

Group Summary Report

Personal Wellness Profile Group Summary Sample Concise Plus Short Group Report

Scientific Basis for the Personal Wellness Profile

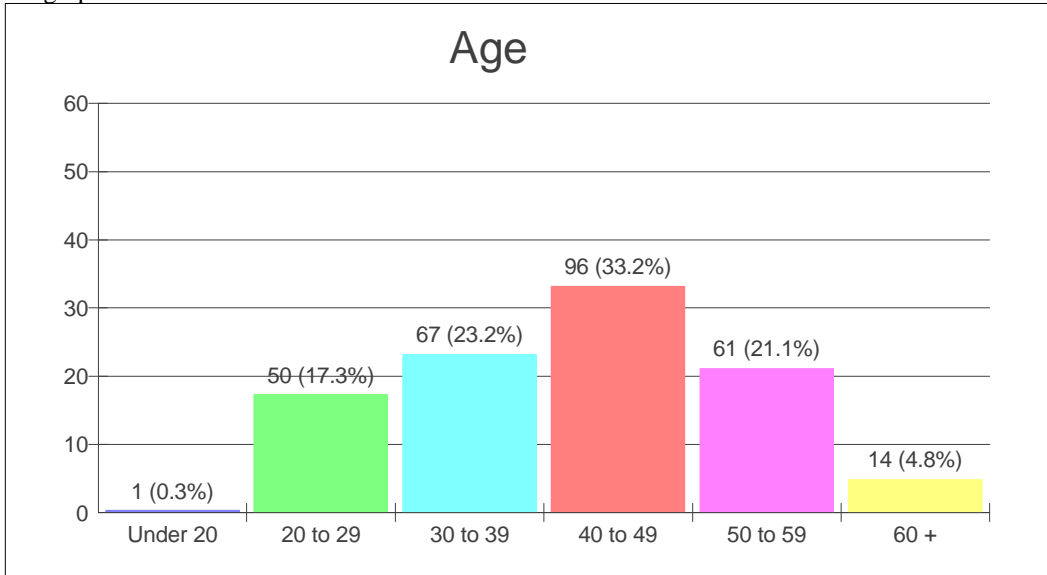
- ◆ American Cancer Institute
- ◆ American Cancer Society
- ◆ American College of Sports
Medicine
- ◆ American Heart Association
- ◆ U.S. Department of Health and
Human Services
- ◆ Health Outcomes Institute
- ◆ Johns Hopkins Medical
Institutions
- ◆ National Academy of Sciences,
NRC
- ◆ National Center of Health
Statistics
- ◆ National Committee For Quality
Assurance
- ◆ National Institutes of Health
- ◆ National Mental Health
Association
- ◆ University of California at
Berkeley
- ◆ University of Michigan
- ◆ U.S. Preventive Services Task
Force
- ◆ U.S. Surgeon General's Report
on Health Promotion and
Disease Prevention
- ◆ U.S. Department of Agriculture's
Dietary Guidelines for
Americans
- ◆ World Health Organization

Provided by

<Using the menu item>
<'Configure - Sponsor phrases... '>
<on the main program screen.>

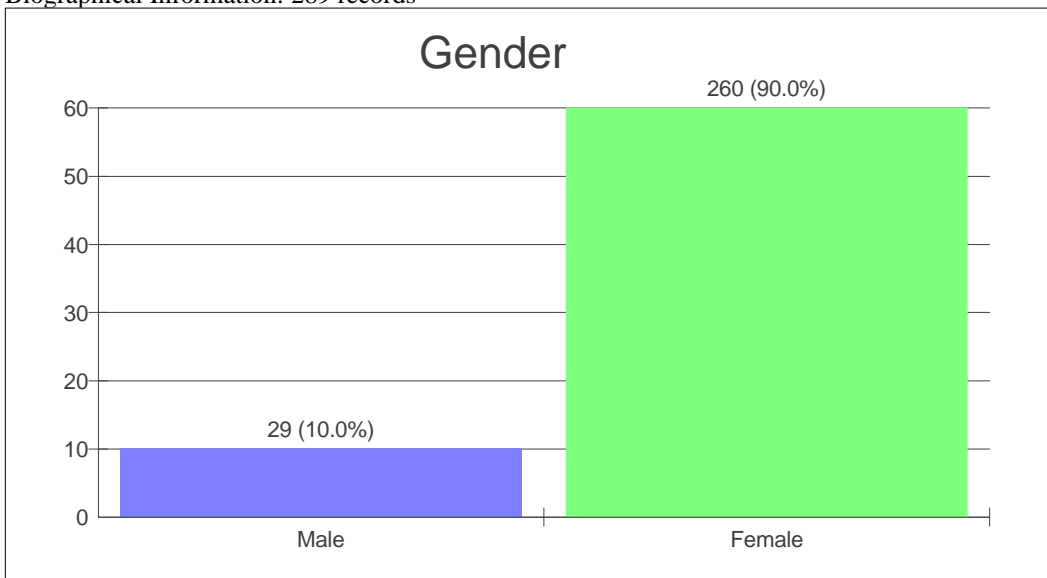
Personal Wellness Profile Group Report

Biographical Information: 289 records



The average age for people in this group is 41.8. This report is based on a sample size of 289 people.

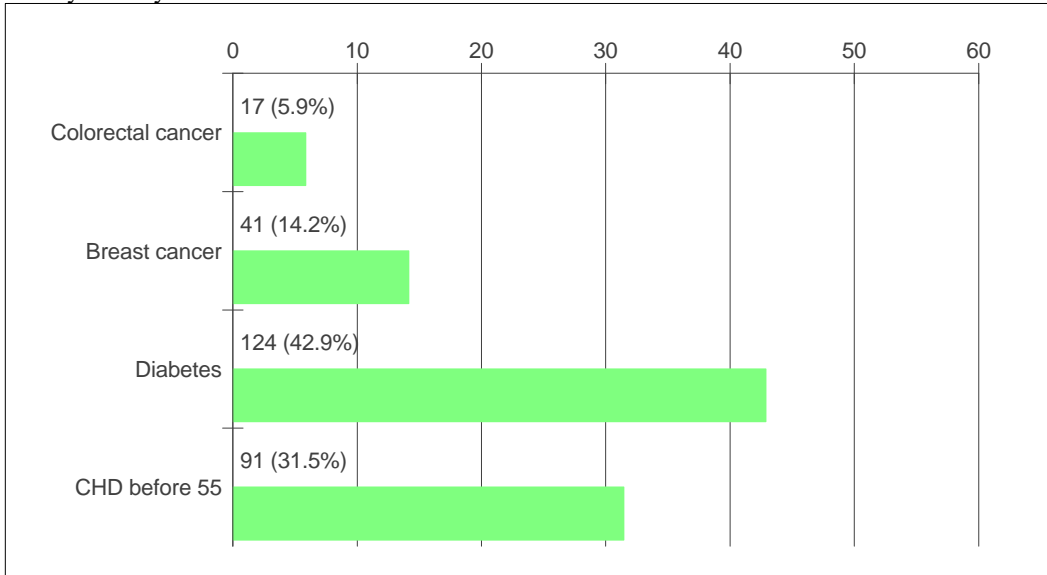
Biographical Information: 289 records



29 (10.0%) men and 260 (90.0%) women participated in this program for a total of 289 people.

