

# Waunakee School District

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## 2017 Aggregate Health Assessment Report Employees Only

January 2017 - August 2017

Prepared on Friday, August 11, 2017

LivingHealthy  
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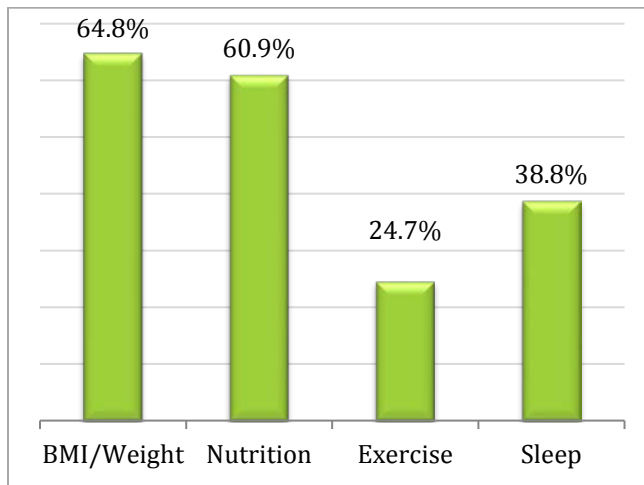
The following tables and graphs summarize the number of respondents who have completed the health assessment, the average per person count of modifiable risks, the average HS Score for respondents who have completed the health assessment, estimates of per person per year financial impact, and risk prevalence rates for modifiable risk factors.

	<u>HA Completers</u>	<u>Average Risk Count</u>	<u>Average HA Score</u>
Jan 2017 – Aug 2017	361	3.6	63.9

	<u>Excess Medical Costs*</u>	<u>Absenteeism Cost*</u>	<u>Preseteism Cost*</u>
Jan 2017 – Aug 2017	\$957	\$1,042	\$1,022

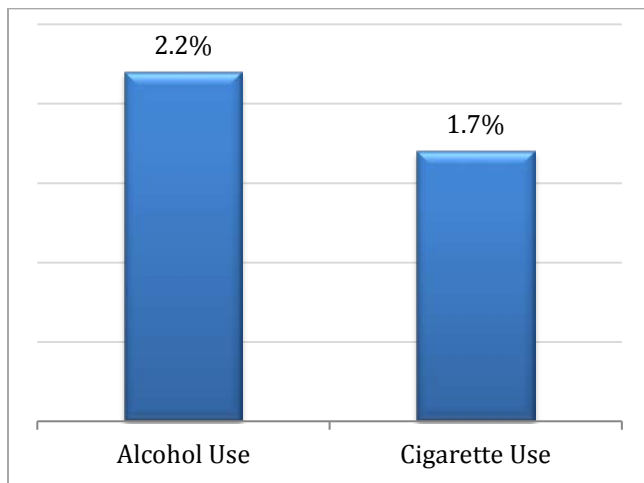
\*Estimated Per Person Annual Cost

### Lifestyle Behavior Risks



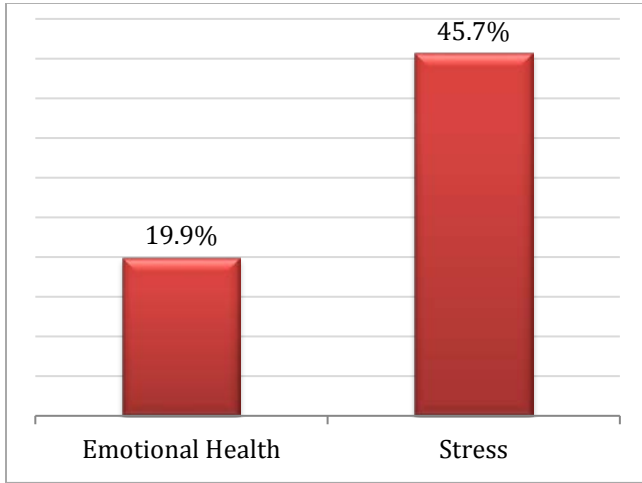
BMI/Weight	>= 25
Nutrition	Measures intake of fruits and vegetables against intake of unhealthy foods and sugary drinks
Exercise	< 90 minutes of exercise per week
Sleep	Measures both the duration and quality of an individual's sleep patterns

### Addictive / Unsafe Behavior Risks



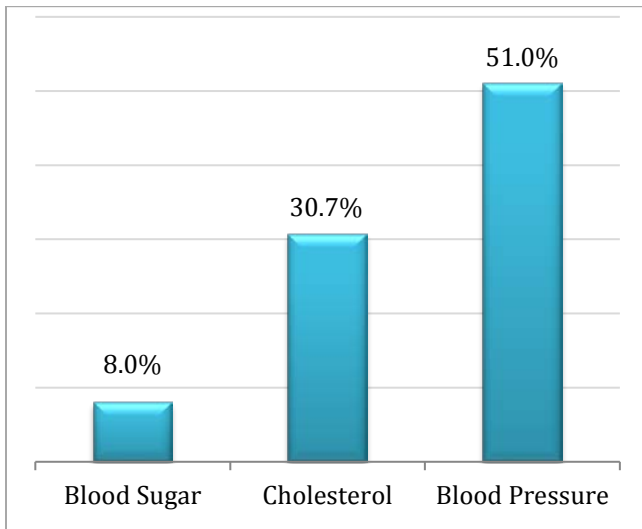
Alcohol	Male and >2 drinks / day and (binge drinking or 1+ positive CAGE Inventory8 response); Female and 2+ drinks / day; Pregnant and 1+ drinks / day
Cigarette Use	Either current smoker or smoke-free <6 months

**Mental Health Risks**



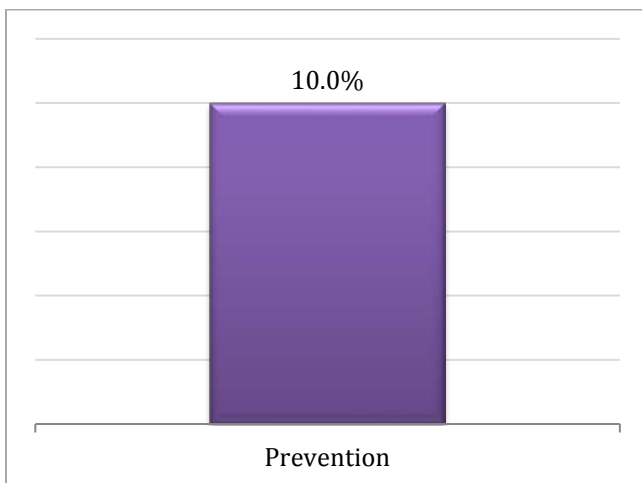
Emotional Health	$\geq 1$ positive Whooley screening response or $\geq 4$ depressive symptoms
Stress	Gauges an individual's stress level and its effect on his or her life and health

**Biometric Risks**



Blood Sugar	Fasting blood sugar $\geq 100$
Cholesterol	HDL $< 40$ (Men) $< 50$ (Women) OR LDL Cholesterol Level $\geq 160$ OR Total Cholesterol Level $> 240$ ; or if no cholesterol values of any type are entered and report a previous diagnosis of high cholesterol with no current treatment
Blood Pressure	Systolic BP level $\geq 120$ or Diastolic BP Level $\geq 80$ ; or if no blood pressure values are entered and report a previous diagnosis of high blood pressure with no current treatment

**Prevention Risks**



Screenings	Does not meet recommended age and gender guidelines for screening frequency
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