SOUTHERN ADVENTIST UNIVERSITY

Employee Wellness

National Consortium for Building Healthy Academic Communities (BHAC)

Healthier Tennessee Workplace

2021 Employee Wellness Health Assessment Report

well4ever LLC.

2021Southern Adventist University was awarded AHA Silver Workplace Health Achievement

Wellness Assessment Date

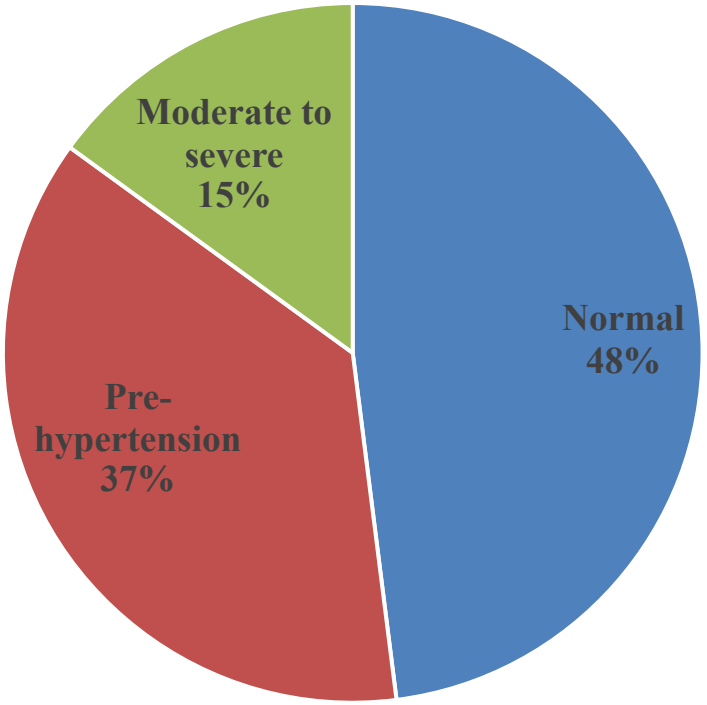
August 10th, 2021

	2017	2020	2021
Number of Employees:	348	196	234
Number of Spouses:	122	65	73
Total:	470	261	307