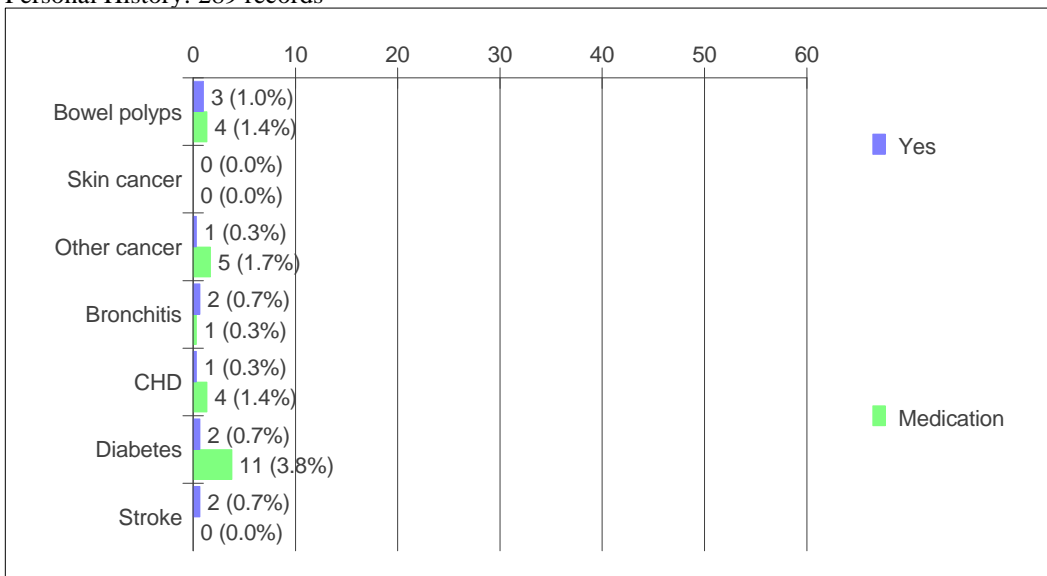
Personal Wellness Profile Group Report

Family History: 289 records



A family history of some diseases and health conditions increases an individual's risk of health problems. The percentages of participants with family histories of such diseases are illustrated in the above chart. It is especially important for individuals with a family history of health problems to live a healthy lifestyle.

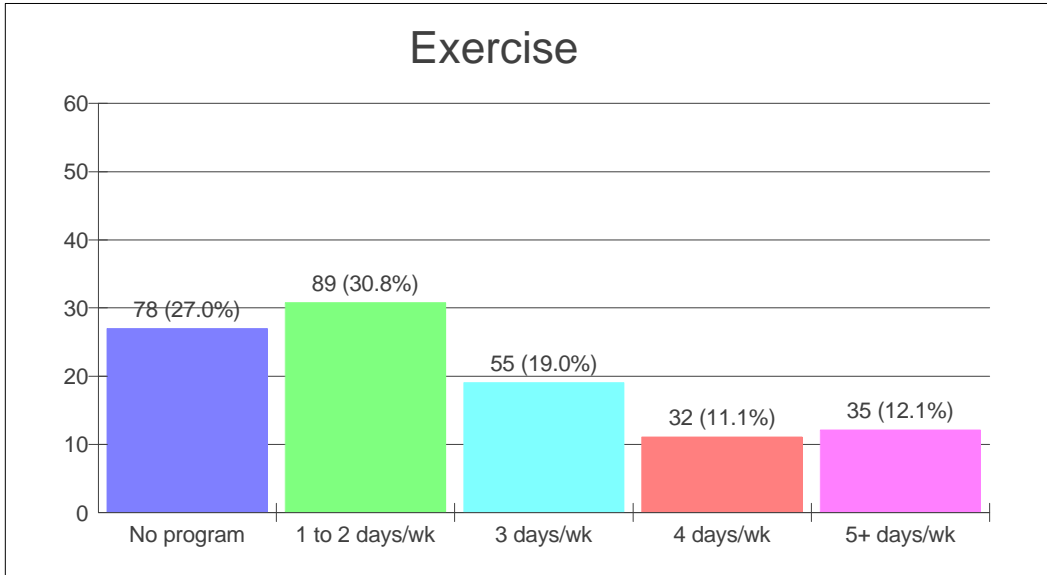
Personal History: 289 records



This graph illustrates health conditions which increase a person's risk for disease.

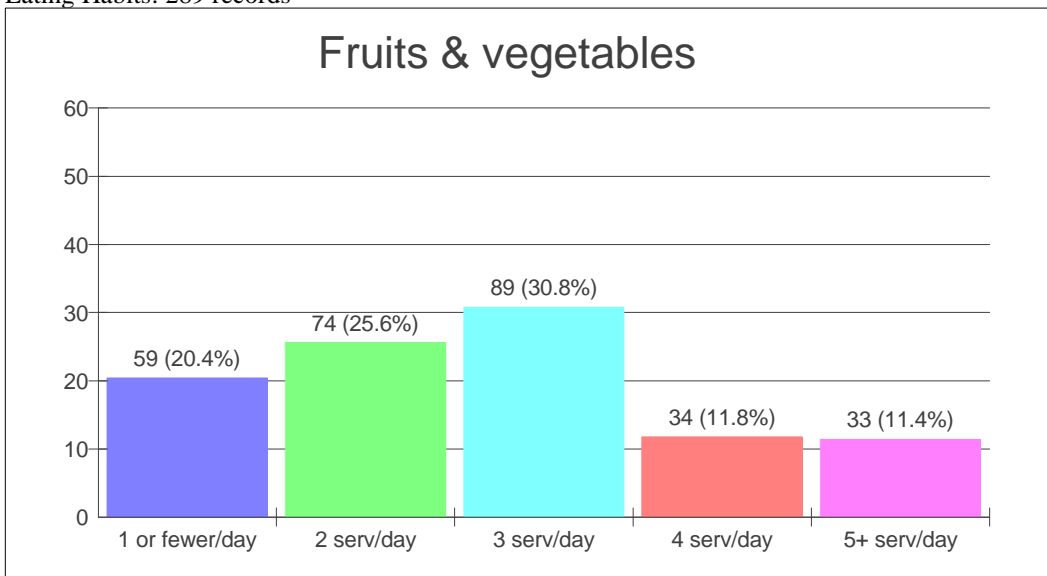
Personal Wellness Profile Group Report

Exercise: 289 records



Three to four aerobic exercise sessions per week (20 to 30 minutes each) are recommended for maintaining good cardiovascular fitness. In this group, 122 (42.2%) meet these requirements. Another 167 (57.8%) have no regular exercise program or are not getting adequate exercise to maintain good health.

