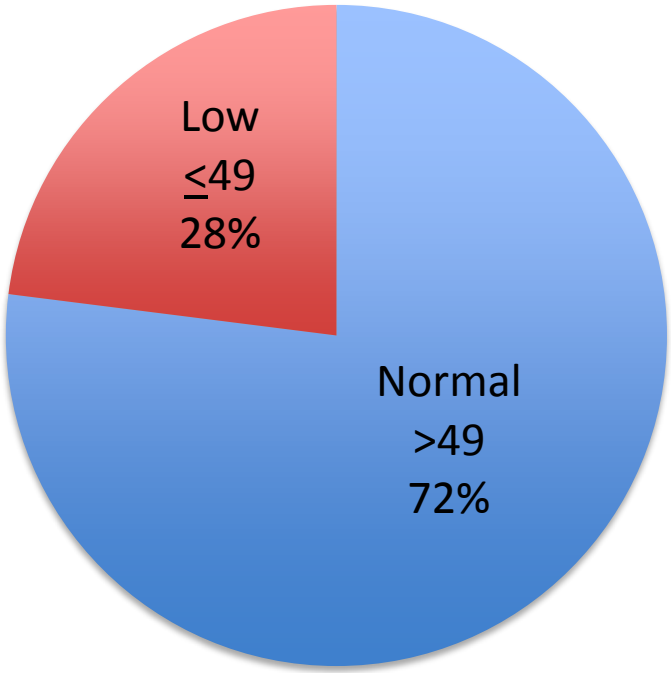
HDL Women

(Healthy Cholesterol)

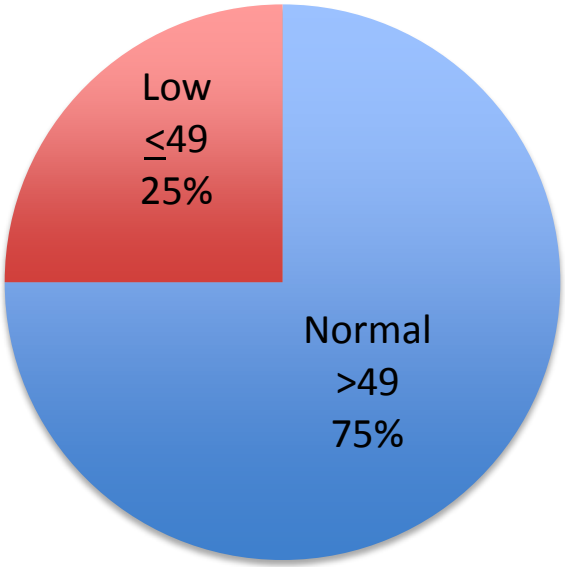
Normal Range

Improved by 4%

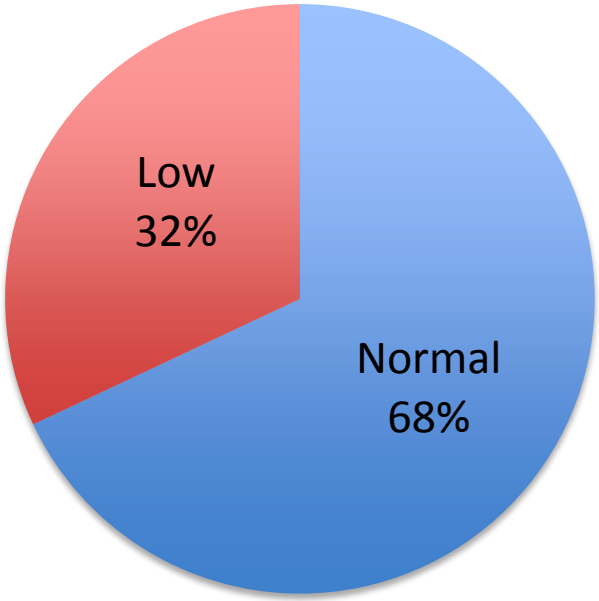
2016 (260 total)



2014 (235)



2015 (238 total)



