



Personal Health Assessment

Executive Summary Report
for

Sarasota County Schools

September 19th, 2012 – June 30th, 2013



Sarasota County Schools

Executive Summary

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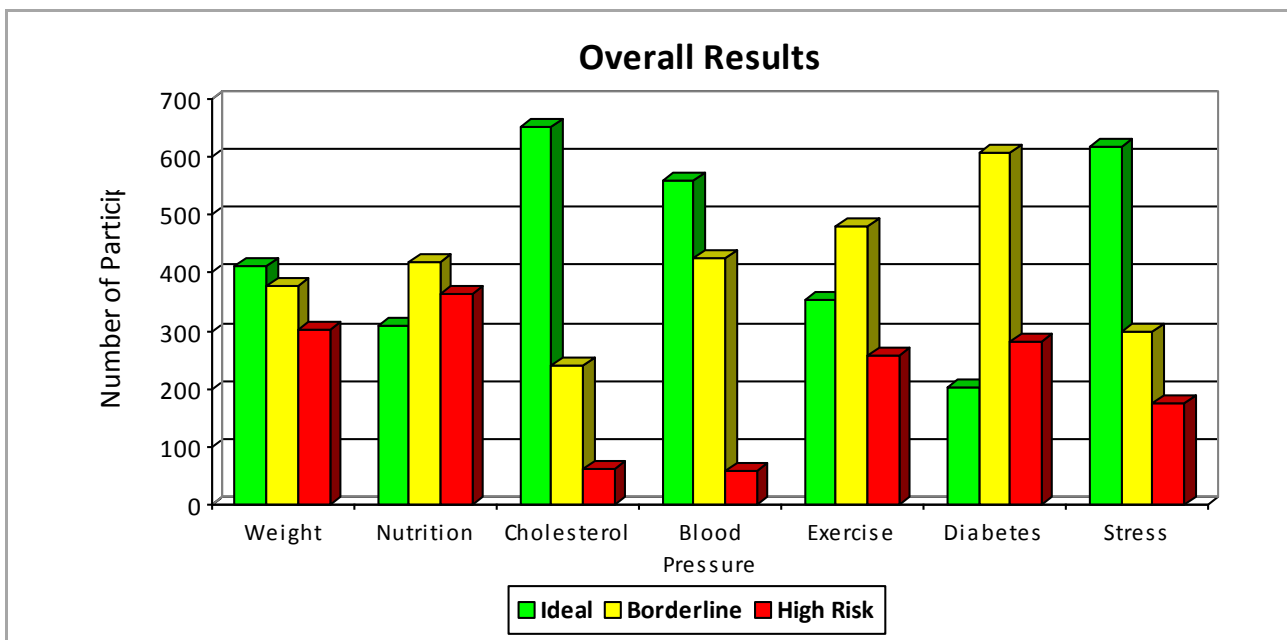
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Summary

The personal health assessment was administered for Sarasota County Schools between September 19, 2012 and June 30, 2013. There were 1090 participants that completed the personal health assessment during this time period. The average overall wellness score was 73. This score is an indicator of wellness that takes into account all behaviors surveyed in the assessment. A score below 80 indicates an elevated likelihood that individuals will develop certain medical conditions.

The graph below shows the results of several areas that contribute to chronic disease and factor into your final wellness score.

Overall Wellness

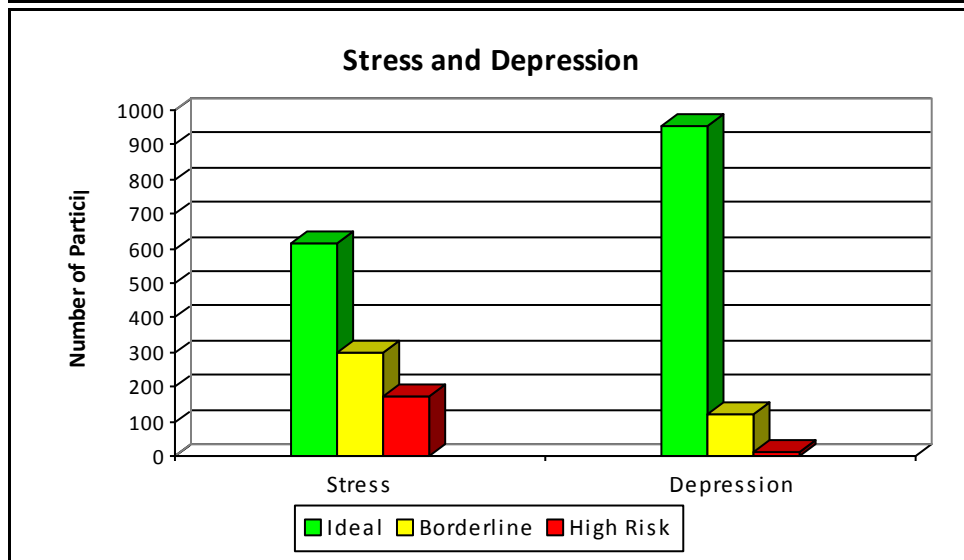
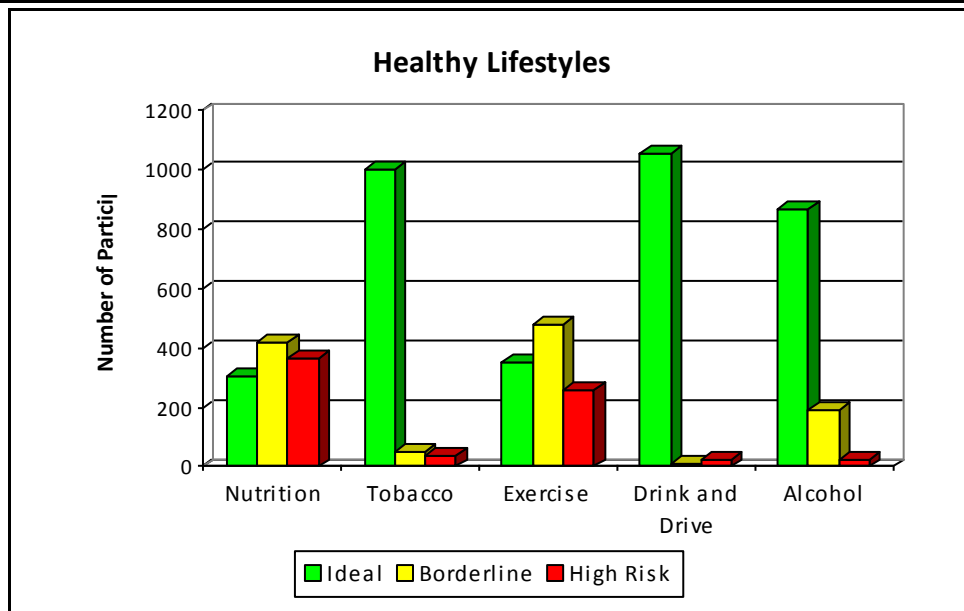
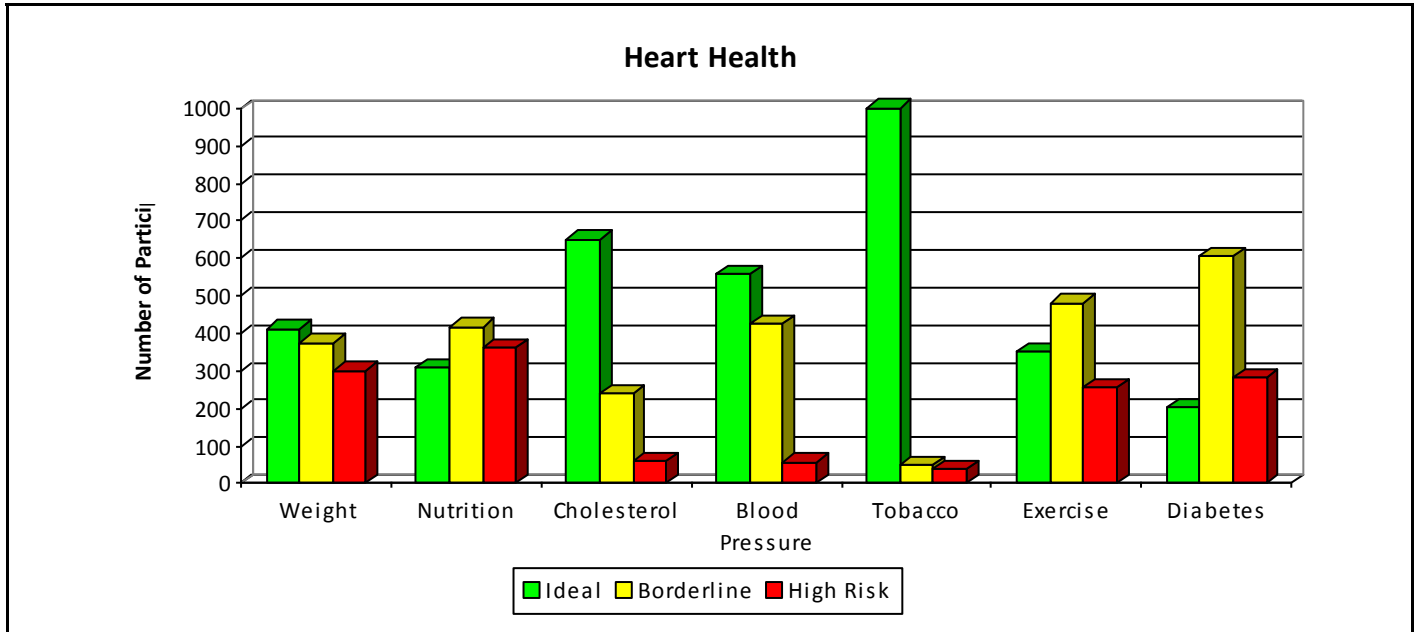


Risk Areas

The top four at-risk areas (high risk and borderline) for Sarasota County Schools are as follows:

Risk Area	Number	Percentage	Responses
Diabetes	888	81.5	1090
Nutrition	782	71.7	1090
Exercise	738	67.7	1090
Weight	677	62.1	1090

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Studies report that individuals with multiple health risks incur higher costs than those with fewer health risks.