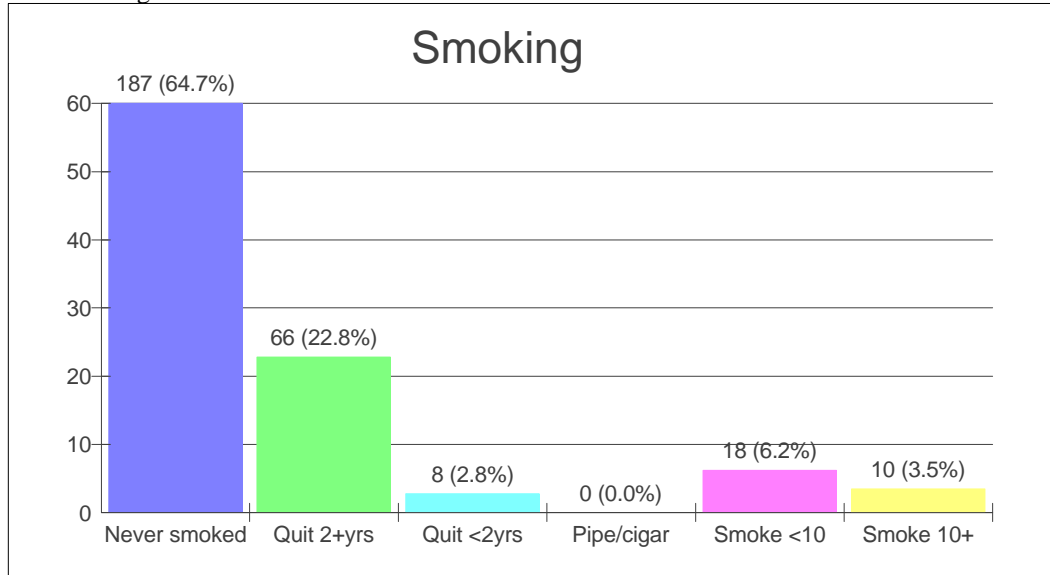
Eating Habits: 289 records



Fruits and vegetables are good sources of complex carbohydrates, dietary fiber, vitamins, and minerals. They are also considered protective against cancer and heart disease. At least five or more servings per day are recommended. In this case, 33 (11.4%) of the people eat at least five or more servings. 256 (88.6%) eat less than the recommended amount.

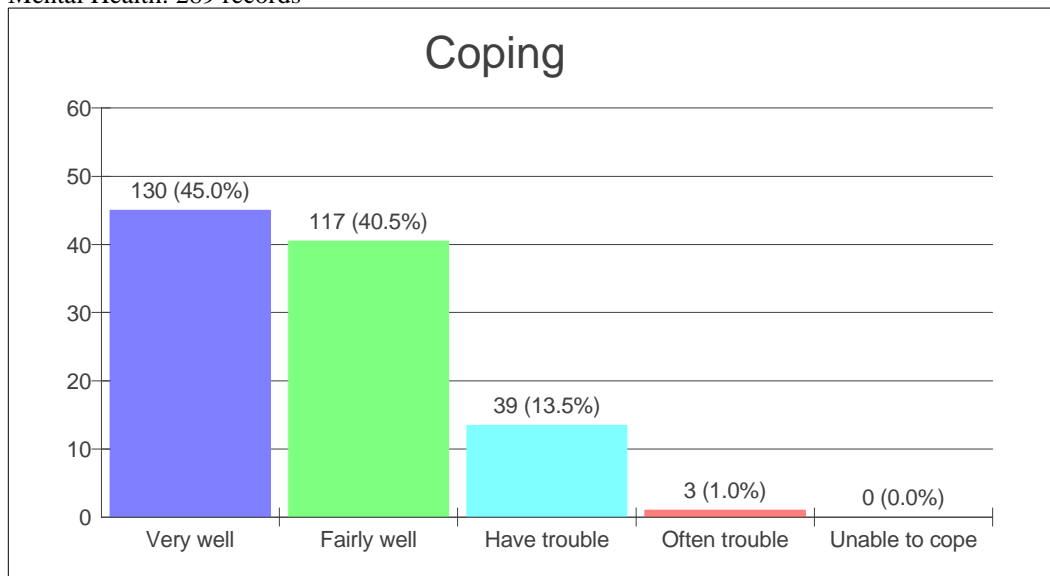
Personal Wellness Profile Group Report

Alcohol/drugs: 289 records



The greatest preventable cause of early death today is smoking. Smokers are sick more often than nonsmokers. In fact, studies suggest that a smoker will pay approximately \$300 to \$600 more each year for health care than a nonsmoker. In this group, 187 (64.7%) people have never smoked, 74 (25.6%) people have quit smoking, and 28 (9.7%) people currently are smokers.

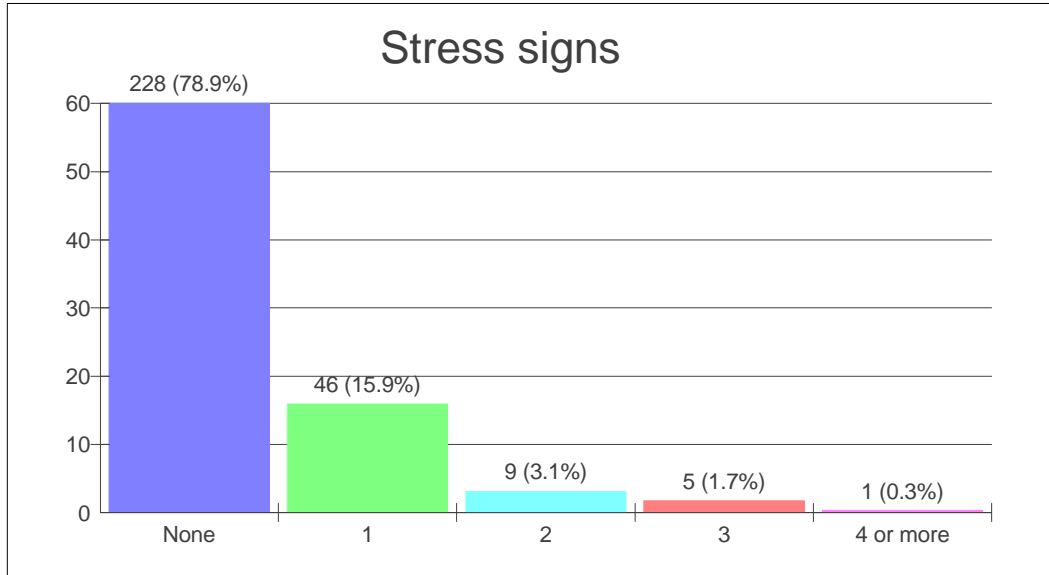
Mental Health: 289 records



Excessive levels of stress can cause increased absenteeism, decreased performance on the job, and physical and mental health problems. Programs for reducing stress and improving coping skills can help offset many of these problems. In this group, 247 (85.5%) people feel they are seldom or only occasionally stressed and are coping well. Another 39 (13.5%) people feel they are stressed often and have trouble coping at times. The remaining 3 (1.0%) people feel they experience heavy or excessive levels of stress and are having trouble coping or are unable to cope.

