

PWP Group Progress Report

OHS GROUP PROGRESS REPORT (5 YEARS) 02-06

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 1,656 people (944 men, 712 women). Positive changes, as well as areas still needing improvement, are listed below.

-- Positive Changes --

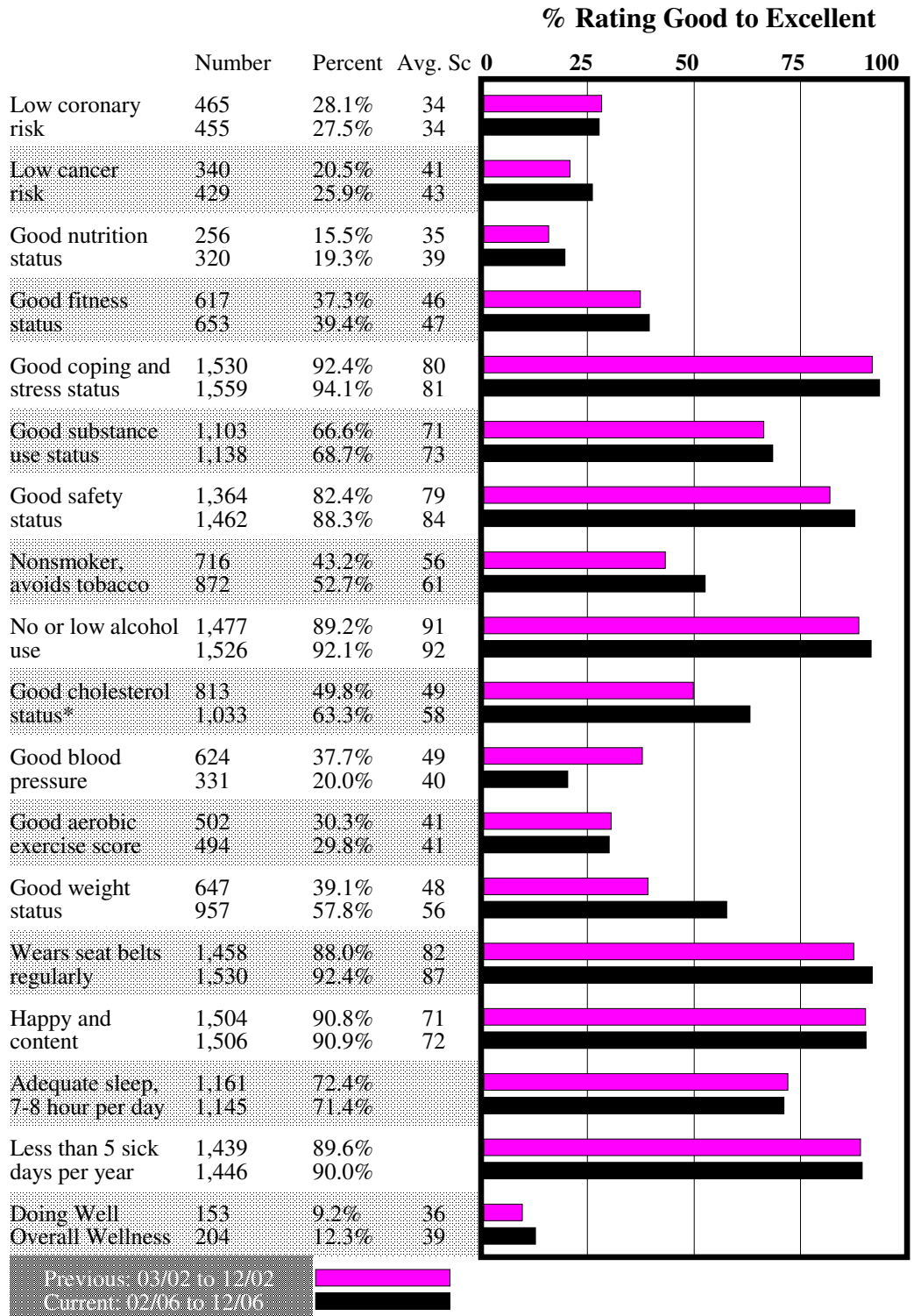
At least 828 people (50.0%) achieved "Good" to "Excellent" in each of the following wellness factors.

- ★ 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 828 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 5 of the 12 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
- ★ Percent body fat
- ★ Cholesterol/HDL ratio

	# of people tested		Percent Improved	Percent Improvement					
	Previous	Current		0	5	10	15	20	
Systolic Blood Pressure	1,646	125.8	128.5	0.0%					
Diastolic Blood Pressure	1,646	80.8	81.4	0.0%					
Cholesterol (mg/dl)	1,613	208.7	197.3	5.5%	█				
HDL level (mg/dl)	1,613	49.1	50.4	2.7%	█				
LDL level (mg/dl)	1,481	126.9	115.0	9.4%	█	█			
Triglycerides (mg/dl)	1,612	175.2	177.0	0.0%					
Glucose (mg/dl)	1,609	97.4	102.7	0.0%					
Body mass index	1,656	28.9	30.0	0.0%					
Percent body fat	1,621	23.4	21.4	8.6%	█	█			
Cholesterol/HDL ratio	1,611	4.6	4.2	7.5%	█	█			
Aerobic capacity (VO2 max)	1,093	37.4	35.8	0.0%					
Flexibility (inches)	1,151	16.6	16.3	0.0%					

Group Progress Report

Personal Wellness Profile Group Progress Report OHS GROUP PROGRESS REPORT (5 YEARS) 02-06

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

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

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