High Risk assumes five or more risk factors

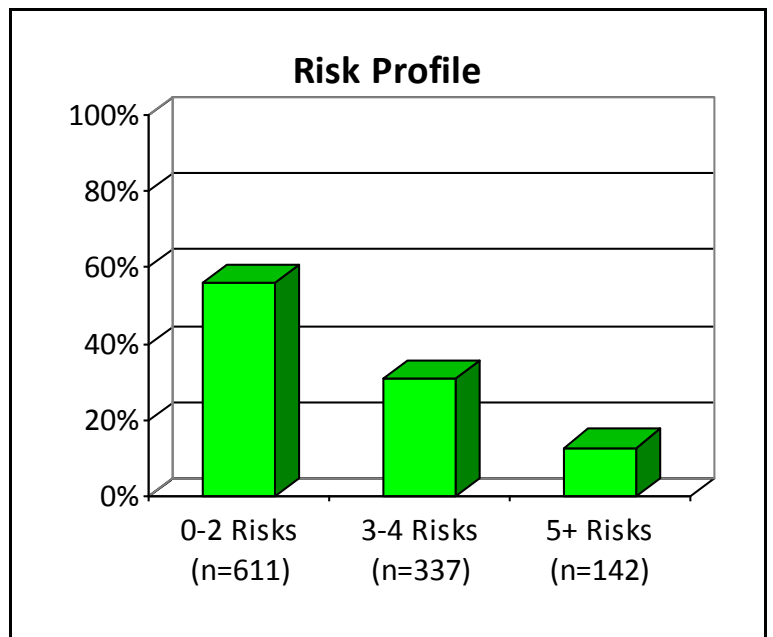
- 13.0% of the participant population falls into this category.
- These individuals typically have associated diseases amenable for disease management programs.

Medium Risk assumes three or four factors

- 30.9% of the participant population falls into this category.
- These individuals are most likely to escalate into disease conditions and may be suited for behavior modification programs.

Low Risk assumes zero to two risk factors

- 56.1% of the participant population falls into this category.
- This group shows fewer risks, either because of healthy behaviors or youth. These individuals are well suited for health promotion and education programs to delay or prevent movement to the Medium risk group.



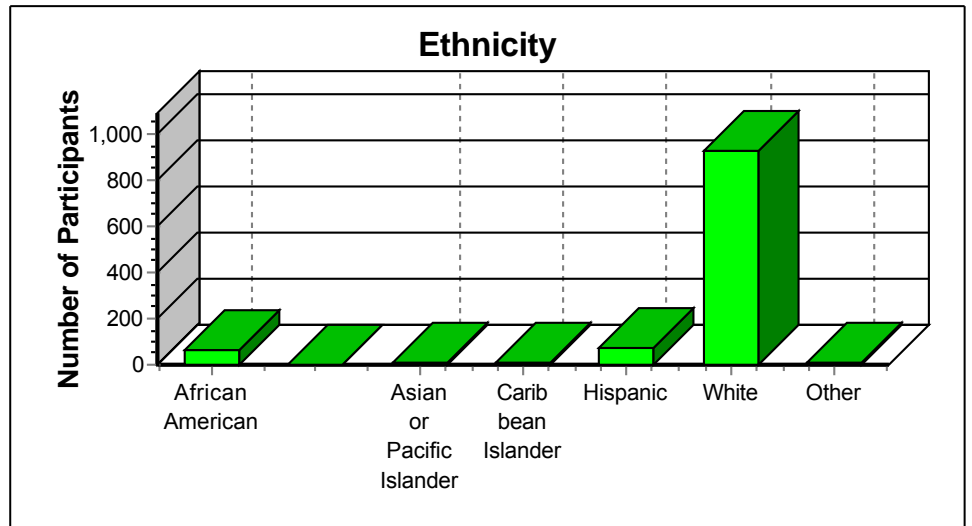
The denominator for each measure in this report varies based on the number of participants that completed the questions (subject to age and gender, where appropriate). The numerator for each measure shows the number of participants in each measurement category, based on their results. The eight self-reported risk areas used here (identified through the PHA) are: Diabetes, Blood Pressure, Cholesterol, Depression, Exercise, Stress, Tobacco, and Weight (BMI).

Demographics

Demographic information from participants is as follows: 17.6% of participants were male and 82.4% were female. The majority (85%) of participants were White. Ethnicity is measured because certain races are at higher risks for certain health conditions. According to the American Diabetes Association, ethnic groups in the United States with the highest risk of Type 2 Diabetes include African Americans and Hispanic/Latino Americans. The American Heart Association lists heart disease as the number one killer of African Americans and Latino/Hispanic Americans. See chart below.

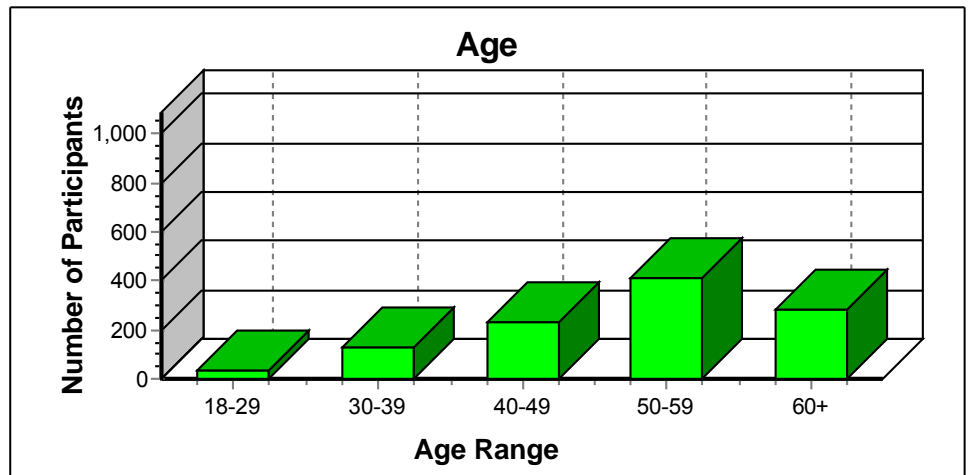
Total Responses: 1,088

African American:	60	5.5%
American Indian / Alaska Native:	4	0.4%
Asian or Pacific Islander:	13	1.2%
Caribbean Islander:	7	0.6%
Hispanic:	69	6.3%
White:	925	85.0%
Other:	10	0.9%



Total Responses: 1,090

Ages:		
18-29:	38	3.5%
30-39:	128	11.7%
40-49:	232	21.3%
50-59:	411	37.7%
60+:	281	25.8%



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Lifestyle behaviors of Sarasota County Schools are assessed in areas of motor vehicle safety, alcohol, and tobacco use. The overall scores for motor vehicle safety, alcohol, and tobacco are 94, 84, and 91 respectively. However, 2.3% are at borderline to high risk for drinking and driving, 19.7% have borderline to high levels of alcohol consumption, and 8.3% are at borderline to high risk for tobacco use.

The prevalence of drinking and driving is 23 per 1,000 employees. The prevalence of risky alcohol consumption is 197 per 1,000 employees. The prevalence of tobacco use is 83 per 1,000 employees.

Total Drink and Drive Responses: 1,090

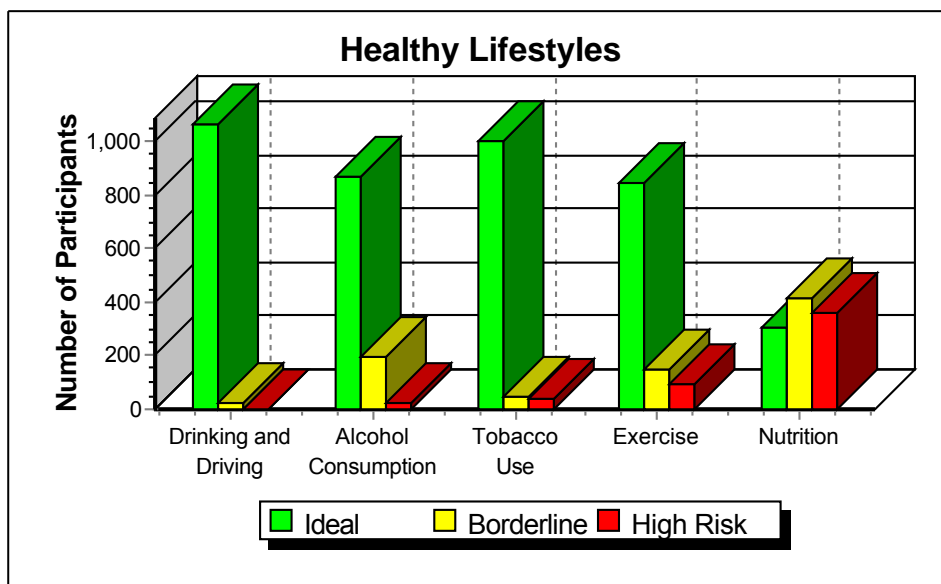
Ideal:	1,065	97.7%
Borderline:	22	2.0%
High Risk:	3	0.3%

Total Alcohol Consumption Responses: 1,085

Ideal:	871	80.3%
Borderline:	193	17.8%
High Risk:	21	1.9%

Total Tobacco Use Responses: 1,090

Ideal:	1,000	91.7%
Borderline:	50	4.6%
High Risk:	40	3.7%



According to the CDC, excessive alcohol use, either in the form of heavy drinking (more than 2 drinks per day for men or more than one drink per day for women) or binge drinking (drinking 5 or more drinks during a single occasion) occurs in 15% of the US population. Moreover, excessive alcohol use is the 3rd leading lifestyle-related cause of death for people in the US each year. Alcohol-related crashes in the United States cost approximately \$51 billion a year.