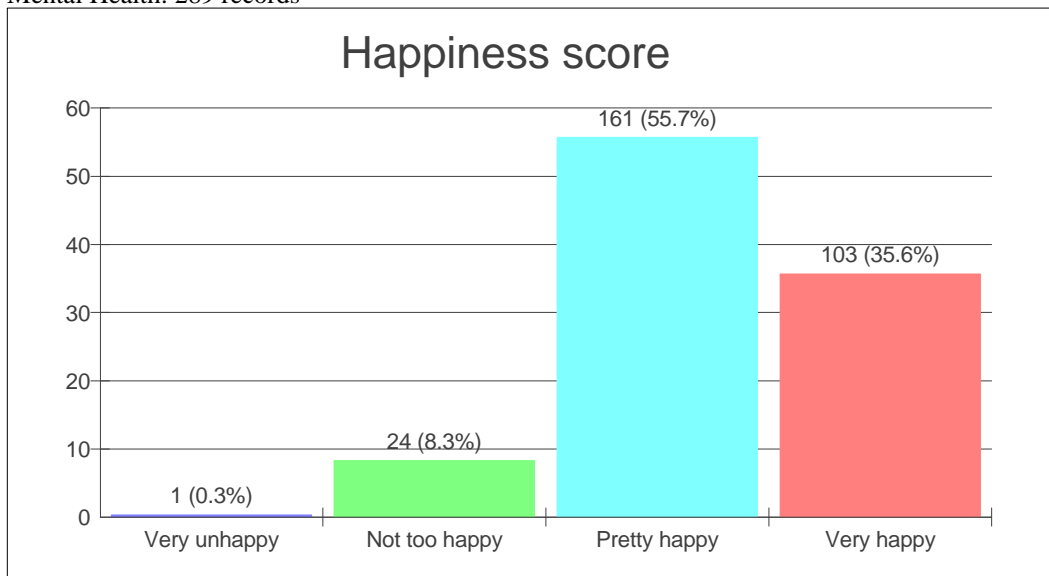
Personal Wellness Profile Group Report

Mental Health: 289 records



The presence of "stress signals" may indicate that stress is affecting us. The six stress signals evaluated were "Minor problems throw me for a loop," "I find it hard to get along with others," "Nothing seems to give me pleasure," "I am unable to stop thinking about my problems," "I feel frustrated, impatient, or angry much of the time," "I feel tense or anxious much of the time." In this group, 228 (78.9%) people indicate no stress signals are present. 55 (19.0%) people have one or two stress signals. 6 (2.1%) people have three to six stress signals, indicating stress is significantly affecting them.

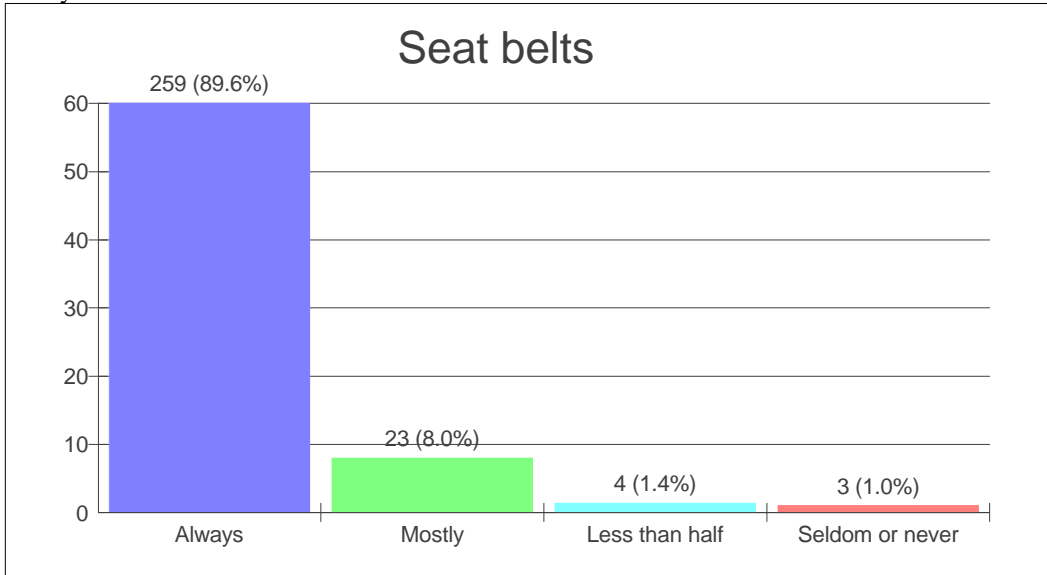
Mental Health: 289 records



Stress, when it becomes excessive, can erode happiness. If life's problems and hassles become too intense or life becomes dull and uninteresting, this suggests a need for change. In this group, 264 (91.3%) people report being "very happy" or "pretty happy," evidently coping fairly well with life. 25 people report being "not too happy" or "very unhappy," indicating improvement is needed.

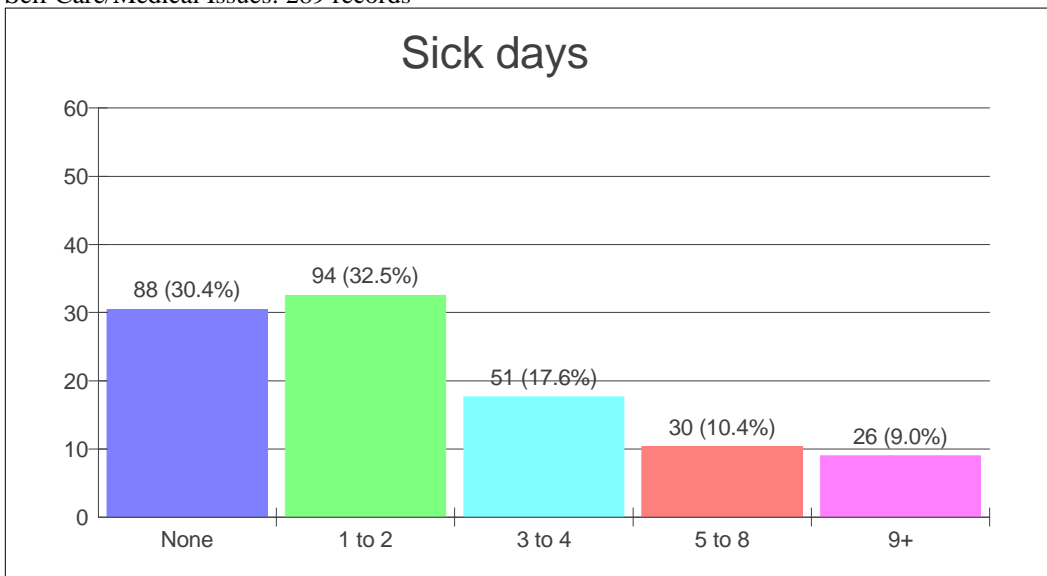
Personal Wellness Profile Group Report

Safety: 289 records



Motor vehicle accidents are one of the leading causes of death. Wearing seat belts is one way to significantly reduce this common health hazard. If everyone wore seat belts, an estimated 16,250 lives would be saved each year in North America (Source: Nat. Highway Traffic Safety Admin. and Transport Canada). In this group, 282 (97.6%) people report wearing seat belts all or most of the time. 7 people report wearing seat belts only half the time or less.

