



SALINE COUNTY WELLNESS NEWSLETTER

Love Yourself Enough to Work Harder in 2014

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY EDUCATIONAL CLASS

Our Monthly Education Class featuring Tom Sorenson will be

Financial Health, Planning & Saving

5:30 pm, Monday, March 24th at the Extension Office

Presentation will NOT be taped. 25 Wellness Points for Class Attendance

BLOOD TEST RESULTS:

The Aggregate Report Results & Graphs are listed in this newsletter.

TAI CHI CLASS



Tai Chi Class starting Tuesday, April 1st. Classes will run every Tuesday for 12 weeks from 5:30 to 6:30 pm. Cost is \$24.00 for the 12-week session. Amy Hansen is the instructor.

If you have any questions or would like to sign up, please contact Amy Hansen at 402-821-3330.

Walking/Dancing/Toning DVD Class

Every Monday and Thursday, County Employees are getting together and exercising to Walking, Dancing or Toning DVDs at the Saline County Fitness Center (Upstairs). Anyone is welcome to join them!!! They usually meet for an hour starting shortly after 5:00. Contact Kathy @ 821-2588 or Judy @ 821-2111.

SICK CARE

vs.

HEALTH CARE



WHICH WILL YOU CHOOSE?

Level Up

30 Day Challenge



Day 1

2 tricep dips
10 m/climbers
10 crunches

Day 2

4 tricep dips
10 m/climbers
20 crunches

Day 3

6 tricep dips
10 m/climbers
30 crunches

Day 4

8 tricep dips
10 m/climbers
40 crunches

Day 5

10 tricep dips
10 m/climbers
50 crunches

Day 6

12 tricep dips
20 m/climbers
60 crunches

Day 7

14 tricep dips
20 m/climbers
70 crunches

Day 8

16 tricep dips
20 m/climbers
80 crunches

Day 9

18 tricep dips
20 m/climbers
90 crunches

Day 10

20 tricep dips
20 m/climbers
100 crunches

Day 11

22 tricep dips
30 m/climbers
110 crunches

Day 12

24 tricep dips
30 m/climbers
120 crunches

Day 13

26 tricep dips
30 m/climbers
130 crunches

Day 14

28 tricep dips
30 m/climbers
140 crunches

Day 15

30 tricep dips
30 m/climbers
150 crunches

Day 16

32 tricep dips
40 m/climbers
160 crunches

Day 17

34 tricep dips
40 m/climbers
170 crunches

Day 18

36 tricep dips
40 m/climbers
180 crunches

Day 19

38 tricep dips
40 m/climbers
190 crunches

Day 20

40 tricep dips
40 m/climbers
200 crunches

Day 21

42 tricep dips
50 m/climbers
210 crunches

Day 22

44 tricep dips
50 m/climbers
220 crunches

Day 23

46 tricep dips
50 m/climbers
230 crunches

Day 24

48 tricep dips
50 m/climbers
240 crunches

Day 25

50 tricep dips
50 m/climbers
250 crunches

Day 26

52 tricep dips
60 m/climbers
260 crunches

Day 27

54 tricep dips
60 m/climbers
270 crunches

Day 28

56 tricep dips
60 m/climbers
280 crunches

Day 29

58 tricep dips
60 m/climbers
290 crunches

Day 30

60 tricep dips
60 m/climbers
300 crunches

by Nefcofy.com and nira.com

Best Workout DVDs

Fitness Magazine-February 2014 Issue

Their posse of 220-plus testers tried just about every new workout DVD out there to find the best body transformers.

BURN



Piloxing System



The Biggest Loser: 8-Minute Body Blasters



Denise Austin: Burn Fat Fast Latin Dance

BURN & FIRM



Jillian Michaels Yoga Inferno



Focus T25



Sexy Abs Cardio Sculpt

NIRMA Online Classes

You will receive 25 Wellness Points for each of the following online NIRMA classes that you successfully pass. We will be adding eligible classes throughout the year, so watch your monthly newsletter. You can only receive the 25 Wellness Points for each class once during the year. If you do not PASS a class the first time, you can always retake it, but you will not receive the points until you successfully pass the class.

