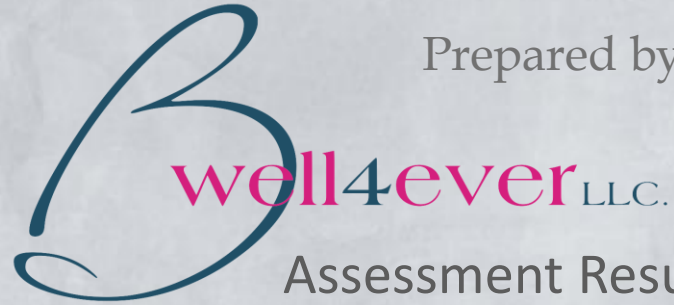



# August 2014 Report

Prepared by



Assessment Results & Statistics 



**SOUTHERN**  
ADVENTIST UNIVERSITY

**Power for Mind & Soul**  
**Employee Wellness**



# A comparison of August 2013 & 2014 Assessments



Power for Mind & Soul

## EMPLOYEE WELLNESS



2014



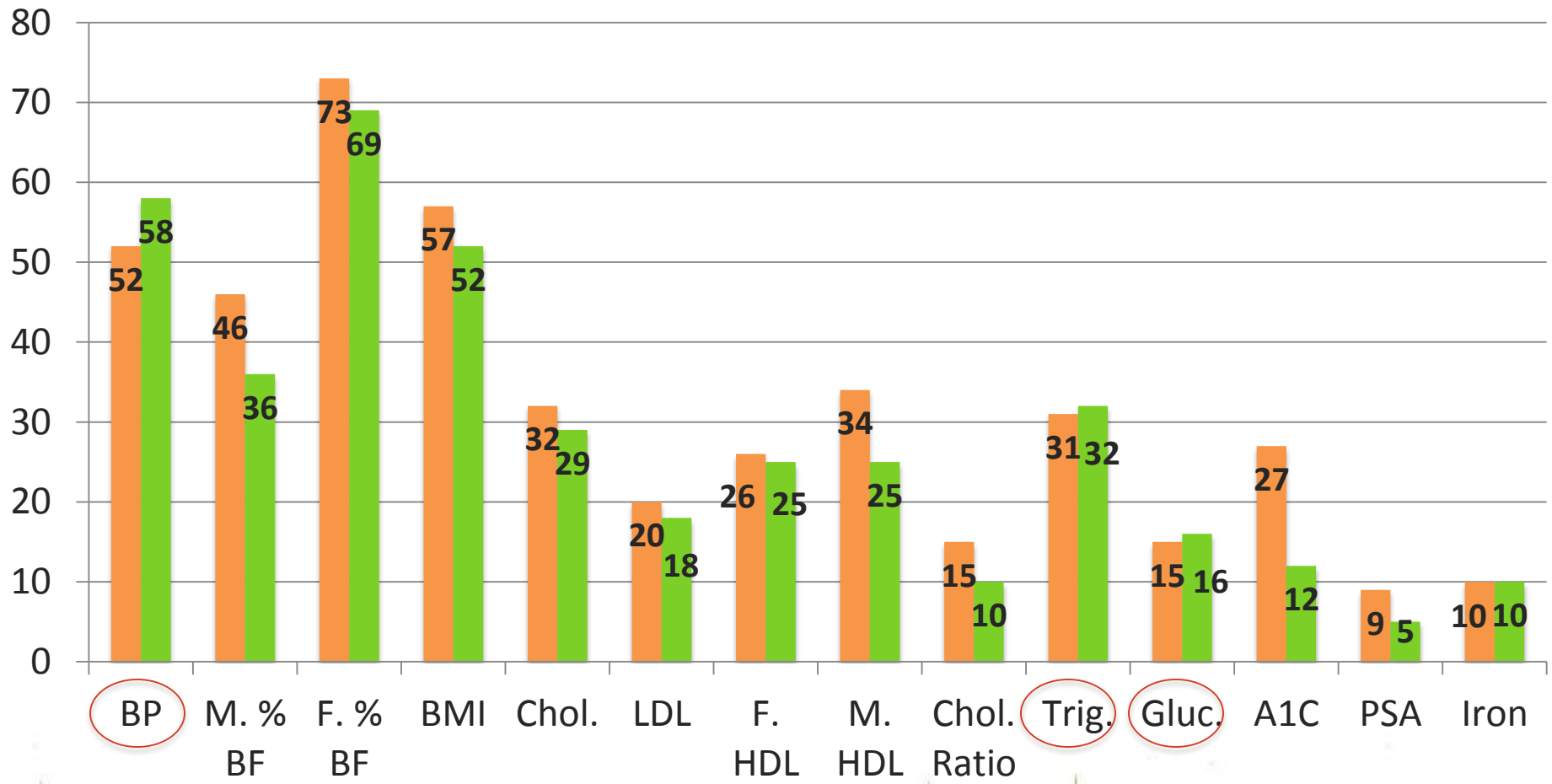
**Healthier  
Tennessee  
Workplace**

[healthierTN.com](http://healthierTN.com)



# Biometric Data Summary

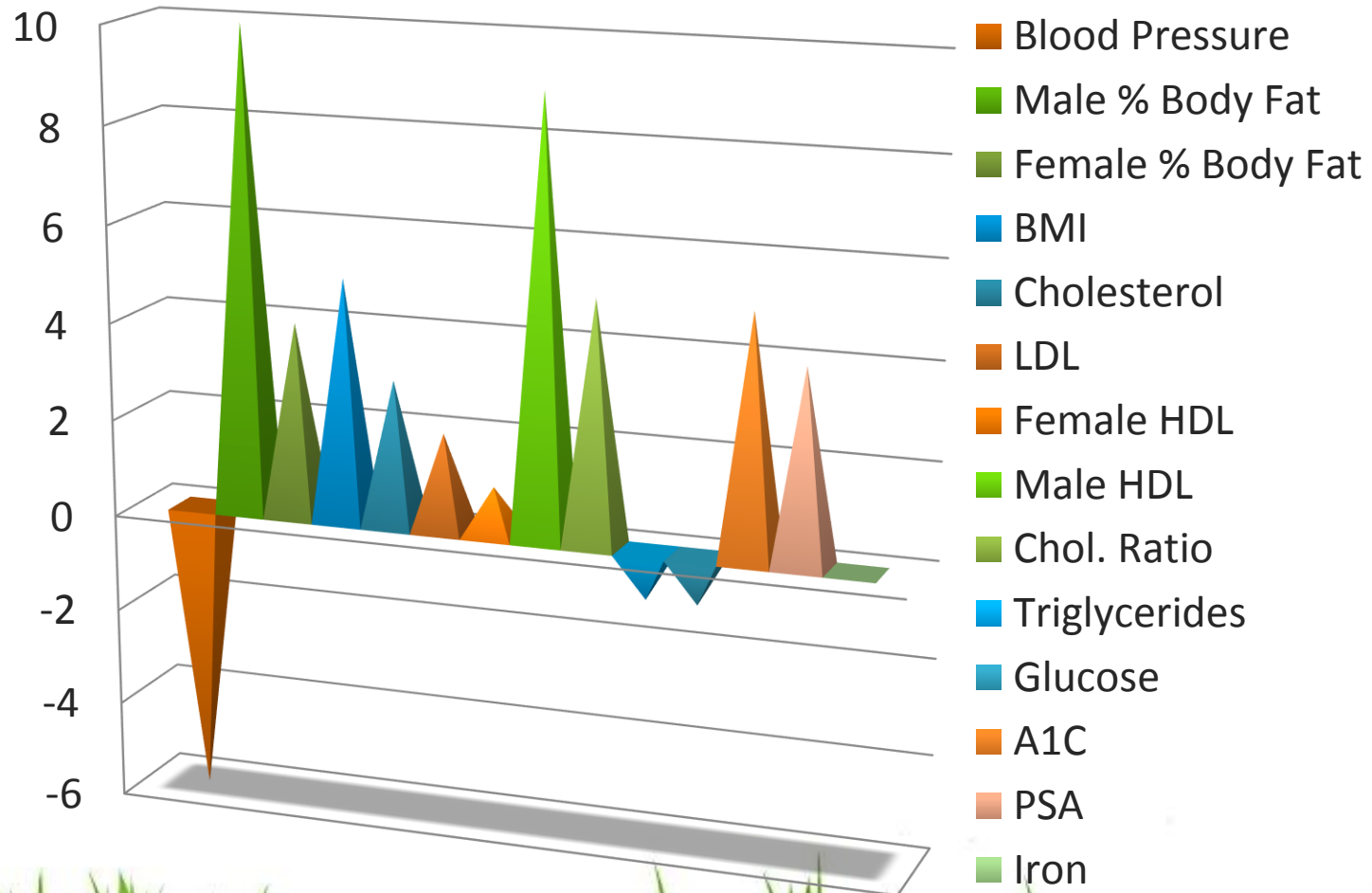
2013 % Elevated 2014 % Elevated



# Health Improvement Score 2014

## % Improvement

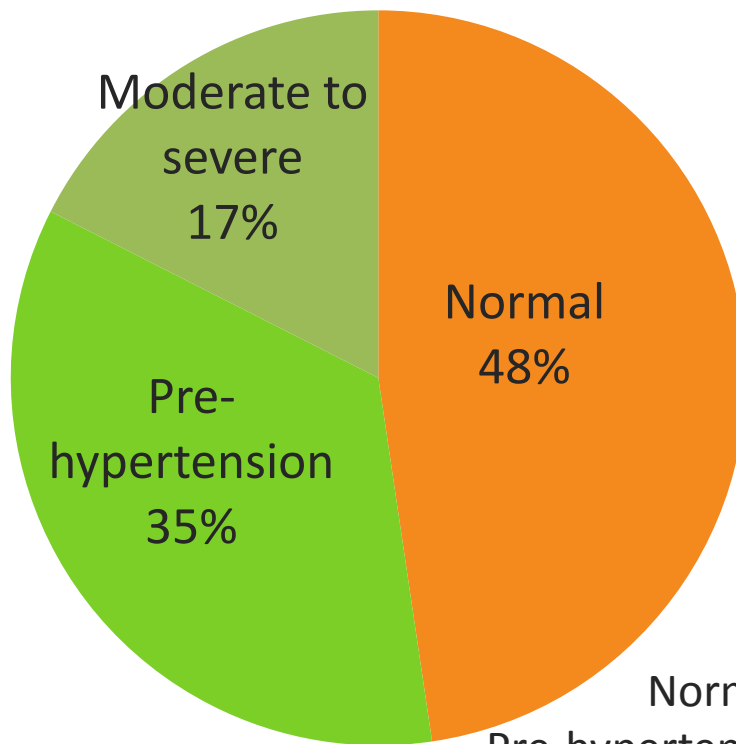
**40%**  
Overall  
Improvement  
across group  
biometrics.



