# Saline County Composite
# 2014 Health Risk Indicators

## Biometric Measures

### Systolic Blood Pressure

| Risk | % | n |
|---|---|---|
| Low Risk (<120) | 24.0% | 31 |
| Moderate (120-139) | 71.3% | 92 |
| High (≥140) | 4.7% | 6 |
| Total | 100.0% | 129 |

**Systolic Blood Pressure**

Moderate 71.3%
High 4.7%
Low 24.0%
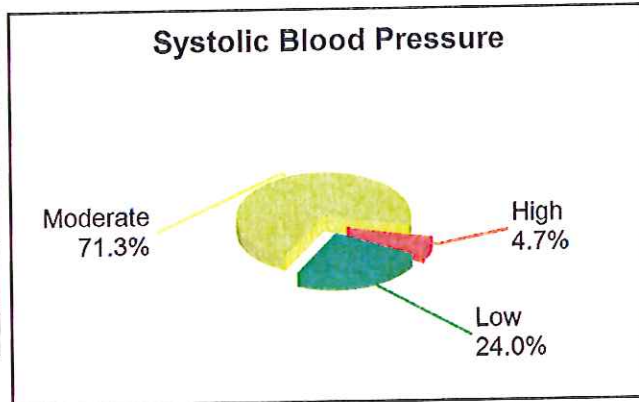
**Systolic Blood Pressure:**

High systolic blood pressure increases heart health risks & stroke issues as well as metabolic syndrome and diabetes complications.
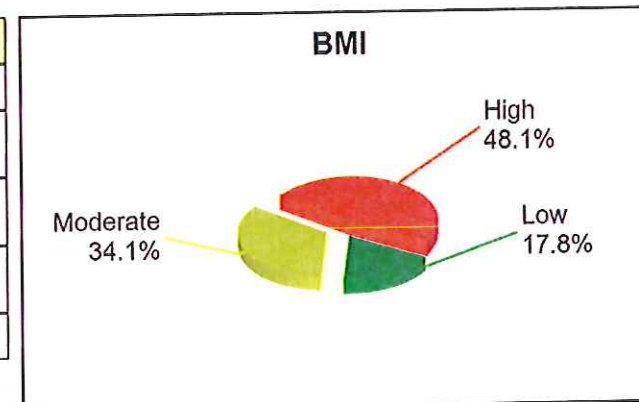
### Waist

| Risk | % | n |
|---|---|---|
| Low Risk (<35w,<40m) | 37.2% | 48 |
| High (≥35w,≥40m) | 62.8% | 81 |
| Total | 100.0% | 129 |

**Waist**

Low 37.2%
High 62.8%
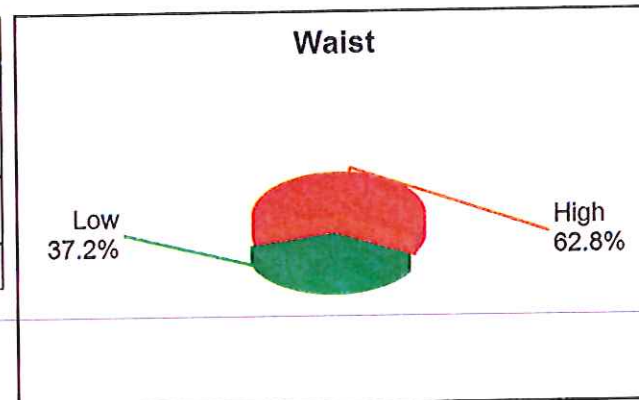
**Waist Measure:**

Elevated waist measures greatly increase heart health risks. Combined efforts of weight loss, food choices, activity and stress management will impact measures.

### BMI - Body Mass Index

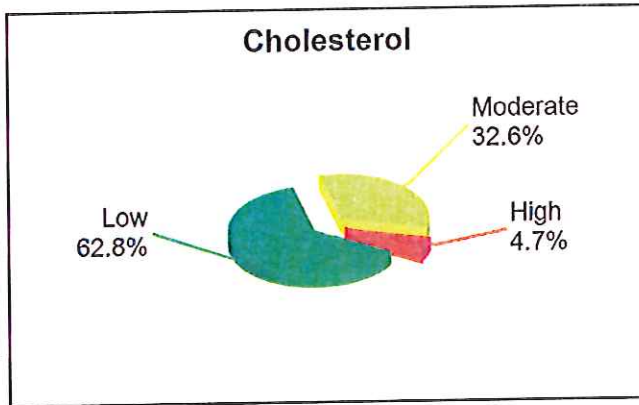| Risk | % | n |
|---|---|---|
| Low Risk (<25) | 17.8% | 23 |
| Moderate (25-29) | 34.1% | 44 |
| High (≥30) | 48.1% | 62 |
| Total | 100.0% | 129 |

**BMI**

High 48.1%
Low 17.8%
Moderate 34.1%

**Body Mass Index:**

Indicates the % of your staff battling weight issues of overweight and morbid obesity. Combined with waist, data indicates staff at risk of health complications related to weight.