The following classes are offered for **FREE** until March 31, 2014:

- Eating Right for Health and Fitness***
- High Blood Pressure—Reducing Your Risks***
- Stress and Your Health***
- Understanding Carpal Tunnel Syndrome***

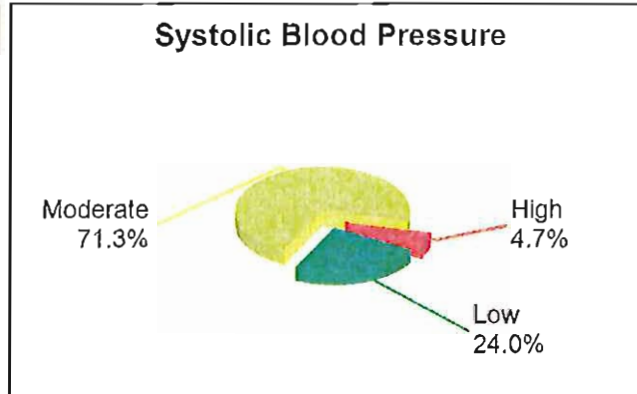
Below we have listed the aggregate blood reports for the last 3 years. On the next 5 pages, we have listed the composite report and graphs from the 2014 health fair. Everyone should have received their individual blood test and health risk score card. If you have any questions about these reports, please contact Kerry at 402-821-2374. If you have any concerns about your results, PLEASE discuss these concerns with your doctor. Although we did send the results to your doctor, do NOT assume that your doctor reviewed the report. Many times it is put in your file, but your doctor has not reviewed it. PLEASE make sure that you follow up with your doctor if you have any areas that were in an abnormal range or if your health risk score card puts you in the HIGH RISK Category!!! REMEMBER--This is your starting point. You have until next year's blood test to lower your number of high risk categories and your BMI in order to earn points for the wellness challenge. If you have any questions about the point system, call or send Kerry an email at kerryh@diodecom.net or Kory at nurse@sclec-ne.org

SALINE COUNTY EMPLOYEE 2012, 2013 & 2014 AGGREGATE REPORTS							
Measure	National Guideline Standard	2012		2013		2014	
		% of Participants	# of Participants	% of Participants	# of Participants	% of Participants	# of Participants
Systolic BP (SBP)			TOTAL 108		TOTAL 98		TOTAL 129
normal SBP	≤ 120 mmHg	17.6%	19	18.4%	18	24.0%	31
borderline high SBP	121-139 mmHg	38.9%	42	35.7%	35	71.3%	92
high SBP	≥ 140 mmHg	43.5%	47	45.9%	45	4.7%	6
Diastolic BP (DBP)			TOTAL 108		TOTAL 98		
normal DBP	≤ 80 mmHg	36.1%	39	30.6%	30		
borderline high DBP	81-89 mmHg	25.9%	28	28.6%	28		
high DBP	≥ 90 mmHg	38.0%	41	40.8%	40		
Uncontrolled BP	≥ 140/90 mmHg	33.00%	35	36.73%	36		
Fasting Glucose (FBG)			TOTAL 113		TOTAL 99		TOTAL 129
normal	≤ 100 mg/dL	72.6%	82	68.7%	68	87.6%	113
borderline	101-125 mg/dL	21.2%	24	24.2%	24	12.4%	16
high	≥ 126 mg/dL	6.2%	7	7.1%	7		
Total Cholesterol			TOTAL 113		TOTAL 99		TOTAL 129
desirable	≤ 200 mg/dL	77.0%	87	66.7%	66	62.8%	81
borderline high	201-239 mg/dL	20.4%	23	28.3%	28	32.6%	42
high	≥ 240 mg/dL	2.7%	3	5.1%	5	4.7%	6
LDL Cholesterol			TOTAL 110		TOTAL 97		TOTAL 129
ideal (Individuals with CVD)*	< 70 mg/dL	6.36%	7	9.28%	9		
optimal	< 100 mg/dL	40.0%	44	43.3%	42		
near above optimal	100-129 mg/dL	41.8%	46	32.0%	31	76.0%	98
borderline high	130-159 mg/dL	15.5%	17	19.6%	19	18.6%	24
high	160-189 mg/dL	0.9%	1	5.2%	5	5.4%	7
very high	≥ 190 mg/dL	1.8%	2	0.0%	0		0
Triglycerides			TOTAL 113		TOTAL 99		TOTAL 129
normal	< 150 mg/dL	67.3%	76	63.6%	63	76.7%	99
borderline high	150-199 mg/dL	14.2%	16	12.1%	12	8.5%	11
high	200-499 mg/dL	18.6%	21	23.2%	23	14.7%	19
very high	≥ 500 mg/dL	0.0%	0	1.0%	1		1
HDL Cholesterol (Men)			TOTAL 55		TOTAL 50		
ideal	≥ 50 mg/dL	34.5%	19	34.0%	17		
normal	40-49 mg/dL	29.1%	16	36.0%	18		
low (high risk)	< 40 mg/dL	36.4%	20	30.0%	15		
HDL Cholesterol (Women)			TOTAL 58		TOTAL 49		
ideal	≥ 60 mg/dL	36.2%	21	34.7%	17		
normal	50-59 mg/dL	22.4%	13	24.5%	12		
low (high risk)	< 50 mg/dL	41.4%	24	40.8%	20		
BMI (BODY MASS INDEX)			TOTAL 110		TOTAL 96		TOTAL 129
under healthy weight	<19%	0.0%	0	0.0%			
healthy weight	19-25%	20.0%	22	19.8%	19	17.8%	23
overweight	26-30%	40.9%	45	28.1%	27	34.1%	44
obese	>30	39.1%	43	45.8%	44	48.1%	62