Blood Pressure Results

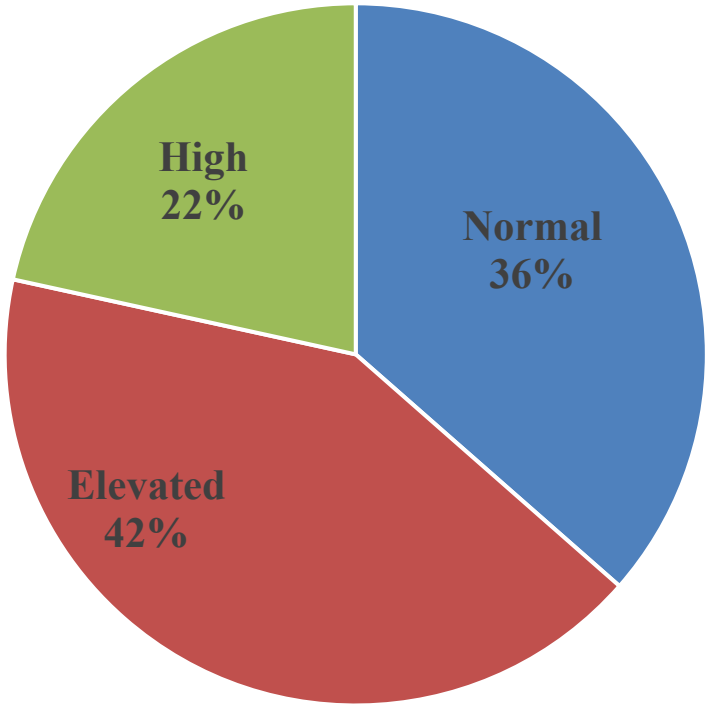
2017 Results

387 Total Participants



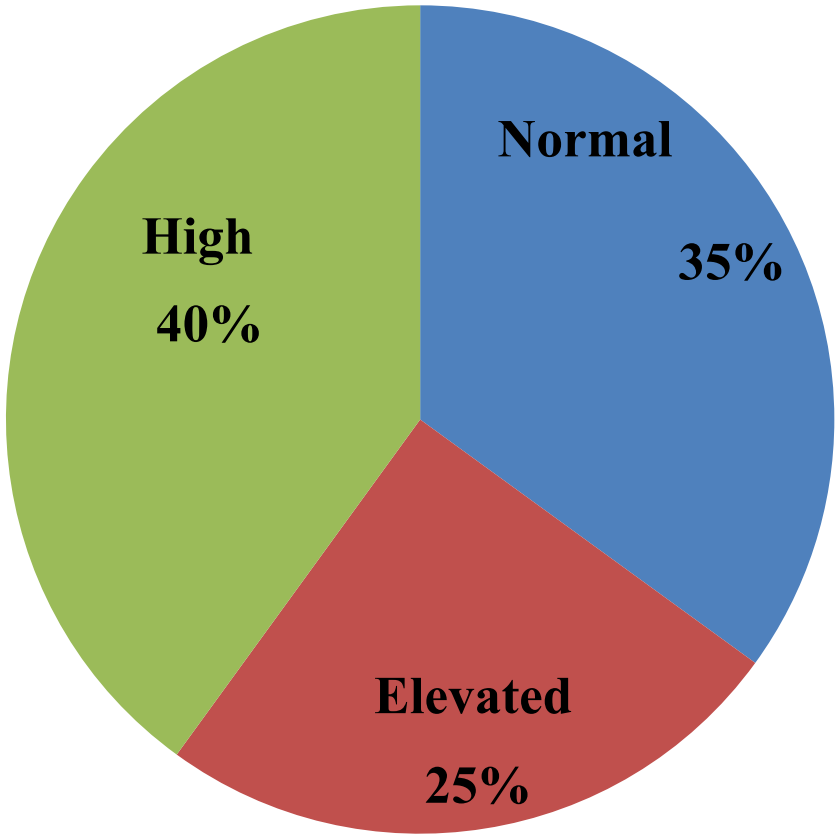
2020 Results

255 Total Participants



2021 Results

307 Total Participants



Normal: 120/80

Elevated: 120-129/80

High: Stage 1: 130-139/80-89

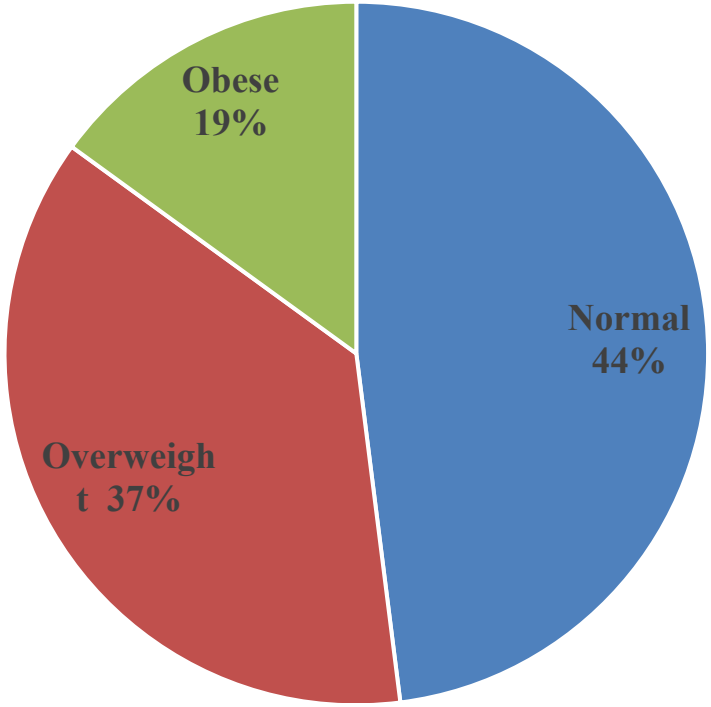
High Stage 2: 140/90

2017 National Average 45.4% > 130/80

BMI Results

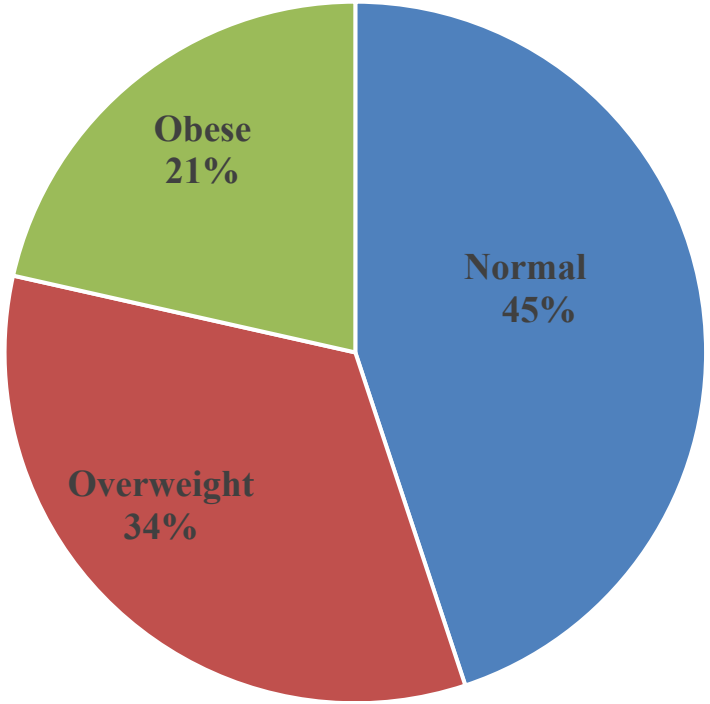
2017 Results

416 Total Participants



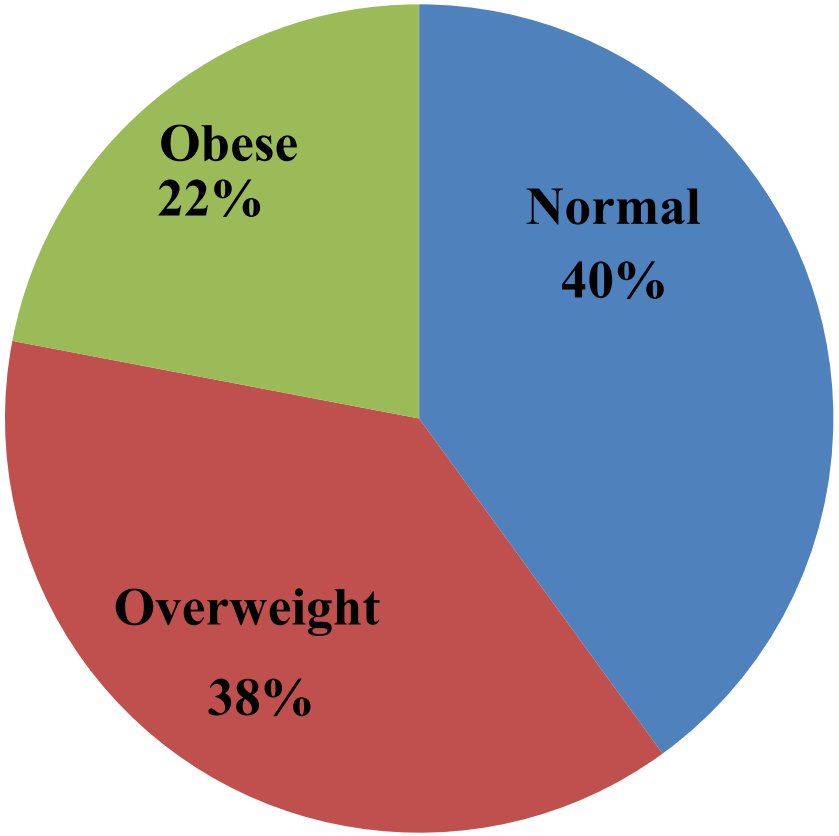
2020 Results

256 Total Participants



2021 Results

307 Total Participants



Normal: <25
Overweight: 25-30
Obese: >30

2017 National Average 42.4% Obesity
9.2% Severe Obesity > 35%

SAU Health Goals

Health Goals:
Southern Adventist University

These results are based upon Healthy People 2020 guidelines by reducing unhealthy percentages by 10% over a 10 year period. Also increasing healthy percentages by 10% over a 10 year period.

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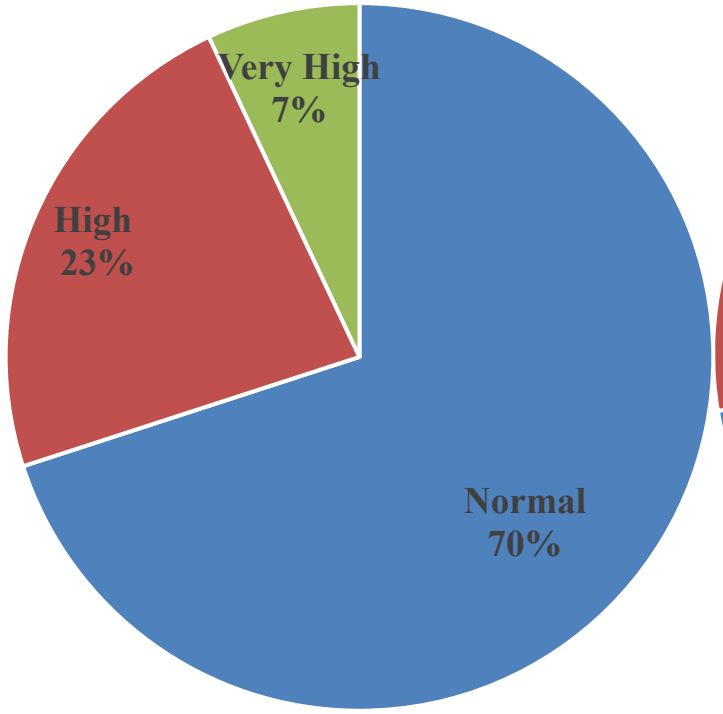
- Reduce the incidence of obesity (>30 BMI) to 18% to :
  - 17.82% by 2014
  - **16.74% by 2020 Currently at 21%**
  - 15.84% by 2025
- Reduce the incidence of overweight (>25 but <30 BMI) from 39% to:
  - 38.61% by 2014
  - **36.27% by 2020 Currently at 34%**
  - 34.32% by 2025
- Increase the proportion of adults who are healthy (<25 BMI) from 43% to:
  - 43.43% by 2014
  - **46.01% by 2020 Currently at 45%**
  - 48.16% by 2025