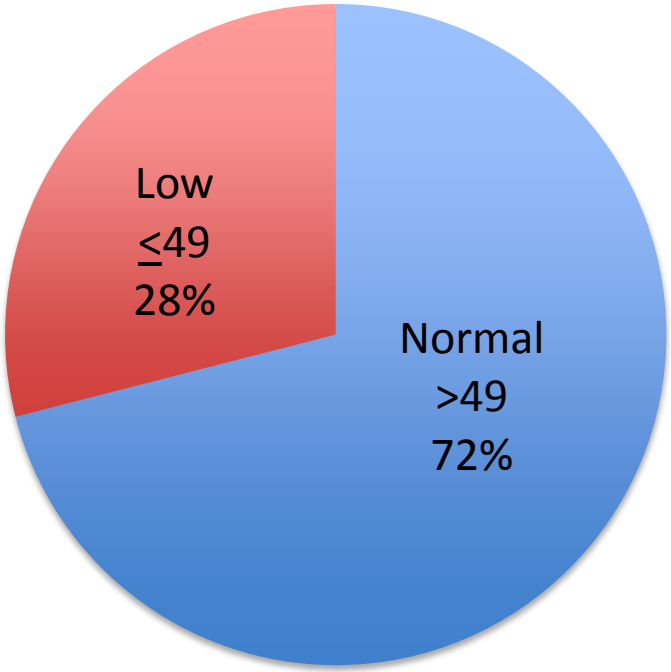
HDL Men

(Healthy Cholesterol)

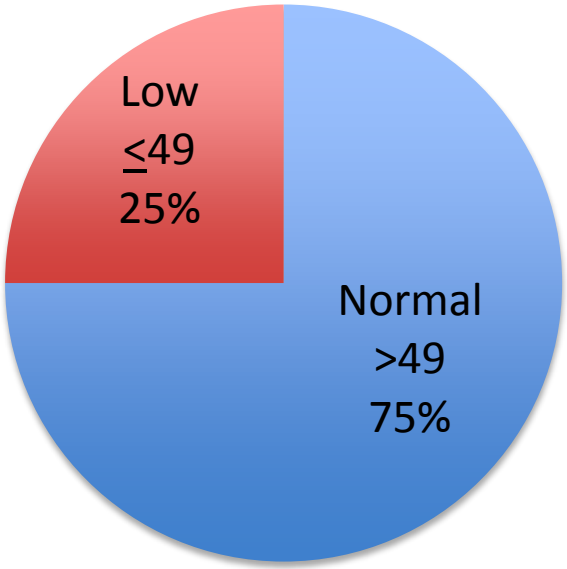
Normal Range

Improved by 13%

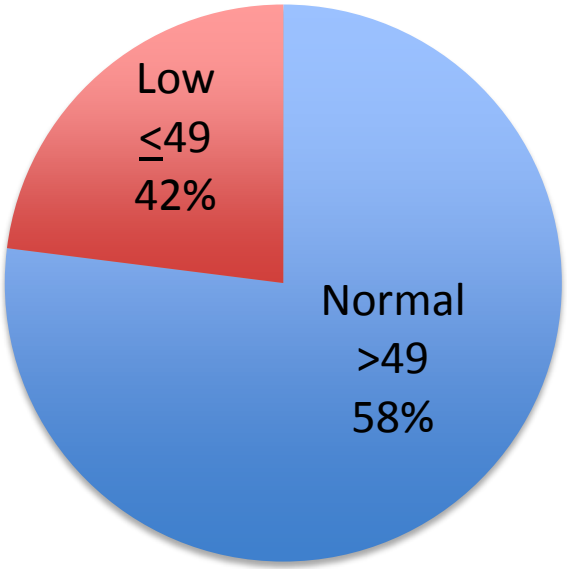
2016 (260 total)



2014 (216 total)



2015 (215 total)