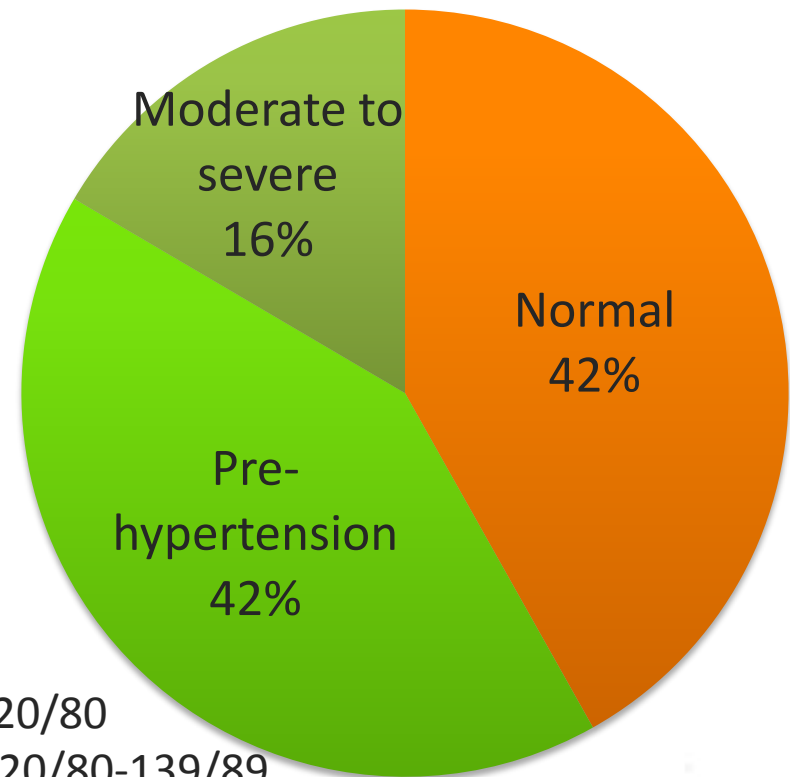
# Blood Pressure

Decreased by 6%

## 2013 (428 total)



## 2014 (411 total)



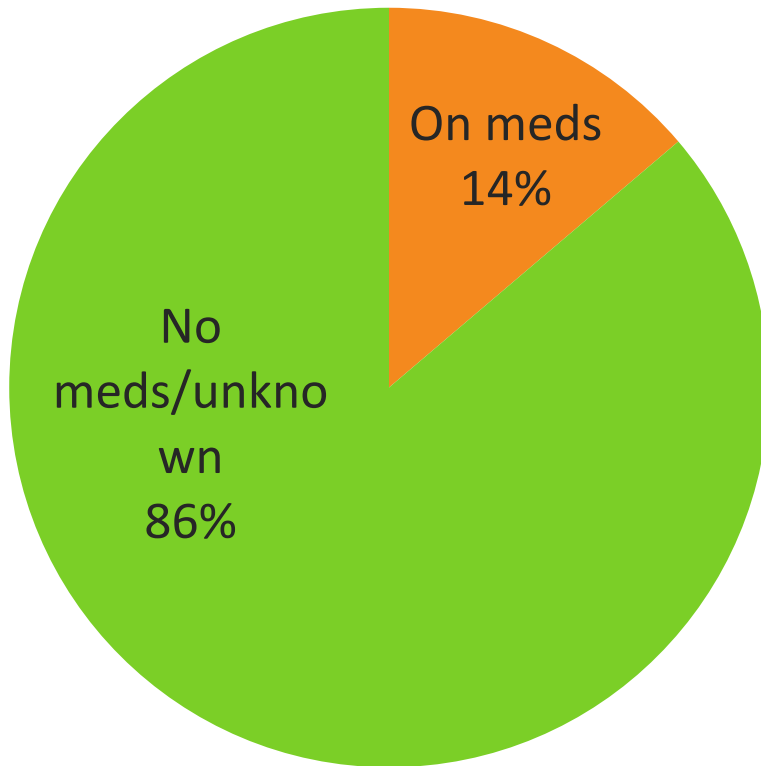
Normal: <120/80

Pre-hypertension: 120/80-139/89

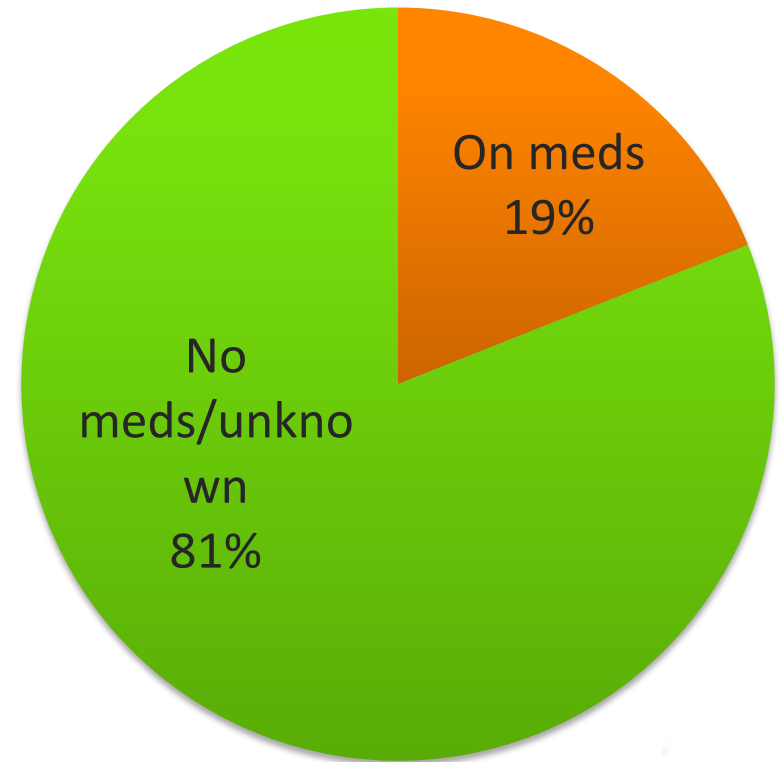
Moderate to severe:  $\geq$ 140/90

# Blood Pressure Medication

2013 (428 total)



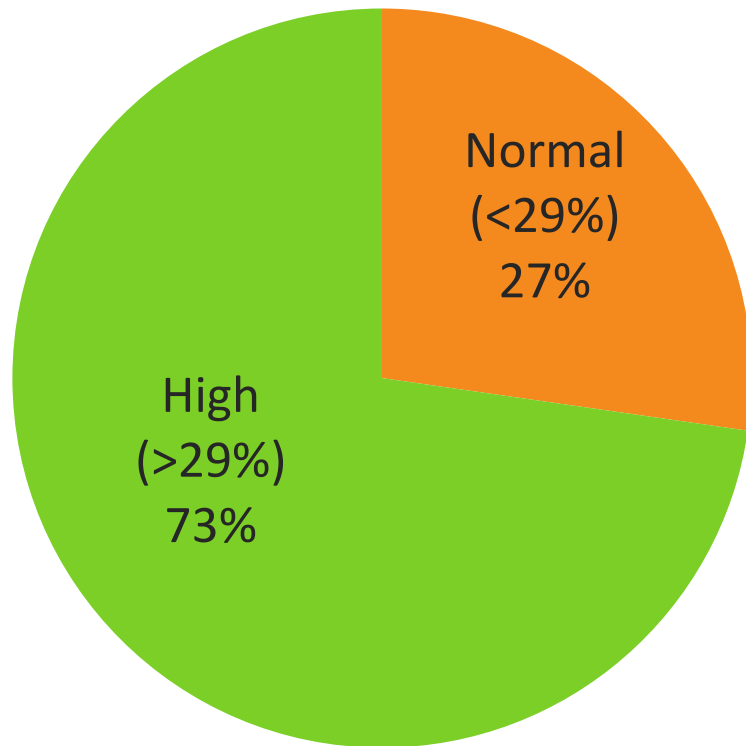
2014 (411 total)



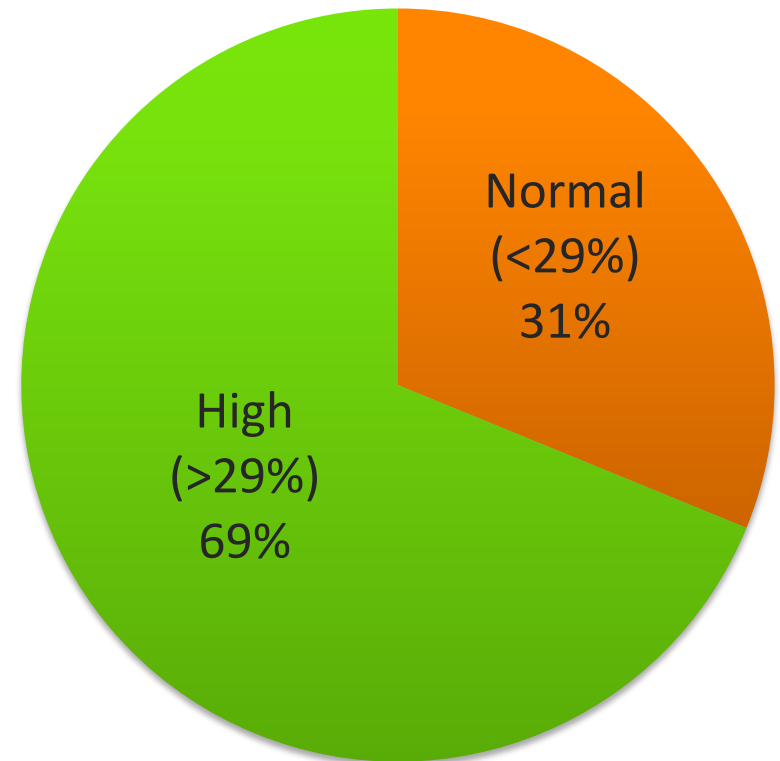
# Female % Body Fat

Improved by 4%

## 2013 (198 total)



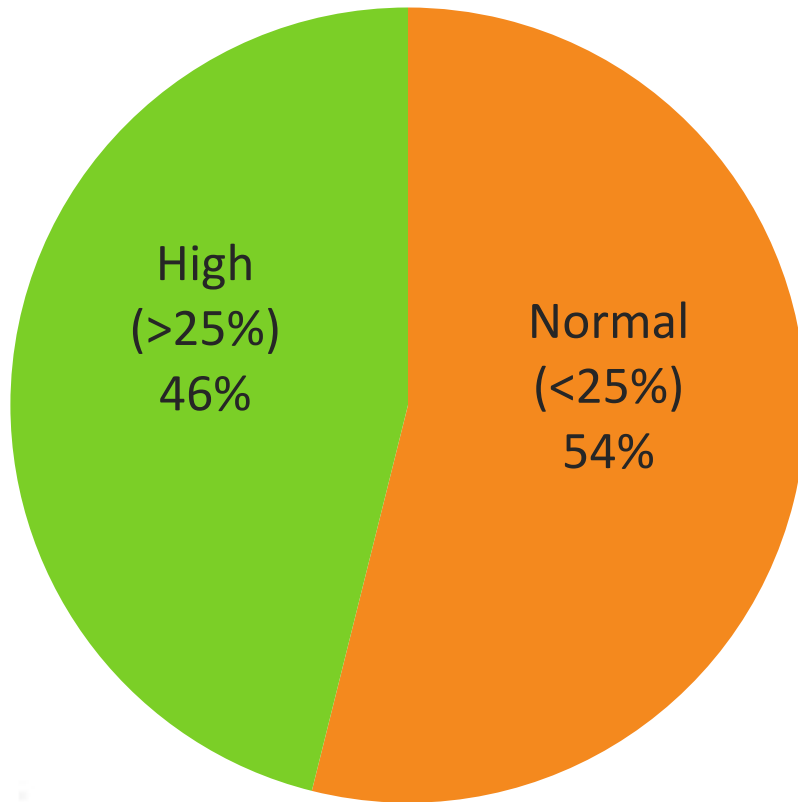
## 2014 (202 total)