# Saline County Composite
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## Lipid Profile

### Cholesterol

| Risk | % | n |
|------|------|------|
| Low Risk (<200) | 62.8% | 81 |
| Moderate (200-239) | 32.6% | 42 |
| High (≥240) | 4.7% | 6 |
| Total | 100.0% | 129 |

**Cholesterol**



**Cholesterol:**

Total value of both healthy and lousy cholesterol. Value is more powerful when combined with HDL and LDL in predicting risk.

Impacted by weight loss, nutrition, activity, stress, and medications.

### HDL (The Healthy Cholesterol)

| Risk | % | n |
|------|------|------|
| Low Risk (≥50) | 49.6% | 64 |
| Moderate (40-49) | 27.9% | 36 |
| High (<40) | 22.5% | 29 |
| Total | 100.0% | 129 |

**HDL (The Healthy Cholesterol)**
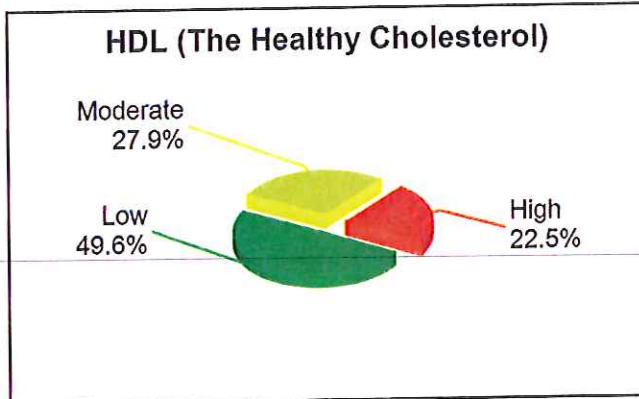


**HDL Cholesterol:**

The higher your HDL, the lower your heart risk. HDL can be increased mainly through activity.

Food choices and medications can have some impact.

### Cholesterol / HDL Ratio

| Risk | % | n |
|------|------|------|
| Low Risk (≤ 4.4w,≤5.0m) | 72.1% | 93 |
| High (≥4.5w,≥5.1m) | 27.9% | 36 |
| Total | 100.0% | 129 |

**Cholesterol / HDL Ratio**
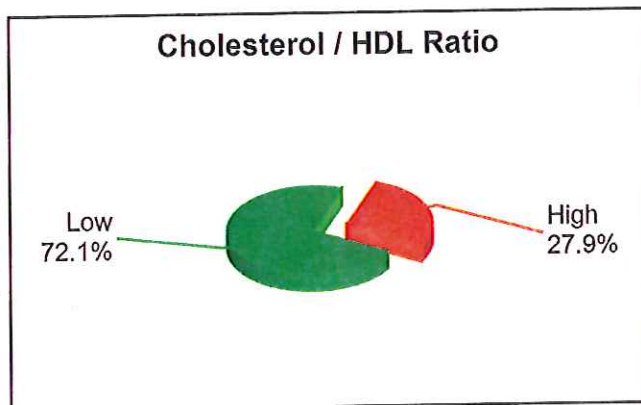


**Chol/HDL Ratio:**

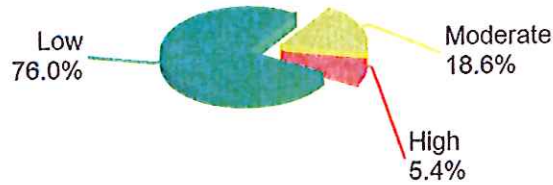This ratio is an excellent indicator of heart health risk.

The lower the ratio, the better for your health.

# Saline County Composite
# 2014 Health Risk Indicators

## Lipid Profile Continued

### LDL (The Lousy Cholesterol)

| Risk | % | n |
|------|-----|-----|
| Low Risk (<130) | 76.0% | 98 |
| Moderate (130-159) | 18.6% | 24 |
| High (≥160) | 5.4% | 7 |
| Total | 100.0% | 129 |

**LDL (The Lousy Cholesterol)**

Low 76.0%
Moderate 18.6%
High 5.4%

**LDL Cholesterol:**

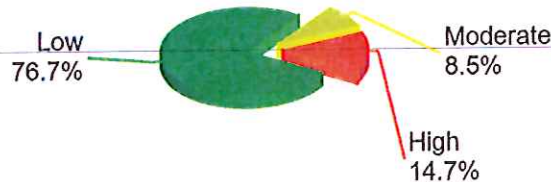The cholesterol you want to lower, as it increases heart and stroke risks.