Total Cholesterol Results

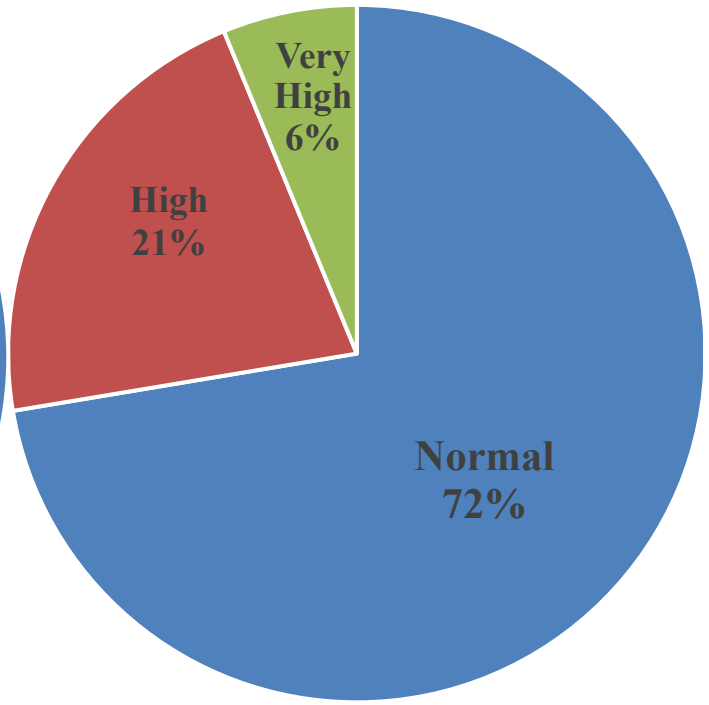
2017 Results

471 Total Participants



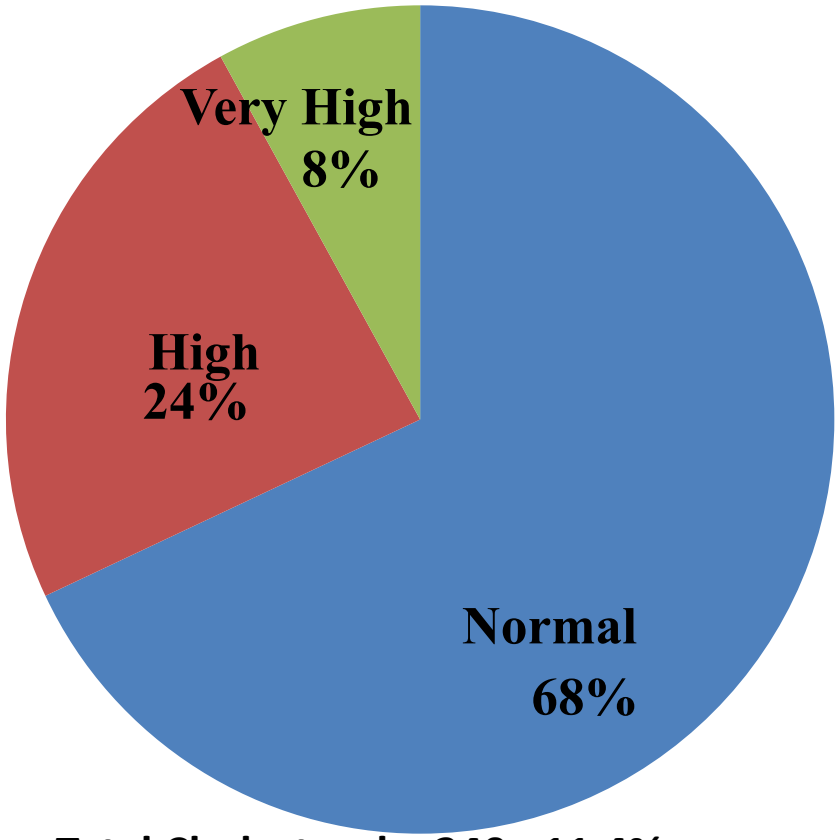
2020 Results

257 Total Participants



2021 Results

307 Total Participants



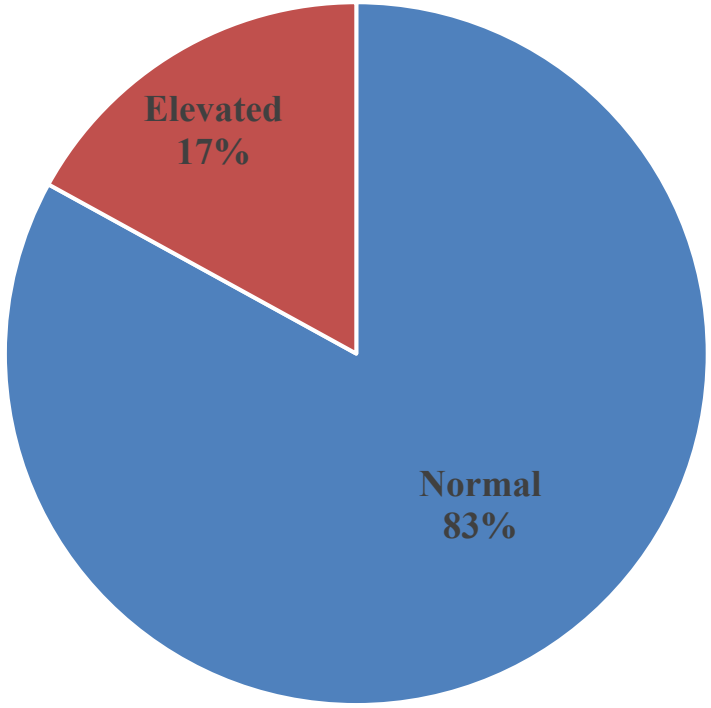
Normal: <200
High: 200-239
Very High: >239

2017 National Average Total Cholesterol > 240: 11.4%

LDL Results – (Unhealthy Cholesterol)