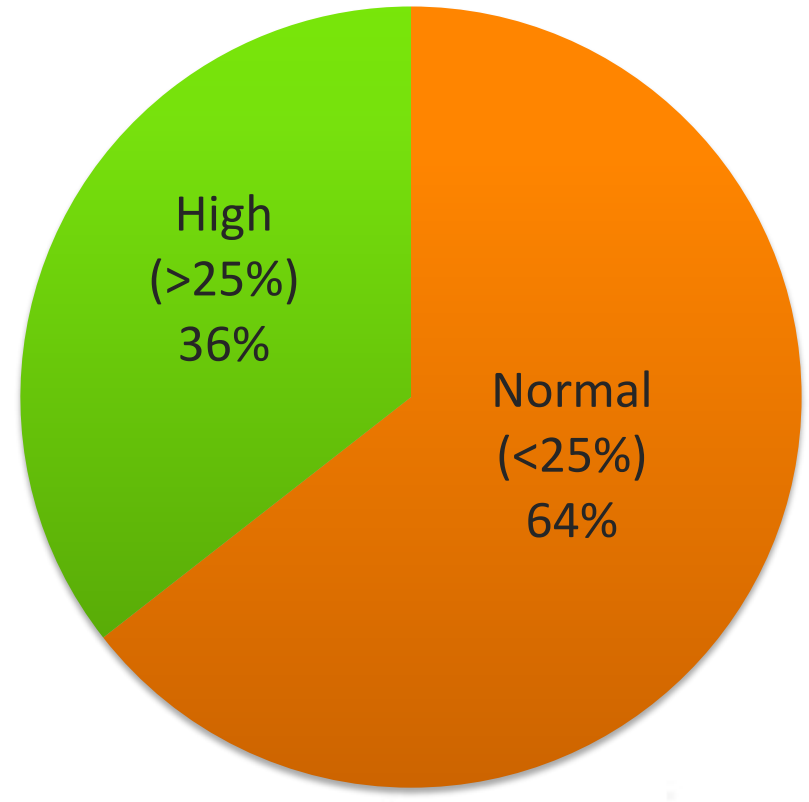
# Male % Body Fat

Improved by 10%

## 2013 (180 total)



## 2014 (180 total)

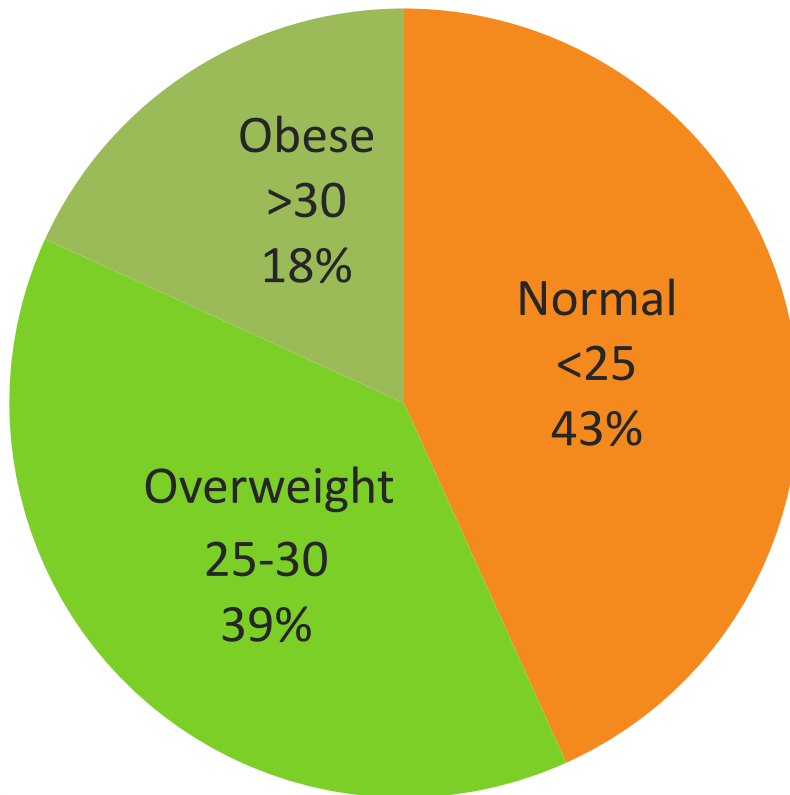




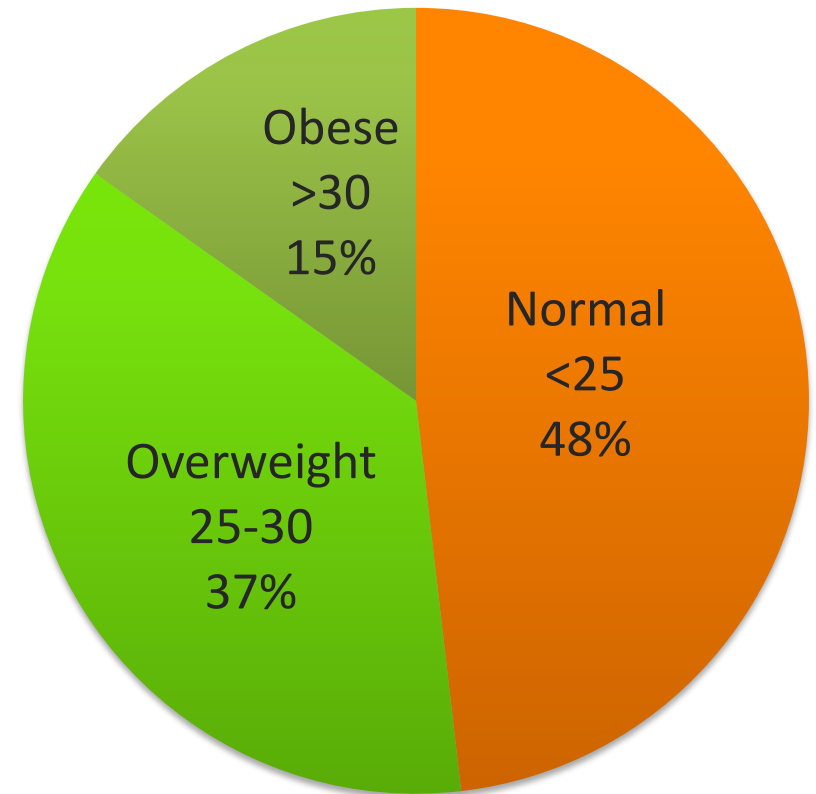
# Body Mass Index

Improved by 5%

## 2013 (363 total)



## 2014 (382 total)

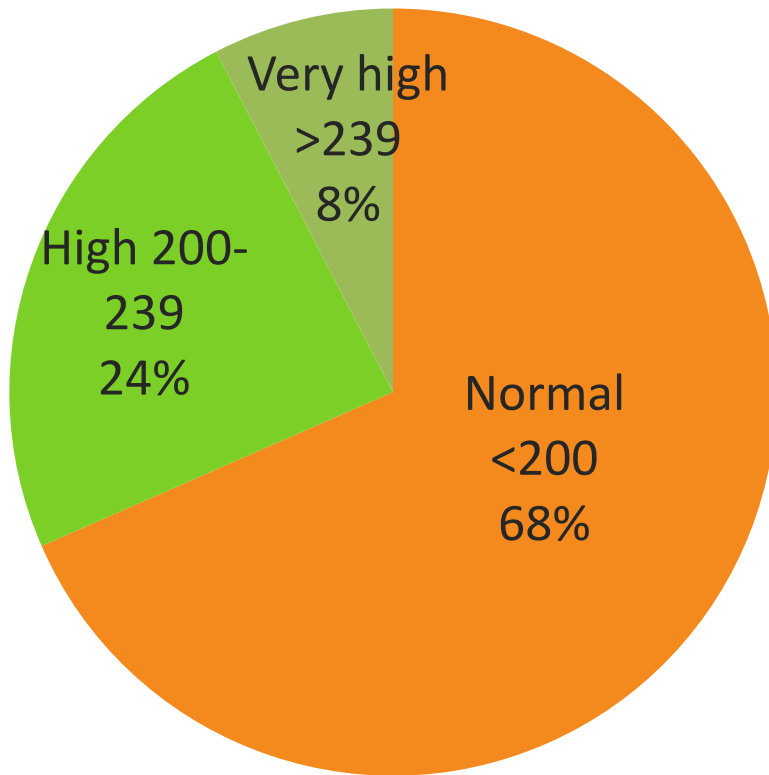


# Total Cholesterol

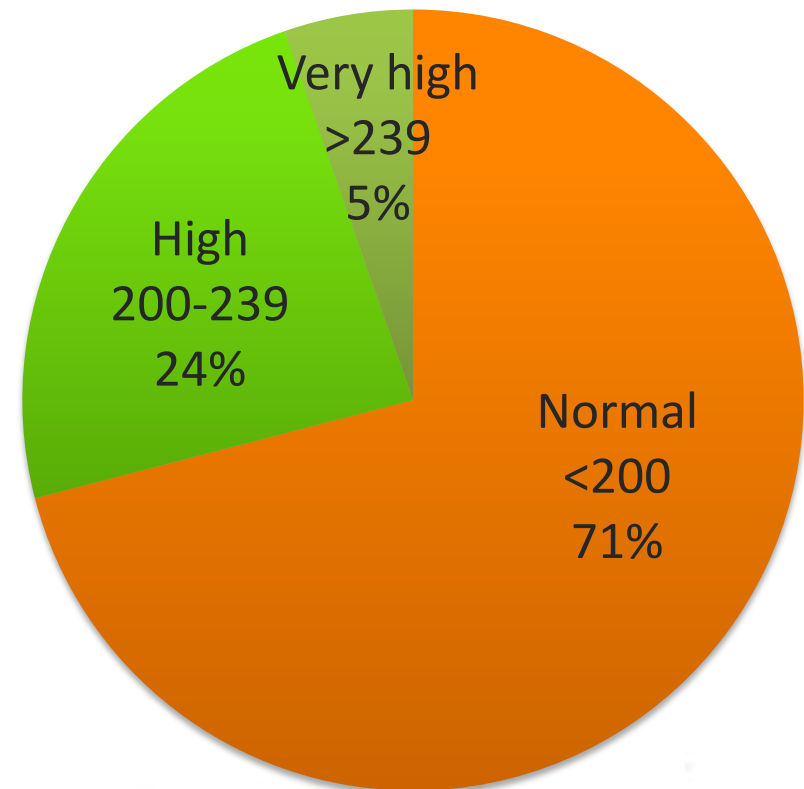
Improved by 3%

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