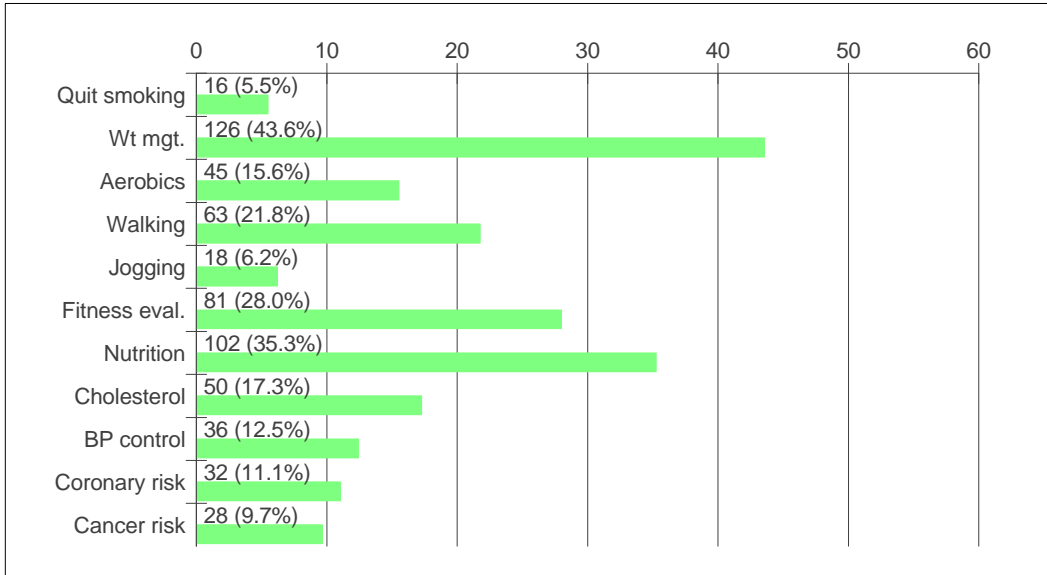
Self Care/Medical Issues: 289 records



Sick days are the total number of days missed from work or school due to sickness or injury during the past 12 months. In this group, 88 people report having had no sick days requiring work loss. 145 people had one to four days off, 30 people had five to eight days off due to sickness, and 26 people had nine or more days off during the last year.

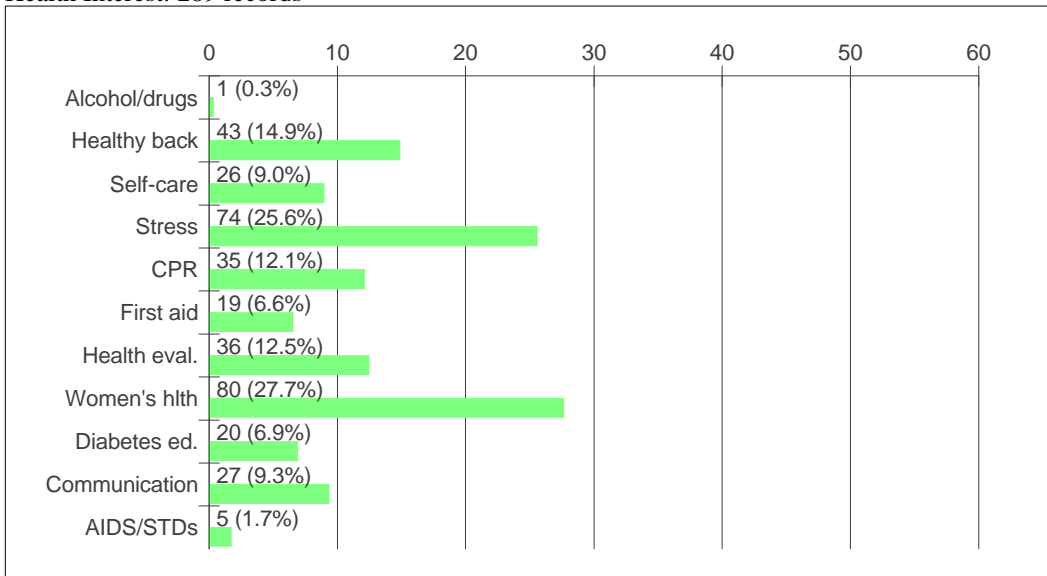
Personal Wellness Profile Group Report

Health Interest: 289 records



Illustrated above are the results of the Health Interest Survey. The percent of people interested in each topic is provided. Please note: participants are usually interested in more than one health topic; there may be more interests tallied than there are people in the group.

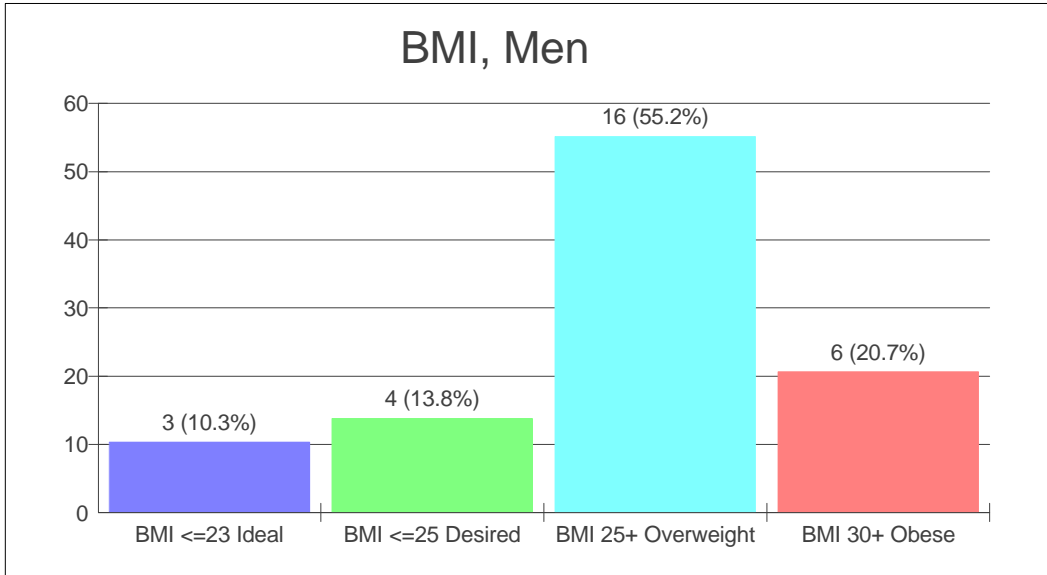
Health Interest: 289 records



Illustrated above are the results of the Health Interest Survey. The percent of people interested in each topic is provided. Please note: participants are usually interested in more than one health topic; there may be more interests tallied than there are people in the group.