Saline County Composite 2014 Health Risk Indicators

Biometric Measures

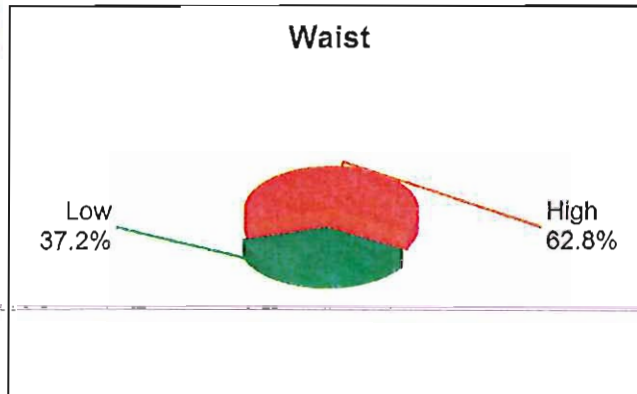
Systolic Blood Pressure		
Risk	%	n
Low Risk (<120)	24.0%	31
Moderate (120-139)	71.3%	92
High (≥140)	4.7%	6
Total	100.0%	129



Systolic Blood Pressure:

High systolic blood pressure increases heart health risks & stroke issues as well as metabolic syndrome and diabetes complications.

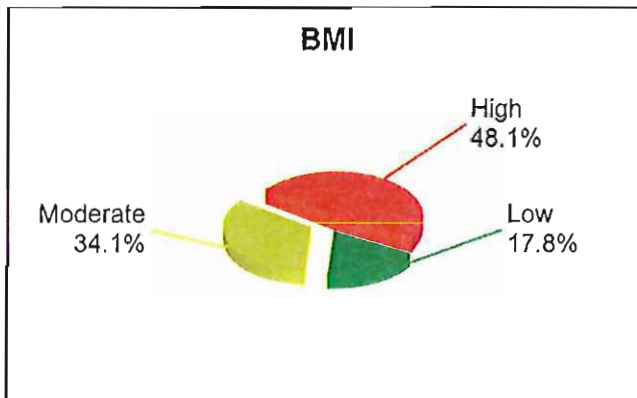
Waist		
Risk	%	n
Low Risk (<35w,<40m)	37.2%	48
High (≥35w,≥40m)	62.8%	81
Total	100.0%	129



Waist Measure:

Elevated waist measures greatly increase heart health risks. Combined efforts of weight loss, food choices, activity and stress management will impact measures.

BMI - Body Mass Index		
Risk	%	n
Low Risk (<25)	17.8%	23
Moderate (25-29)	34.1%	44
High (≥30)	48.1%	62
Total	100.0%	129



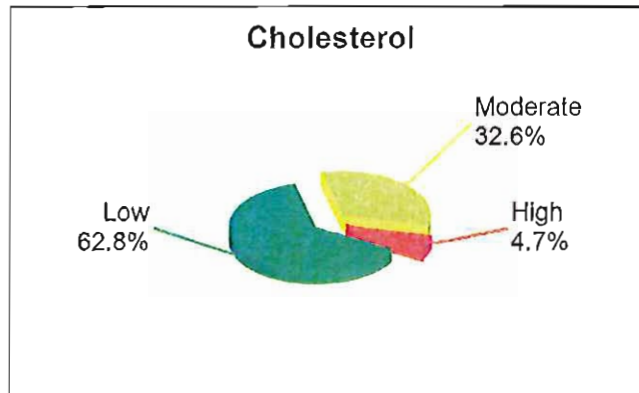
Body Mass Index:

Indicates the % of your staff battling weight issues of overweight and morbid obesity. Combined with waist, data indicates staff at risk of health complications related to weight.

