

Sauk County FIT Program Clinical Outcomes

Sauk County worked with three worksites and compared Health Risk Assessment results from 2007 to 2009. A score range of 0 – 24 indicates a Poor score; 25 – 49 Fair; 50 – 74 Good; 75 – 100 Excellent. Results are as follows:

<u>Health Outcomes (3 businesses)</u>	<u>Initial</u>	<u>Final</u>
Overall Personal Wellness Profile	40	47
Heart Risk	39	42
Cancer Risk	48	52 (Fair to Good)
Fitness score	38	47
Nutrition score	42	62 (Fair to Good)
Stress scored	73	79 (Good to Excellent)
Substance Use	77	79
Safety scores	76	87
HDL (good cholesterol) level	44.8	48.8

HDL can improve through increased exercise.

While participants still have work to do to obtain good health, they did demonstrate improvement in all areas above. The results are more impressive when looking at outcomes of each business separately, as seen below.

The comparison of the 1st group's HRA results (7 individuals) from May '05 to August '06 showed improvement in 5 of the 10 clinical tests, with major improvement (6% or more) in 3 of the 5 tests:

- Systolic blood pressure – major improvement of 6.2%
- Total cholesterol – major improvement of 8.9%
- LDL (5.9% improvement)
- Triglycerides – major improvement of 21.6%
- BMI (4.3% improvement)

In the 2nd business, there were at least two employees who had improvements in all areas. The three highest improvements were in the areas that their Worksite Wellness Committee promoted; out of 13 employees, nine improved in both Nutrition status and Fitness status, while seven improved in Stress status.

- Six employees lowered their blood pressure (6.5% improvement), total cholesterol, LDL and Body Mass Index (3% improvement)
- Five participants improved their Coronary Risk
- Four improved their Safety Status, increased their HDL by 4.5%, lowered triglycerides and percent of body fat
- Three employees improved their cancer risk and lowered their fasting glucose reading
- Two improved in Substance Use (while 8 others were already scoring between 90 – 100), lost weight and improved their overall wellness score. add 3rd company

<u>Health Outcomes (2nd business)</u>	<u>Initial</u>	<u>Final</u>
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Overall Personal Wellness Profile	36	45
Heart Risk	33	44
Cancer Risk	45	47
Fitness score	29	45
Nutrition score	37	55 (Fair to Good)
Stress scored	65	79 (Good to Excellent)
Safety scores	72	82 (Good to Excellent)

In the 3rd business, their administrators wanted the program and it was presented to the employees by the administration, rather than the hospital. As a consequence, there was not the buy-in to the program. While they participated in both HRAs in August 2008 and February 2009, only three individuals took advantage of our offerings. Those three individuals participated regularly in our exercise classes and they all increased their Fitness scores. Interestingly, all seven employees increased their Nutrition scores so awareness of health issues seemed to have made a difference in this area.