SAMPLE REPORT

Group Data Analysis Report

(Overall Health Status of Staff)

Introduction

The following data analysis report was created on the 28 February 2012 using the following selection criteria.

Report Details

Created:	28 February 2012
Selection Criteria:	Subjects who were assessed between 01-02-2006 and 28-02-2012
	Only subjects'' latest assessments will be processed.
Demographics:	Gender
Lifestyle:	Smoker, Activity Levels (work), Activity Levels (leisure), Alcohol, Perceived Stress, Perceived Eating Habits
Body Composition:	Body Mass Index, Waist to Hip
Physiological Tests:	Blood Pressure (Systolic), Blood Pressure (Diastolic)
Aerobic Capacity:	Aerobic Capacity Results
Cholesterol & Blood Sugar:	Total Cholesterol, LDL, HDL, Blood Sugar (Non Fasting)

This summary report provides us with an overview of its paticipants health and wellbeing. This has been compiled from a mix of self reported information on participants current lifestyle habits and assessments conducted by health professionals.

The assessment is an important part of any organisations workplace health programme. By completing the assessment, individuals are made aware of their current and potential health risks. This information provides participants with the knowledge and opportunity to improve their overall health and wellbeing by adopting healthier strategies such as increased exercise and healthier eating habits and increasing their overall health awareness.

This report provides a summary of the health risks and health status of our health assessment participants along with recommendations for future health risk reduction strategies.

Future reports can be used to track progress of such strategies by monitoring changes in the health risks and status of the organisation. This may provide useful insights for assessing the impact of your current workplace health promotion efforts and for determining the appropriate direction for future health interventions.
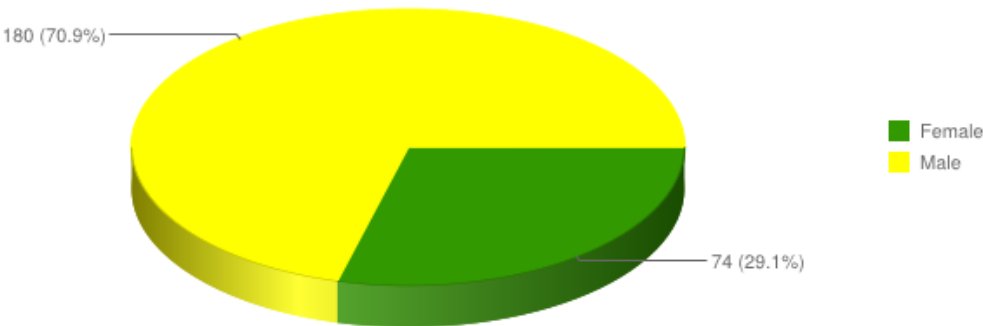
This report contains the following sections:

- Demographics
- Fitech Health Assessment Results
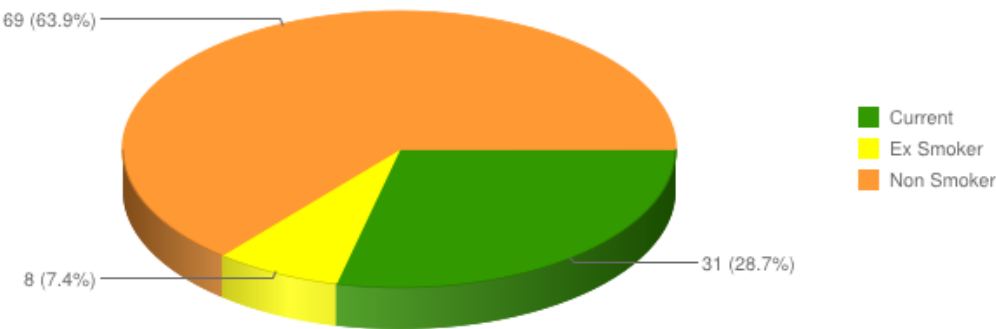- Blood Results