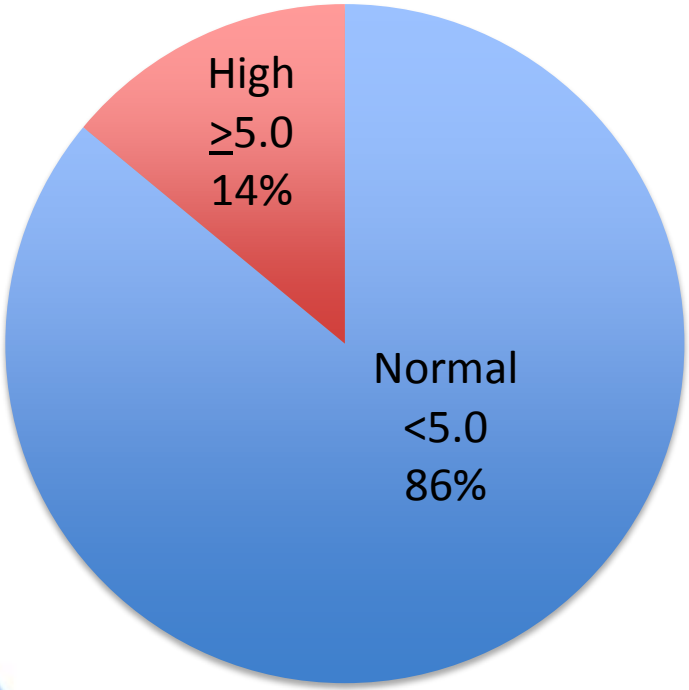


Cholesterol Ratio

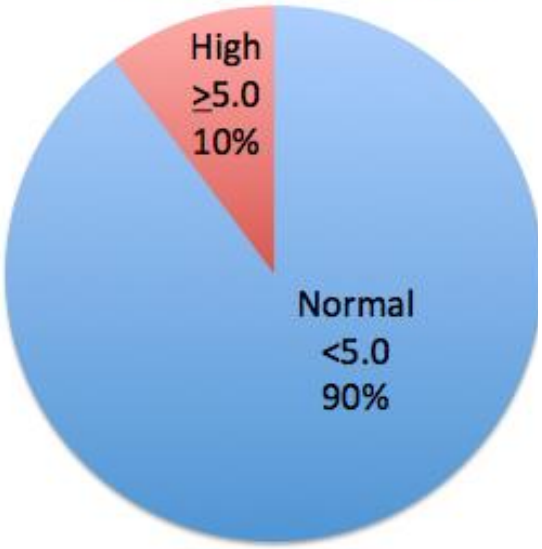
(Total Cholesterol/HDL)

Normal Range
Improved by 3%

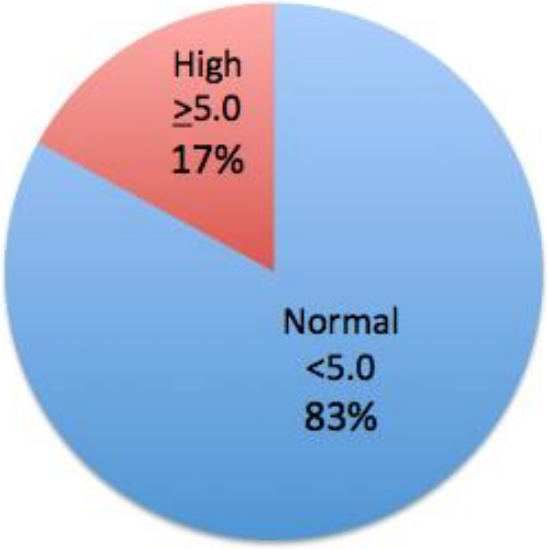
2016 (474 total)



2014 (451 total)



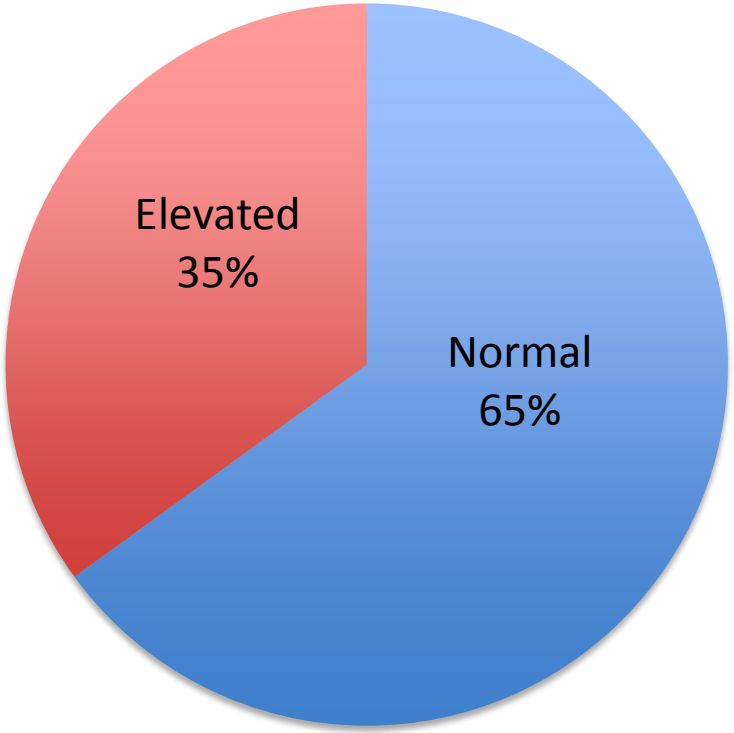
2015 (453 total)