Saline County Composite 2014 Health Risk Indicators

Lipid Profile

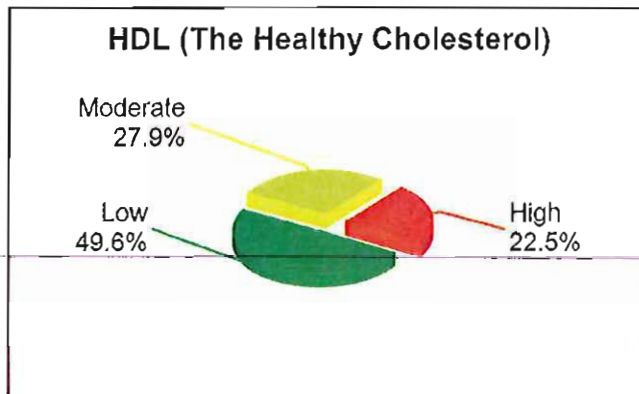
Cholesterol		
Risk	%	n
Low Risk (<200)	62.8%	81
Moderate (200-239)	32.6%	42
High (≥240)	4.7%	6
Total	100.0%	129



Cholesterol:
Total value of both healthy and lousy cholesterol. Value is more powerful when combined with HDL and LDL in predicting risk.

Impacted by weight loss, nutrition, activity, stress, and medications.

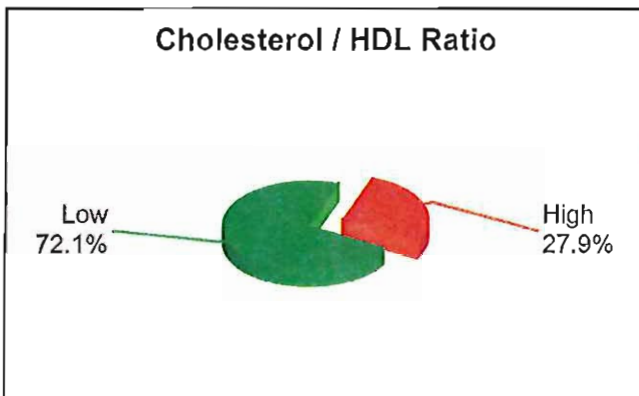
HDL (The Healthy Cholesterol)		
Risk	%	n
Low Risk (≥50)	49.6%	64
Moderate (40-49)	27.9%	36
High (<40)	22.5%	29
Total	100.0%	129



HDL Cholesterol:
The higher your HDL, the lower your heart risk. HDL can be increased mainly through activity.

Food choices and medications can have some impact.

Cholesterol / HDL Ratio		
Risk	%	n
Low Risk (≤ 4.4w, ≤5.0m)	72.1%	93
High (≥4.5w, ≥5.1m)	27.9%	36
Total	100.0%	129



Chol/HDL Ratio:
This ratio is an excellent indicator of heart health risk.

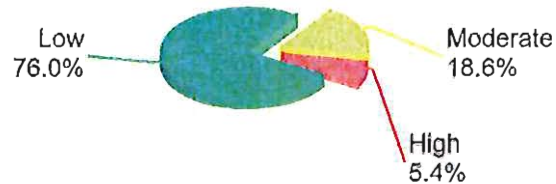
The lower the ratio, the better for your health.

Saline County Composite 2014 Health Risk Indicators

Lipid Profile Continued

LDL (The Lousy Cholesterol)		
Risk	%	n
Low Risk (<130)	76.0%	98
Moderate (130-159)	18.6%	24
High (≥160)	5.4%	7
Total	100.0%	129

LDL (The Lousy Cholesterol)



LDL Cholesterol:

The cholesterol you want to lower, as it increases heart and stroke risks.

Food choices and cholesterol lowering medications have the biggest impact.