## 2013 (472 total)



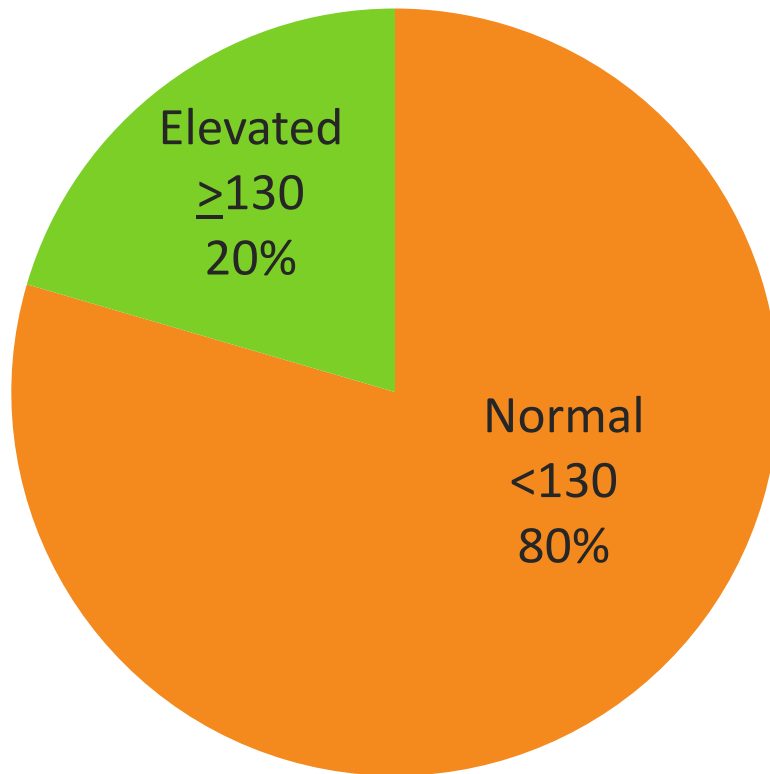
## 2014 (451 total)



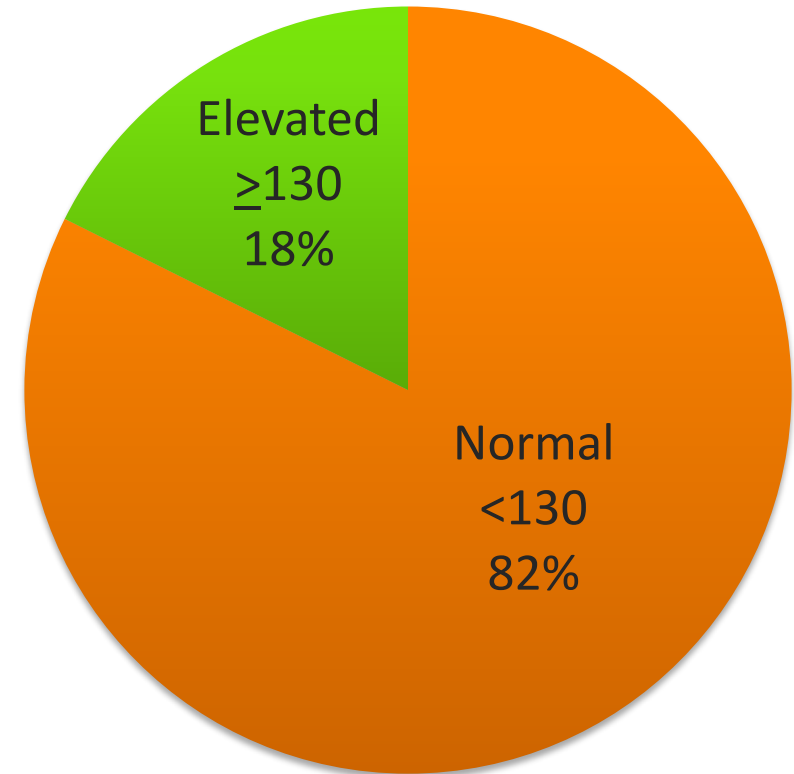
# LDL (Unhealthy Cholesterol)

Improved by 2%

## 2013 (469 total)



## 2014 (451 total)

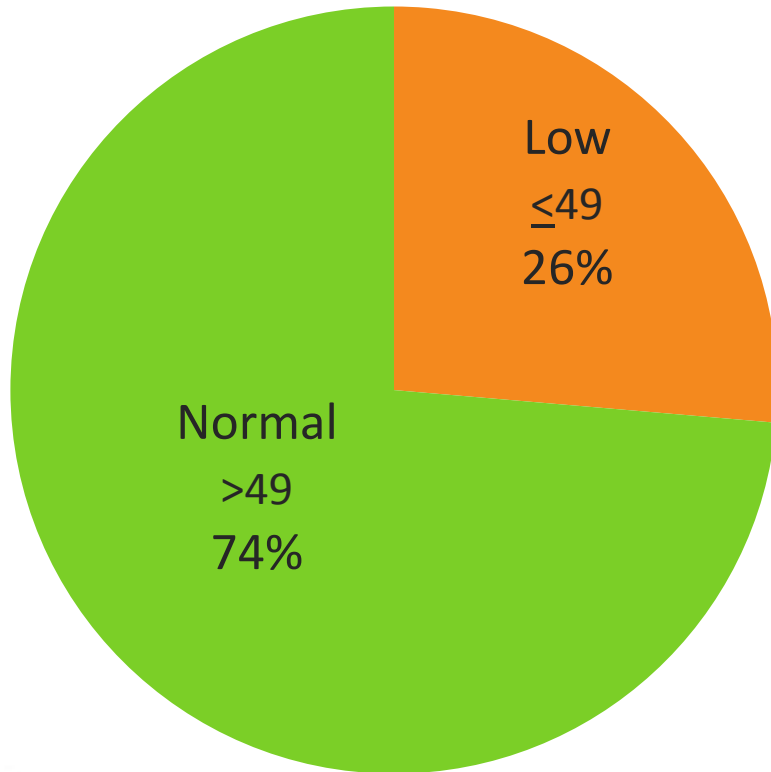


3 had triglycerides too high to get LDL

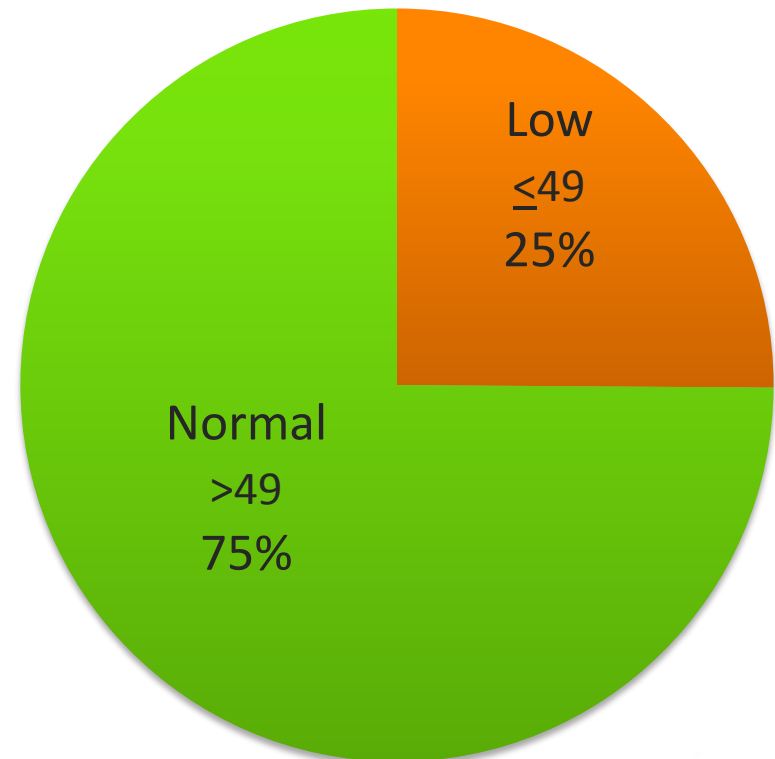
# HDL Women (Healthy Cholesterol)

Improved by 1%

2013 (258 total)



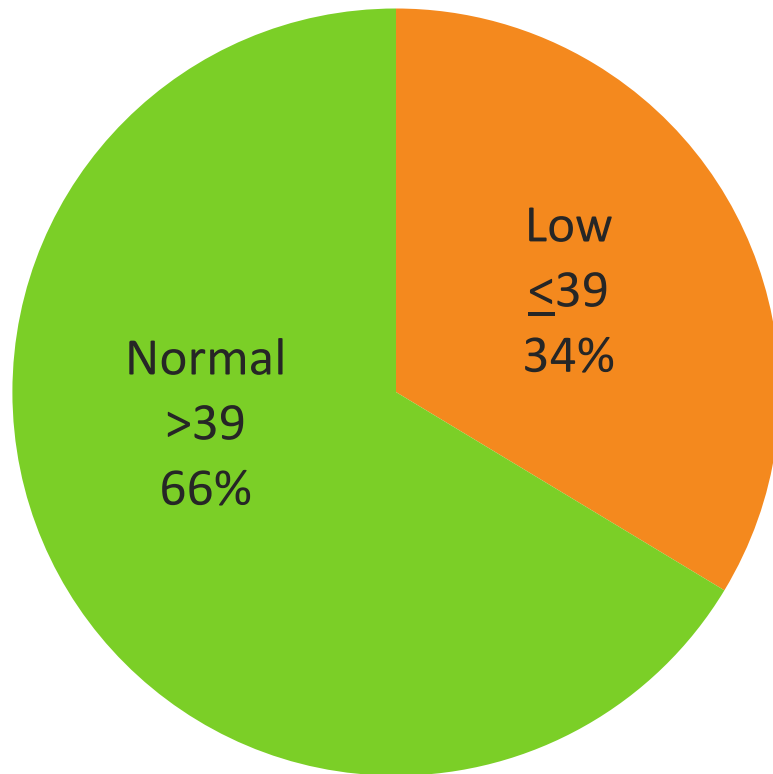
2014 (235 total)