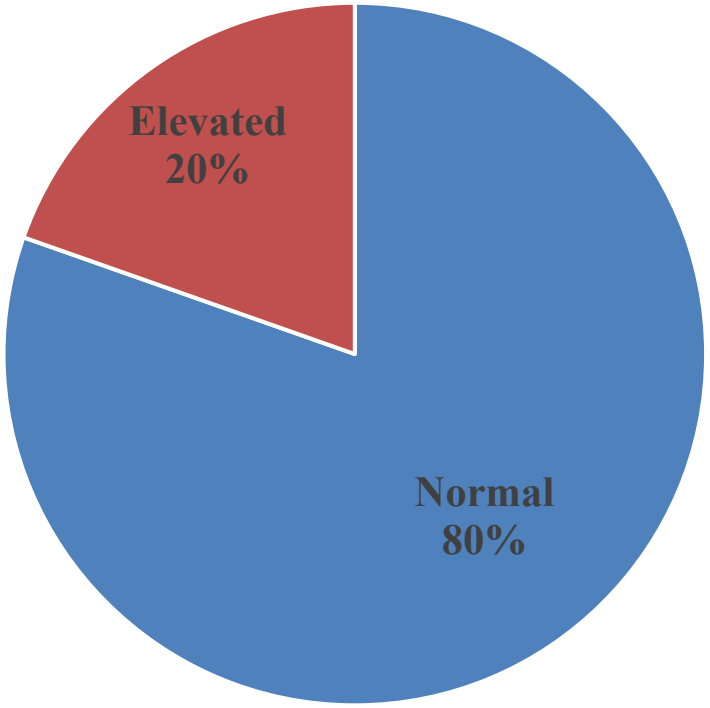
2017 Results

468 Total Participants



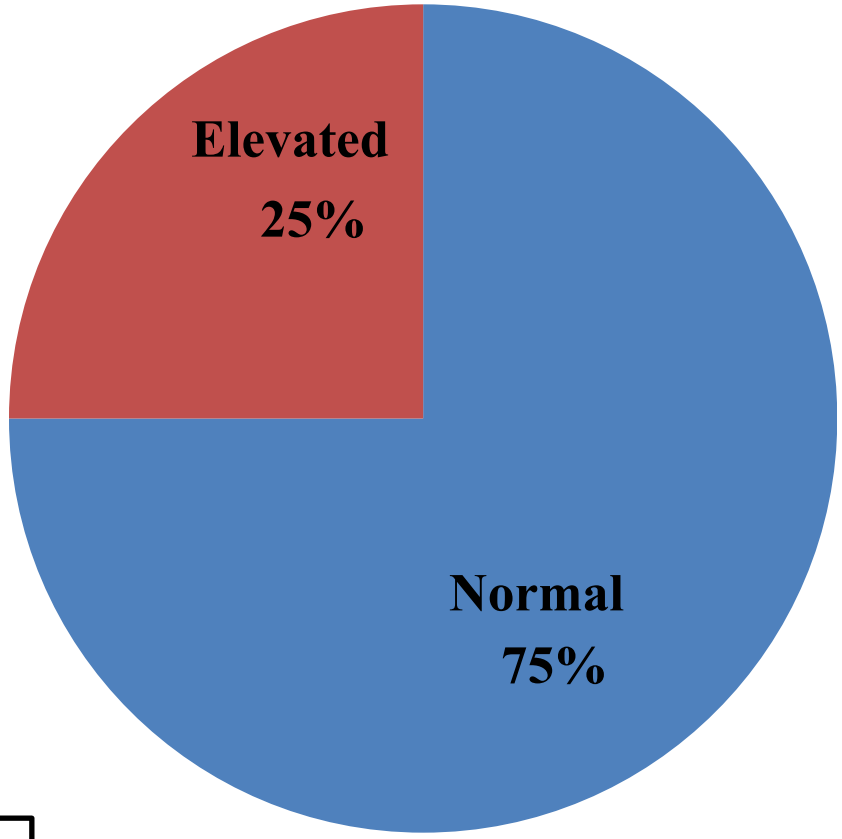
2020 Results

255 Total Participants



2021 Results

307 Total Participants



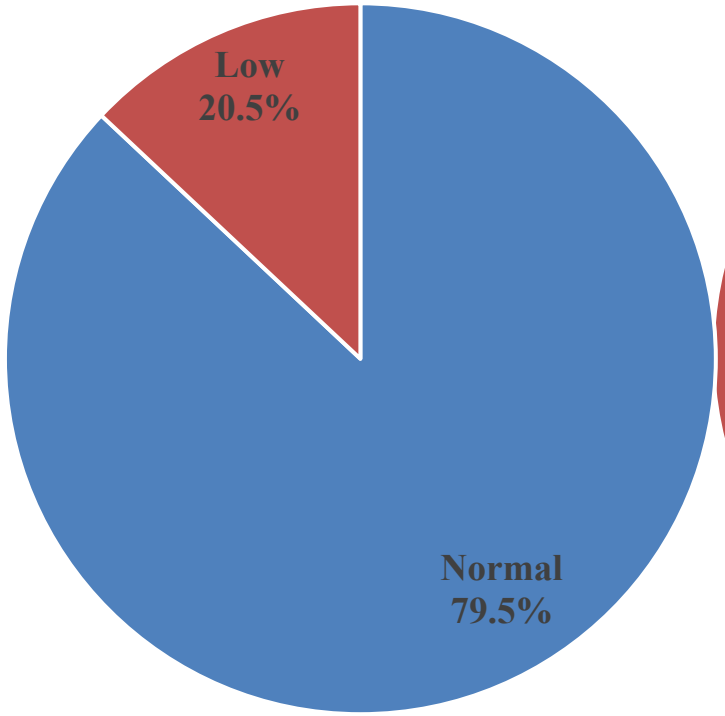
Normal: <130 230

Elevated: >130 77

HDL (Healthy-Good) Results – Female

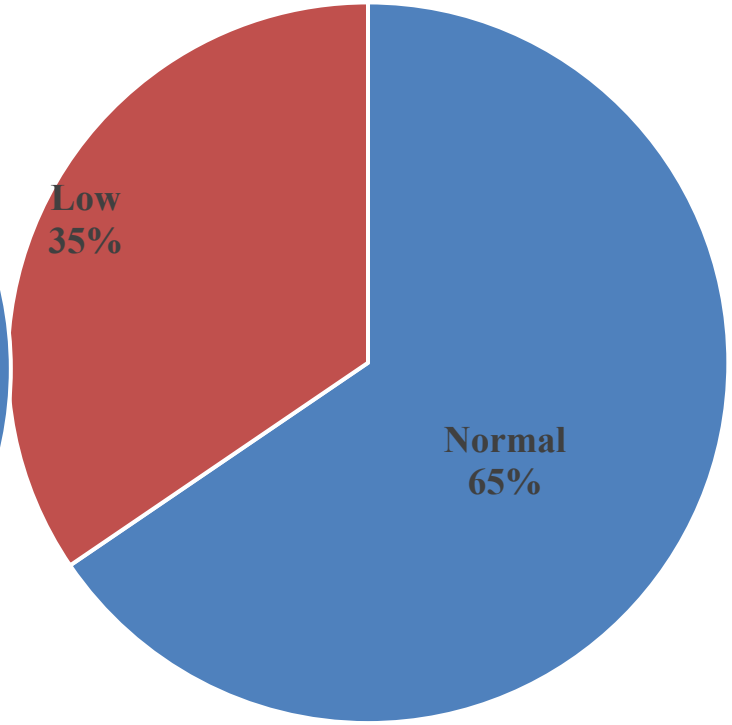
2017 Results

255 Total Participants



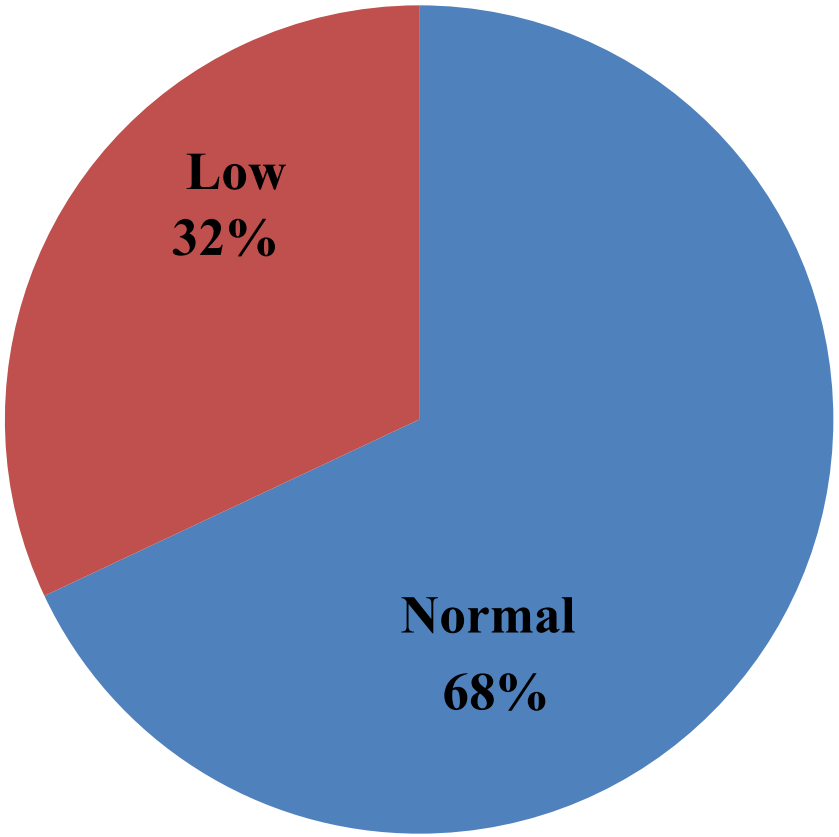
2020 Results

142 Total Participants



2021 Results

174 Total Participants



Low: ≤49

Normal: >49

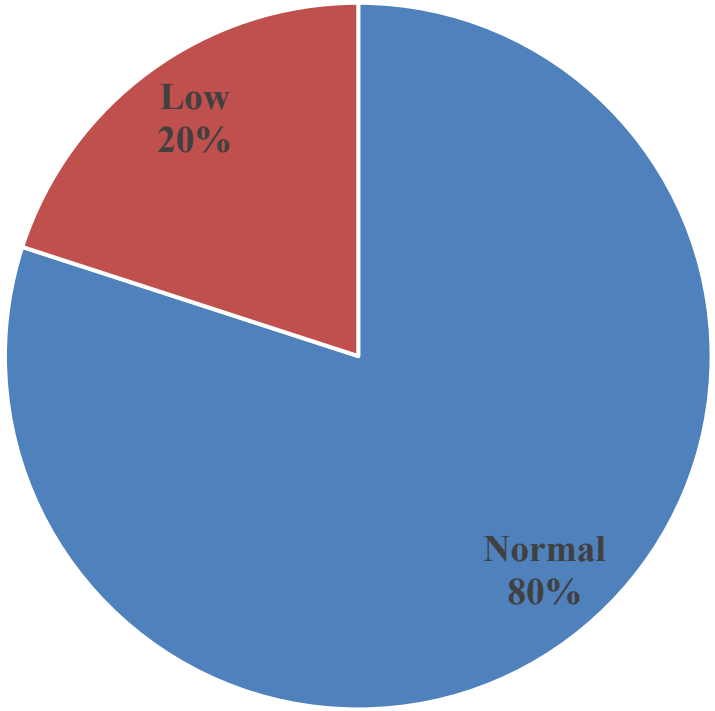
(National percentages based on ≤40)