Food choices and cholesterol lowering medications have the biggest impact.

## Triglycerides & Blood Sugar Values

### Triglycerides

| Risk | % | n |
|------|-----|-----|
| Low Risk (<150) | 76.7% | 99 |
| Moderate (150-199) | 8.5% | 11 |
| High (≥200) | 14.7% | 19 |
| Total | 100.0% | 129 |

**Triglycerides**

Low 76.7%
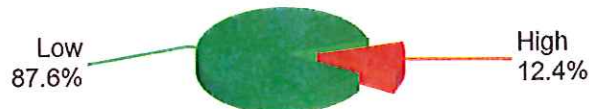Moderate 8.5%
High 14.7%

**Triglycerides & Glucose:**

Impacts health risks related to heart disease, stroke, metabolic syndrome and diabetes among others.

Impacted by nutrition, activity, stress and medications.

### Glucose

| Risk | % | n |
|------|-----|-----|
| Low Risk (<100) | 87.6% | 113 |
| High (≥100) | 12.4% | 16 |
| Total | 100.0% | 129 |

**Glucose**

Low 87.6%
High 12.4%

# Saline County Composite
# 2014 Health Risk Indicators

## Lifestyle Habit & Gender Breakdown

### Tobacco Use

| Risk | % | n |
|------|------|-----|
| Non Users | 76.7% | 99 |
| Users | 23.3% | 30 |
| Total | 100.0% | 129 |

**Tobacco Use**



Low 76.7%
High 23.3%
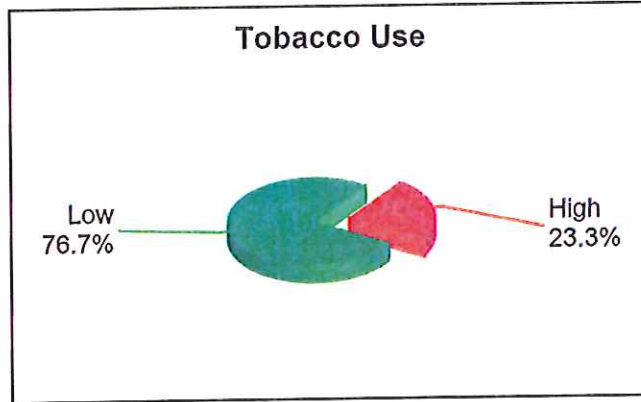
**Tobacco Use:**

Increases health risk and insurance costs. Taking action to help support tobacco use reduction can help impact health costs for your company.

### Gender

| Risk | % | n |
|------|------|-----|
| M | 49.6% | 64 |
| F | 50.4% | 65 |
| Total | 100.0% | 129 |

**Gender**



Men 49.6%
Women 50.4%
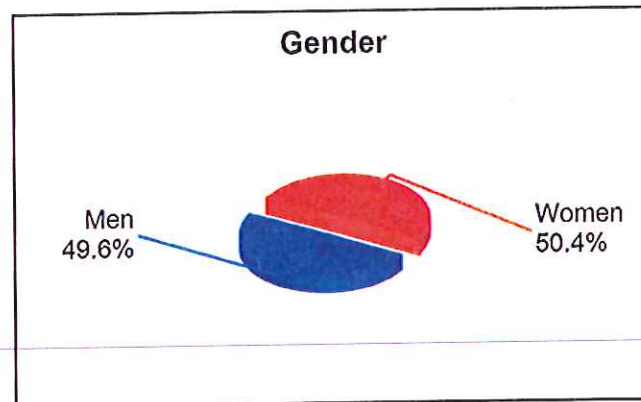
## Cumulative Health Risk Scores

### Health Risk Categories

| Risk | % | n |
|------|------|-----|
| Low Risk (<16 pts) | 34.9% | 45 |
| Moderate (17-25) | 33.3% | 43 |
| High (≥26) | 31.8% | 41 |
| Total | 100.0% | 129 |

**Health Risk Categories**



Moderate 33.3%
High 31.8%
Low 34.9%

### Higher Risk Associates:

Likely to have overall higher medical costs and increased chance of injury, heart disease, stroke, diabetes and other health issues. Impacted by nutrition, activity, and medications.