Demographics

Demographic factors such as age, gender, race/ethnicity are strongly related to risk for certain illnesses and diseases. The following table shows the demographics for our Health Assessment participants.
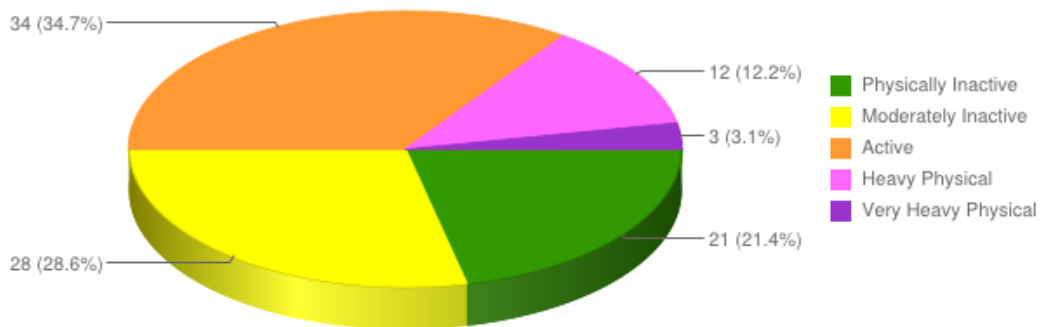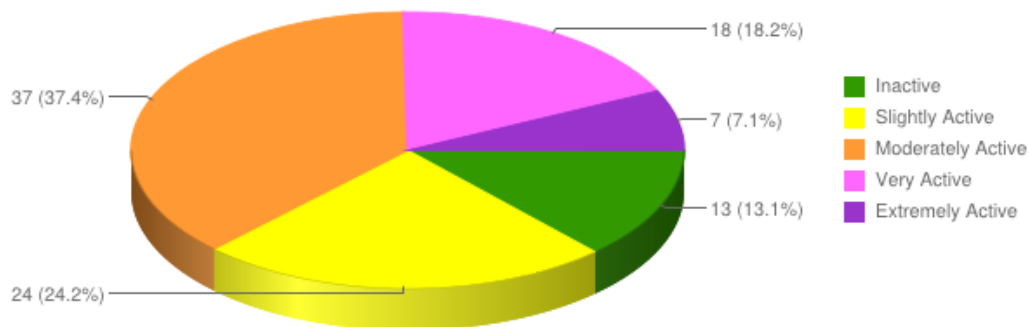
Analysis results for Gender

Head Count		
Category:	Female	Male
Total:	74	180

Analysis results for Smoker

Analysis results for Activity Levels (work)

34 (34.7%)

12 (12.2%)

3 (3.1%)

21 (21.4%)

28 (28.6%)

- Physically Inactive
- Moderately Inactive
- Active
- Heavy Physical
- Very Heavy Physical

Analysis results for Activity Levels (leisure)

18 (18.2%)

37 (37.4%)

7 (7.1%)

13 (13.1%)

24 (24.2%)

- Inactive
- Slightly Active
- Moderately Active
- Very Active
- Extremely Active

Analysis results for Alcohol

15 (23.8%)

32 (50.8%)

5 (7.9%)

11 (17.5%)

- Excessive
- Heavy
- Light
- Moderate
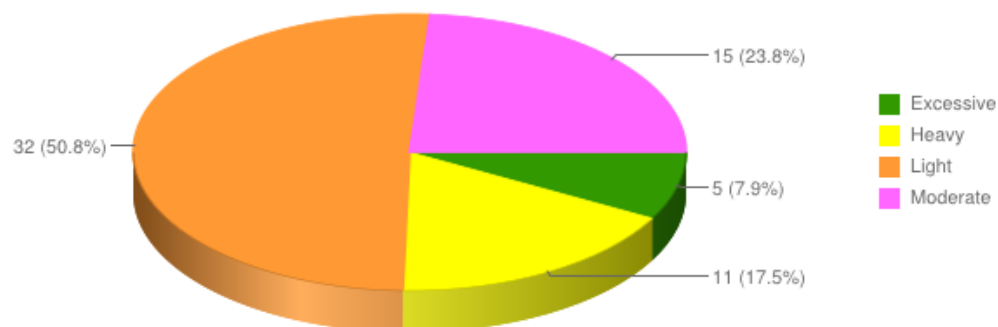
Analysis results for Perceived Stress

17 (18.1%)	15 (16.0%)
16 (17.0%)	6 (6.4%)
13 (13.8%)	1 (1.1%)
	2 (2.1%)
	8 (8.5%)
	16 (17.0%)

Legend:
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
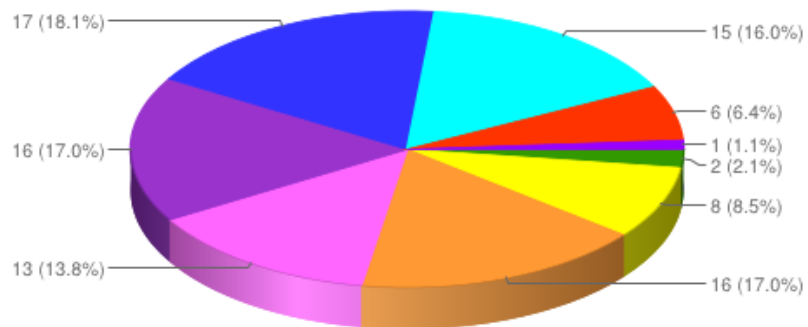
Analysis results for Perceived Eating Habits

|	
17 (18.3%)	12 (12.9%)
21 (22.6%)	10 (10.8%)
	6 (6.5%)
	4 (4.3%)
	10 (10.8%)
	13 (14.0%)