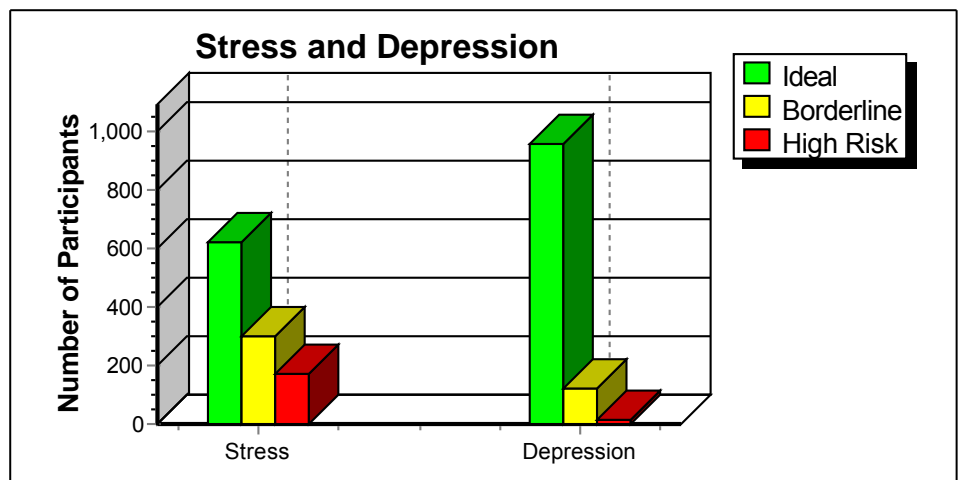
The CDC reports that 21% of adults 18 years of age and over in the United States are current cigarette smokers, 5.4% smoke cigars and another 3.3% use smokeless tobacco with the highest use of this product seen in young, white males in the southern states. Annually, \$96 billion is spent on health care due to tobacco use. Tobacco use is the leading preventable cause of death in the United States.

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High levels of stress and/or depression increase risk factors for major illness or diseases such as high blood pressure, heart disease and stroke. The CDC’s National Institute for Occupational Safety and Health reports health care expenditures are nearly 50% greater for workers who report high levels of stress, and that 27% of individuals with depression reported serious difficulties in work and home life. Mental wellness scores are calculated using questions based on stress levels and depression. Sarasota County Schools' overall mental wellness score is 77.

Of the participants, 473 (43.4%) are at risk for developing complications related to stress (299 are borderline and 174 are at high risk); 136 (12.5%) are at risk of depression (122 are borderline and 14 high risk). The prevalence of depression for Sarasota County Schools is 13 per 1,000 employees. The prevalence of elevated stress levels is 434 per 1,000 employees.

Total Stress		
Responses: 1,090		
Ideal:	617	56.6%
Borderline:	299	27.4%
High Risk:	174	16.0%
Total Depression		
Responses: 1,090		
Ideal:	954	87.5%
Borderline:	122	11.2%
High Risk:	14	1.3%

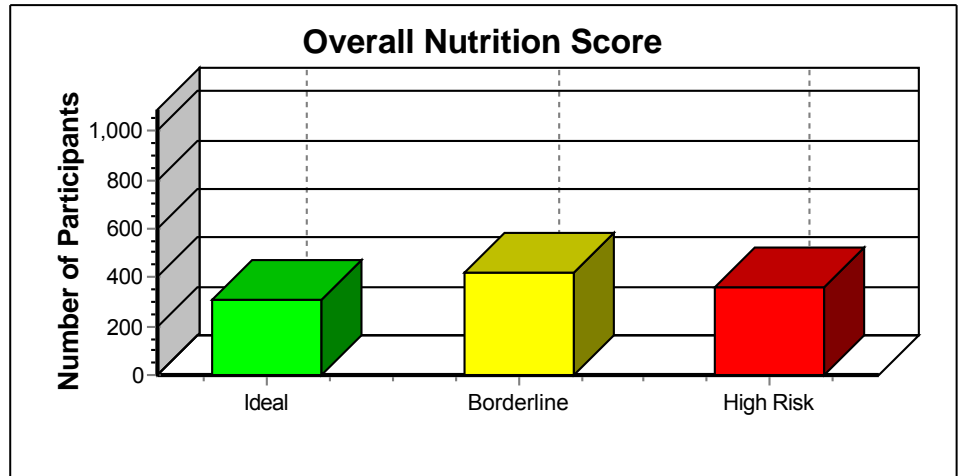


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Based on a compilation of questions about nutrition habits, Sarasota County Schools participants have an overall nutrition score of 59. Nutrition scores were based on questions about fat, fiber, fruit and vegetable consumption.

Total Responses: 1,090

Ideal:	308	28.3%
Borderline:	418	38.3%
High Risk:	364	33.4%



Specifics

A CDC study shows only 24% of adults ate 5 or more servings of fruits and vegetables per day. In 2011, the USDA released the federal government’s new food icon, MyPlate, www.choosemyplate.gov to serve as a reminder to consumers to make healthier food choices. On average, Americans eat too many foods that are high in fats and added sugars, but not enough dark greens or orange vegetables, legumes, fruits, whole grains or other fiber containing food and low or fat- free milk products.

Participants responded to 10 nutrition questions based on frequency of consumption of certain foods. Based on those results, 28.3% of participants have ideal nutrition levels, 38.3% have borderline nutrition levels, and 33.4% are high risk based on nutrition practices. The prevalence of at-risk eating behaviors is 717 per 1,000 employees.

Total Fats Responses: 1,090

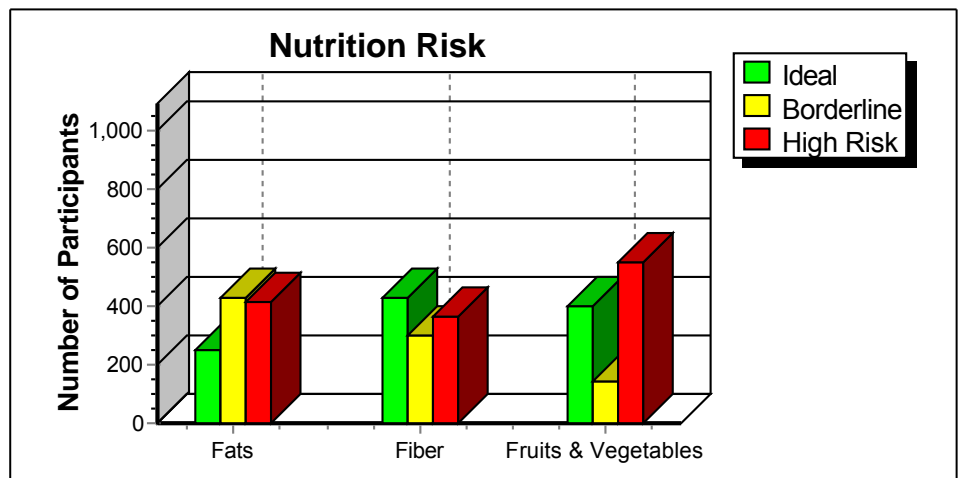
Ideal:	251	23.0%
Borderline:	424	38.9%
High Risk:	415	38.1%

Total Fiber Responses: 1,090

Ideal:	429	39.4%
Borderline:	299	27.4%
High Risk:	362	33.2%

Total Fruits & Vegetables Responses: 1,090

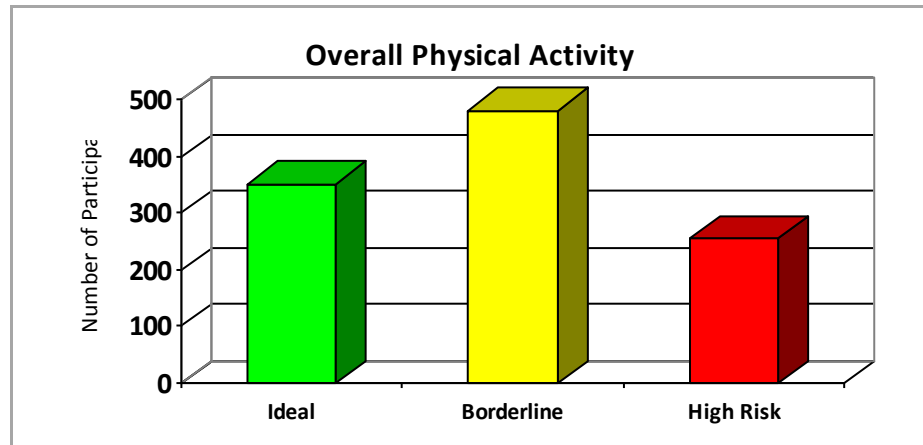
Ideal:	398	36.5%
Borderline:	143	13.1%
High Risk:	549	50.4%



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Physical activity levels were determined by assessing Sarasota County Schools participant's amount of vigorous exercise and general physical activity. Sarasota County Schools has an overall physical activity score of 61. These results show that 68% are borderline to high risk due to participants getting less than the recommended amounts of daily physical activity.

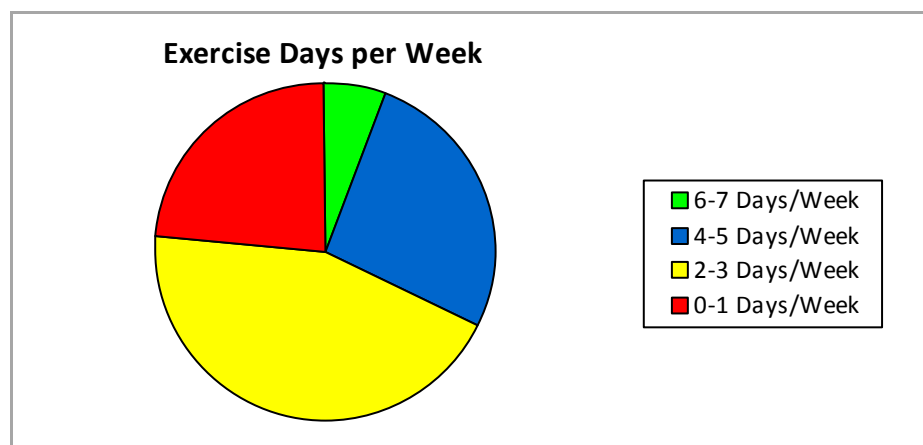
Total Responses:	1090	
Ideal:	352	32.3%
Borderline:	482	44.2%
High Risk:	256	23.5%



Specifics

Deaths from poor diet and physical inactivity (16.6%) may soon surpass tobacco related deaths (18.1%) as the leading cause of preventable death in the United States. According to the Physical Activity Guidelines for Americans, adults should aim for at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity spread throughout the week, and add activities to strengthen muscles and bones at least 2 days a week. The prevalence of borderline or high risk levels of physical inactivity is 677 per 1,000 employees. The graph below shows Sarasota County Schools participants' regular exercise activity by the number of days a week they exercised for at least 20 minutes.