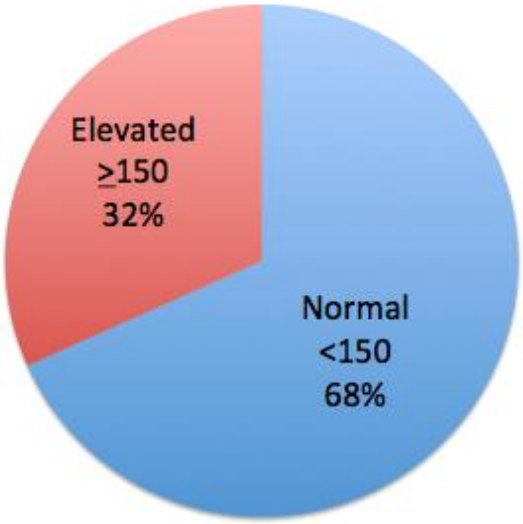
Triglycerides

Normal Range
Improved by 1%

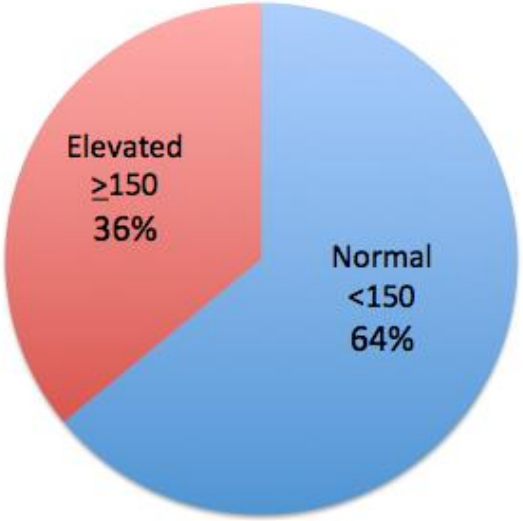
2016 (469 total)



2014 (451 total)



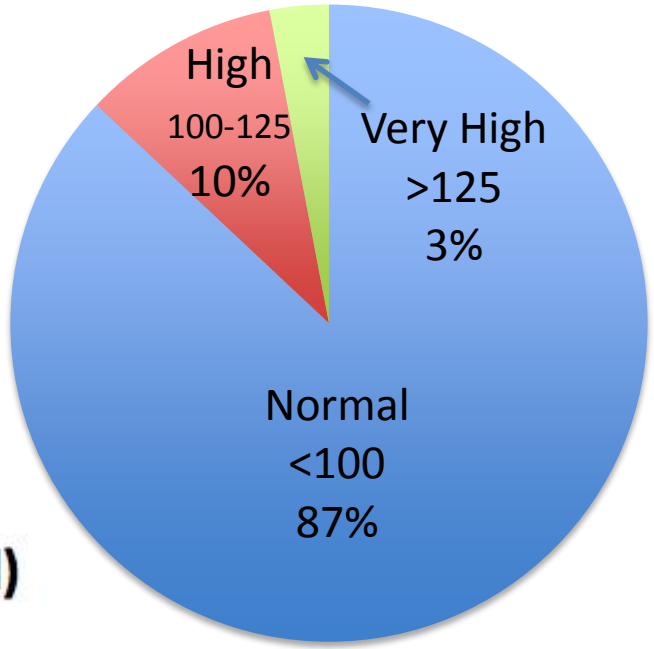
2015 (453 total)



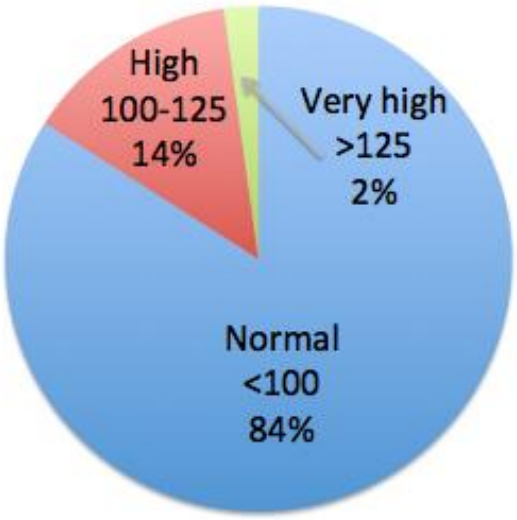
Glucose

Normal Range
Improved by 12%

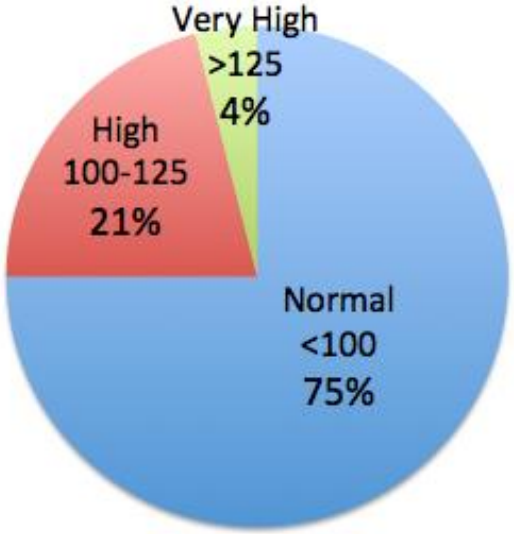
2016 (475 total)



