

ADULT HEALTH RISK SUMMARY REPORT

Age and Gender	Number	% of Total
Total population	96	
Male	45	47.4%
Female	50	52.6%
Average age	45 yrs	

Overall Health	Number	% of Total
Healthy (2 or fewer high-risk factors)	48	50.0%
Moderate risk (3 to 4 high-risk factors)	28	29.2%
High risk (5 or more high-risk factors)	20	20.8%
Average high-risk factors per person	2.7	

Risk-Factor Analysis

Biometrics	Number	% of Total
Blood pressure		
Borderline high	42	43.8%
Too high	16	16.7%
Unknown	11	11.5%
Body mass index		
Moderate risk	37	38.5%
High risk	32	33.3%
Waist		
High risk	24	29.3%
Waist-to-hip ratio		
Moderate risk	28	34.1%
High risk	6	7.3%
Body fat		
Moderate risk	5	5.2%
High risk	3	3.1%
Unknown	68	70.8%

Laboratory Tests	Number	% of Total	
LDL cholesterol			
Borderline high	24	25.0%	
Too high	5	5.2%	
Unknown	21	21.9%	
HDL cholesterol			
Borderline low	29	30.2%	
Too Low	6	6.3%	
Unknown	21	21.9%	
Total cholesterol			
Borderline high	29	30.2%	
Too high	7	7.3%	
Unknown	21	21.9%	
Triglycerides			
Borderline high	20	20.8%	
Too high	5	5.2%	
Unknown	29	30.2%	
Fasting blood sugar			
Borderline high	19	19.8%	
Too high	6	6.3%	
Unknown	35	36.5%	
PSA			
Reported	10	10.4%	% of Reported 100.0%
Borderline high	1	1.0%	10.0%
Too high	0	0.0%	0.0%
Unknown	4	4.2%	40.0%

Lifestyle Behaviors	Number	% of Total
Eating habits		
Moderate risk	40	41.7%
High risk	39	40.6%
Activity and exercise		
Moderate risk	15	15.6%
High risk	53	55.2%
Alcohol use		
Moderate risk	6	6.3%
High risk	33	34.4%
Tobacco use		
Moderate risk	12	12.5%
High risk	13	13.5%
Stress		
Moderate risk	49	51.0%
High risk	12	12.5%
Substance abuse		
Moderate risk	9	9.4%
High risk	6	6.3%
Motor vehicle safety		
Moderate risk	26	27.1%
High risk	8	8.3%
Health Status		
Perceived health		
Moderate risk	40	41.7%
High risk	23	24.0%
Physician office visits		
Moderate risk	11	11.5%
High risk	3	3.1%
Prescription medications		
Moderate risk	7	7.3%
High risk	0	0.0%
Days sick		
Moderate risk	15	15.6%
High risk	5	5.2%

Health Management	Number	% of Total	% of Eligible
Physical examination			
Eligible	96	100.0%	100.0%
Due	15	15.6%	15.6%
Blood pressure check			
Eligible	96	100.0%	100.0%
Due	8	8.3%	8.3%
Cholesterol check			
Eligible	96	100.0%	100.0%
Due	17	17.7%	17.7%
Colonoscopy			
Eligible	24	25.0%	100.0%
Due	10	10.4%	41.7%
PSA test			
Eligible	11	11.5%	100.0%
Due	3	3.1%	27.3%
Mammogram			
Eligible	28	29.2%	100.0%
Due	10	10.4%	35.7%
Pap smear			
Eligible	51	53.1%	100.0%
Due	11	11.5%	21.6%
Breast exam			
Eligible	51	53.1%	100.0%
Due	14	14.6%	27.5%
Flu shot			
Eligible	96	100.0%	100.0%
Due	60	62.5%	62.5%

Chronic Conditions	Number	% of Total	% of Diagnosed
Arthritis			
Diagnosed	6	6.3%	100.0%
Moderate	1	1.0%	16.7%
Severe	1	1.0%	16.7%
Asthma			
Diagnosed	7	7.3%	100.0%
Moderate	0	0.0%	0.0%
Severe	1	1.0%	14.3%
Back pain			
Diagnosed	7	7.3%	100.0%
Moderate	1	1.0%	14.3%
Severe	0	0.0%	0.0%
COPD			
Diagnosed	3	3.1%	100.0%
Moderate	0	0.0%	0.0%
Severe	2	2.1%	66.7%
Depression			
Diagnosed	24	25.0%	100.0%
Moderate	1	1.0%	4.2%
Severe	0	0.0%	0.0%
Diabetes			
Diagnosed	8	8.3%	100.0%
Moderate	2	2.1%	25.0%
Severe	2	2.1%	25.0%
Heart disease			
Diagnosed	4	4.2%	100.0%
Moderate	0	0.0%	0.0%
Severe	4	4.2%	100.0%
Heart failure			
Diagnosed	4	4.2%	100.0%
Moderate	0	0.0%	0.0%
Severe	2	2.1%	50.0%
High blood pressure			
Diagnosed	22	22.9%	100.0%
Moderate	6	6.3%	27.3%
Severe	4	4.2%	18.2%
Future Disease Risk	Number	% of Total	% of Assessed
Arthritis			
Assessed	88	91.7%	100.0%
Moderate risk	18	18.8%	20.5%
High risk	9	9.4%	10.2%
Asthma			
Assessed	70	72.9%	100.0%

Moderate risk	8	8.3%	11.4%
High risk	0	0.0%	0.0%
Back pain			
Assessed	87	90.6%	100.0%
Moderate risk	57	59.4%	65.5%
High risk	13	13.5%	14.9%
Breast cancer			
Assessed	49	51.0%	100.0%
Moderate risk	15	15.6%	30.6%
High risk	2	2.1%	4.1%
Colorectal cancer			
Assessed	93	96.9%	100.0%
Moderate risk	9	9.4%	9.7%
High risk	1	1.0%	1.1%
Lung cancer			
Assessed	94	97.9%	100.0%
Moderate risk	18	18.8%	19.1%
High risk	7	7.3%	7.4%
Skin cancer			
Assessed	93	96.9%	100.0%
Moderate risk	40	41.7%	43.0%
High risk	17	17.7%	18.3%
COPD			
Assessed	91	94.8%	100.0%
Moderate risk	11	11.5%	12.1%
High risk	6	6.3%	6.6%
Depression			
Assessed	70	72.9%	100.0%
Moderate risk	34	35.4%	48.6%
High risk	1	1.0%	1.4%
Diabetes			
Assessed	86	89.6%	100.0%
Moderate risk	25	26.0%	29.1%
High risk	17	17.7%	19.8%
Heart disease			
Assessed	90	93.8%	100.0%
Moderate risk	9	9.4%	10.0%
High risk	6	6.3%	6.7%
Heart failure			
Assessed	90	93.8%	100.0%
Moderate risk	17	17.7%	18.9%
High risk	0	0.0%	0.0%
High blood pressure			
Assessed	72	75.0%	100.0%
Moderate risk	20	20.8%	27.8%

High risk

34

35.4%

47.2%