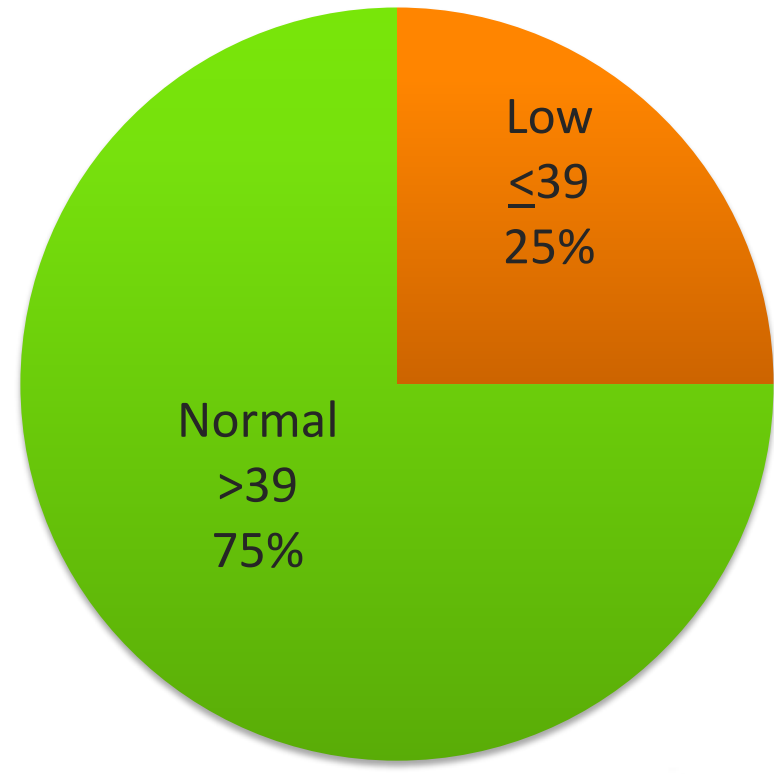
# HDL Men (Healthy Cholesterol)

Improved by 9%

## 2013 (214 total)



## 2014 (216 total)

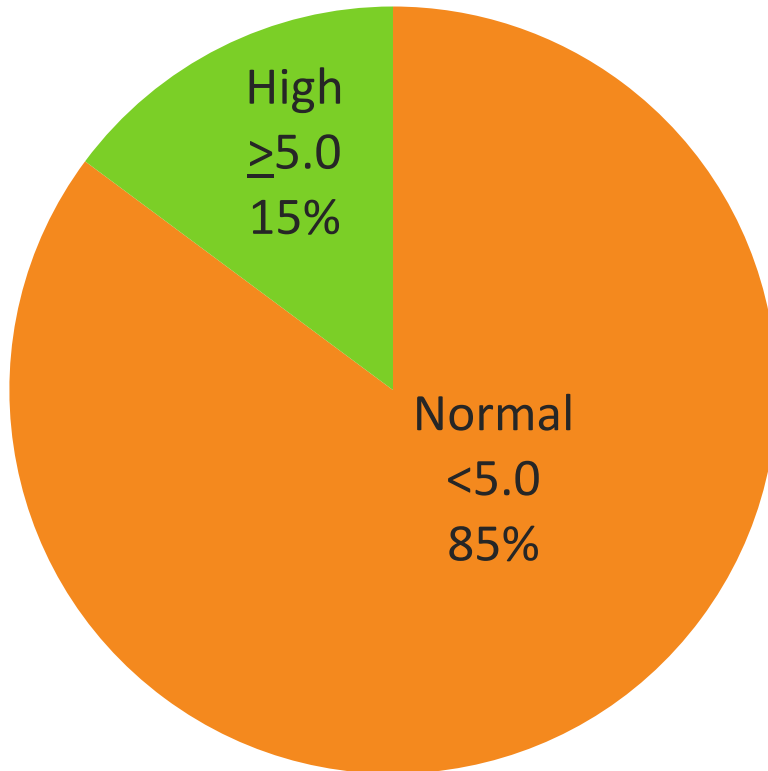


# Cholesterol Ratio

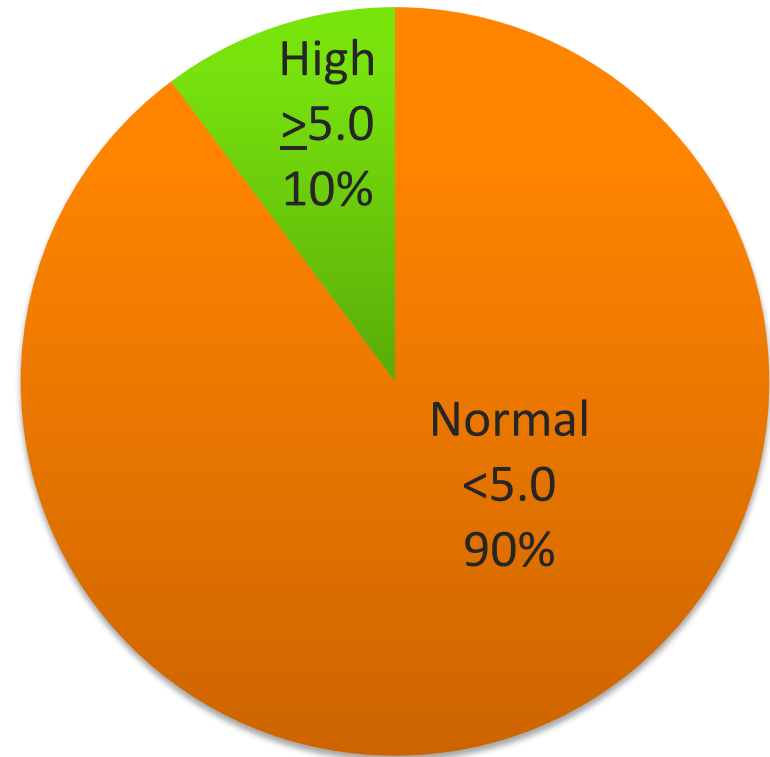
Improved by 5%

(Total Cholesterol/HDL)