2014 (451 total)



2105 (460 total)

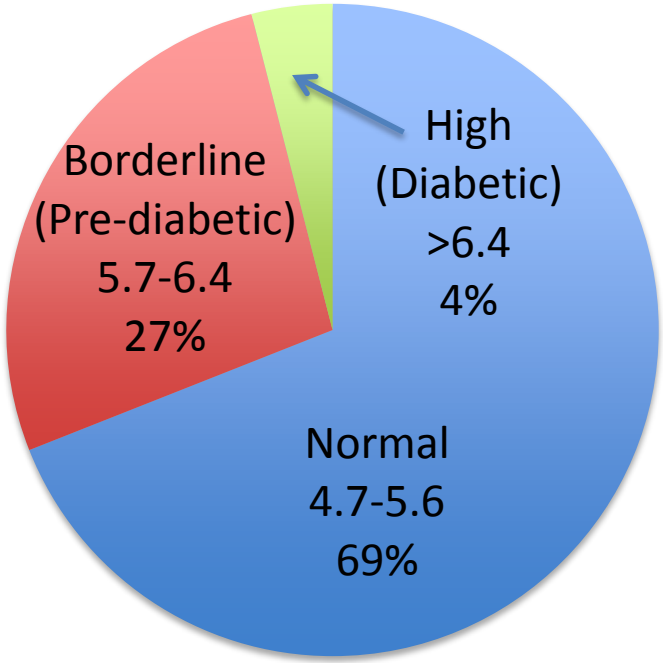


Hemoglobin A1C

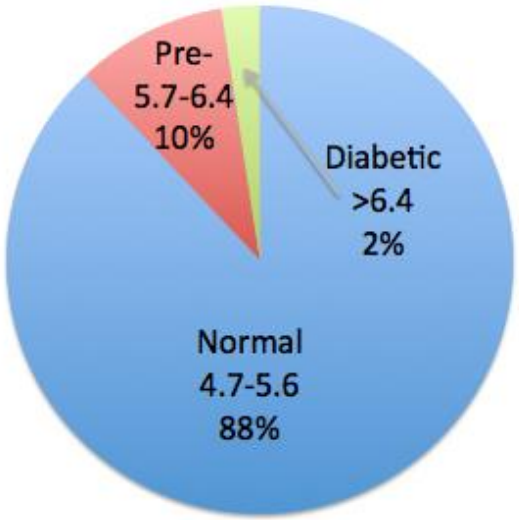
All areas Regressed:

Normal Range	16%
Pre-diabetes	15%
Diabetes	1%

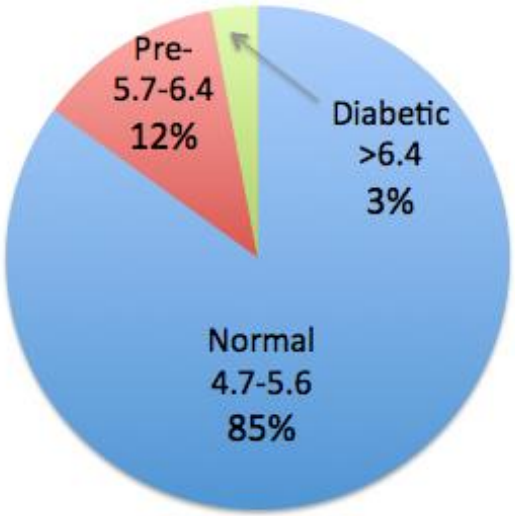
2016 (473 total)



2014 (449 total)