Legend:
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
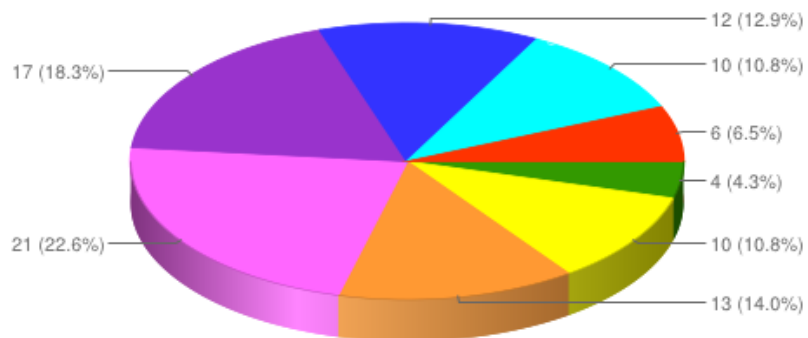
Fitech Health Assessment Results

Below are the assessment results. The chart colours illustrate the proportion of your assessed group who currently have identified health risks that could impact their health and productivity in the future. Those that fall into the red categories are already in the risk area, whilst those in orange are likely to have health issues in the near future if they do not adopt a healthier regime to address these areas.

These results should help to focus any planed workplace health interventions. Results are only shown for the health assessments completed. They may not always include the same total number of the test group if a test has not been completed by a member of the group or an inconclusive result was obtained.
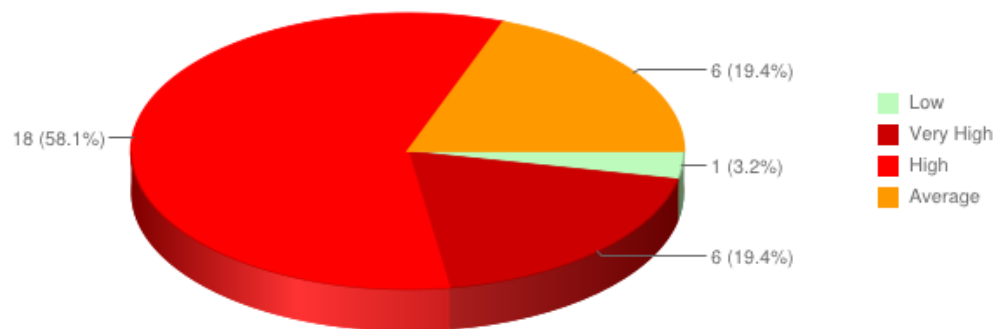
Analysis results for Body Mass Index

Head Count						
Total Clients	Tested Clients	Normal	Obese-2	Obese-1	Underweight	Overweight
103	102	36	3	3	10	50
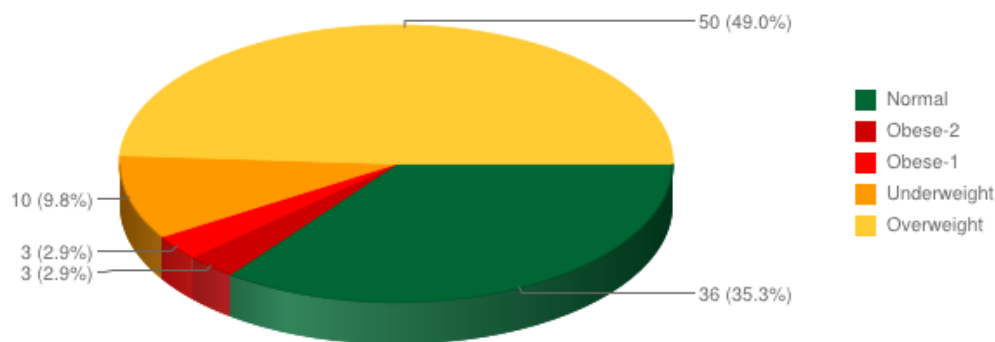
Analysis results for Waist to Hip

Head Count					
Total Clients	Tested Clients	Low	Very High	High	Average
46	31	1	6	18	6

Analysis results for Blood Pressure (Systolic)