Total Responses:	1090	
0-1 days/wk:	256	23.5%
2-3 days/wk:	482	44.2%
4-5 days/wk:	285	26.1%
6-7 days/wk:	67	6.1%



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BMI (Body Mass Index)

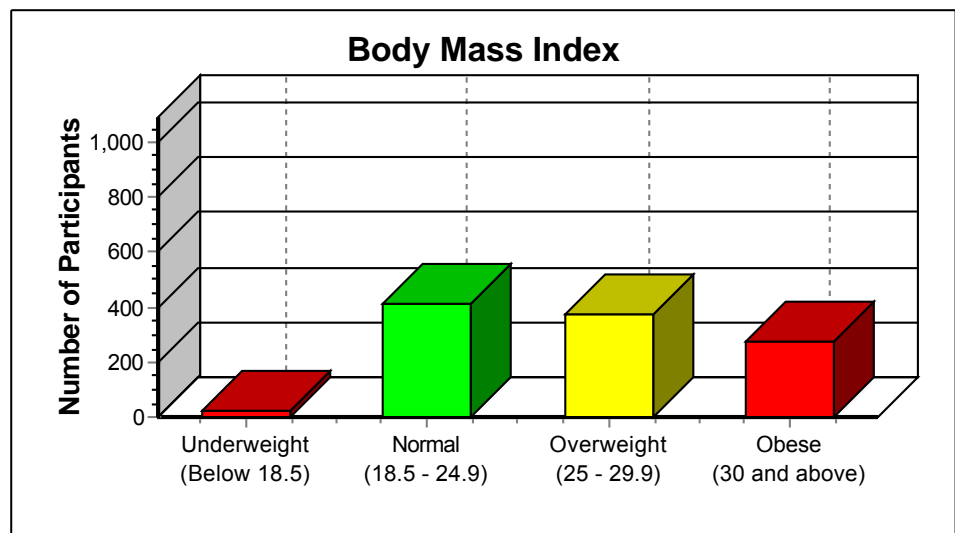
Body Mass Index is a tool used for indicating weight status in adults. It is a measure of weight for height. According to the National Center for Chronic Disease Prevention and Health Promotion, for adults over 20 years old, BMI falls into one of these categories:

Below 18.5 = Underweight
18.5 - 24.9 = Normal
25.0 - 29.9 = Overweight
30 and above = Obese

Of the Sarasota County Schools participants, 653 participants (60.1%) are considered to be overweight or obese (376 are overweight and 277 are obese). The prevalence of overweight individuals is 346 per 1,000 employees. The prevalence of obese individuals is 255 per 1,000 employees. The CDC shows that 34% of adults in the U.S. over the age of 20 are obese, and another 34% are overweight.

Total Responses: 1,086

Underweight	20	1.8%
Normal	413	38.0%
Overweight	376	34.6%
Obese	277	25.5%



Research has shown that as Americans reach overweight or obese weight levels, the risks for many health conditions also increase. Those conditions include heart disease, Type 2 diabetes, certain cancers including endometrial, breast and colon, hypertension, high cholesterol, stroke, liver and gallbladder disease and osteoarthritis. The health cost of obesity in the United States is as high as \$147 billion annually, based on a 2009 study from the CDC. Overall, persons who are obese spent \$1,429 (42 %) more for medical care per year than did normal weight people. According to a study published by the NIH, the cost of obesity to business in this country has been estimated to total \$12.7 billion, including \$2.6 billion as a result of mild obesity and \$10.1 billion due to moderate to severe obesity. Health insurance expenditures made up \$7.7 billion of the total amount, representing 43% of all spending by U.S. business on coronary heart disease, hypertension, type 2 diabetes, hypercholesterolemia, stroke, gallbladder disease, osteoarthritis of the knee, and endometrial cancer. Obesity related business expenditures for paid sick time, life insurance, and disability insurance amounted to \$2.4 billion, \$1.8 billion, and \$800 million, respectively.

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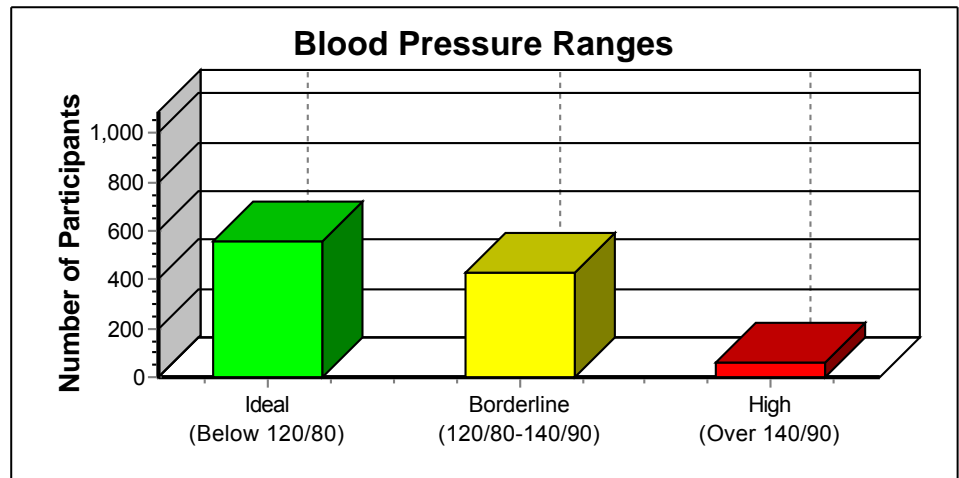
High blood pressure, also known as hypertension, is often referred to as a silent killer because it is generally a condition with no symptoms. Regular, elevated blood pressure can lead to a heart attack, stroke, heart failure, or kidney failure. Sarasota County Schools has a blood pressure score of 76.

The health risk assessment shows 483 out of 1,043 Sarasota County Schools participants (46.3%) have a risk of hypertension (57 at high risk and 426 at borderline). The prevalence of hypertension (high risk) is 55 per 1,000 employees. The prevalence of pre-hypertension (borderline) is 408 per 1,000 employees.

According to the CDC, one out of three U.S. adults or 31% has high blood pressure and another 25% have prehypertension meaning their numbers are between 120/80 – 140/90. In 2010, high blood pressure cost the U.S. \$76.6 billion in health care services, medications and missed days of work.

The following chart depicts participants' blood pressure ranges, which are measured against the current American Heart Association standards.

Total Blood Pressure Responses: 1,043		
Ideal:	560	53.7%
Borderline:	426	40.8%
High Risk:	57	5.5%



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Diabetes is a disease in which body cells do not absorb enough insulin. If uncontrolled, diabetes can cause several life-threatening conditions as well as numerous illnesses and disabilities. Sarasota County Schools has an overall diabetes score of 57. Participants' age, activity levels and weight were included in calculating risk for diabetes. Out of 1,090 Sarasota County Schools participants, 282 (25.9%) are at high risk for diabetes, but only 6.9% self-reported having diabetes.

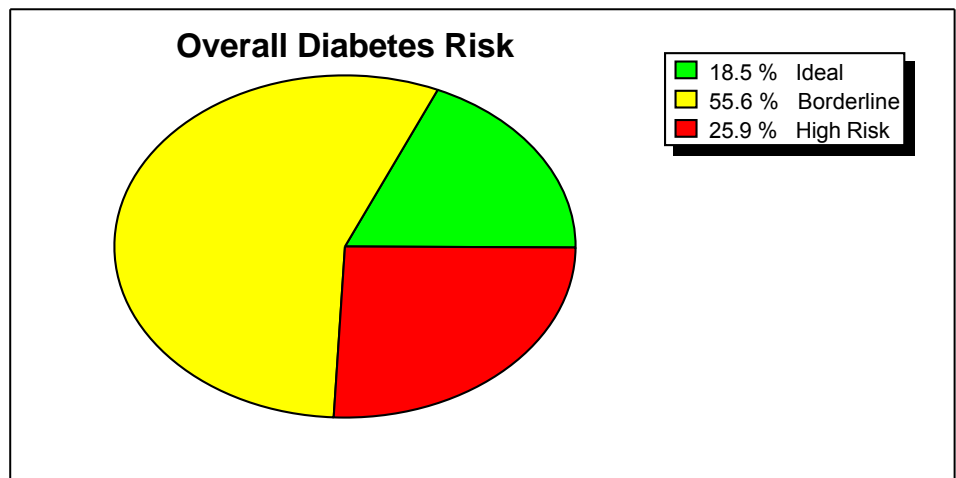
Based on actual blood sugar results from 485 participants, 12% of participants are high (> 125 mg/dL) and 22.9% are at borderline (100-125 mg/dL). In addition, 81.5% of employees are either unaware they are at risk of diabetes due to elevated blood sugar, weight, and activity levels or already have a diagnosis of diabetes. The prevalence of diagnosed diabetes for Sarasota County Schools is 69 per 1,000 employees. This is higher than the national prevalence of diagnosed diabetes of 49.1 per 1,000.

According to the American Diabetes Association, 79 million adults in the U.S. have pre-diabetes meaning their blood sugar results are between 100 – 125mg/dL. Lifestyle interventions consisting of changes in diet, exercise and weight, to prevent or delay type 2 diabetes in individuals with pre-diabetes are feasible and cost-effective. 25.8 million adults or 8.3% have diabetes. Out of that number, 7.0 million do not yet know they have diabetes. Average medical expenditures are 2.3 times higher than in persons without diabetes.

The following chart depicts participants' overall diabetes risk.