**2013 (472 total)**



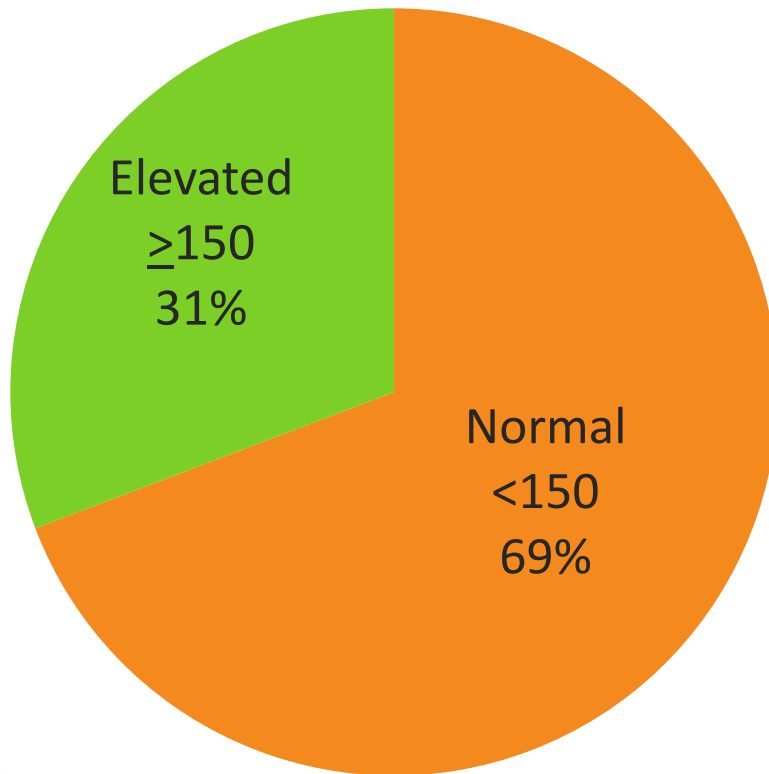
**2014 (451 total)**



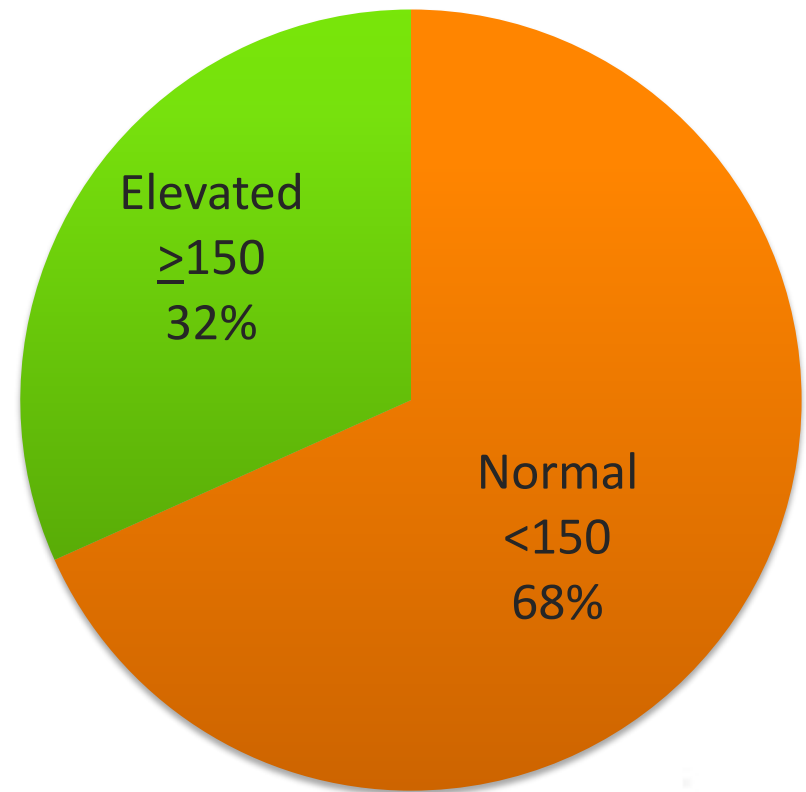
# Triglycerides

Decreased by 1%

**2013 (471 total)**



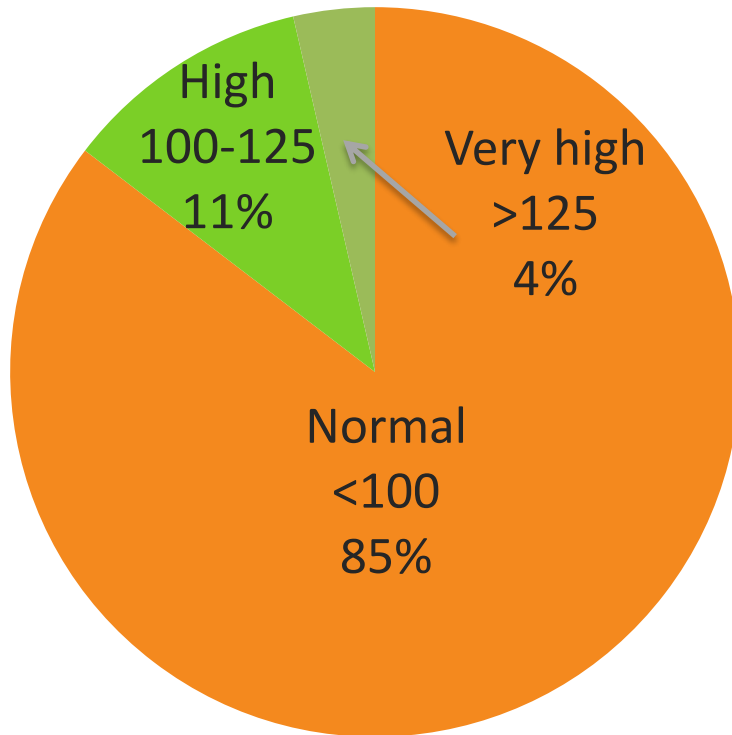
**2014 (451 total)**



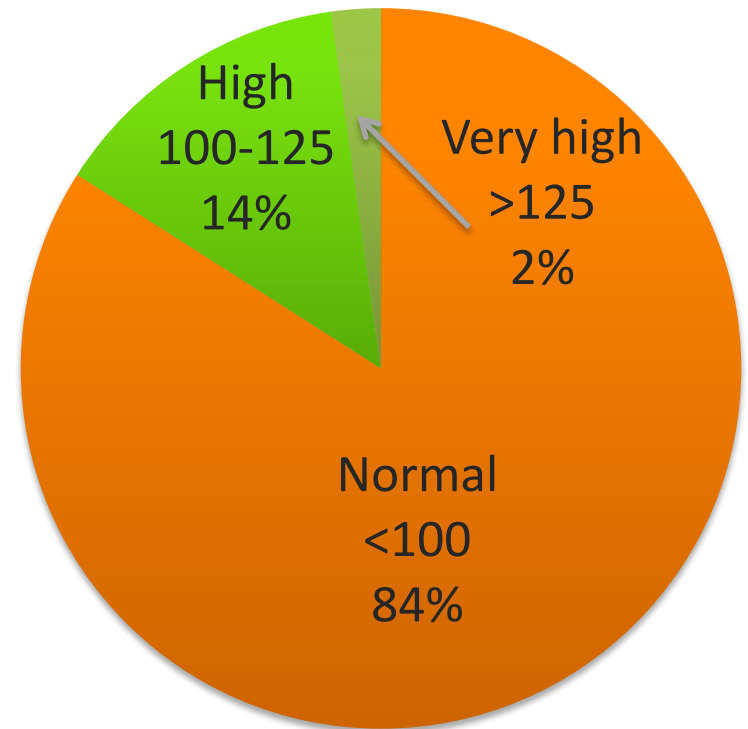
# Glucose

Decreased by 1%

## 2013 (472 total)



## 2014 (451 total)





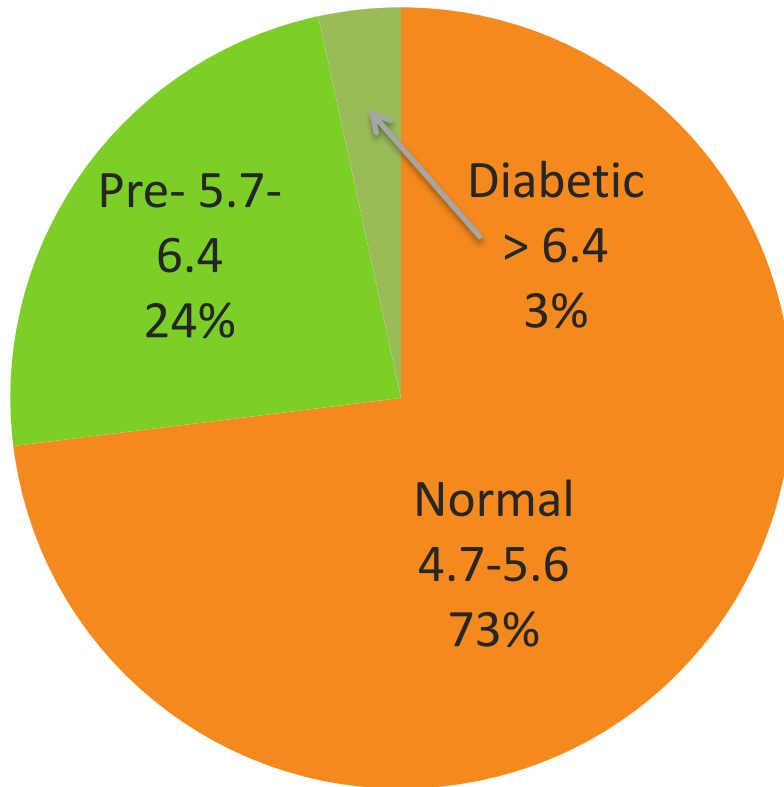
# Hemoglobin A1C

Most Improved  
Category by 15%

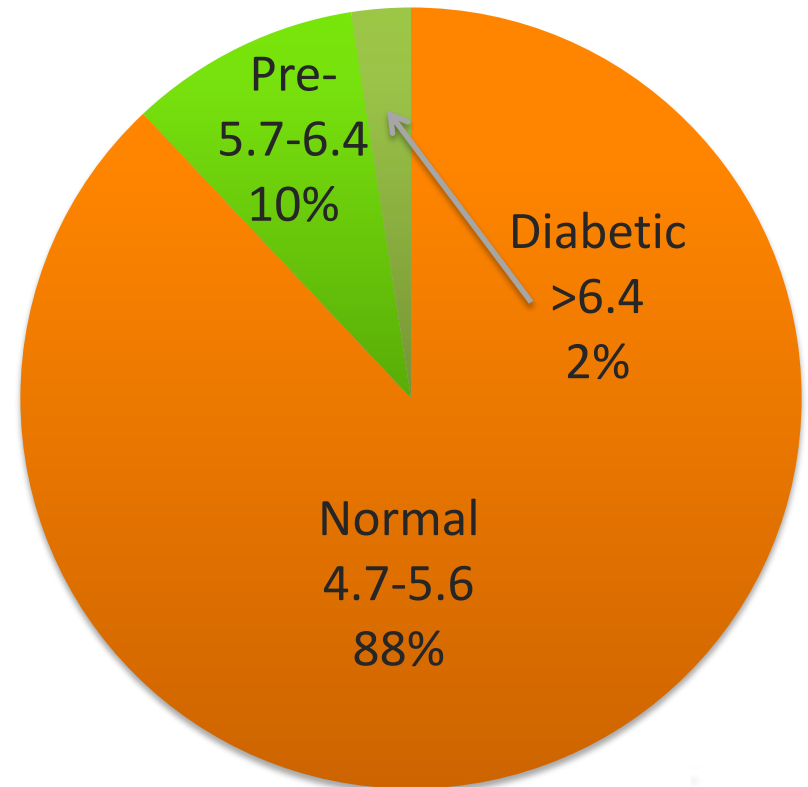
1% Diabetic

14% Pre-diabetic

## 2013 (471 total)



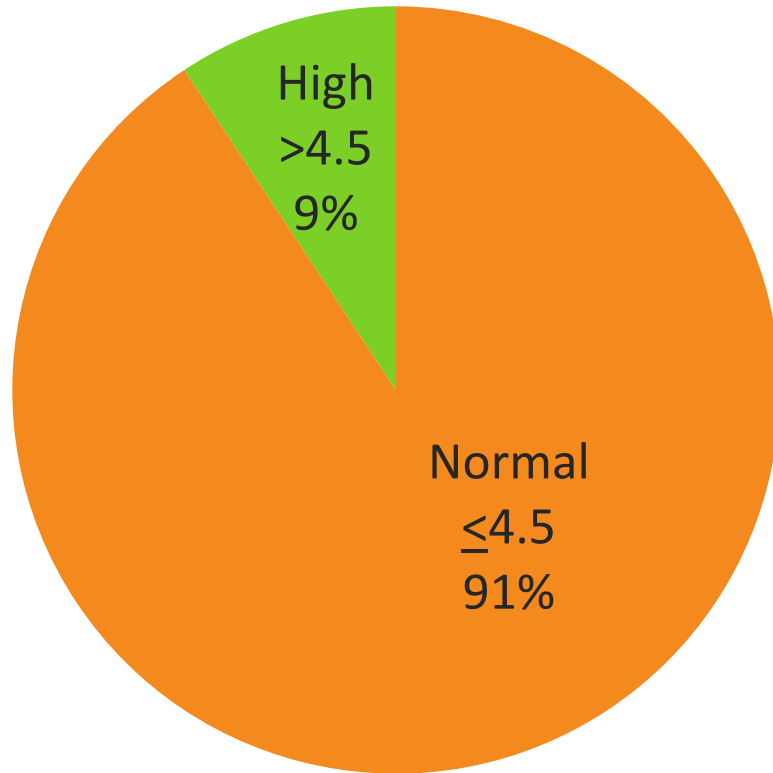
## 2014 (449 total)



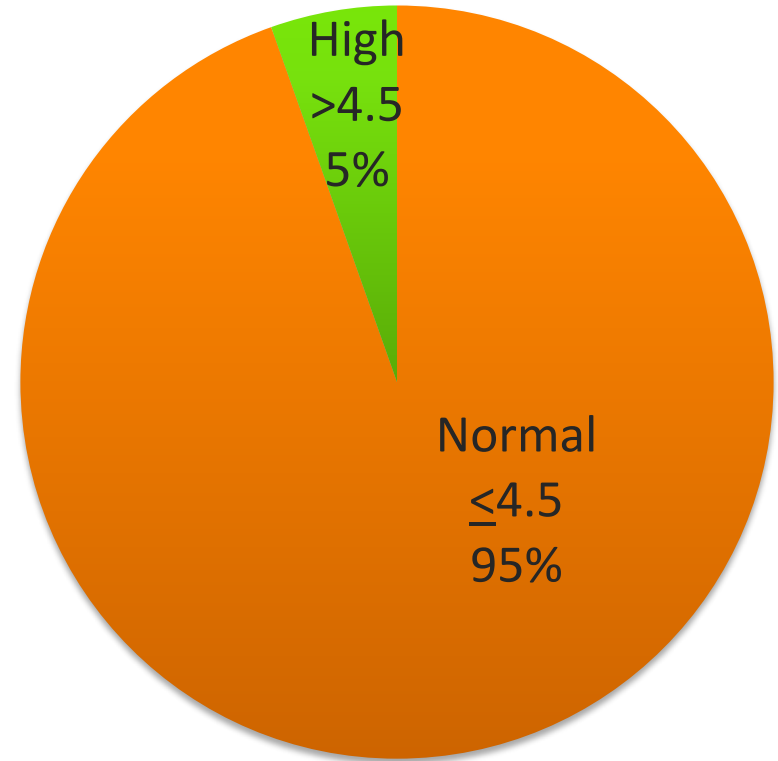
# PSA (Men >40)