2017 National Averages 8.5% for women with low LDL < 40)

HDL (Healthy - Good) Results – Male

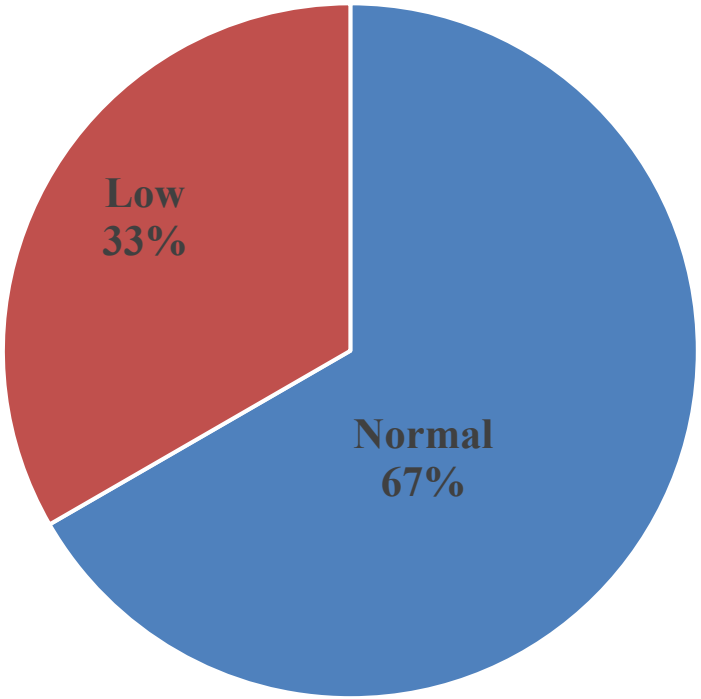
2017 Results

216 Total Participants



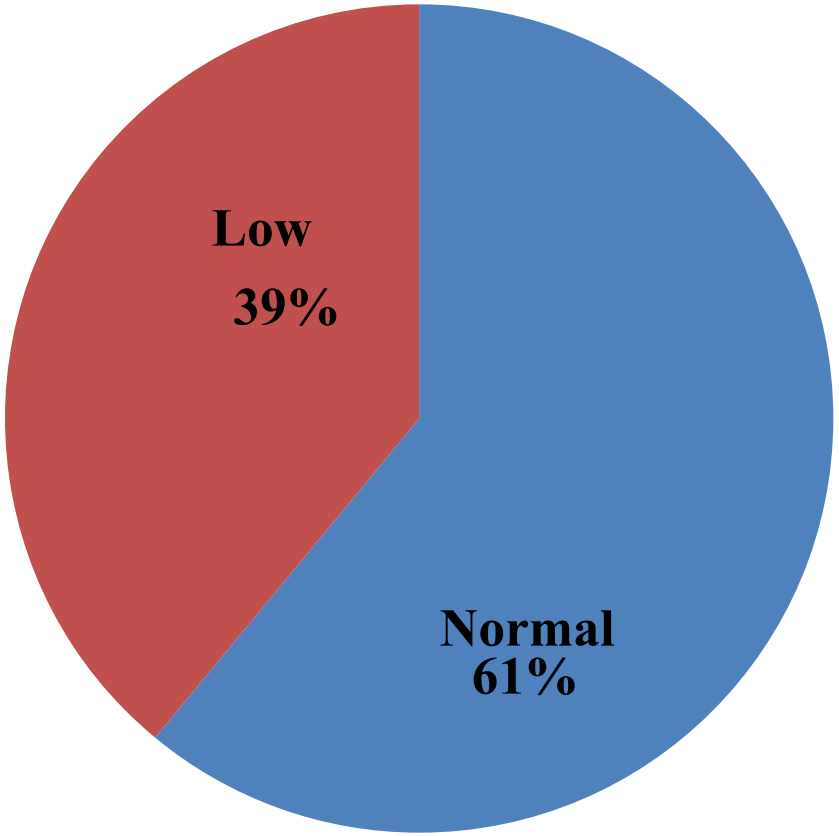
2020 Results

114 Total Participants



2021 Results

133 Total Participants



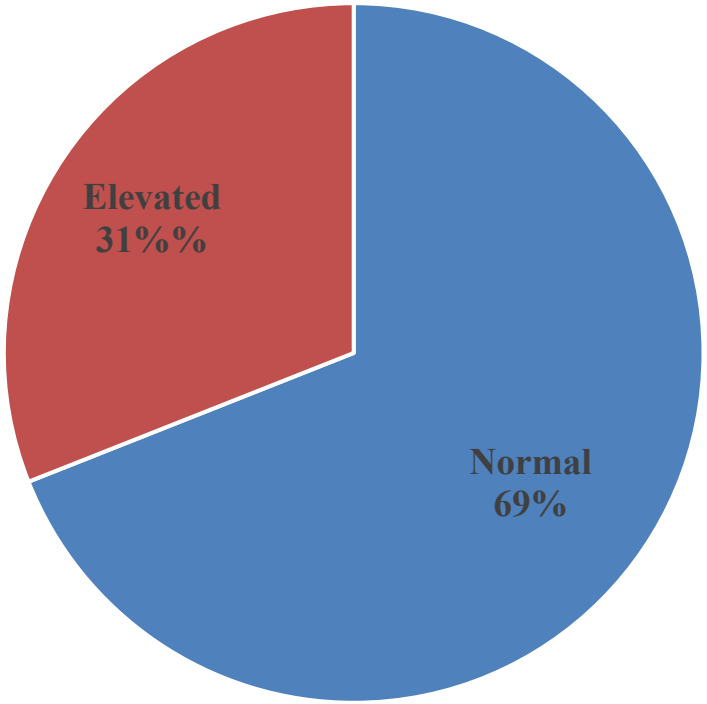
Low: ≤ 39
Normal: >39

2017 National Averages for Men <40 = 26.6%

Triglycerides Results

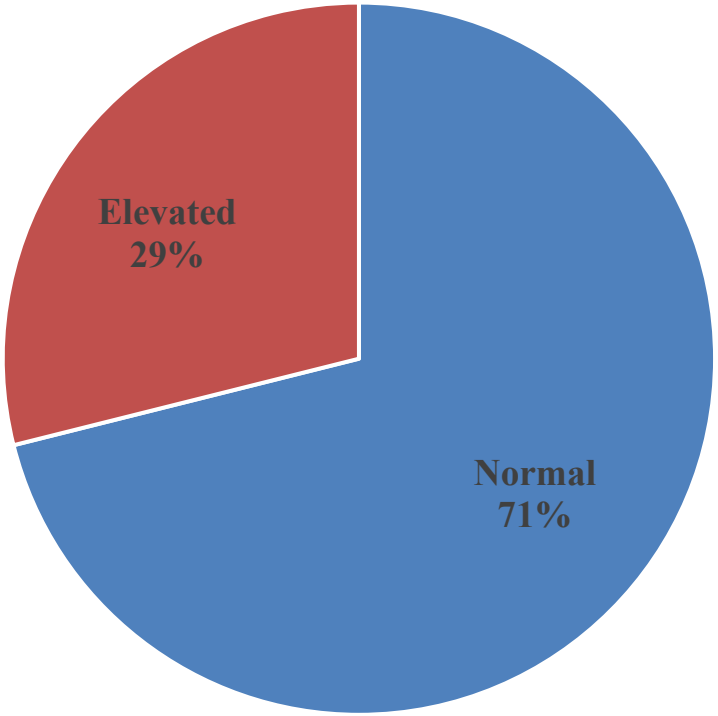
2017 Results

471 Total Participants



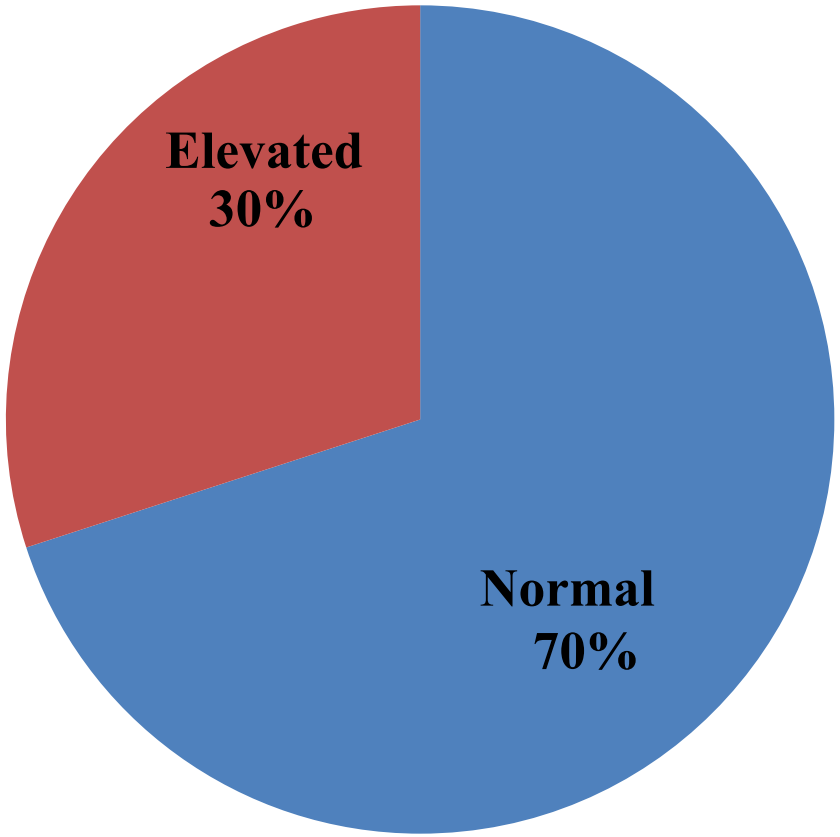
2020 Results

256 Total Participants



2021 Results

307 Total Participants



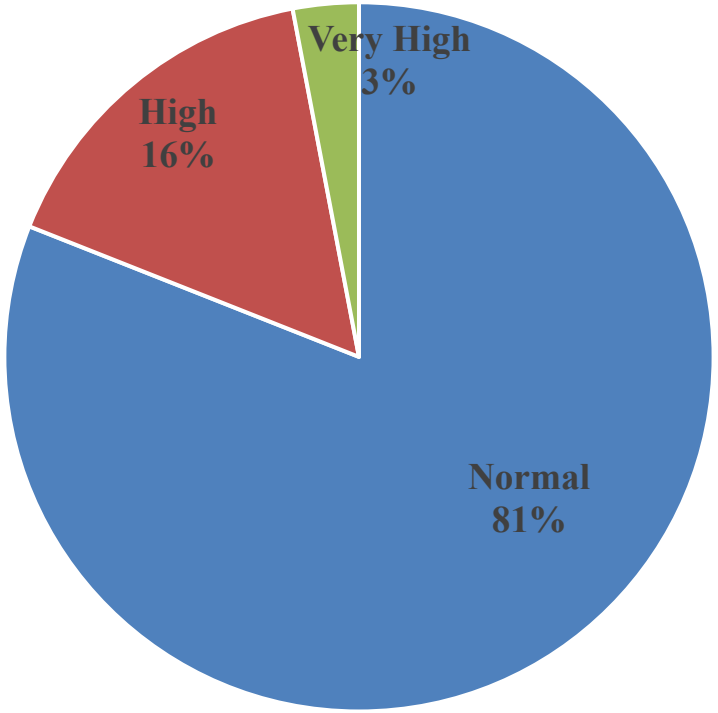
Normal: ≤ 149

Elevated: ≥ 150

Glucose Results

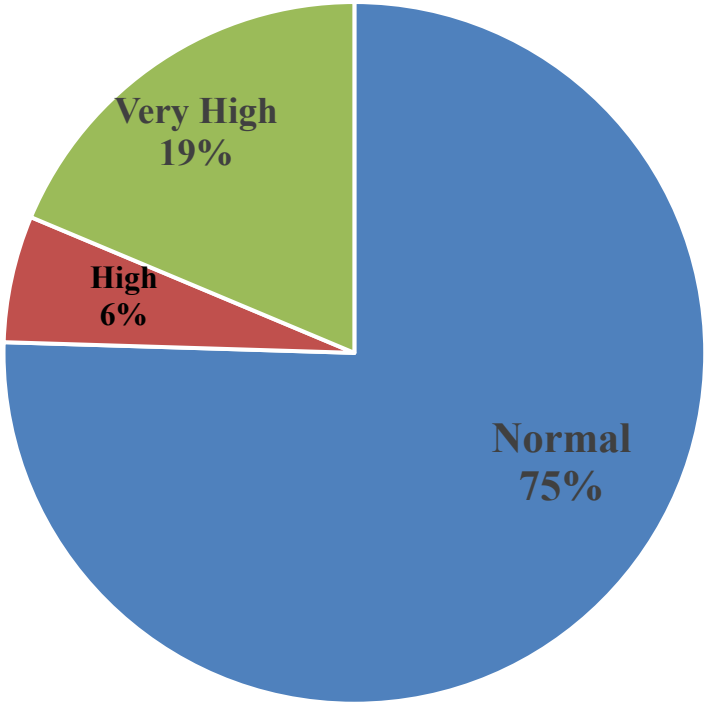
2017 Results

471 Total Participants



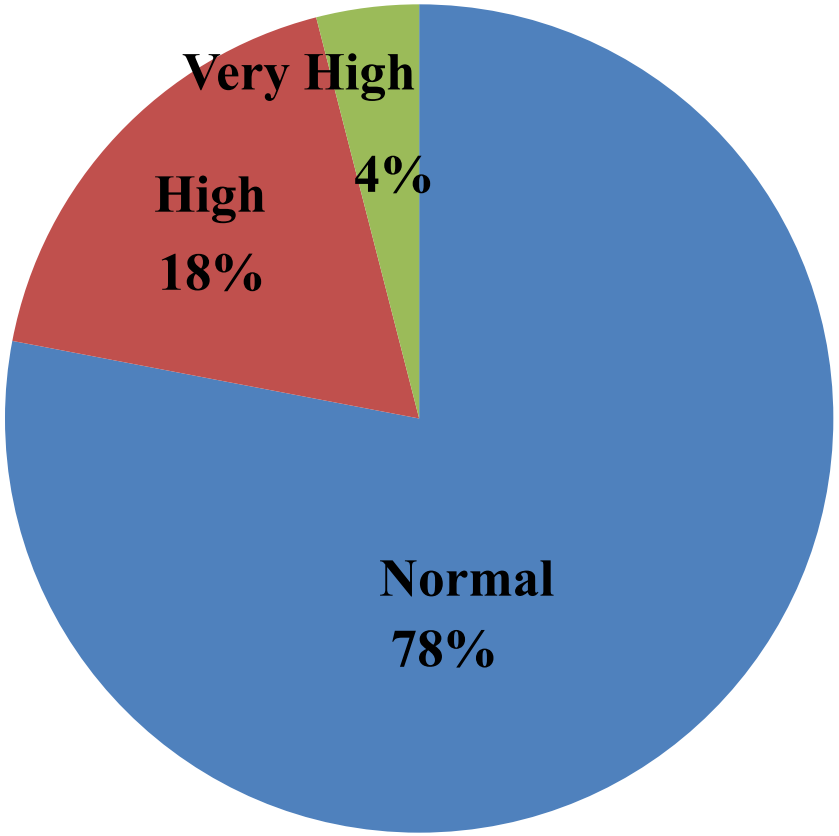
2020 Results

257 Total Participants



2021 Results

307 Total Participants



Normal: <100

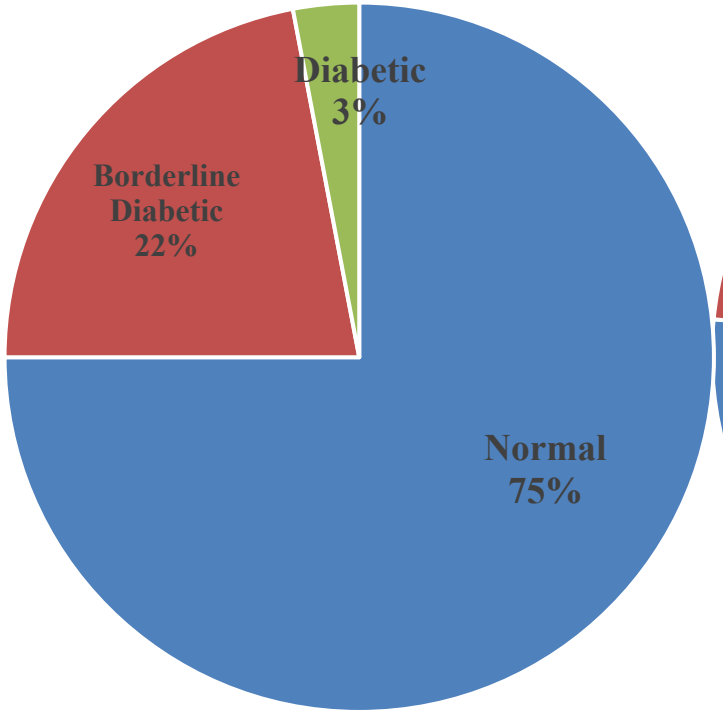
High: 100-125

Very high: >125

Hemoglobin A1C Results