Total Responses: 1,090

Ideal:	202	18.5%
Borderline:	606	55.6%
High Risk:	282	25.9%

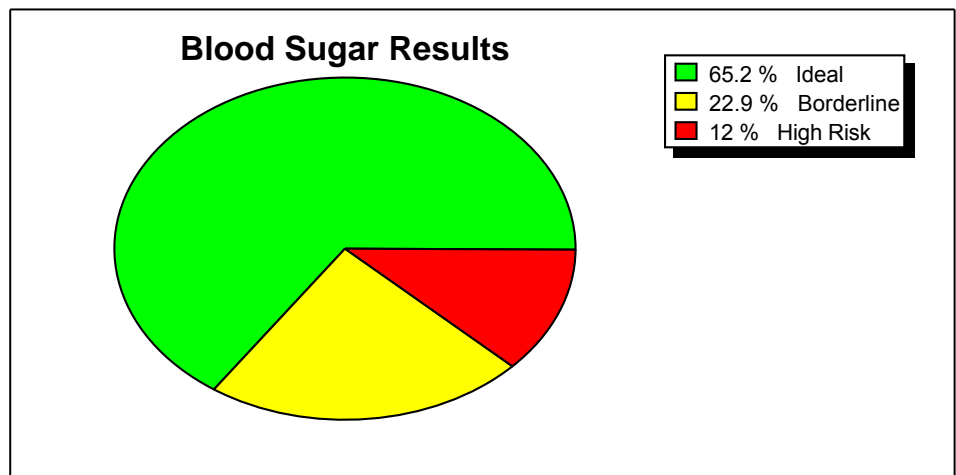


The following chart depicts the participants' blood sugar results, which are measured against current American Diabetes Association standards.

Total Responses: 485

Ideal:	316	65.2%
Borderline:	111	22.9%
High Risk:	58	12.0%

Ideal (100 mg/dL & below)
 Borderline (101-125 mg/dL)
 High Risk (125 & above)

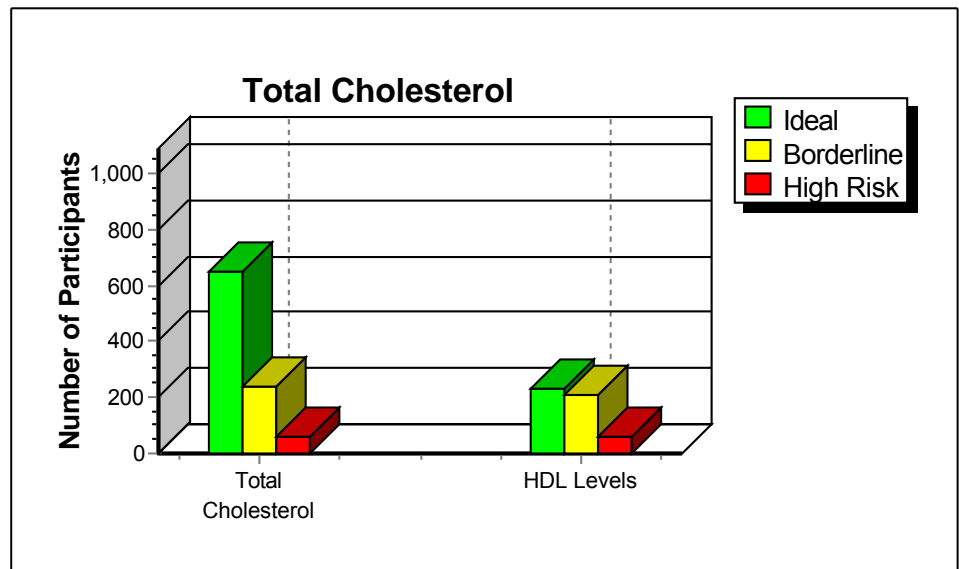


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High cholesterol is a key risk factor for heart disease. Cholesterol is made up of various components. Total blood cholesterol is a measure of HDL, LDL and other lipid components. HDL, or "good" cholesterol, helps remove LDL from the arteries and help protect from heart attacks. Therefore, knowing overall cholesterol numbers is important, but it is also helpful to know levels of HDL. Sarasota County Schools has a cholesterol score of 81. The cholesterol score is based on the Total Cholesterol to HDL Ratio (Total Cholesterol/HDL). Out of the 951 Sarasota County Schools participants who had their cholesterol checked, 300 (31.5%) are at risk of high total cholesterol (61 are high risk and 239 are at borderline). The average cholesterol ratio for Sarasota County Schools participants is 3.55. A ratio below 4.0 can be considered an ideal cholesterol ratio. Approximately one in every six adults in the U.S. or 16.3%, has high total cholesterol (> 240 mg/dL). People with high total cholesterol have approximately twice the risk of heart disease as people with ideal levels of < 200 mg/dL. In 2009, the CDC reported that the economic costs of cardiovascular diseases were estimated at \$475.3 billion, including \$313.8 billion in direct medical expenses and \$161.5 billion in indirect productivity costs of which \$39.1 was lost due to sickness or disability and \$122.4 due to premature death. Various lifestyle behaviors, such as diet and exercise, can help improve HDL levels. The prevalence of high cholesterol is 64 per 1,000 employees.

The following chart depicts the ranges for the cholesterol levels for Sarasota County Schools employees.

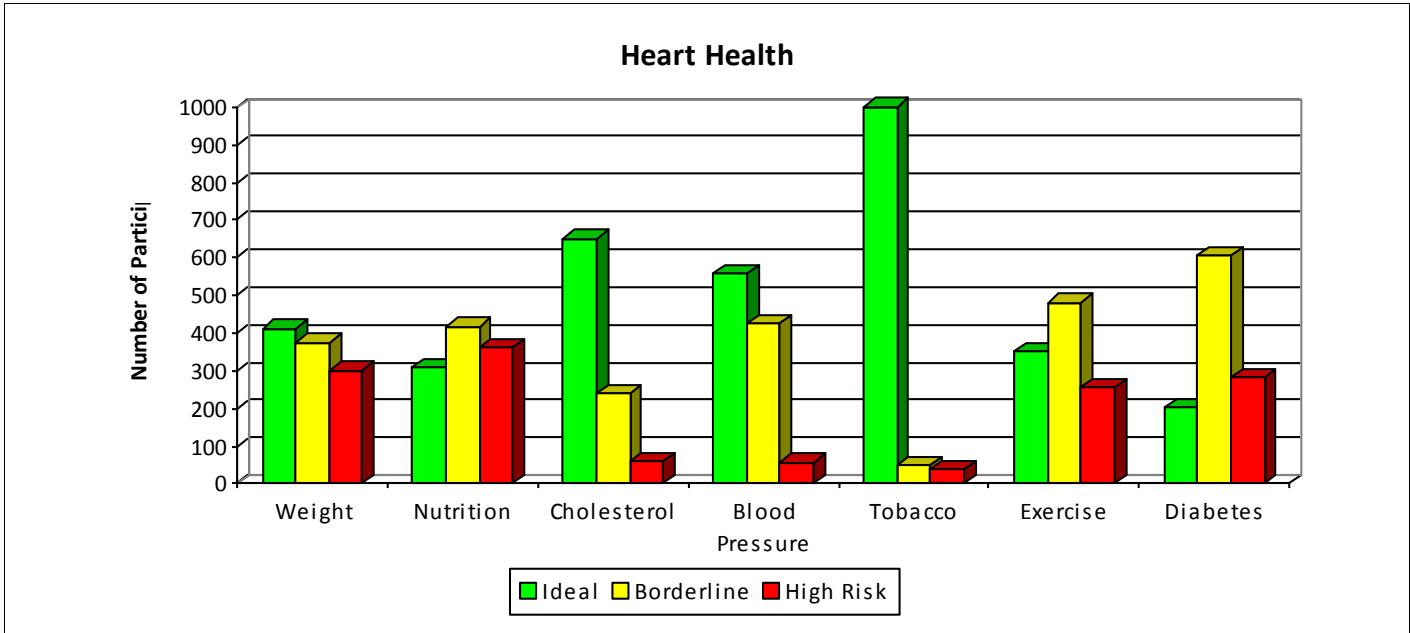
Total Cholesterol Responses:	951	
Ideal:	651	68.5%
Borderline:	239	25.1%
High Risk:	61	6.4%
HDL Responses:	501	
Ideal:	234	46.7%
Borderline:	207	41.3%
High Risk:	60	12.0%



Range	Total Cholesterol	HDL
Ideal	< 200	>= 60
Borderline	200 - 239	40 - 59
High Risk	>= 240	< 40

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Heart health is affected by numerous controllable and uncontrollable factors. Four of the top ten most expensive health conditions for U.S. businesses are related to heart disease – high blood pressure, heart attack, diabetes and chest pain. Companies have found success in curbing those costs when employees are offered wellness programs that address the modifiable risk factors shown below. Although age, gender and race play a part in individual risk, it is important to note that those individuals with the fewest risk factors have the lowest rates of heart disease. Currently 3% of the Sarasota County Schools population has been directly affected by angina (chest pain), heart attack, heart failure or stroke.



The following are the controllable factors and the risk levels for Sarasota County Schools participants.

	Weight	Nutrition	Total Cholesterol	Blood Pressure	Tobacco	Exercise	Diabetes
Total Responses	1090	1090	951	1043	1090	1090	1090
Ideal	413	308	651	560	1000	352	202
Borderline	376	418	239	426	50	482	606
High Risk	301	364	61	57	40	256	282

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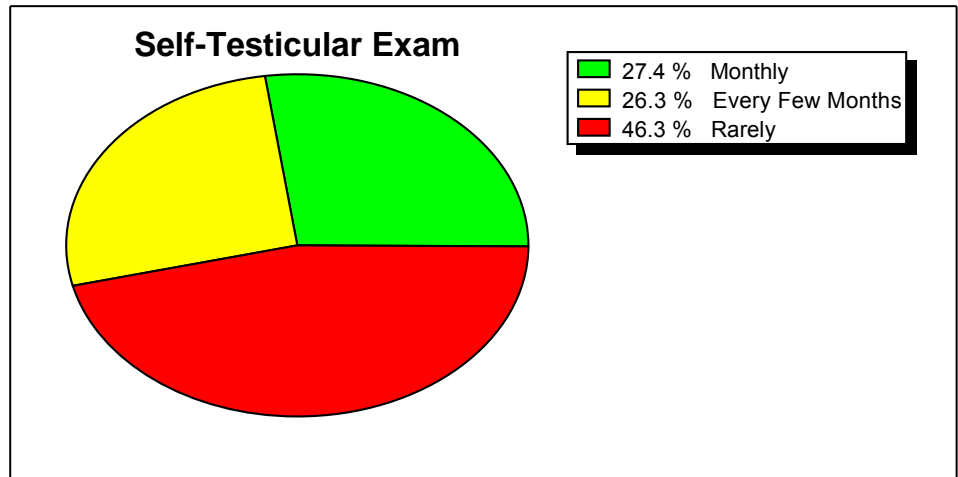
Men's Health

Men live, on average, seven years less than women do, possibly because some men refuse to visit their local physician. Many diseases and conditions could be prevented or cured if caught in the early stages. Heart disease is the number one killer of men, but cancer also contributes to many deaths.