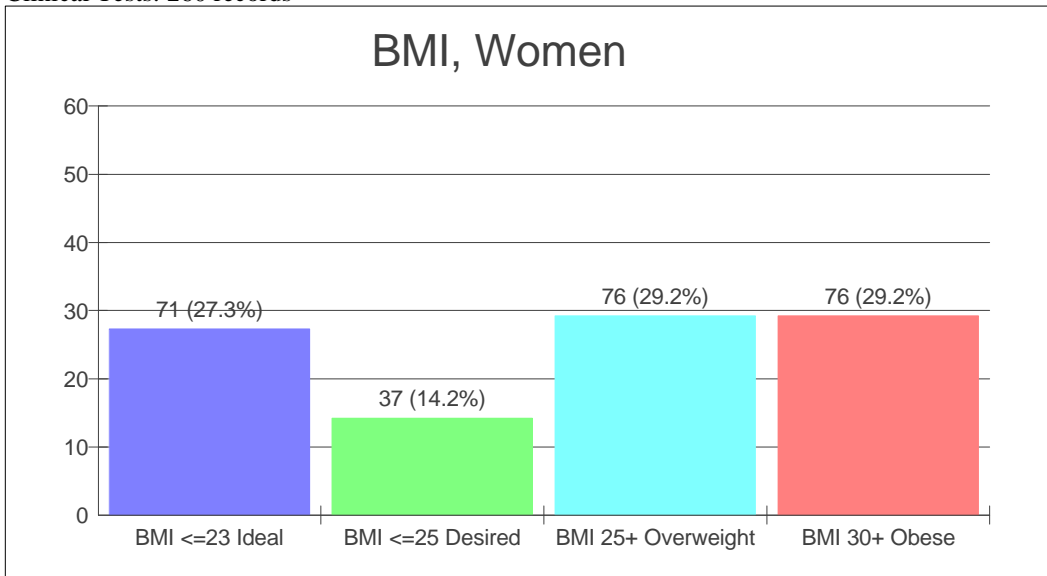
Personal Wellness Profile Group Report

Clinical Tests: 29 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Men with BMI values above 25 are at higher risk for heart disease and other health problems.

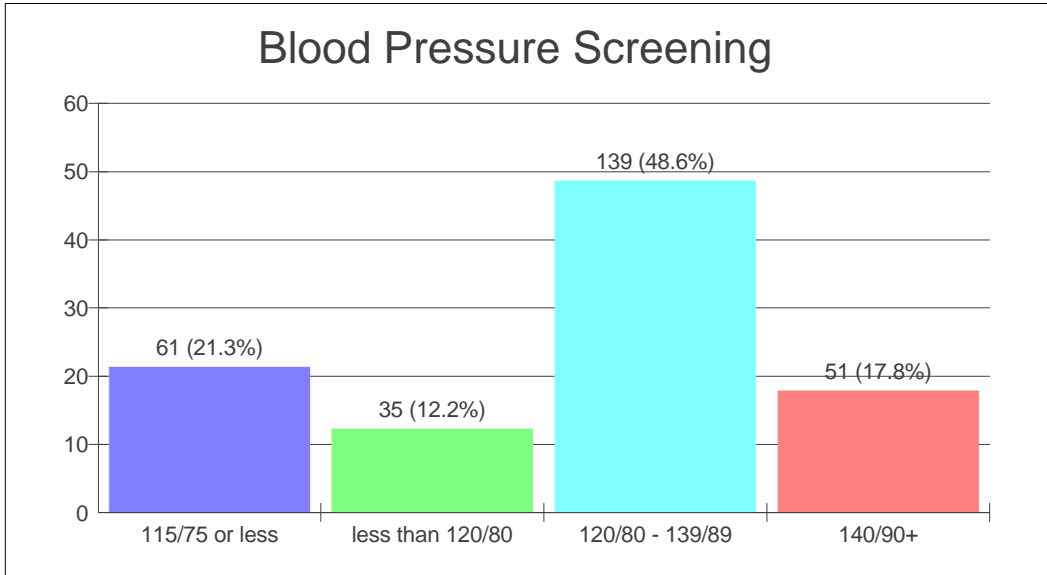
Clinical Tests: 260 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Women with BMI values above 25 are at higher risk for heart disease and other health problems.

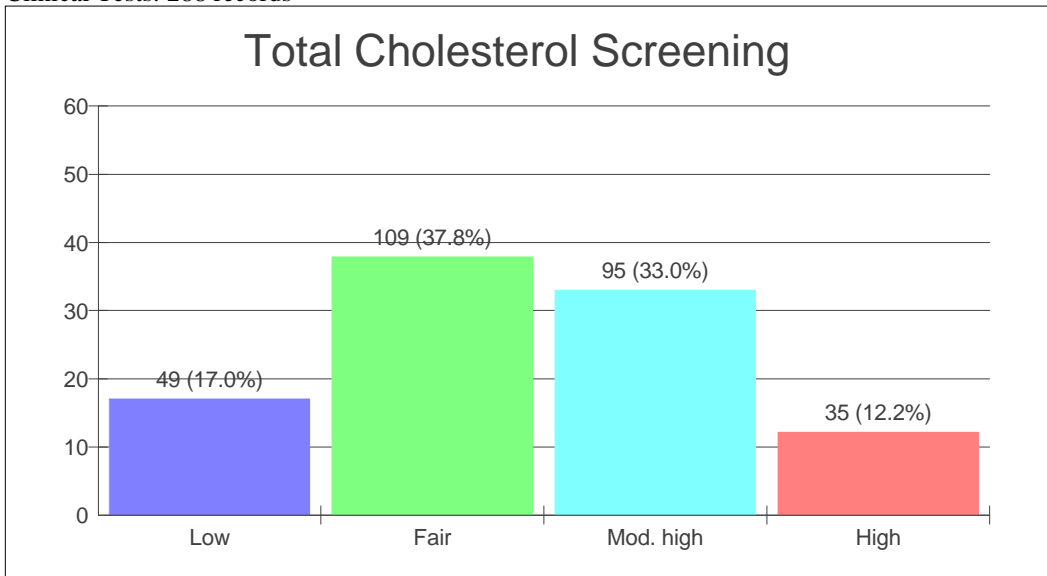
Personal Wellness Profile Group Report

Clinical Tests: 286 records



High blood pressure increases the risk for heart disease and stroke. Studies show that people with high blood pressure tend to have higher health care expenses. For most people, ideal blood pressure is 115/75 or below. Those with blood pressure of 120/80 or above are considered prehypertension. In this group, 139 people have elevated blood pressure, putting them at moderate risk. 51 people have blood pressures that indicate high risk (140/90+).

