

# PWP Group Progress Report

OHS GROUP PROGRESS REPORT (3 YEARS) 04-06

**The Group Progress Report** documents health changes made since the last testing session. Group test results for the previous and current testing sessions are shown together. Values shown are the number and percent of people who rate "Good" to "Excellent" in the Wellness Factors and clinical tests listed.

**This group** consists of 2,053 people (1,167 men, 886 women). Positive changes, as well as areas still needing improvement, are listed below.

### -- Positive Changes --

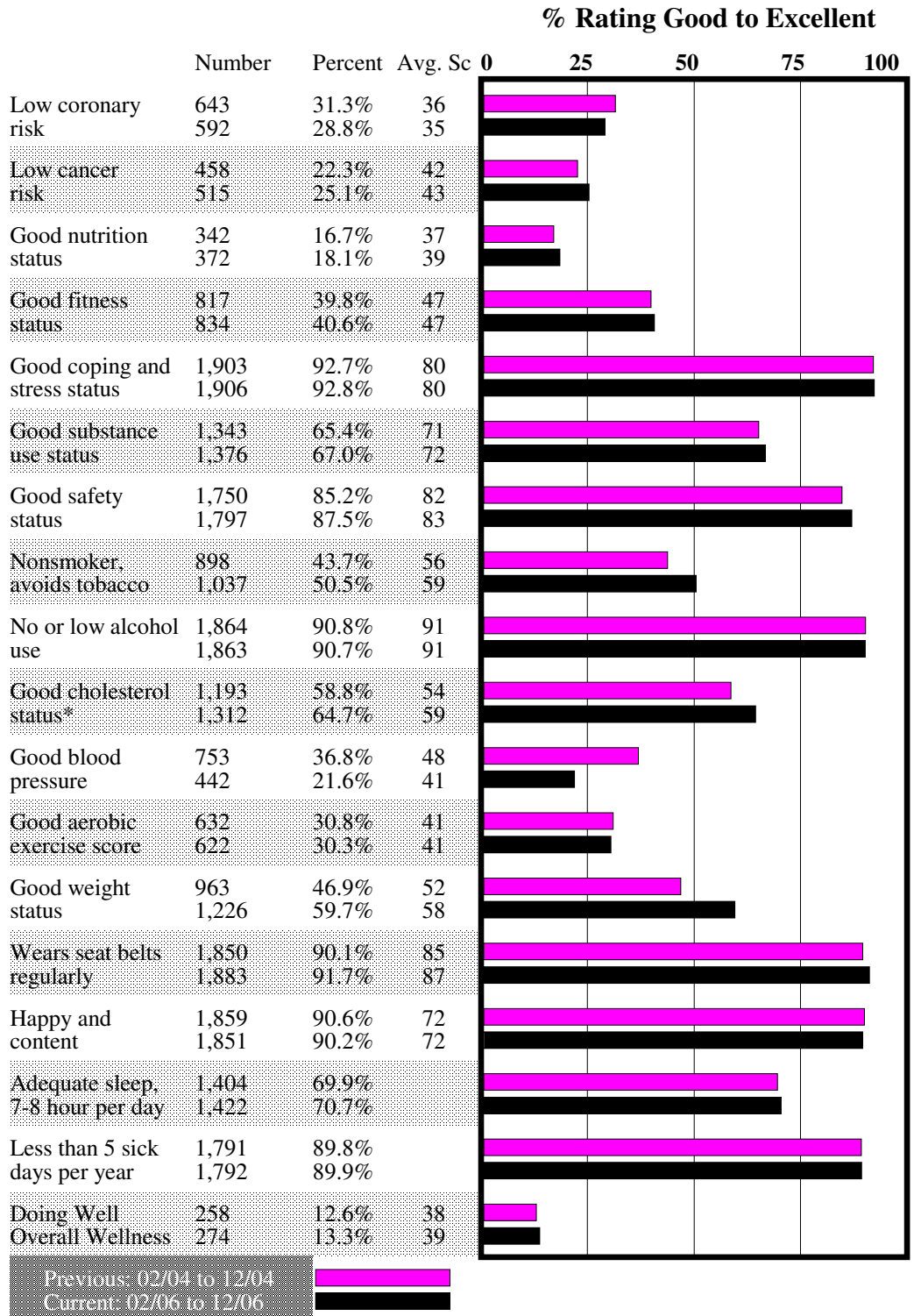
At least 1,027 people (50.0%) achieved "Good" to "Excellent" in each of the following wellness factors.

- ★ Handling stress better
- ★ Improved substance use
- ★ Improved safety habits
- ★ Smoking/tobacco use
- ★ Drinking less alcohol
- ★ Lower cholesterol
- ★ Improved body composition
- ★ Better seat belt use
- ★ Improved happiness
- ★ Improved sleep habits
- ★ Fewer sick days

### -- Needing Improvement --

Less than 1,027 people (50.0%) achieved "Good" to "Excellent" in the following wellness factors.

- ✓ Coronary risk
- ✓ Cancer risk
- ✓ Nutrition status
- ✓ Fitness status
- ✓ Blood pressure
- ✓ Aerobic activity



\* LDL and HDL, if tested, may influence the overall cholesterol score.

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## Clinical Tests

*The Clinical Summary of the Group Report shows changes in specific health tests. Average values are listed for current and previous testing data. The percent improvement for the average test results is shown in graph form.*

### -- Evaluation --

This group has improved in 7 of the 13 clinical tests listed. Those areas showing improvement, in average test results, are listed below. Areas marked with a ★ indicate major improvement (1% or more) has occurred.

- ★ Total cholesterol
- ↳ HDL cholesterol
- ★ LDL cholesterol
- ★ Triglycerides
- ★ Percent body fat
- ★ Cholesterol/HDL ratio
- ★ Flexibility

	# of people tested		Percent Improved	Percent Improvement					
	Previous	Current		0	5	10	15	20	
Systolic Blood Pressure	2,036	125.8	128.2	0.0%					
Diastolic Blood Pressure	2,036	80.8	81.0	0.0%					
Cholesterol (mg/dl)	2,015	204.5	196.5	3.9%	█				
HDL level (mg/dl)	2,015	50.3	50.7	0.8%	█				
LDL level (mg/dl)	1,854	121.9	114.6	6.0%	█	█			
Triglycerides (mg/dl)	2,014	176.1	173.7	1.4%	█				
Glucose (mg/dl)	1,528	99.3	101.1	0.0%					
Body mass index	2,053	29.1	29.7	0.0%					
Percent body fat	1,971	22.4	21.1	6.1%	█	█			
Cholesterol/HDL ratio	2,011	4.4	4.2	4.7%	█	█			
Aerobic capacity (VO2 max)	1,330	37.1	36.2	0.0%					
Flexibility (inches)	1,367	16.2	16.4	1.1%	█				
Situps (per min)	1	40.0	1.0	0.0%					

# Group Progress Report

## Personal Wellness Profile Group Progress Report OHS GROUP PROGRESS REPORT (3 YEARS) 04-06

### 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

### Table of Contents

Major Wellness Scores	1
Clinical Test Values	2

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Please call Dave Berkemeier @ 800-716-505 with any questions.

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