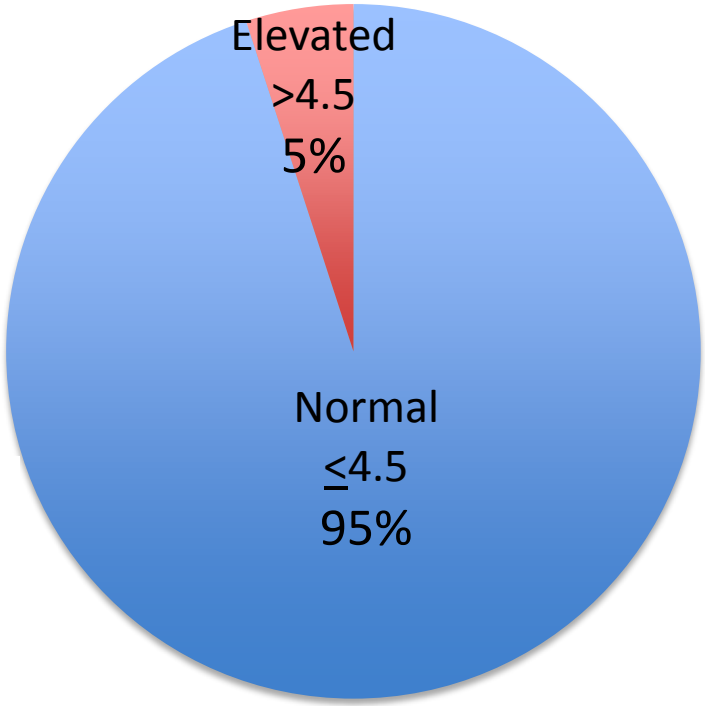
2015 (453 total)



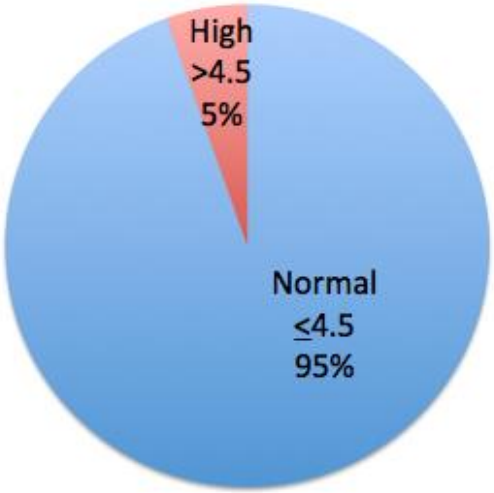
PSA (Men >40)

No Change

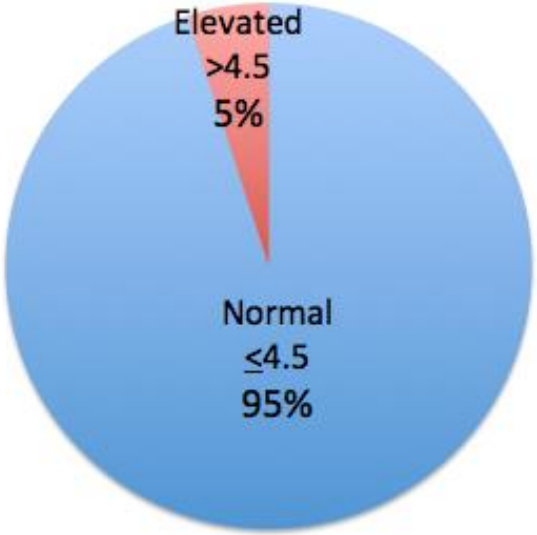
2016 (174 total)



2014 (168 total)



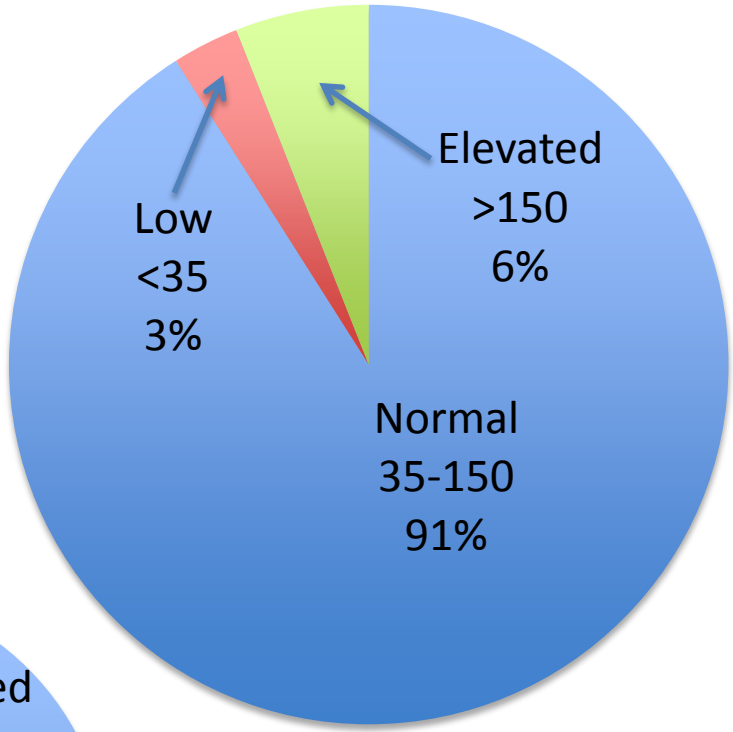
2015 (170 total)