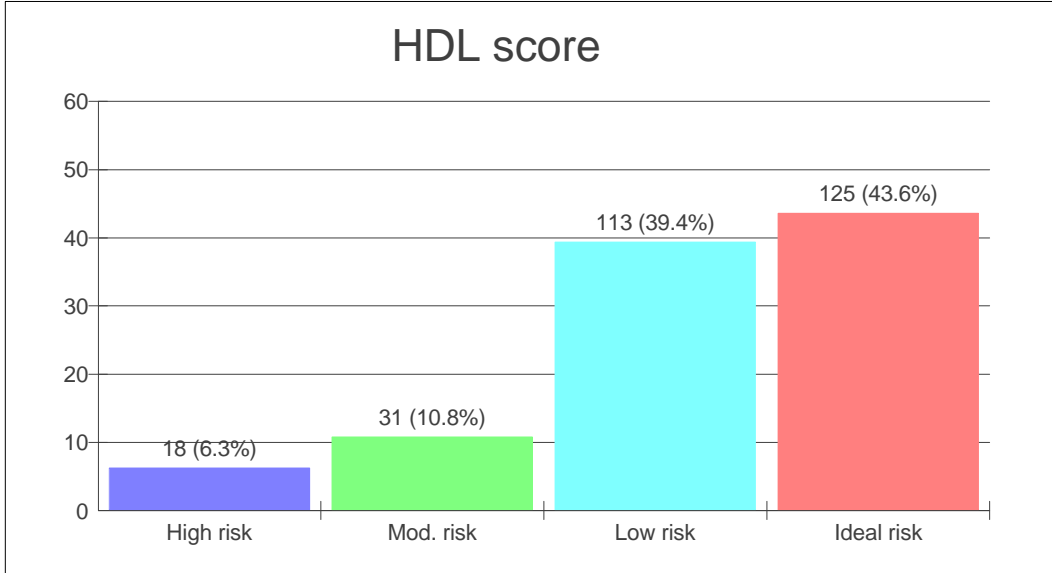
Clinical Tests: 288 records



High blood cholesterol levels increase the risk for heart disease and stroke. For most people, it is recommended to have a cholesterol level below 200. A level of 161 or below is ideal. People with a level of 240 or higher are at high risk. In this group, 95 people have an elevated cholesterol level, putting them at moderate risk. 35 people have a cholesterol level that indicates high risk.

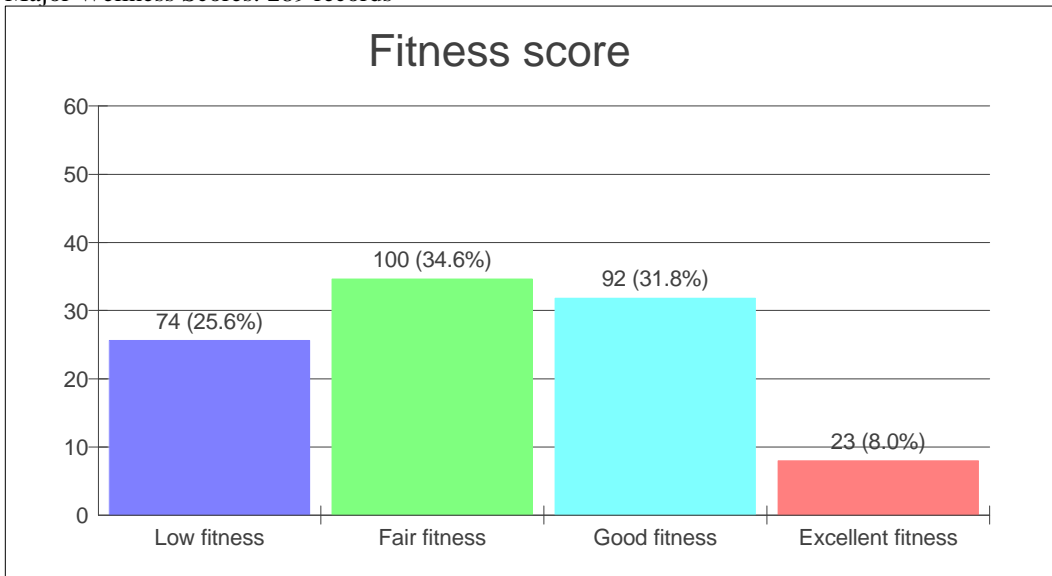
Personal Wellness Profile Group Report

Clinical Tests: 287 records



High density lipoprotein cholesterol (HDL-C) is a carrier of "good cholesterol." HDL-C protects against heart disease by helping remove excess cholesterol deposited in the arteries. The more HDL in the blood, the lower your risk. HDL-C levels of 60 or more are ideal, while HDL-C levels of less than 40 are considered high risk. In this group, 31 people have an HDL level in the moderate risk range. 18 people have a low HDL-C level indicating high risk.

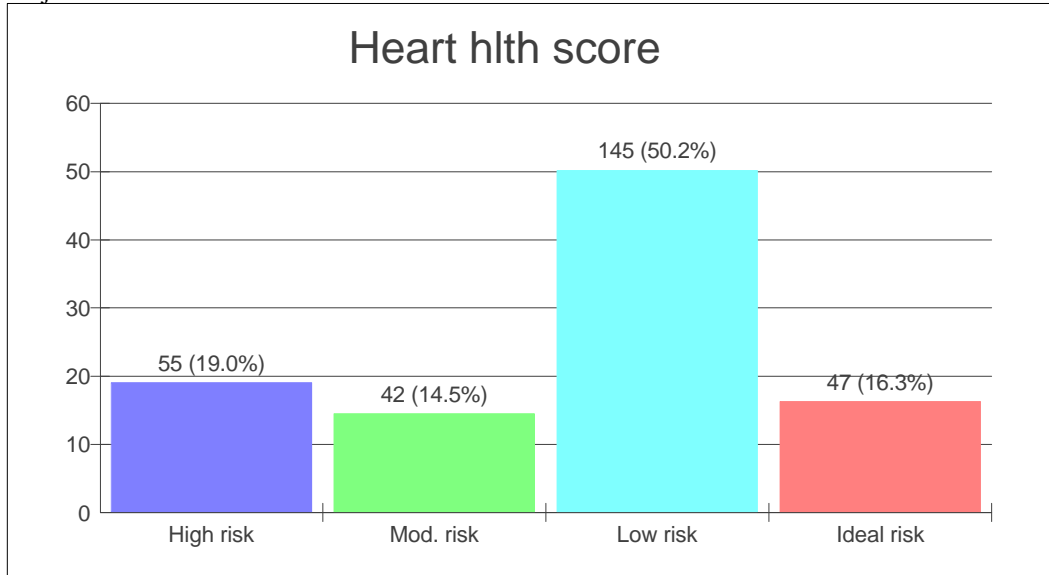
Major Wellness Scores: 289 records



The overall fitness rating gives a comprehensive score based on the sum of the individual scores; aerobic exercise, strength, flexibility, and body composition. 115 people have good or excellent fitness rating.

