

April 21, 2008

Thank you for providing BJC HealthCare the opportunity to perform the health screening for ABC Company. The participants were well-informed and seemed interested in learning about their heart health risk factors.

We screened 142 of your employees to identify risk factors for heart disease, including **cholesterol, blood glucose (test for diabetes), blood pressure, body mass index, activity level and smoking status**. We have included a screening summary.

Cholesterol results are broken down into 3 readings:

Total cholesterol is the combination of all types of cholesterol in your body. Generally, the higher the total cholesterol, the higher ones risk for heart disease. The desired level is below 200 mg/dl. Twenty-three point nine percent (23.9%) of your employees were in the borderline high risk category and nine point two percent (9.2%) were in the high risk category.

HDL or high density lipoprotein is referred to as the “good cholesterol.” This form of cholesterol acts as a cleaning agent, removing cholesterol from the blood by carrying it back to the liver where it can be removed from the body. A high HDL lowers risk for heart disease. The desired level is above 40 mg/dl. Twenty-six point two percent (26.2%) were in at risk range, below 40.

Cholesterol/HDL ratio shows the relationship between the total cholesterol and the HDL. The desired level is less than 4.5. Seven point eight percent (7.8%) of your employees are in the risk level 1 category and twenty-three point four percent (23.4%) of your employees are in the risk level 2 category.

Triglycerides circulate in your blood and are composed of fatty acids and glycerol. They are produced in your liver and found in your food. Your triglyceride (and glucose) levels increase significantly when you eat a meal. The triglyceride level will decrease if your body processes the fat efficiently. High triglyceride levels may be associated with a higher risk for heart disease and stroke. Out of 140 people screened, fifteen point seven percent (15.7%) were borderline high, thirteen point six percent (13.6%) were high and point seven percent (.7%) were very high.

Low density lipoprotein, **LDL**, is also known as the “bad” cholesterol. The main function of LDL is to carry cholesterol to various tissues throughout the body. Elevated levels of LDL correlate most directly with coronary heart disease. The lower your LDL level, the lower your risk for heart disease or stroke. Out of 136 screened, nineteen point nine percent (19.9%) were borderline high, seven point four percent (7.4%) were high and point seven percent (.7%) were high.

Blood glucose is a test for diabetes. It is recommended that the participant fast for at least eight hours prior to the screening. It is recommended that anyone with a blood sugar over 100 mg/dL (fasting) and over 140 mg/dL (non-fasting) still be referred to their physician. Out of 142 screened, thirty-two point two percent (22.2%) of your employees fall into the “at risk” stage and six point six percent (6.6%) are at high risk stage.

Blood pressure is another risk factor for heart disease. We screened 142 people for blood pressure. There were 58 people in the pre-hypertensive range of 120-139/80-89. That’s 40.8% of total participants in this range. There were 20 people with a reading 140-159/90-99 stage 1. That’s 14.1% of total participants in this range. There were 3 people with a reading 160/100 or above, or stage 2. That’s 2.1% of total participants in this range. We recommend that anyone with a higher than normal blood pressure get rechecked.

Body Mass Index (BMI) is a comparison of a person’s height to weight. When the BMI is over 25, an individual may be considered overweight. A BMI equal to or above 30 can indicate obesity. As the BMI number increases, so does a person’s chance of having health problems. Out of the 142 that were tested, 59 (41.5%) had a BMI of 25 – 29.9 and 24 (16.9%) had a BMI 30 – 34.9 or above - class 1. Five participants (3.5%) had a BMI of 35 – 39.9 or above - class 2 and 6 (4.2%) had a BMI of 40 or above - class III.

Once a risk factor is identified it is important to try to reduce it. We can help you by providing follow-up programs and services such as lunch-time presentations, individual health coaching, weight management classes and smoking cessation groups.

We would appreciate you taking a few minutes to complete the enclosed evaluation so we can continue to provide high-quality services.

Once again, thank you for the opportunity to work with your employees. Please do not hesitate to call us with any questions or concerns that you might have.

Best of Health,

BJC HealthCare
Community Health Literacy Services