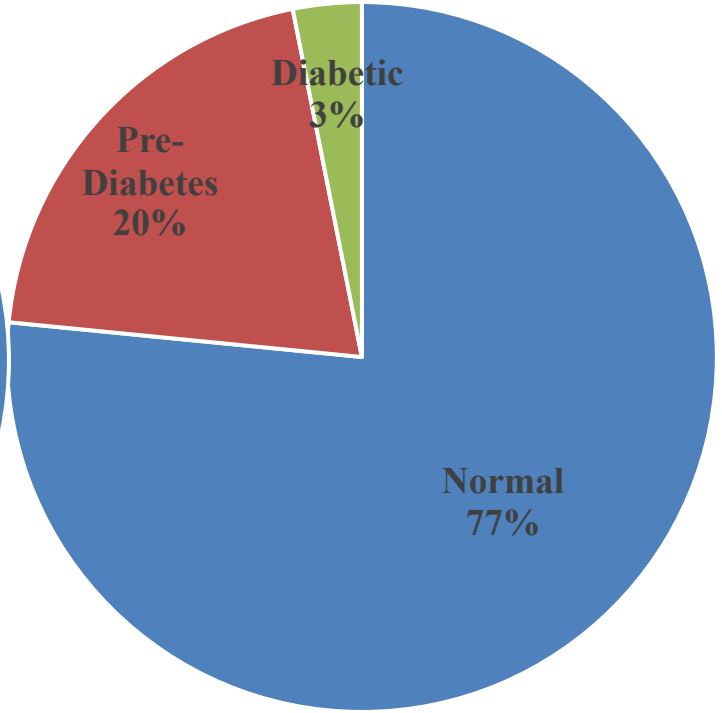
2017 Results

470 Total Participants



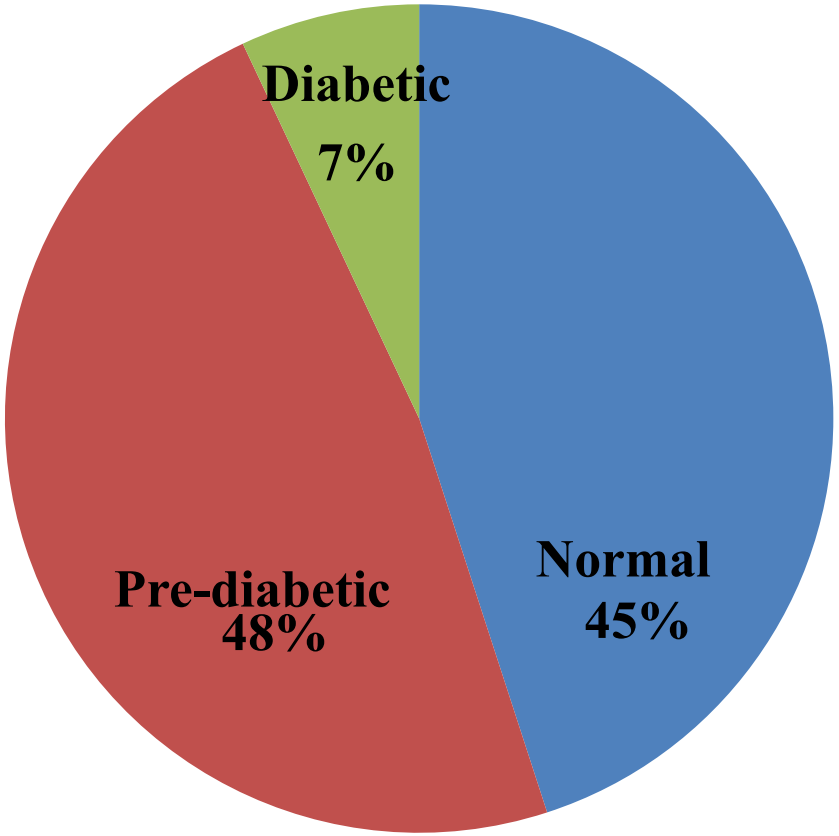
2020 Results

256 Total Participants



2021 Results

307 Total Participants



Normal: 4.7-5.6 137

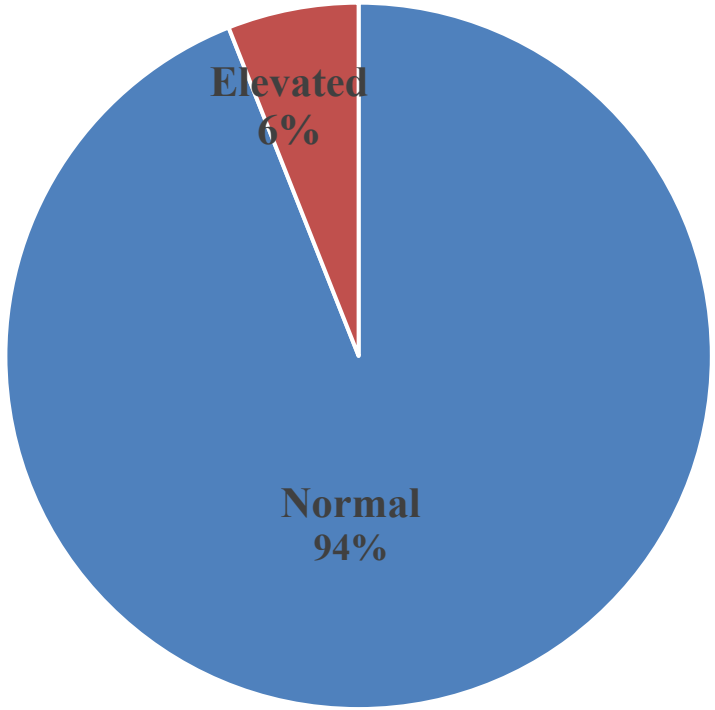
Pre-diabetic: 5.7-6.4 148

Diabetic: >6.4 22

PSA Results – Men > 40

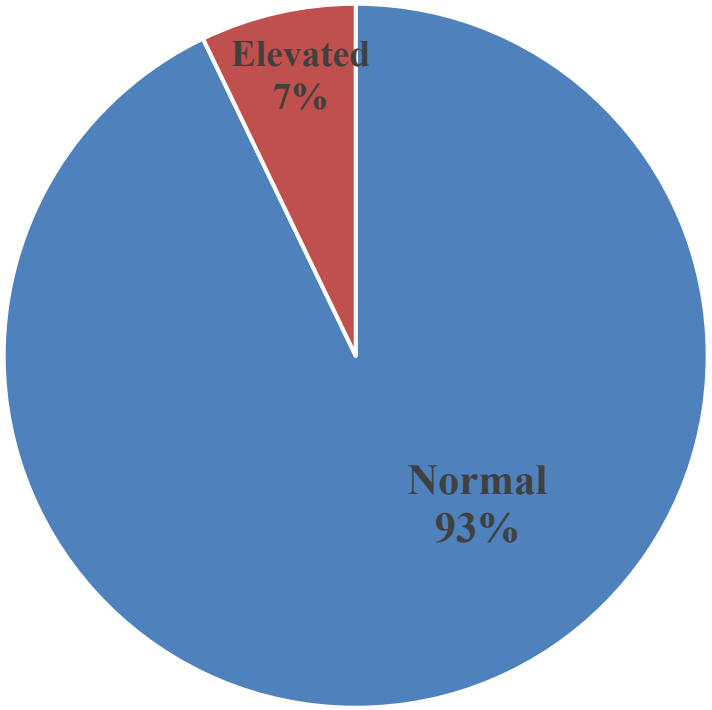
2017 Results

173 Total Participants



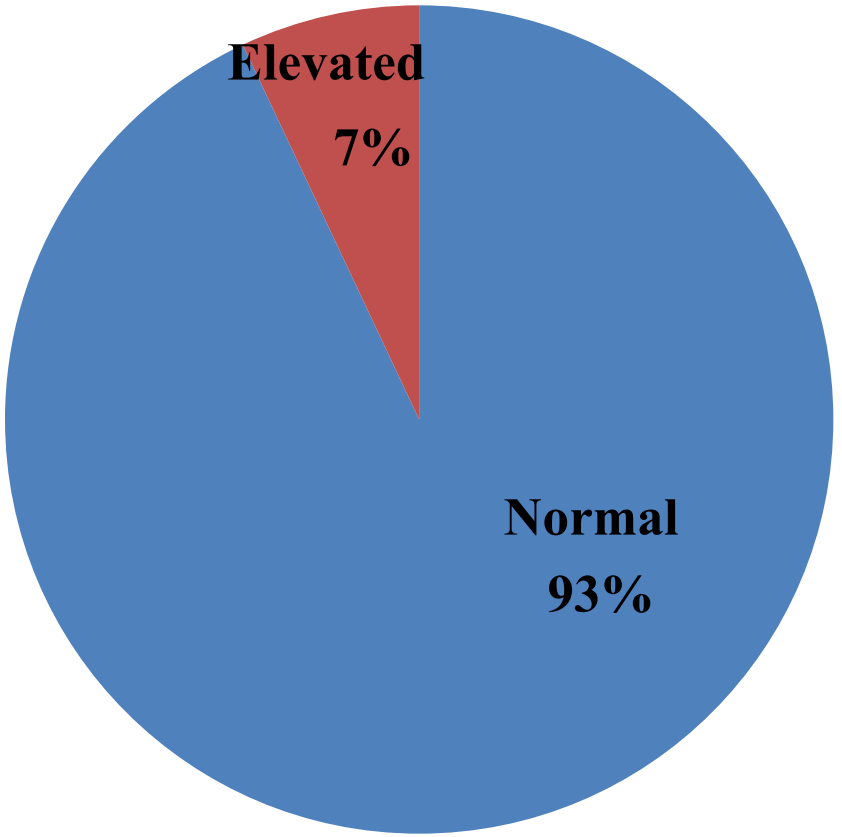
2020 Results

98 Total Participants



2021 Results

112 Total Participants



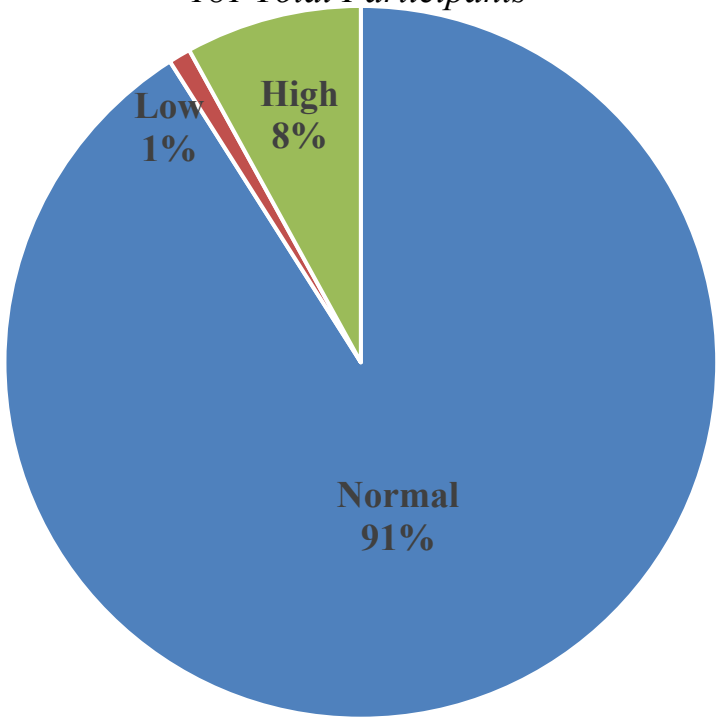
Elevated: > 4.5

Normal: ≤ 4.5

TSH Results – Women

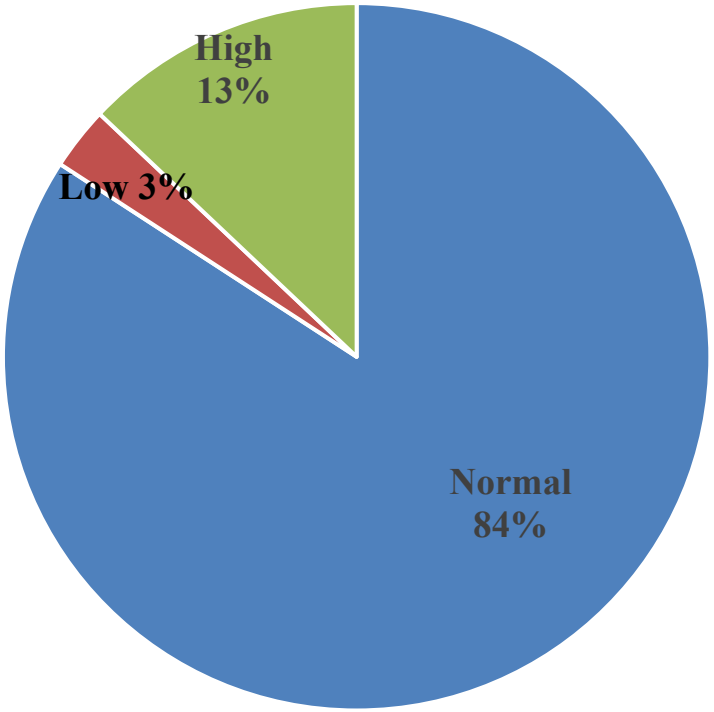
2017 Results

181 Total Participants



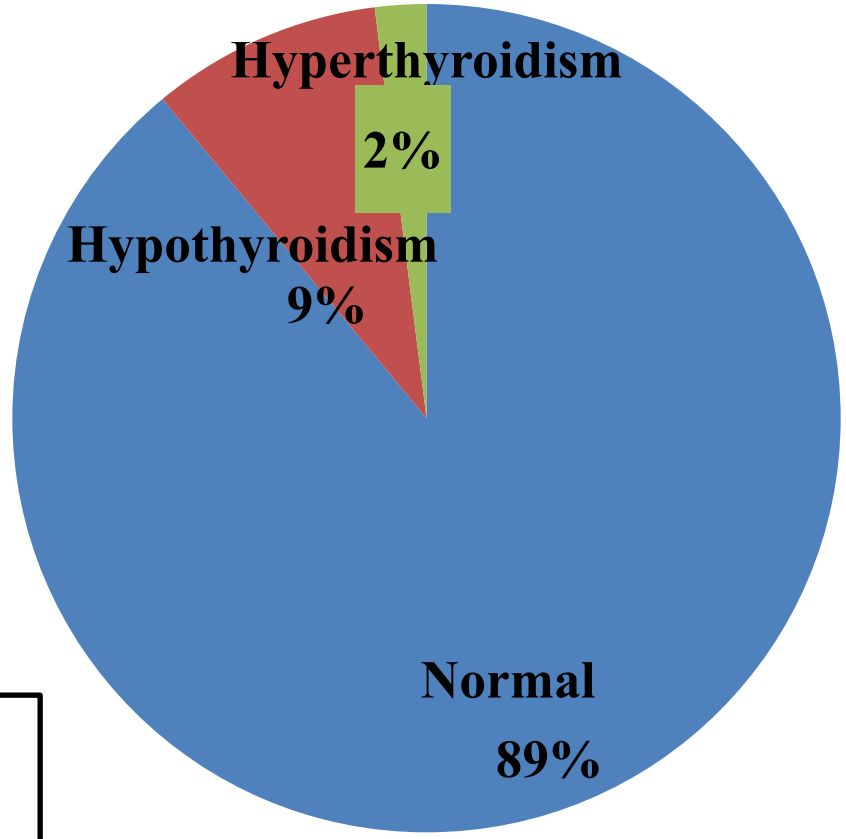
2020 Results

139 Total Participants



2021 Results

174 Total Participants



Hyperthyroidism: < 0.5 3
Normal: 0.51 – 5.1 155
Hypothyroidism: >5.0 16

Group Risk Categories

Lowest
Low Risk
–
No levels elevated

- **BMI:** less than 25 kg/m^2
- **Cholesterol:** Less than 200