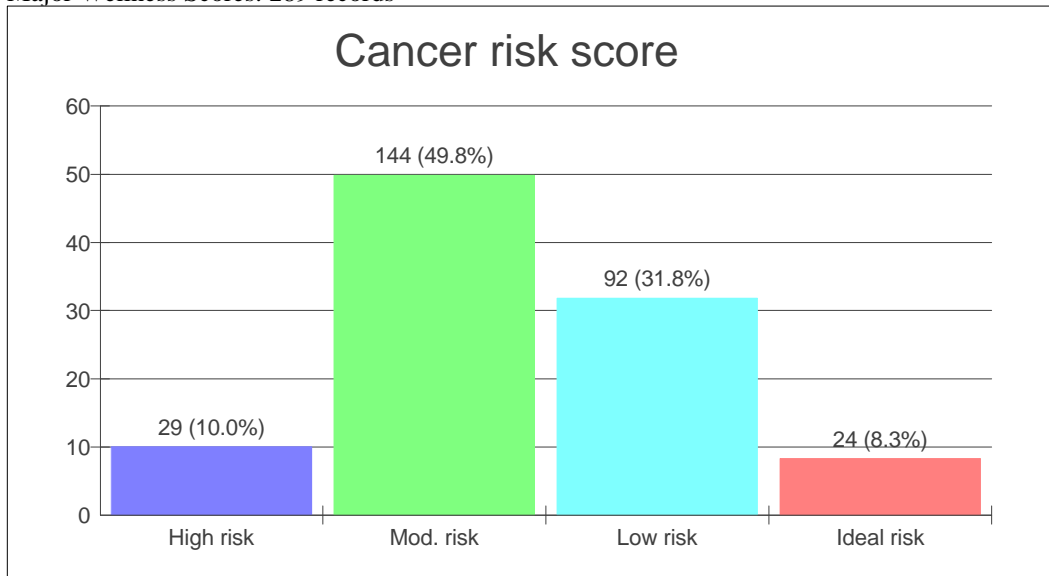
Personal Wellness Profile Group Report

Major Wellness Scores: 289 records



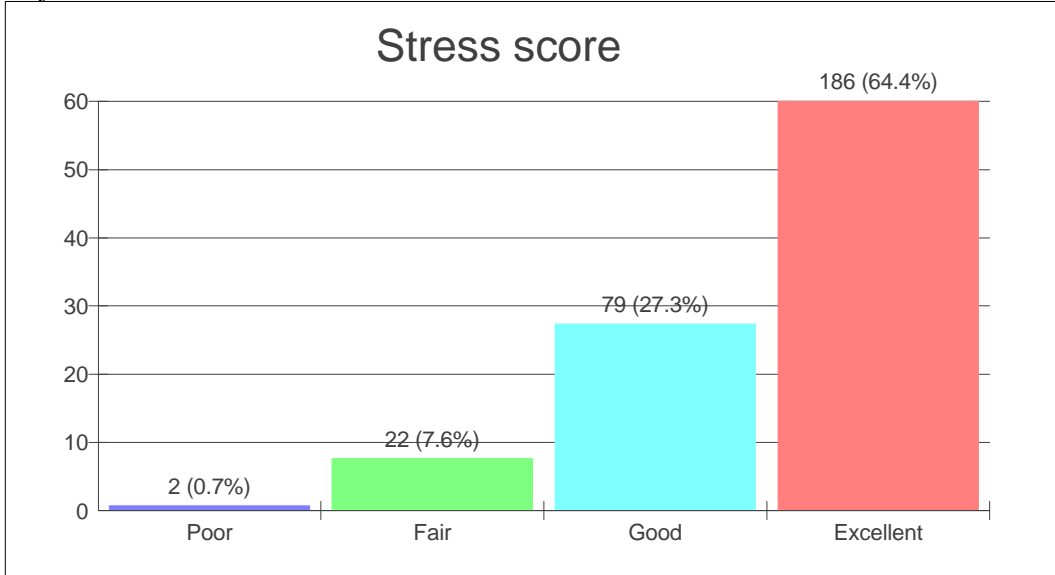
The overall coronary risk rating is based on the information provided by the National Institutes of Health's "National Cholesterol Education Program." This rating indicates an individual's risk for heart disease. 192 people have a low or excellent coronary risk rating.

Major Wellness Scores: 289 records



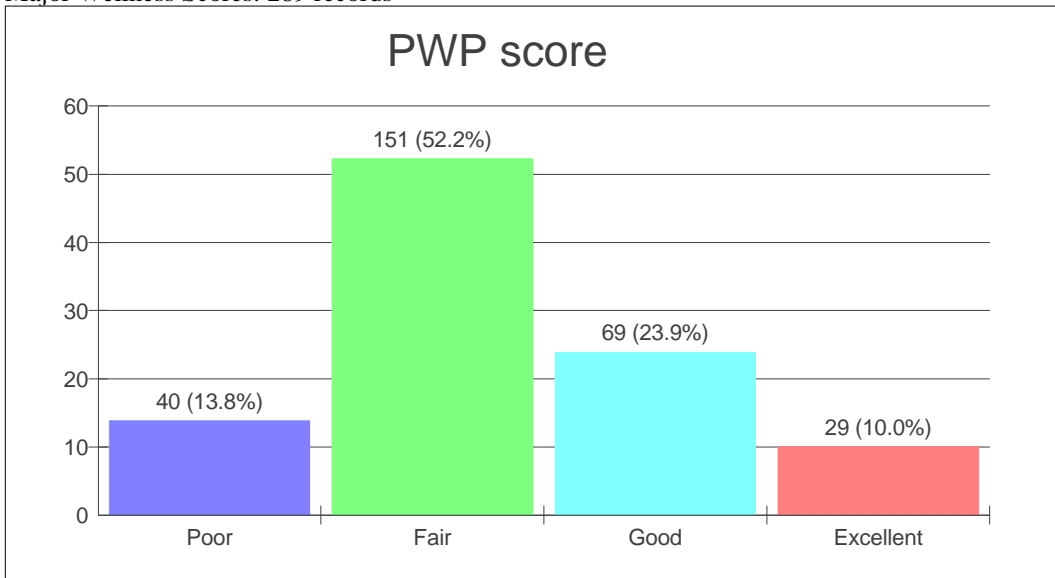
The cancer awareness rating is comprised of several cancer risk factors, such as smoking status, intake of fruits and vegetables, fiber intake, alcohol consumption, body composition, personal history of cancer, etc. 116 people have a normal or low cancer risk rating.

Major Wellness Scores: 289 records



The overall stress score provides an indicator of perceived stress and coping response. 265 (91.7%) people rate in the good or excellent range for stress and coping.

Major Wellness Scores: 289 records



The overall wellness rating gives a comprehensive score based on the sum of the different major wellness factors. 98 (33.9%) people have a good or excellent wellness rating.