13 (15.5%)
8 (9.5%)
3 (3.6%)
60 (71.4%)

- Normal
- Optimal
- Above Normal
- High Normal

Analysis results for Blood Pressure (Diastolic)

32 (38.1%)
15 (17.9%)
18 (21.4%)
19 (22.6%)

- Normal
- Optimal
- Above Normal
- High Normal
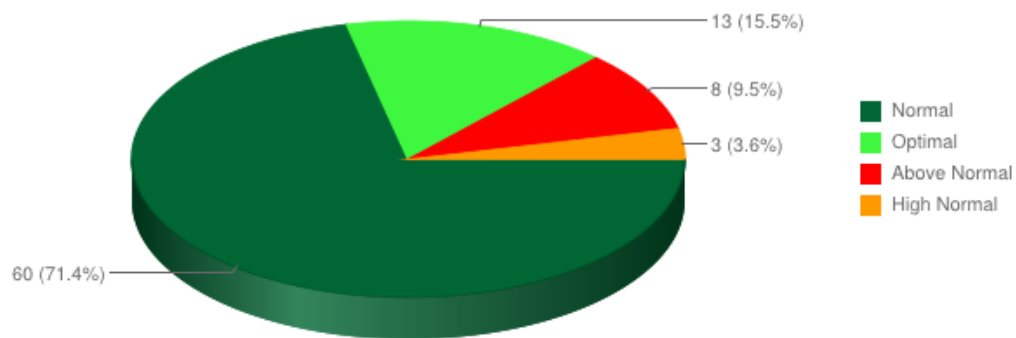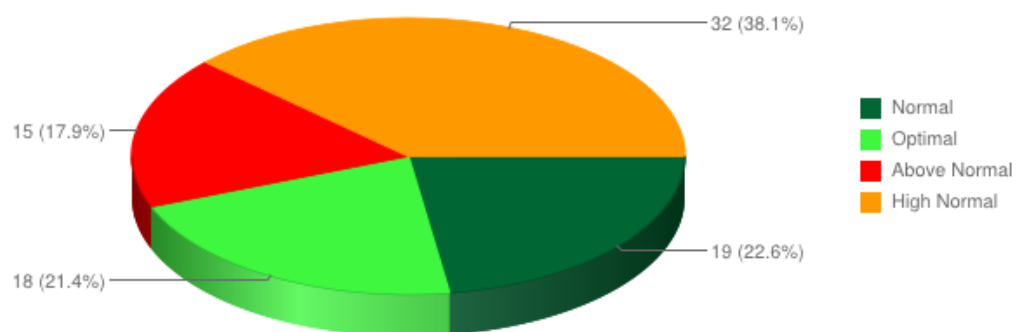
Analysis results for Aerobic Capacity Results

Head Count						
Total Clients	Tested Clients	Average	Good	Excellent	Poor	Below Average
56	40	3	14	18	1	4

18 (45.0%)
1 (2.5%)
4 (10.0%)
3 (7.5%)
14 (35.0%)

- Average
- Good
- Excellent
- Poor
- Below Average
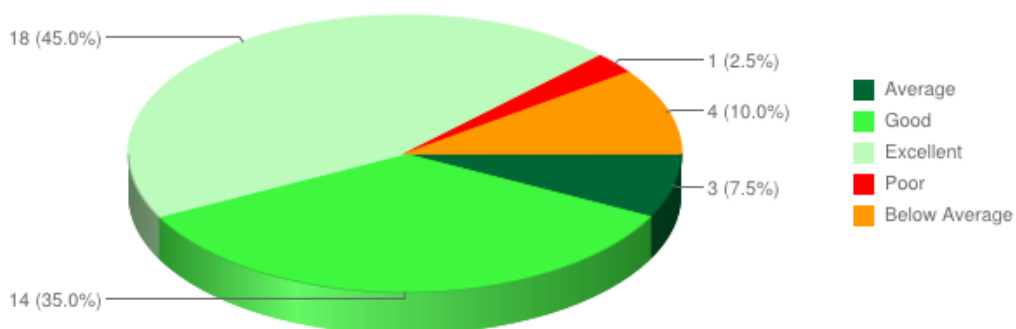
Blood

Cholesterol:

High blood cholesterol is a major risk factor for coronary heart disease and possibly some types of stroke. It is one of the main causes of the process by which the blood vessels that supply the heart and other parts of the body become clogged. Excess blood cholesterol can lead to clogged arteries and as a result contribute to high blood pressure, heart disease and stroke.
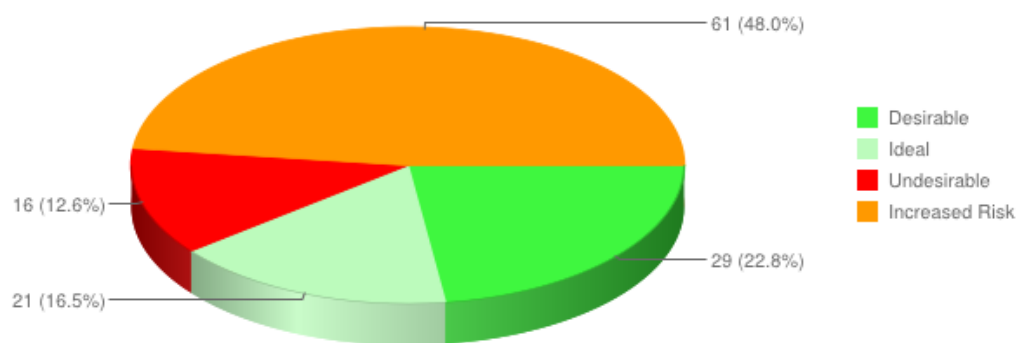
Blood Sugar:

Too much sugar in the bloodstream may be due to diabetes. Early detection and treatment of abnormal blood glucose levels can prevent the later onset of complications associated with this condition. A non-fasting result above 7 should be followed up with a GP.
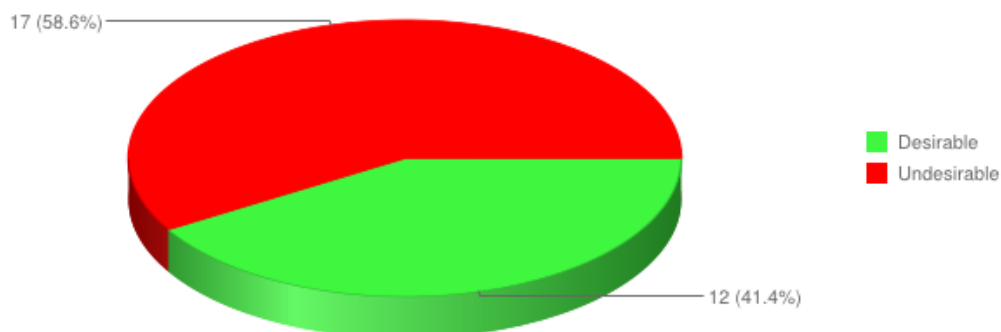
Type 2 diabetes represents 85% to 90% of all cases of diabetes and occurs when the pancreas is not producing enough insulin and the insulin is not working effectively.

Lifestyle factors such as unhealthy diet and lack of exercise can contribute to the development of Type 2 diabetes which can also be prevented or delayed while in the pre-diabetes stage

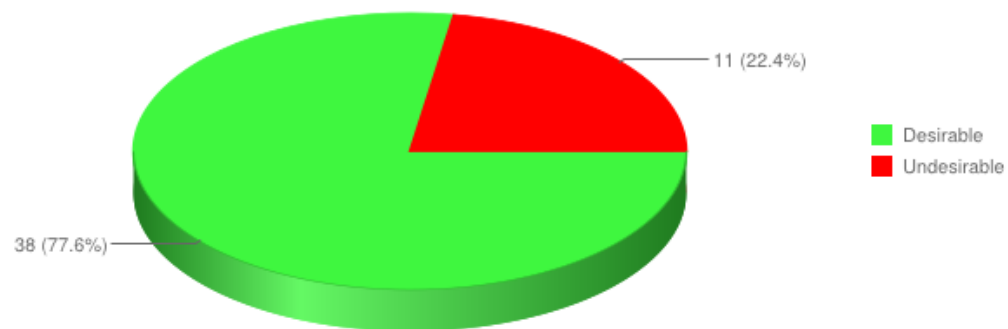## Analysis results for Total Cholesterol

- 61 (48.0%)
- 16 (12.6%)
- 21 (16.5%)
- 29 (22.8%)

Legend:
- Desirable
- Ideal
- Undesirable
- Increased Risk

Analysis results for LDL

- 17 (58.6%)
- 12 (41.4%)

Legend:
- Desirable
- Undesirable

Analysis results for HDL

11 (22.4%)

38 (77.6%)

- Desirable
- Undesirable

Analysis results for Blood Sugar (Non Fasting)

4 (4.7%)
5 (5.9%)
12 (14.1%)

i4 (75.3%)

- Desirable
- Undesirable
- Increased / Potential Risk
- Low / Potential Risk