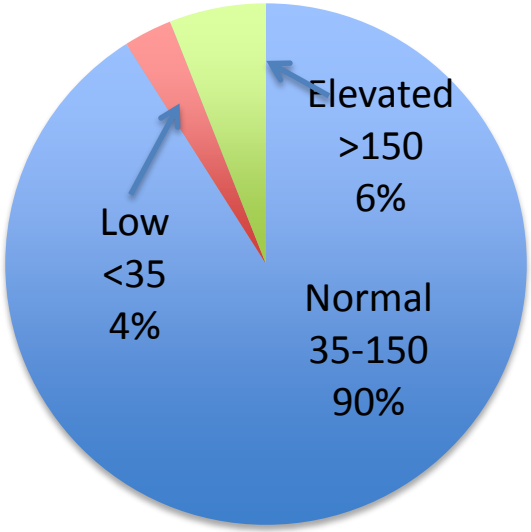
Iron (Women)

Normal Range
Regressed by 1%

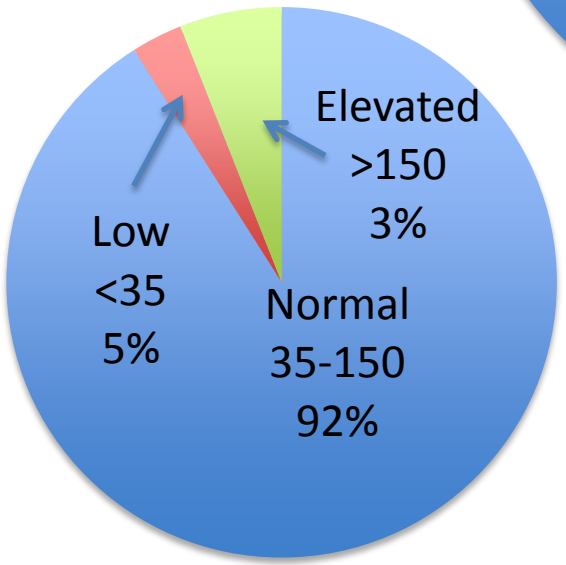
2016 (259 total)



2014 (295 total)

