

Below we have listed the aggregate blood reports for the last 3 years. On the next 5 pages, we have listed the composite report and graphs from the 2014 health fair. Everyone should have received their individual blood test and health risk score card. If you have any questions about these reports, please contact Kerry at 402-821-2374. If you have any concerns about your results, PLEASE discuss these concerns with your doctor. Although we did send the results to your doctor, do NOT assume that your doctor reviewed the report. Many times it is put in your file, but your doctor has not reviewed it. PLEASE make sure that you follow up with your doctor if you have any areas that were in an abnormal range or if your health risk score card puts you in the HIGH RISK Category!!! REMEMBER--This is your starting point. You have until next year's blood test to lower your number of high risk categories and your BMI in order to earn points for the wellness challenge. If you have any questions about the point system, call or send Kerry an email at kerryh@diodecom.net or Kory at nurse@sclec-ne.org

SALINE COUNTY EMPLOYEE 2012, 2013 & 2014 AGGREGATE REPORTS							
Measure	National Guideline Standard	2012		2013		2014	
		% of Participants	# of Participants	% of Participants	# of Participants	% of Participants	# of Participants
Systolic BP (SBP)			TOTAL 108		TOTAL 98		TOTAL 129
normal SBP	≤ 120 mmHg	17.6%	19	18.4%	18	24.0%	31
borderline high SBP	121-139 mmHg	38.9%	42	35.7%	35	71.3%	92
high SBP	≥ 140 mmHg	43.5%	47	45.9%	45	4.7%	6
Diastolic BP (DBP)			TOTAL 108		TOTAL 98		
normal DBP	≤ 80 mmHg	36.1%	39	30.6%	30		
borderline high DBP	81-89 mmHg	25.9%	28	28.6%	28		
high DBP	≥ 90 mmHg	38.0%	41	40.8%	40		
Uncontrolled BP	≥ 140/90 mmHg	33.00%	35	36.73%	36		
Fasting Glucose (FBG)			TOTAL 113		TOTAL 99		TOTAL 129
normal	≤ 100 mg/dL	72.6%	82	68.7%	68	87.6%	113
borderline	101-125 mg/dL	21.2%	24	24.2%	24	12.4%	16
high	≥ 126 mg/dL	6.2%	7	7.1%	7		
Total Cholesterol			TOTAL 113		TOTAL 99		TOTAL 129
desirable	≤ 200 mg/dL	77.0%	87	66.7%	66	62.8%	81
borderline high	201-239 mg/dL	20.4%	23	28.3%	28	32.6%	42
high	≥ 240 mg/dL	2.7%	3	5.1%	5	4.7%	6
LDL Cholesterol			TOTAL 110		TOTAL 97		TOTAL 129
ideal (individuals with CVD)*	< 70 mg/dL	6.36%	7	9.28%	9		
optimal	< 100 mg/dL	40.0%	44	43.3%	42		
near above optimal	100-129 mg/dL	41.8%	46	32.0%	31	76.0%	98
borderline high	130-159 mg/dL	15.5%	17	19.6%	19	18.6%	24
high	160-189 mg/dL	0.9%	1	5.2%	5	5.4%	7
very high	≥ 190 mg/dL	1.8%	2	0.0%	0		0
Triglycerides			TOTAL 113		TOTAL 99		TOTAL 129
normal	< 150 mg/dL	67.3%	76	63.6%	63	76.7%	99
borderline high	150-199 mg/dL	14.2%	16	12.1%	12	8.5%	11
high	200-499 mg/dL	18.6%	21	23.2%	23	14.7%	19
very high	≥ 500 mg/dL	0.0%	0	1.0%	1		1
HDL Cholesterol (Men)			TOTAL 55		TOTAL 50		
ideal	≥ 50 mg/dL	34.5%	19	34.0%	17		
normal	40-49 mg/dL	29.1%	16	36.0%	18		
low (high risk)	< 40 mg/dL	36.4%	20	30.0%	15		
HDL Cholesterol (Women)			TOTAL 58		TOTAL 49		
ideal	≥ 60 mg/dL	36.2%	21	34.7%	17		
normal	50-59 mg/dL	22.4%	13	24.5%	12		
low (high risk)	< 50 mg/dL	41.4%	24	40.8%	20		
BMI (BODY MASS INDEX)			TOTAL 110		TOTAL 96		TOTAL 129
under healthy weight	<19%	0.0%	0	0.0%			
healthy weight	19-25%	20.0%	22	19.8%	19	17.8%	23
overweight	26-30%	40.9%	45	28.1%	27	34.1%	44
obese	>30	39.1%	43	45.8%	44	48.1%	62