- **Blood pressure:** ≤120/80
- **Blood glucose:** ≤100, with **A1C** less than 5.6%

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Low Risk

–

1 level elevated

- **BMI:** greater than 25 kg/m^2
- **Cholesterol:** Any abnormal level, including lower HDL levels
- **Blood pressure:** any pressure above 120/80 up to 139/89
- **Blood glucose:** any level above 100, with **A1C** greater than 5.7% up to 6.4% (pre-diabetic)

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Moderate Risk

–

2 levels elevated

- **BMI:** greater than 25 kg/m^2
- **Cholesterol:** Any abnormal level, including lower HDL levels
- **Blood pressure:** any pressure above 120/80
- **Blood glucose:** any level above 100, with **A1C** greater than 5.7% up to 6.4% (pre-diabetic)

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High Risk

–

[3] or [4]

levels

elevated

- **BMI**: 30 – 35 kg/$m^{2,}$ Class 1
- **Cholesterol:** 200 – 239, or ratio greater than 5.0 – 5.4
- **Blood Pressure:** above 120/80 up to 139/89 (prehypertension)
- **Blood glucose**: between 100 – 124, with **A1C** greater than 5.7% up to 6.4% (pre-diabetic)

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Higher High Risk

–

All 4 levels elevated

- **BMI:** 35 kg/m^2 or higher, Class II and III
- **Cholesterol:** 240 total or higher, or ratio greater than 5.5
- **Blood pressure:** 140/90 and greater (hypertensive)
- **Blood glucose:** greater than 125, with **A1C** >6.4% (diabetic)

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Risk Category	2021 307 total	2020 258 Total	2017 470 total
Highest (All 4 levels) 4 Total	1%	2%	0.50%
High (with 4 levels): 3 Total	1%	4%	9%
High (with 3 levels): 42 Total	14%	18%	22%
Moderate: 74 Total	24%	22%	23.50%
Low: 90 Total	30%	27%	22%
None:	30%	27%	23%
Lowest & Low Totals (goal of >70%)	60%	54%	45%
Highest & High (goal of <20%)	16%	24%	31.50%

Questions & Answers

Updated Statistics:

National Health & Nutrition Examination Survey
July 2020, Finding from 2017 reports.

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