Self-testicular exams may allow men to discover a potentially serious diagnosis at an early stage. Of Sarasota County Schools' male population, 46.3% rarely or never did self-testicular exams.

Total Responses: 190

Monthly:	52	27.4%
Every Few Months:	50	26.3%
Rarely or Never:	88	46.3%



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Women's Health

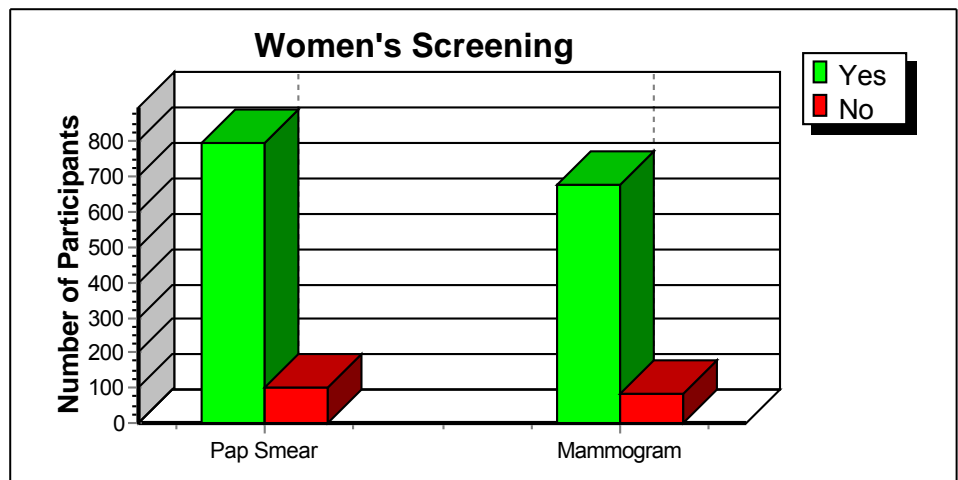
All adult women should have annual pap smears, which are the leading screening tool for cervical cancer. Of the female participants in this assessment, 11.4% have not had a pap smear within the past 2 years.

Annual mammograms are recommended for women over the age of 40 to detect breast tumors or problems that could indicate breast cancer. A mammogram has not been administered within the last two years in 11.1% of this population.

The prevalence of women having pap smears is 886 per 1,000 employees. The prevalence of women having mammograms is 889 per 1,000 employees.

The following is a chart with those who have had a particular screening within the past two years versus those who have not.

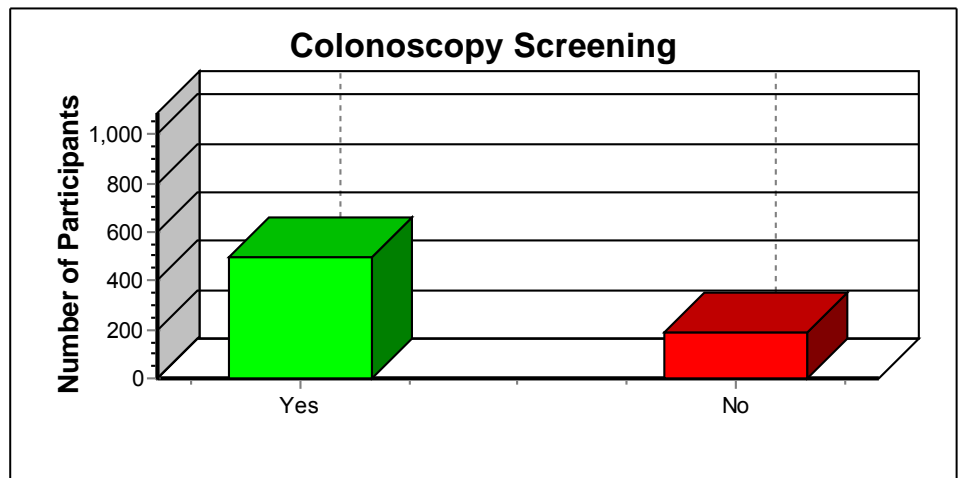
Total Pap Smear Responses: 898		
Yes:	796	88.6%
No:	102	11.4%
Total Mammogram Responses: 764		
Yes:	679	88.9%
No:	85	11.1%



Colon Cancer Screening

More than 90% of colon cancer cases occur in people age 50 or older. For this reason, the American Cancer Society recommends testing for this disease beginning at age 50 for both men and women. In many cases, colon cancer can be prevented if small growths or polyps are found and removed early. The prevalence of colon cancer screening is 721 per 1,000 employees age 50 or older.

Total Responses: 691		
Yes:	498	72.1%
No:	193	27.9%



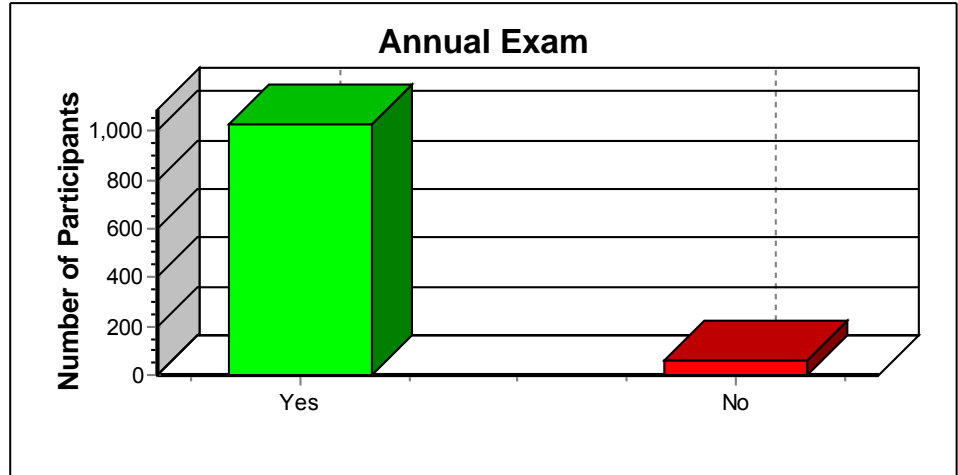
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Annual Wellness Exam

According to the CDC, 19% of adults 18 years or older did not have an office visit with a doctor or other health professional in the past year. Overall, 26% of men and 13% of women participants did not have a visit. The prevalence of participants having an annual wellness exam is 944 per 1,000 employees.

Total Responses: 1,088

Yes: 1,027 94.4%
No: 61 5.6%

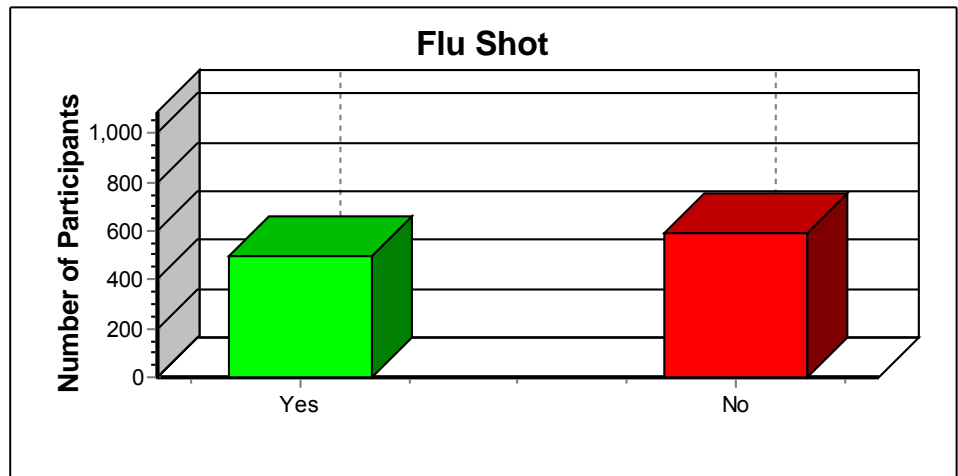


Flu Shot

Influenza, commonly known as the flu, is a contagious viral respiratory illness. Flu can cause mild to severe illness and at times, lead to death. The best way to protect yourself from getting and spreading the flu is to get a yearly vaccination. The CDC recommends everyone 6 months of age and older should be vaccinated. According to the CDC, only 15.4% of healthy adults ages 18-49 and 33% between the ages of 50-64 years of age have an annual flu vaccine. The prevalence of participants having an annual flu shot is 457 per 1,000 employees.

