

# PWP Group Progress Report

OHS GROUP PROGRESS REPORT (8 YEARS) 99-06

**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 310 people (190 men, 120 women). Positive changes, as well as areas still needing improvement, are listed below.

### -- Positive Changes --

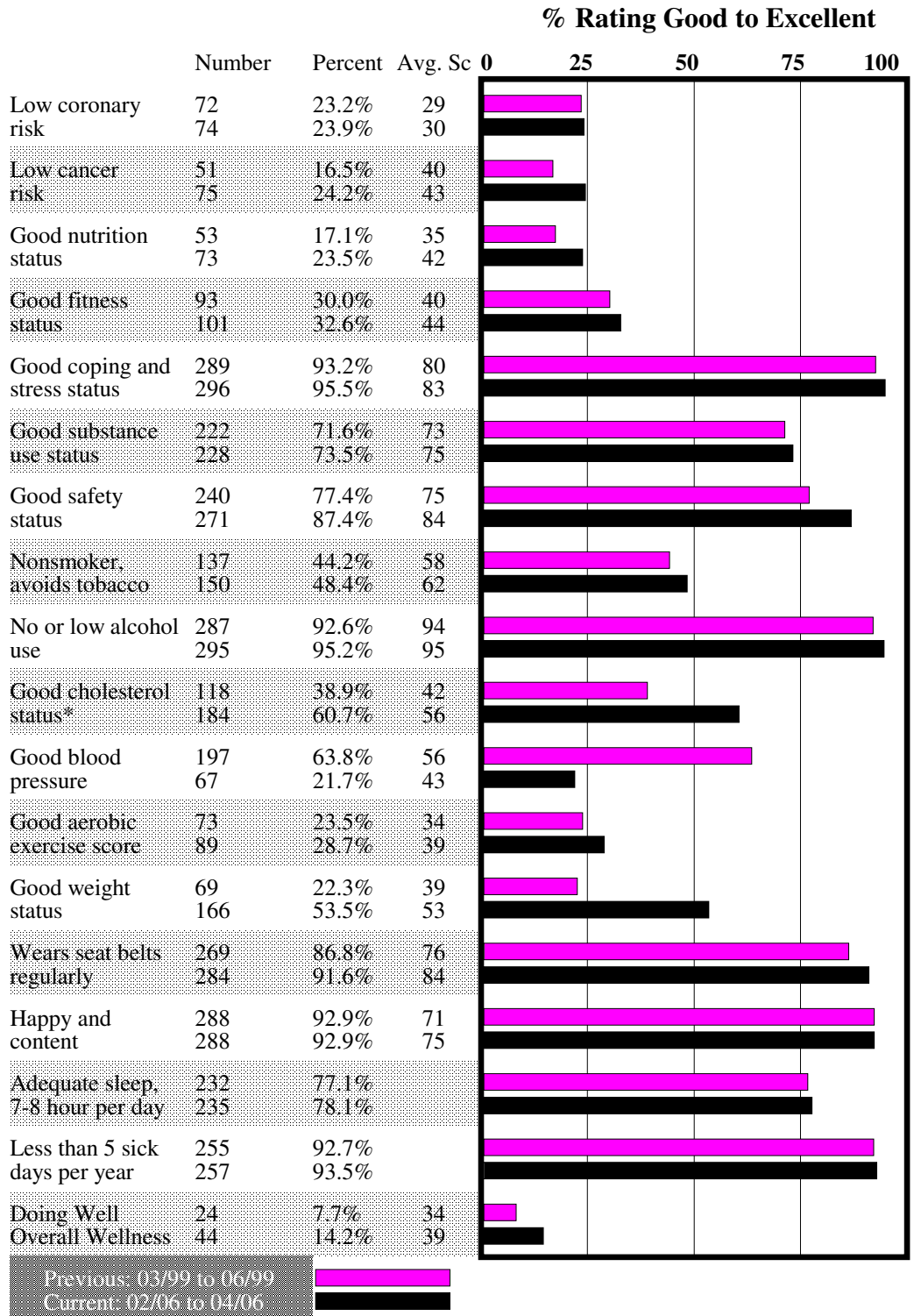
At least 155 people (50.0%) achieved "Good" to "Excellent" in each of the following wellness factors.

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

### -- Needing Improvement --

Less than 155 people (50.0%) achieved "Good" to "Excellent" in the following wellness factors.

- ✓ Coronary risk
- ✓ Cancer risk
- ✓ Nutrition status
- ✓ Fitness status
- ✓ Smoking/tobacco use
- ✓ 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 6 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.

- ★ Diastolic blood pressure
- ★ 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	306	124.7	126.8	0.0%					
Diastolic Blood Pressure	306	84.7	79.8	5.7%					
Cholesterol (mg/dl)	294	211.1	195.2	7.6%					
HDL level (mg/dl)	294	43.4	48.6	11.9%					
LDL level (mg/dl)	273	136.8	115.7	15.4%					
Triglycerides (mg/dl)	294	163.3	166.2	0.0%					
Glucose (mg/dl)	269	98.6	107.4	0.0%					
Body mass index	310	29.0	30.4	0.0%					
Percent body fat	298	26.1	22.5	14.0%					
Cholesterol/HDL ratio	294	5.2	4.3	18.6%					
Aerobic capacity (VO2 max)	189	35.5	34.2	0.0%					
Flexibility (inches)	170	17.2	16.3	0.0%					
Situps (per min)	1	20.0	12.0	0.0%					

# Group Progress Report

## Personal Wellness Profile Group Progress Report OHS GROUP PROGRESS REPORT (8 YEARS) 99-06

### 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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