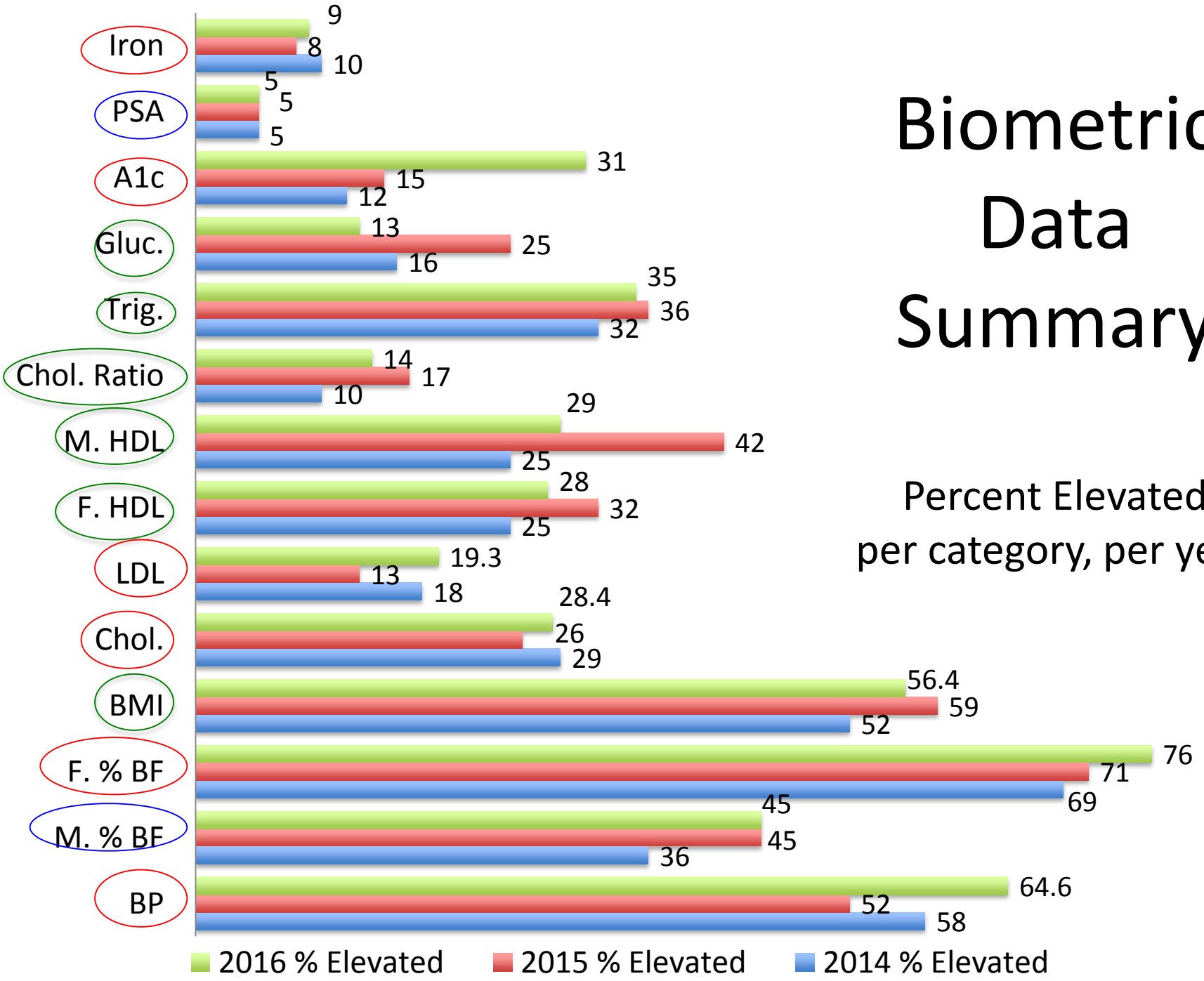


2015 (243 total)



Biometric Data Summary

Percent Elevated per category, per year



Participation Statistics

Participants	2015	2016
Total	617	647
Employee & Spouse	468	482
Employee	361 (75%)	350 (76%)
Spouse	107	132
Part-time/Retirees/Volunteers	149	165
Incomplete	80	21

Higher High Risk

–

All 4 levels elevated

- BMI: 35 kg/m^2 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/$m^{2,}$ 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/m^2
- 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/m^2
- 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/m^2
- Cholesterol: Less than 200
- Blood pressure: $\leq$120/80
- Blood glucose: $\leq$100, with A1C less than 5.6%

Risk Category	2016 (461 total)	2015 (388 total)	2014 (433 total)	2013 (487 total)
Highest: 1 total	0%	0%	1%	1%
High (with 4 levels): 61 total	13%	9%	7%	2%
High (with 3 levels): 108 total	23%	19%	20%	19%
Moderate: 97 total	21%	26%	26%	27%
Low: 106 total	23%	25%	21%	23%
No: 88 total	20%	21%	25%	28%
Lowest & Low Totals (goal of >70%)	43%	46%	46%	51%
Highest & High (goal of <20%)	36%	28%	28%	22%

*2016: 21 participants had incomplete data as they didn't complete the entire assessment.

According to National Standards
Via MyBioCheck Health Grades

Southern Adventist University Health Grade	Grades Received	Health Category
A	25	No Risk (111)
A-	86	24%
B+	74	Low Risk (231)
B	76	49%
B-	81	
C+	53	Moderate Risk (113)
C	36	24%
C-	24	
D+	7	High Risk (14)
D	7	3%
total	469	

Comparing National Standards and Southern's Health Grades
Southern has met it's goals!

Lowest & Low Totals: 73%

Highest and High: 3%

Sources:

1) AHA
2) American Council on Exercise
3) NHLBI
4) ADA
5) AACE Diabetes Care Plan Guidelines

Topics of Interest

	2016 Topic Rankings	2015 Topic Rankings
1	Exercise More	Weight Management
2	Lose Weight	Exercise More
3	Eat Healthier	Stress Reduction
4	Stress Reduction	Eat Healthier
5	Healthy Aging	Financial Health
6	Spiritual Growth	Spiritual Growth
7	Financial Health	Healthy Aging
8	Hypertension	Depression Intervention
9	Diabetes Prevention	Medical Check-ups
10	Depression Intervention	Relationships

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