Triglycerides & Blood Sugar Values

Triglycerides		
Risk	%	n
Low Risk (<150)	76.7%	99
Moderate (150-199)	8.5%	11
High (≥200)	14.7%	19
Total	100.0%	129

Triglycerides



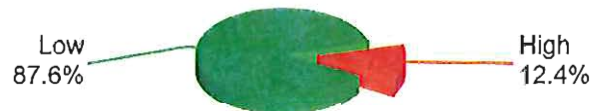
Triglycerides & Glucose:

Impacts health risks related to heart disease, stroke, metabolic syndrome and diabetes among others.

Impacted by nutrition, activity, stress and medications.

Glucose		
Risk	%	n
Low Risk (<100)	87.6%	113
High (≥100)	12.4%	16
Total	100.0%	129

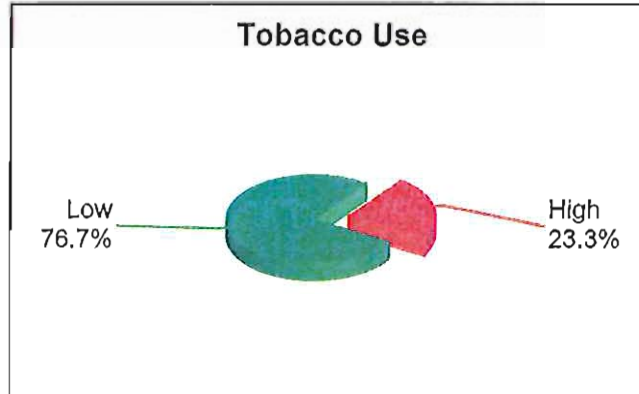
Glucose



Saline County Composite 2014 Health Risk Indicators

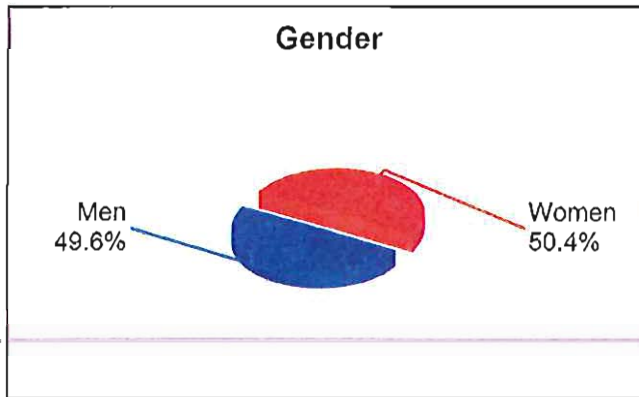
Lifestyle Habit & Gender Breakdown

Tobacco Use		
Risk	%	n
Non Users	76.7%	99
Users	23.3%	30
Total	100.0%	129



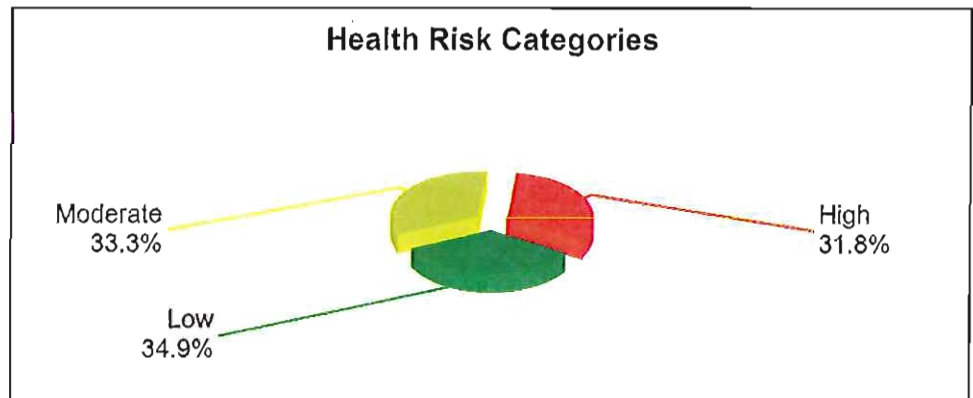
Tobacco Use:
Increases health risk and insurance costs. Taking action to help support tobacco use reduction can help impact health costs for your company.