Improved by 4%

## 2013 (172 total)



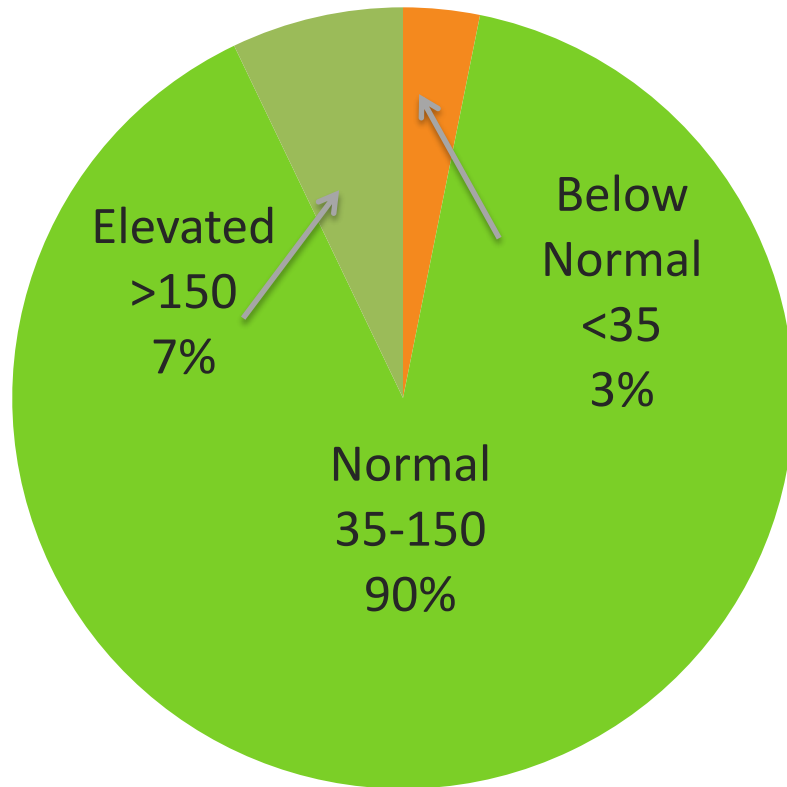
## 2014 (168 total)



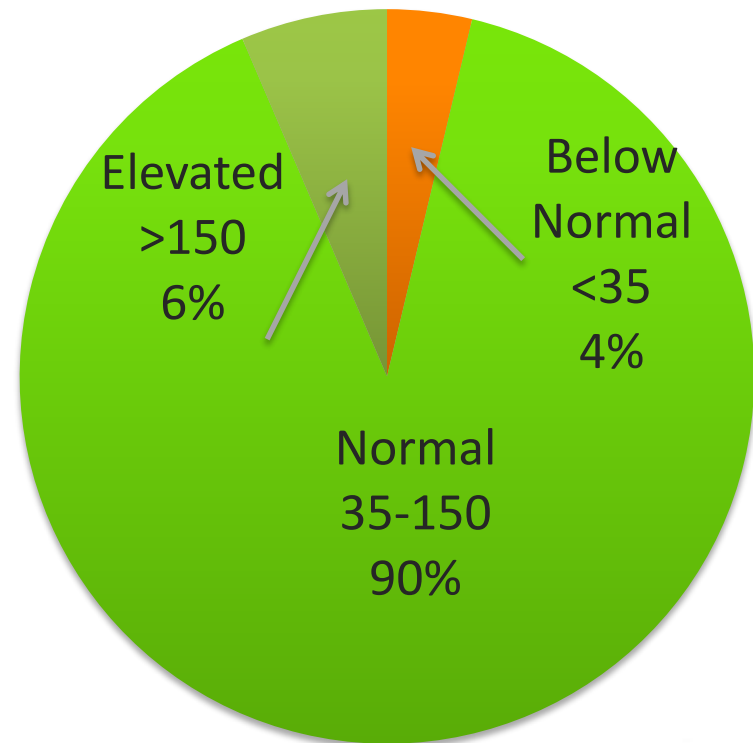
# Iron (Women)

No Change

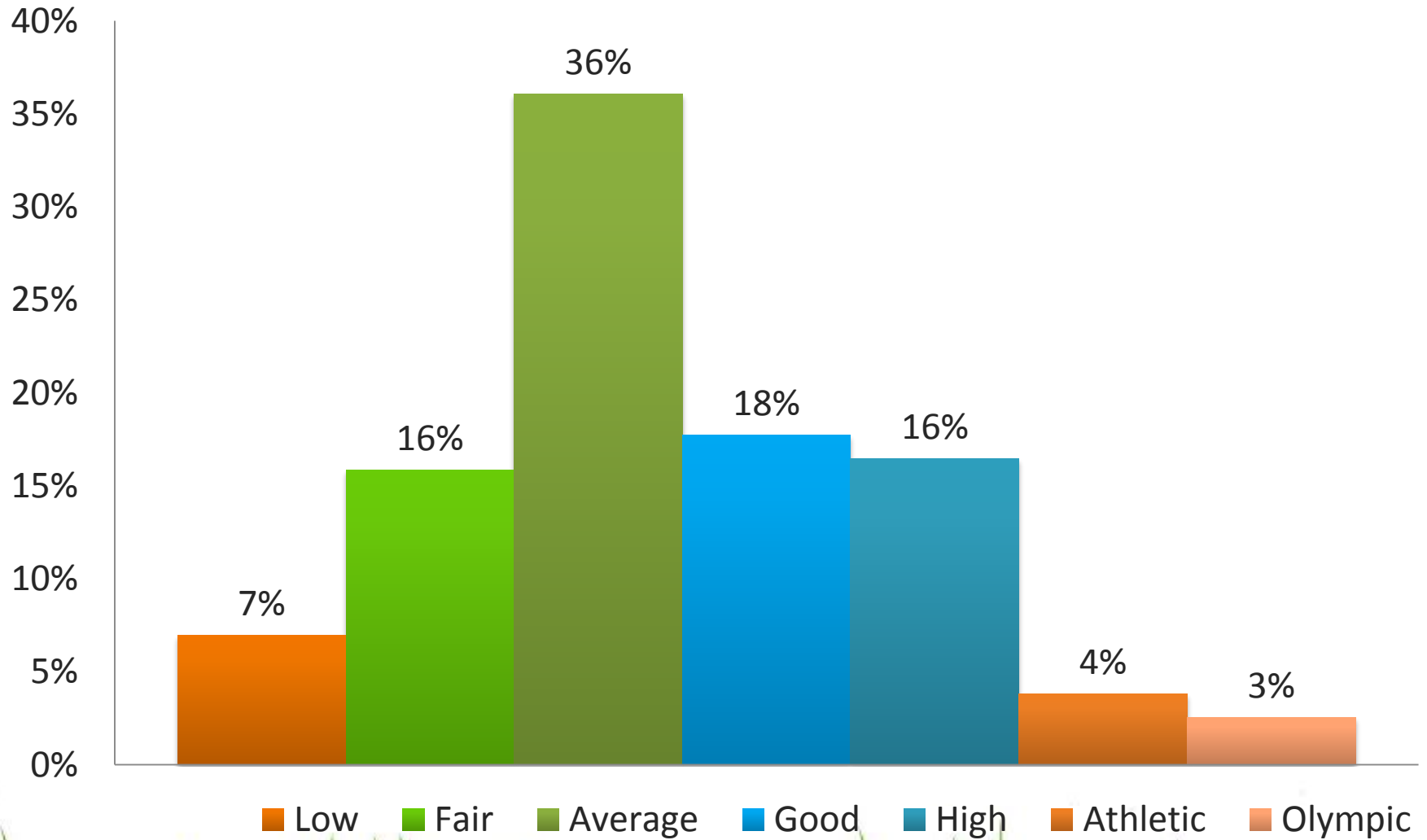
2013 (253 total)



2014 (295 total)



# VO<sub>2</sub>Max (158 total)



# Risk Assessment Categories

Rank of participating SAU Employees in **5 Categories of Health** to determine individual risk.

A comparison from 2013 to 2014

# Higher High Risk

–

All 4 levels  
elevated



- BMI: 35 kg/m<sup>2</sup> 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)

Ind./Total

2013 – (6/487) = 1%

2014 – (3/433) = 1%

# High Risk

–  
[4] or [3]  
levels  
elevated



- BMI: 30 – 35 kg/m<sup>2</sup>, 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)

	Level	Ind./Total
--	-------	------------

2013	– [4]	(8/487) = 2%
	– [3]	(92/487) = 19%
2014	– [4]	(30/433) = 7%
	– [3]	(88/433) = 20%

# Moderate Risk

–

Only 2 levels elevated



- BMI: greater than 25 kg/m<sup>2</sup>
- 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)

Ind./Total

2013 – (130/487) = 27%

2014 – (112/433) = 26%



## Low Risk

–

Only 1 level  
elevated



- BMI: greater than 25 kg/m<sup>2</sup>
- 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)

Ind./Total

2013 – (115/487) = 23%

2014 – (92/433) = 21%

# Lowest Low Risk

–

No levels  
elevated



- BMI: less than 25 kg/m<sup>2</sup>
- Cholesterol: Less than 200
- Blood pressure:  $\leq 120/80$
- Blood glucose:  $\leq 100$ , with A1C less than 5.6%

Ind./Total

2013 – (136/487) =  
28%

2014 – (108/433) =  
25%

# 2013/2014 Summary of Risk Categories

## 2013 (487 total)

- Highest Risk – (6) 1%
- High Risk [4] – (8) 2%  
[3] – (92) 19%
- Mod. Risk – (130)  
27%
- Low Risk – (115) 23%
- Lowest Risk – (136) 28%

SAU (5 year) Goal

Lowest & Low Risk >70%

Highest & High <20%

## 2014 (433 total)

- Highest Risk – (3) 1%
- High Risk [4] – (30) 7%  
[3] – (88) 20%
- Mod. Risk – (112)  
26%
- Low Risk – (92) 21%
- Lowest Risk – (108) 25%