Total Responses: 1,086

Yes: 496 45.7%
No: 590 54.3%



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Statistical Summary


Group and Health Fair Data


Group Size	5,960
Health Fair Attendance	1,090
Percentage Attendance vs. Group Size	18.3%
Attendees Identified as Members	1,001
<i>Measured by the number of people providing contract ID's that match the member listing on file</i>	
Percentage Members vs. Attendance	91.8%


Critical Values

Number of Critical Values	11
<i>Recommended for Immediate Physician Attention</i>	
Percentage Critical Values vs. Attendance	0.9%
<i>Florida Blue 2012 Statewide Critical Value Percentage</i>	2.7%

		TOTAL OVERALL WELLNESS SCORE	DEMOGRAPHICS							
			PARTICIPATION		GENDER		AGE		RACE	
Sarasota County Schools		SCORE	TOTAL PARTICIPANTS	GROUP PERCENTAGE	MALE	FEMALE	MAJORITY		MAJORITY	
GROUP SITE	DATE		TOTAL	PERCENT	PERCENT	PERCENT	AGE	PERCENT	RACE	PERCENT
Online PHA	09/19/12-06/30/13	73	821	75%	14%	86%	50-59	38%	White	90%
Sarasota County Technical Institute	10/26/12	73	113	10%	16%	84%	50-59	42%	White	85%
Custodial Team	03/13/13	71	112	10%	46%	54%	50-59	35%	White	46%
The Landings	04/11/13	71	44	4%	7%	93%	50-59	34%	White	93%
Year		SCORE	TOTAL	% CHANGE FROM PRIOR YEAR	PERCENT	PERCENT	AGE	PERCENT	RACE	PERCENT
2012/2013 Overall		73	1090	100%	18%	82%	50-59	38%	White	86%
2011/2012 Overall		71	546	-22%	24%	76%	50-59	41%	White	73%
2010/2011 Overall		72	702	-15%	24%	76%	50-59	39%	White	80%

		HEALTHY LIFESTYLES				MENTAL WELLNESS			
		AT RISK				AT RISK			
Sarasota County Schools		TOBACCO USE (CIGARETTE, PIPE, CIGAR, SMOKELESS TOBACCO)	SMOKERS (CIGARETTES ONLY)	ALCOHOL CONSUMPTION	DRINKING AND DRIVING	STRESS (WORK-JOB)	STRESS (HOME-FAMILY)	OVERALL STRESS (MULTIPLE FACTORS)	DEPRESSION
GROUP SITE	DATE	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT
Online PHA	09/19/12- 06/30/13	8%	3%	21%	3%	63%	40%	44%	11%
Sarasota County Technical Institute	10/26/12	8%	5%	18%	0%	63%	48%	47%	13%
Custodial Team	03/13/13	14%	8%	2%	3%	36%	29%	28%	24%
The Landings	04/11/13	2%	2%	39%	2%	70%	57%	64%	11%
Year		PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT	PERCENT
2012/2013 Overall		8%	4%	20%	2%	60%	41%	43%	12%
2011/2012 Overall		13%	10%	13%	2%	61%	48%	48%	21%
2010/2011 Overall		11%	7%	14%	4%	65%	49%	49%	24%

		BIOMETRICS				BMI	DIABETES	
		AT RISK				AT RISK	AT RISK	
Sarasota County Schools		HYPERTENSION (Blood Pressure)	TOTAL CHOLESTEROL	CHOLESTEROL RATIO (Ideal = <4.0)	BLOOD SUGAR LEVELS	OVERWEIGHT OR OBESE	SELF-REPORTED HAVING DIABETES	OVERALL DIABETES
GROUP SITE	DATE	PERCENT	PERCENT	RATIO	PERCENT	PERCENT	PERCENT	PERCENT
Online PHA	09/19/12-06/30/13	42%	29%	3.35	21%	58%	5%	81%
Sarasota County Technical Institute	10/26/12	57%	32%	3.87	28%	64%	15%	88%
Custodial Team	03/13/13	63%	41%	4.38	60%	77%	13%	79%
The Landings	04/11/13	57%	52%	3.37	25%	52%	5%	89%
Year		PERCENT	PERCENT	RATIO	PERCENT	PERCENT	PERCENT	PERCENT
2012/2013 Overall		46%	32%	3.55	32%	60%	7%	81%
2011/2012 Overall		62%	35%	3.97	35%	66%	10%	88%
2010/2011 Overall		59%	35%	3.99	38%	62%	7%	86%

		PREVENTATIVE HEALTH		
		MEN'S HEALTH	WOMEN'S HEALTH	
Sarasota County Schools		RARELY / NEVER CONDUCT SELF-TESTICULAR EXAMS	NO PAP EXAM IN PAST TWO YEARS	NO MAMMOGRAM IN PAST TWO YEARS (OVER AGE 40)
GROUP SITE	DATE	PERCENT	PERCENT	PERCENT
Online PHA	09/19/12-06/30/13	36%	10%	7%
Sarasota County Technical Institute	10/26/12	44%	9%	12%
Custodial Team	03/13/13	71%	30%	20%
The Landings	04/11/13	33%	17%	24%
Year		PERCENT	PERCENT	PERCENT
2012/2013 Overall		46%	11%	9%
2011/2012 Overall		48%	20%	18%
2010/2011 Overall		58%	18%	15%

CRITICAL VALUE REPORT



Members identified with **blood pressure above 160/100** and/or **blood glucose above 300mg/dl** (those diagnosed with diabetes) and **above 200mg/dl** (those not previously diagnosed) are referred to an on-site BCBSFL nurse for immediate assistance and confidential counseling.

A follow-up letter is sent to each member informing them of their own responsibility to urgently follow-up with a doctor. Members are offered health coaching by a Better You from Blue Next Steps nurse/health educator (not provided to non-members).

CRITICAL VALUES	NON-MEMBERS		MEMBERS		MEMBER FOLLOW-UP RESULTS				
	Diagnosed prior to assessment	Became aware during assessment	Diagnosed prior to assessment	Became aware during assessment	Visited doctor following assessment	Currently on Medication	Enrolled in Next Steps Program	Declined Follow-Up	Unable to Contact
Sarasota County Schools									
BLOOD PRESSURE	0	0	4	2	2	4	1	2	3
BLOOD GLUCOSE	1	0	0	2	2	1	1	1	0
BLOOD PRESSURE & GLUCOSE	0	0	1	1	0	1	0	1	1
TOTAL	1		10		4	6	2	4	4



Sarasota County Schools Risk Reduction Action Plan

The Better You from Blue team is available to assist employees with learning opportunities and tools that can target the top risk factors of the group. Our Next Steps program can also support employees with education and health coaching to assist them in making lifestyle changes to lower risk of developing a chronic disease.

➤ Targeted Interventions

- Onsite or computer based learning programs on topics such as:
 - Weight management
 - Nutrition
 - Exercise
 - Heart disease including high blood pressure
 - Diabetes
 - Men's and Women's health
 - Stress Management
 - Cancer Prevention
 - Other topics as requested - programs can also be created based on the needs of the organization/audience

- Tobacco Cessation
 - **Onsite** facilitation of American Lung Association's 8-week "Freedom from Smoking" program, or AHEC 6 week "Quit Smoking Now" classes (Facilitated by *Better You from Blue Next Steps* staff)
 - American Lung Association's "Freedom From Smoking" **online** program (<http://www.ffsonline.org>)
 - The Florida Area Health Education Centers (AHEC) Network "Quit Smoking Now" – free onsite 6-week smoking cessation program <http://www.ahectobacco.com/>
 - American Cancer Society's "Great American Smokeout Challenge" <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>
 - Participation in the "Great American Smokeout" on the third Thursday in November
 - Telephonic Coaching through *Better You from Blue Next Steps* program
 - Florida **Quitline**: Florida Quit-For-Life Line (A service of the Florida Department of Health) - **1-877-U-Can-Now** (1-877-822-6669) - Toll-free telephone-based tobacco use cessation program http://www.flquitline.com/PDF_Files/Quitline_FactSheet.pdf
 - Livestrong: MyQuit Coach iphone app (<http://www.livestrong.com/mobile-apps/>)



- Onsite programs such as:
 - Walking for weight loss or exercise
 - Coordination of classes designed to reduce workplace injuries such as stretching, yoga or Pilates programs
- Walking Programs
 - Walking Works (Web-based tracking program): <http://www.walkingworks.com>
 - Printable walking log
- Participation in *National Walk @ Lunch Day* on the last Wednesday of April
- American Cancer Society's "Eat Right and Get Active" Challenge
<http://eatrightgetactive.org/>



- WELCOA "Step by Step Incentive Campaign":
- Be Active Your Way (<http://www.healthfinder.gov/widgets/>)
- Weight Loss Programs
 - Assist in setting up internal weight loss program/competition
 - American Cancer Society's "Eat Right and Get Active" Challenge
<http://eatrightgetactive.org/>
 - Weight Watchers at Work programs
 - Choose My Plate <http://www.choosemyplate.gov>
 - Livestrong: MyPlate Calorie Tracker app for iphone, ipad, Blackberry or Windows mobile app (<http://www.livestrong.com/mobile-apps/>)
 - Livestrong: Text-2-Eat nutritional database (<http://www.livestrong.com/mobile-apps/>)
 - NHLBI GO, SLOW, and WHOA widget (<http://www.nih.gov/widgets.htm>)
 - Local speaker to address nutritional guidelines, portion control, label reading, and many other topics

➤ Monthly Health and Wellness Newsletter

- Sent to Group Contact for distribution within organization

➤ *Better You from Blue Next Steps Program*

- 1-800-477-3736, then dial ext. 54837 or send email to nextsteps@floridablue.com
- Staffed by Registered Nurses and Health Educators
- Individual **onsite or telephonic coaching** sessions to provide assistance with making better choices for a healthier lifestyle
 - Obtaining or maintaining a healthy weight
 - Regular physical activity
 - Lowering your total cholesterol
 - Preventing high blood pressure
 - Normal blood sugar levels








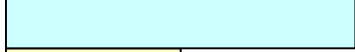
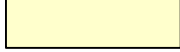
- Smoking Cessation
 - Provides educational resources to help identify risk factors
 - Provides information that will help make informed health care decisions and assistance in talking to your health care provider about specific risk factors
 - Provides assistance with personal goal setting
- Healthy Addition Prenatal Program
 - Works with you and your health care provider to help you have a healthy pregnancy
 - Dedicated to the good health of all mothers and their babies
 - Members will receive the following to encourage good health practices during pregnancy
 - Pregnancy risk screening and monitoring
 - Education on healthy lifestyle and dietary habits
 - Prenatal information
 - Emotional support and answers to questions and concerns
 - Reinforcement of provider's plan of care
 - Nurse Educators are available to speak with you throughout your pregnancy



Remind members of Florida Blue benefits such as:


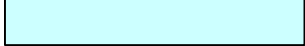
- My Blue Service
 - Access to benefits and Personal Health Statements
 - Check claim status
 - Request ID cards
 - Access to Lifestyle Improvement Programs: Web-based health and wellness programs and resources that can help with steps to better health. Programs include:
 - Emotional Health
 - Exercise
 - Nutrition
 - Smoking Cessation
 - Stress Management
 - Weight Management
- Health Dialog
 - Access to Health Coaches, Registered Nurses, Dieticians, and Respiratory Therapists 24 hours per day/7 days per week at: 1-877-789-2583
 - Web-based information tools including over 27,000 pages of up-to-date, easy to understand, in-depth information on more than 1,900 clinical topics
 - Free audio, video and printed information
- Blue 365 – save up to 60% on discounts for fitness clubs, exercise equipment, contact lens and glasses, nutrition and weight management programs, massages, vitamins, and so much more!