# Saline County Composite
# 2014 Health Risk Indicators

## Metabolic Syndrome Risks

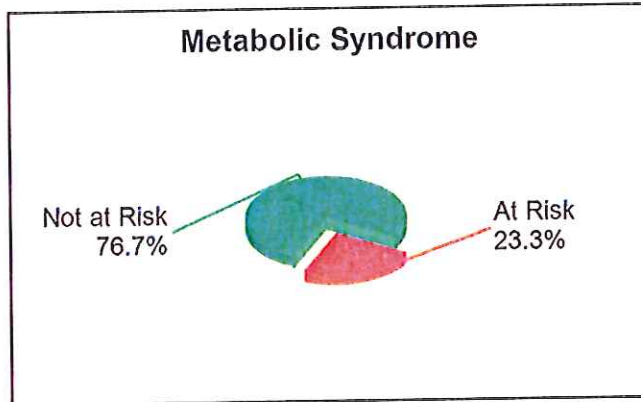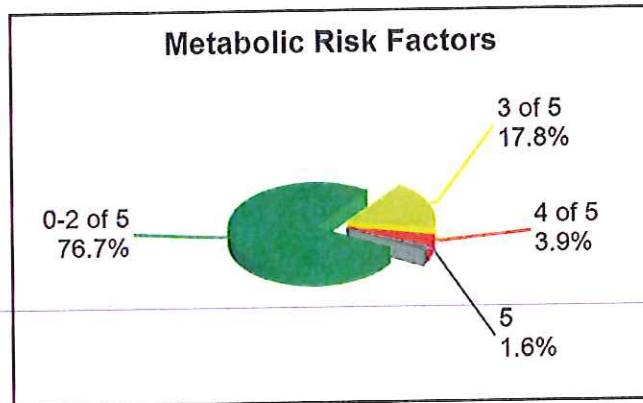| Metabolic Syndrome | | |
|---|---|---|
| Risk | % | n |
| At Risk | 23.3% | 30 |
| Not at Risk | 76.7% | 99 |
| Total | 100.0% | 129 |

### Metabolic Syndrome



Not at Risk 76.7%
At Risk 23.3%

### Metabolic Syndrome:

Metabolic syndome is a serious health condition. Individuals with multiple high risks are at higher risk for developing heart disease, stroke, and Type II diabetes.

| Metabolic Risk Factors | | |
|---|---|---|
| | % | n |
| 0-2 of 5 | 76.7% | 99 |
| 3 of 5 | 17.8% | 23 |
| 4 of 5 | 3.9% | 5 |
| 5 | 1.6% | 2 |
| Total | 100.0% | 129 |

### Metabolic Risk Factors



3 of 5 17.8%
0-2 of 5 76.7%
4 of 5 3.9%
5 1.6%

### Metabolic Syndrome Risk Factors:

• Blood Pressure ≥130/85
• Triglycerides ≥150
• Glucose ≥100
• HDL <50 women
• HDL <40 men
• Waist ≥35 women
• Waist ≥40 men

## Overall Health Risk Factors

| Health Risk Factors | | |
|---|---|---|
| | % | n |
| 0-1 Risks | 32.6% | 42 |
| 2-3 Risks | 31.8% | 41 |
| 4-5 Risks | 28.7% | 37 |
| 6+ Risks | 7.0% | 9 |
| Total | 100.0% | 129 |

### Health Risk Factors



4-5 Risks 28.7%
2-3 Risks 31.8%
6+ Risks 7.0%
0-1 Risks 32.6%
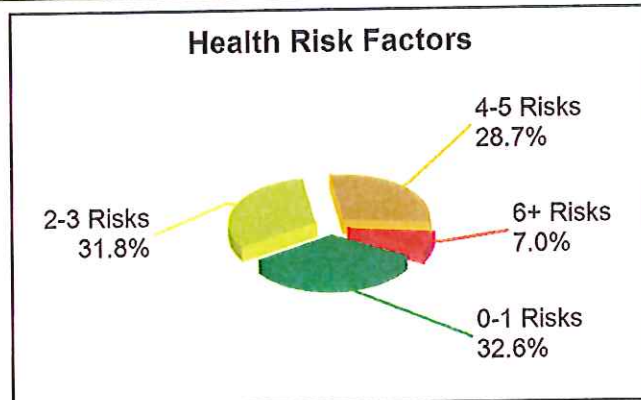
### Health Risk Factors:

Criteria used to identify high risk individuals includes four or more of the 10 overall health risk factors measured in this report.

Madonna Fit for Work