2013

51%

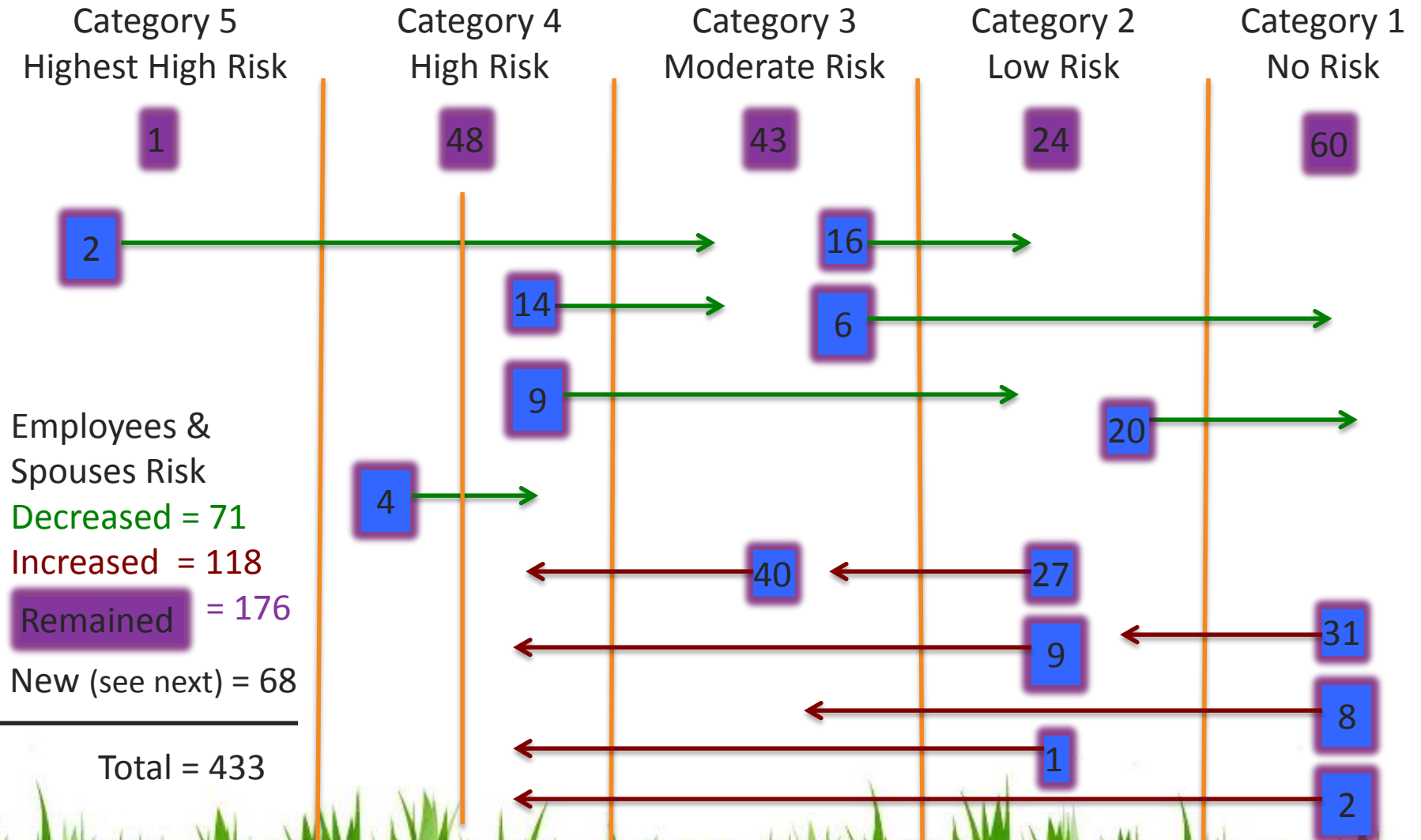
22%

2014

46%

28%

# As compared to August, 2013 Screening



# New Screening Participants

Category 5  
Highest High Risk

Category 4  
High Risk

Category 3  
Moderate Risk

Category 2  
Low Risk

Category 1  
No Risk

17

19

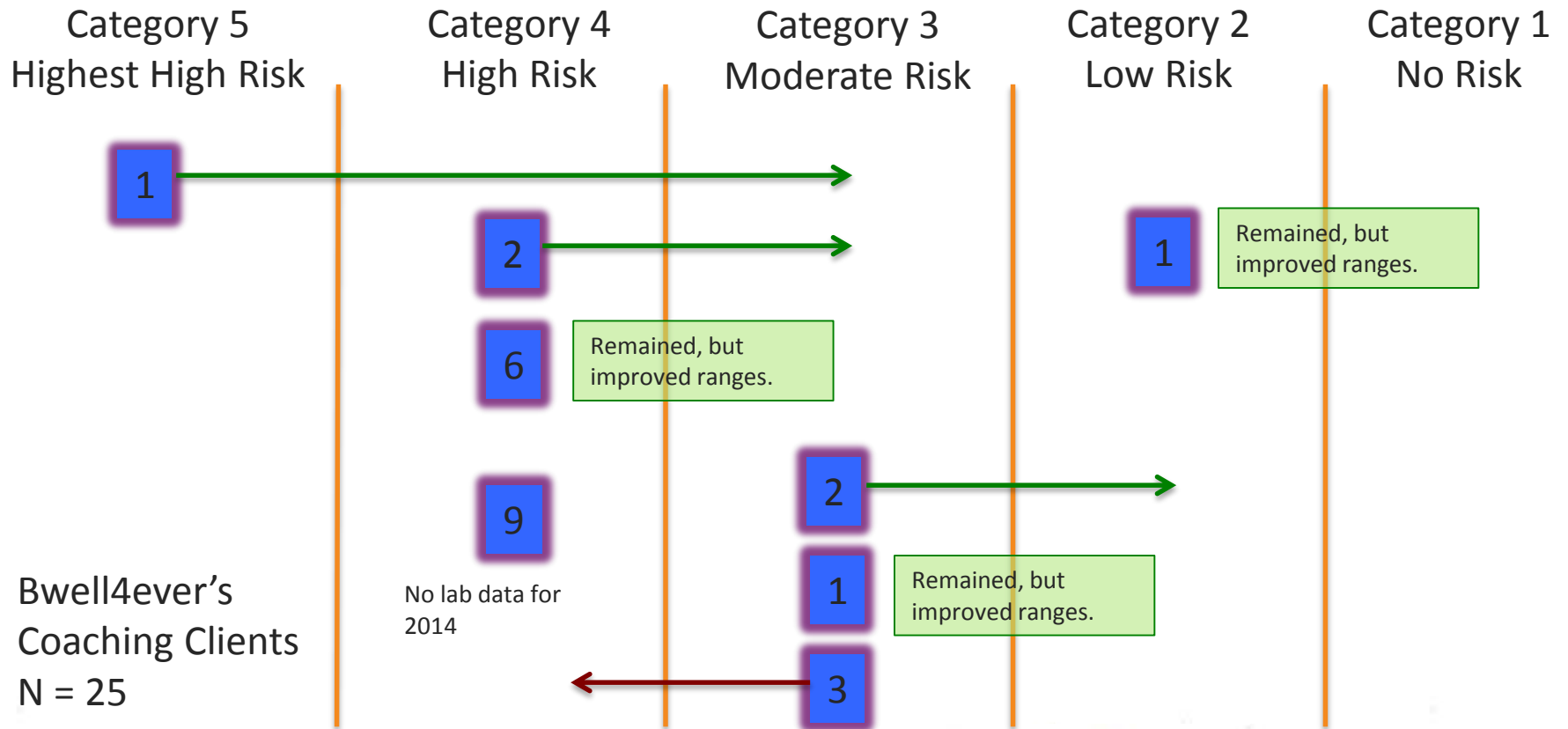
11

21

New = 68



# As compared to August, 2013 Screening



# Summary of Screening Comparison

---

- Employees/Spouses:
  - 16% of participants moved to a lower risk category.
  - 40% of participants improved ranges, but remained in the same category.
  - **46%** total improvement.
- Coaching Clients:
  - 20% of participants moved to a lower risk category.
  - 32% of participants improved ranges, but remained in the same category.
  - **52%** total improvement.

# Online Health Risk Assessment

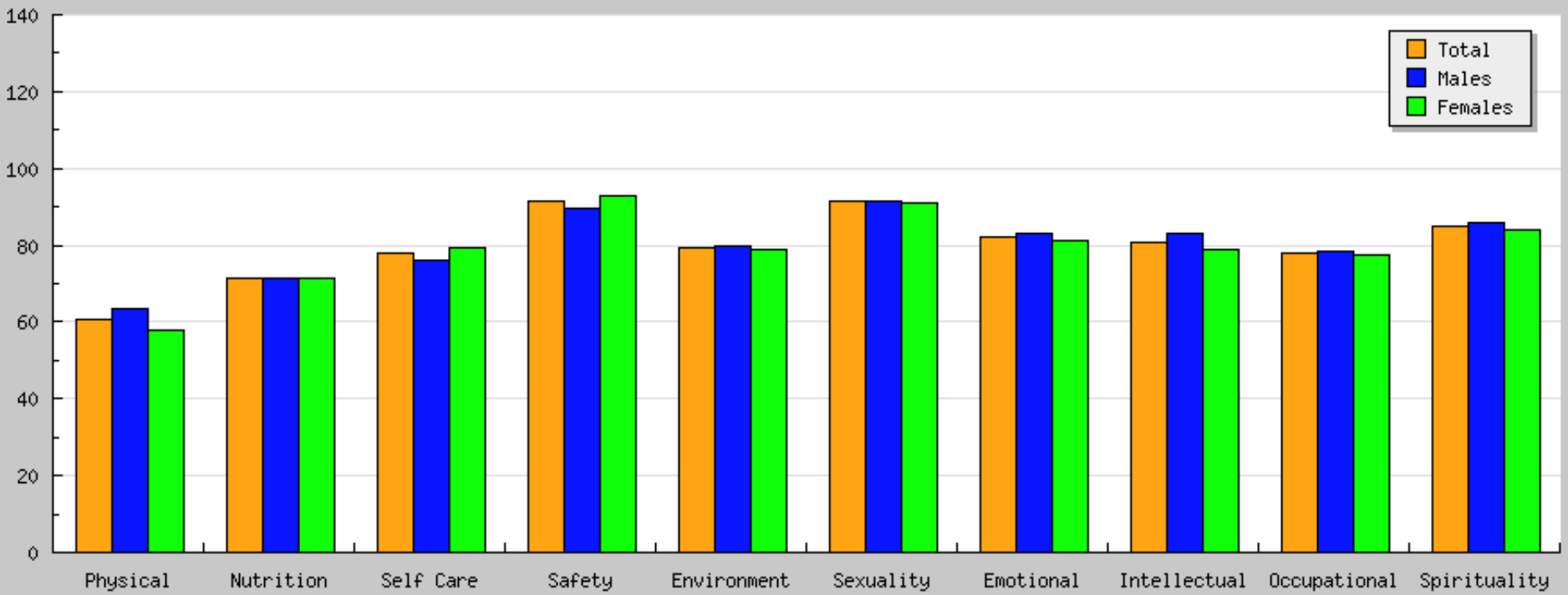
Statistics to help SAU **look forward to**  
**better health** by lowering risk categories.

August 2014, Testwell, National Wellness Institute



# Summary of Categorized Questions on HRA

Category	Number	Percentage
Total Number in Group	240	100%
Total Number of Males	107	44.58 %
Total Number of Females	133	55.42%



# Topics of Interest by Rank

---

225 participants from Online HRA (50%)

- Weight Reduction (46)
- Relaxation (33)
- Health & Wellness Coaching (28)
- Women's Issues (25)
- Financial Management (23)
- Nutrition (23)
- Recreation & Leisure (21)
- Men's Issues (15)
- Medical Self-Care (13)
- Self Esteem (12)
- Depression (11)
- Parenting Skills (11)
- Loneliness (7)
- Environmental Issues (4)
- Medical Emergencies (3)
- Spiritual or Philosophical Values (3)
- Death & Dying (3)
- Sexuality (2)

Given at Employee Wellness Assessment

- 4.9 – Staff readiness & professionalism
- 4.8 – Would recommend this program
- 4.8 – Overall satisfaction of assessment
- 4.7 – Understood results given
- 4.5 – Professional materials
- 4.5 – Time efficiency at stations
- 4.3 – Understood process of online HRA

**4.6**  
**Overall**



# Special Thanks

Goes to all assessment day **volunteers** from SAU faculty and the **Wellness Committee**.

Also to **Dr. Bengé** and **Darrin Bissel**, who helped make the organization and administration of the assessment possible.





It's not just about the data, but the outcome.

# Thank You!