Gender		
Risk	%	n
M	49.6%	64
F	50.4%	65
Total	100.0%	129



Cumulative Health Risk Scores

Health Risk Categories		
Risk	%	n
Low Risk (<16 pts)	34.9%	45
Moderate (17-25)	33.3%	43
High (≥26)	31.8%	41
Total	100.0%	129



Higher Risk Associates:

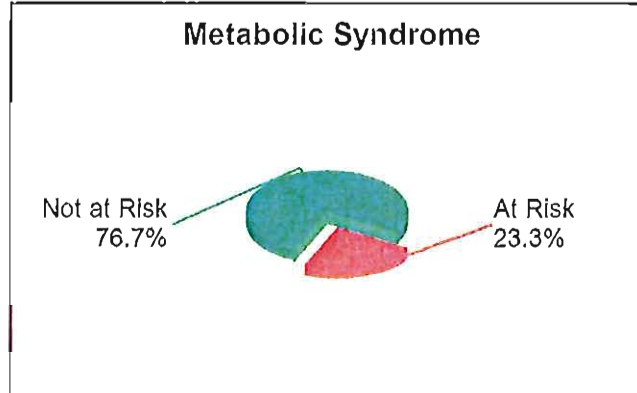
Likely to have overall higher medical costs and increased chance of injury, heart disease, stroke, diabetes and other health issues. Impacted by nutrition, activity, and medications.

© Madonna Fit For Work 2014

Saline County Composite 2014 Health Risk Indicators

Metabolic Syndrome Risks

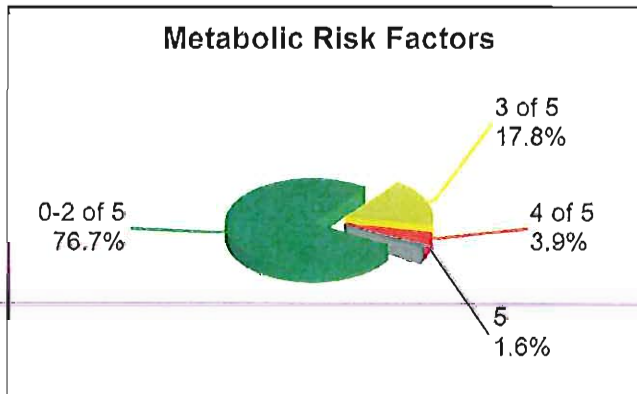
Metabolic Syndrome		
Risk	%	n
At Risk	23.3%	30
Not at Risk	76.7%	99
Total	100.0%	129



Metabolic Syndrome:

Metabolic syndrome is a serious health condition. Individuals with multiple high risks are at higher risk for developing heart disease, stroke, and Type II diabetes.

Metabolic Risk Factors		
	%	n
0-2 of 5	76.7%	99
3 of 5	17.8%	23
4 of 5	3.9%	5
5	1.6%	2
Total	100.0%	129

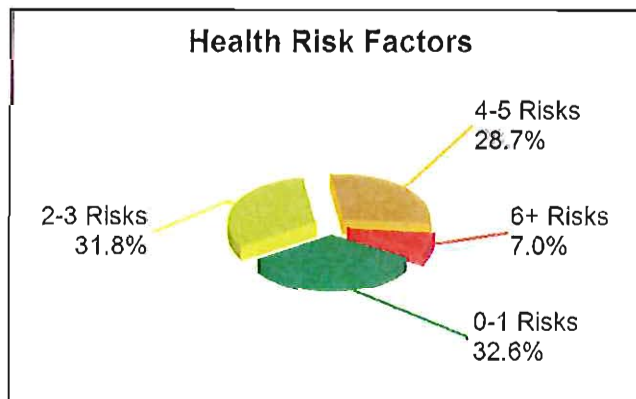


Metabolic Syndrome Risk Factors:

- Blood Pressure $\geq 130/85$
- Triglycerides ≥ 150
- Glucose ≥ 100
- HDL < 50 women
- HDL < 40 men
- Waist ≥ 35 women
- Waist ≥ 40 men

Overall Health Risk Factors

Health Risk Factors		
	%	n
0-1 Risks	32.6%	42
2-3 Risks	31.8%	41
4-5 Risks	28.7%	37
6+ Risks	7.0%	9
Total	100.0%	129



Health Risk Factors:

Criteria used to identify high risk individuals includes four or more of the 10 overall health risk factors measured in this report.