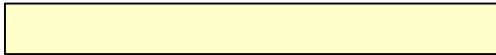
Sarasota County Schools Health Fair Evaluation Summary


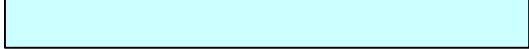

1. Did you attend the Better You from Blue health screening?			
		Response Percent	Response Count
Yes		100.0%	9
No		0.0%	0
		Answered question:	9
		skipped question:	0

2. What motivated you to participate in the Better You from Blue (BYFB) health screening? (Check all that apply)			
		Response Percent	Response Count
Free Health Screening		100.0%	8
Recommendation from coworker		25.0%	2
Ability to attend during work hours		75.0%	6
Opportunity to speak to a Health Coach		50.0%	4
Availability of health and wellness information		75.0%	6
Prizes and drawings (if offered)		37.5%	3
Incentives provided by employer		0.0%	0
Other (please specify)		0.0%	0
		Answered question:	8
		skipped question:	1

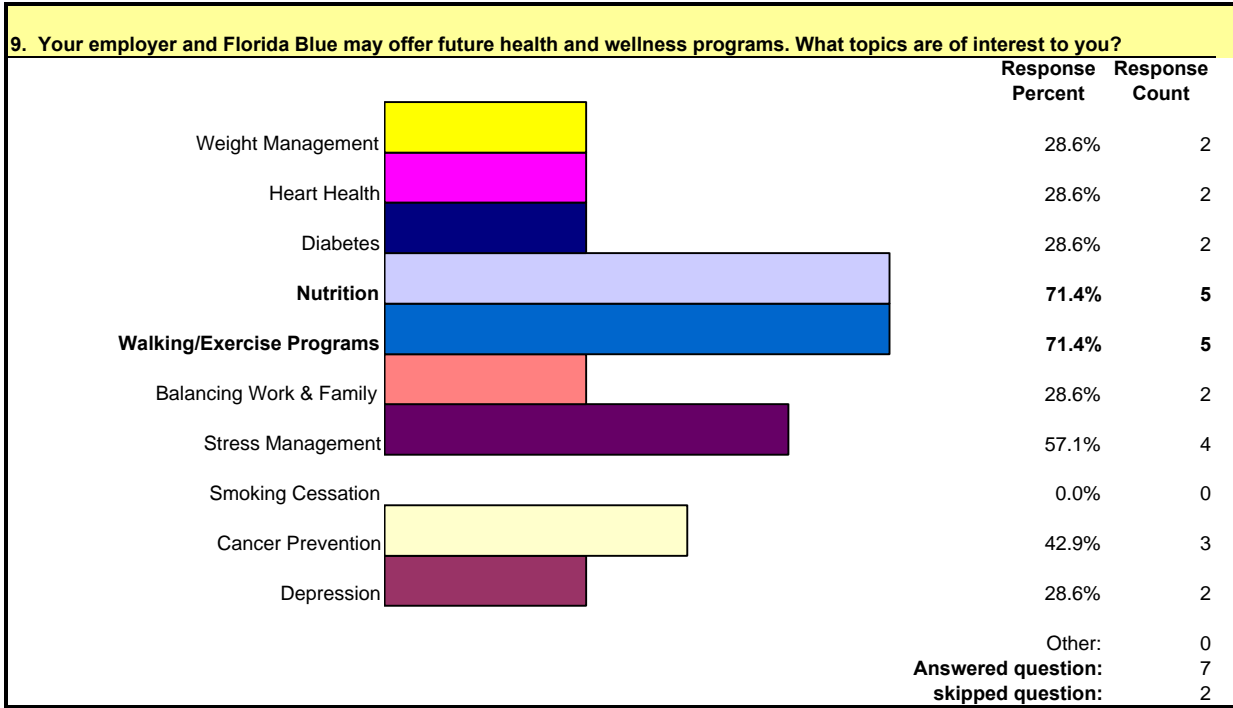
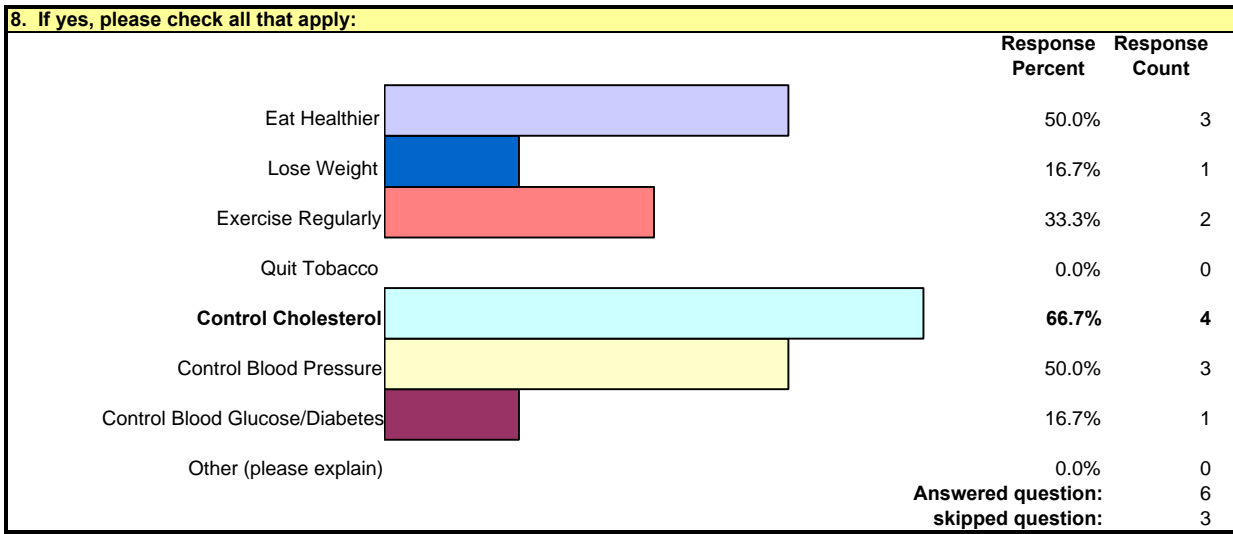
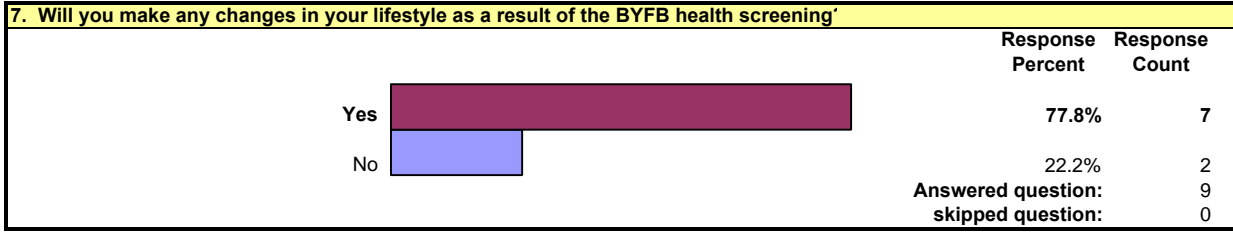
3. How would you rate your satisfaction with the convenience of the time and location of the BYFB health screening?			
		Response Percent	Response Count
Very Satisfied		87.5%	7
Satisfied		12.5%	1
Neutral		0.0%	0
Dissatisfied		0.0%	0
Very Dissatisfied		0.0%	0
Not Applicable		0.0%	0
		Answered question:	8
		skipped question:	1


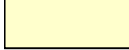
4. How would you rate your satisfaction with the blood pressure, glucose and cholesterol screening process?			
		Response Percent	Response Count
Very Satisfied		62.5%	5
Satisfied		37.5%	3
Neutral		0.0%	0
Dissatisfied		0.0%	0
Very Dissatisfied		0.0%	0
Not Applicable		0.0%	0
Answered question:			8
skipped question:			1

5. How would you rate the individual wellness information you received as a result of completing the personal health assessment questionnaire?			
		Response Percent	Response Count
Easy to read, understand and comprehend		100.0%	8
Somewhat difficult to read, understand and comprehend		0.0%	0
Very difficult to read, understand and comprehend		0.0%	0
Answered question:			8
skipped question:			1

6. How would you rate your satisfaction with speaking to a health coach?			
		Response Percent	Response Count
Very Satisfied		37.5%	3
Satisfied		37.5%	3
Neutral		0.0%	0
Dissatisfied		0.0%	0
Very Dissatisfied		0.0%	0
Not Applicable		25.0%	2
Comment:			2
Answered question:			8
skipped question:			1

Comment:
 the only suggestion I have is: take the blood pressure reading BEFORE doing the finger prick. While my pressure is generally very good (I have it taken twice a week), it was elevated that day - and I wonder if that was true for others as well.
 I did not speak with one.



10. What is your overall rating of the BYFB health screening?			
		Response Percent	Response Count
Excellent		77.8%	7
Good		22.2%	2
Fair		0.0%	0
Poor		0.0%	0
Answered question:			9
skipped question:			0

11. Please share your comments / suggestions
See above - take the blood pressure reading before the finger prick test.
Convenient during work hours and location; friendly group of people.
Thank you!

12. While most of the survey is intended for those that participated in the Better You from Blue Health Screening, we would like your feedback as to why you did not participate (choose all that apply).		
	Response Percent	Response Count
The location was not convenient	N/A	0
I was too busy to attend	N/A	0
Scheduling conflict	N/A	0
I did not know it was being held	N/A	0
My supervisor/manager would not let me attend	N/A	0
I am already maintaining healthy habits and did not feel it would be	N/A	0
I was not interested	N/A	0
Other (please specify)	N/A	0
Answered question:		0
skipped question:		9