



SOUTHERN
ADVENTIST UNIVERSITY

Power for Mind & Soul

Employee Wellness



2024 Employee Wellness Health Assessment Report



*American Heart
Association Healthy
Workplace Award Status:
Silver 2021, Gold 2022
& Gold 2023*

Wellness Assessment Results

August 14th 2024

Make-up Date :

September 10th 2024

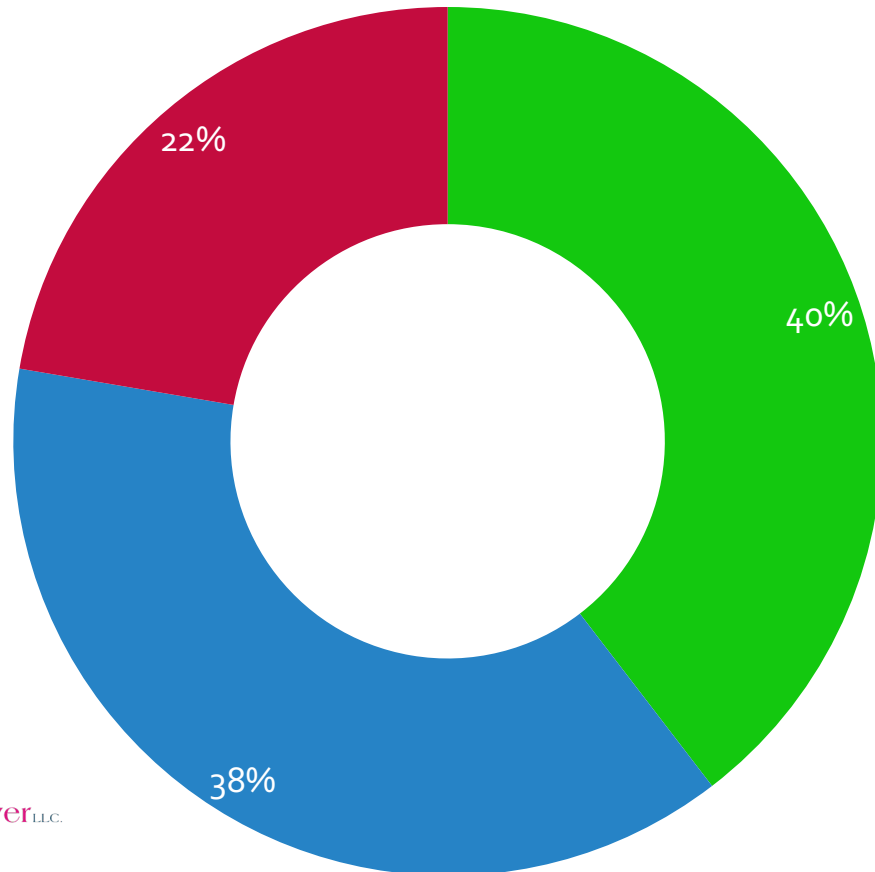


	2022	2023	2024
Number of Employees:	260	247	285
Number of Spouses:	88	81	51
Total:	348	328	336

Blood Pressure Results

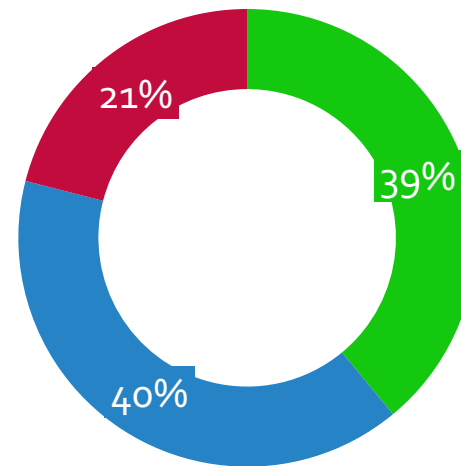
2024 Results

336 Total Participants



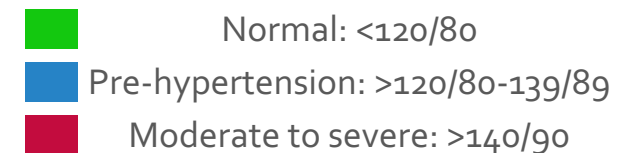
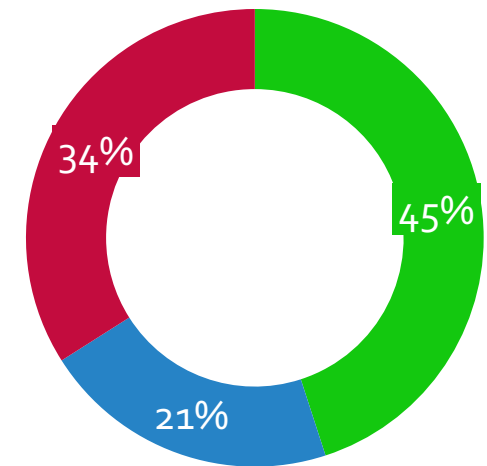
2023 Results

328 Total Participants



2022 Results

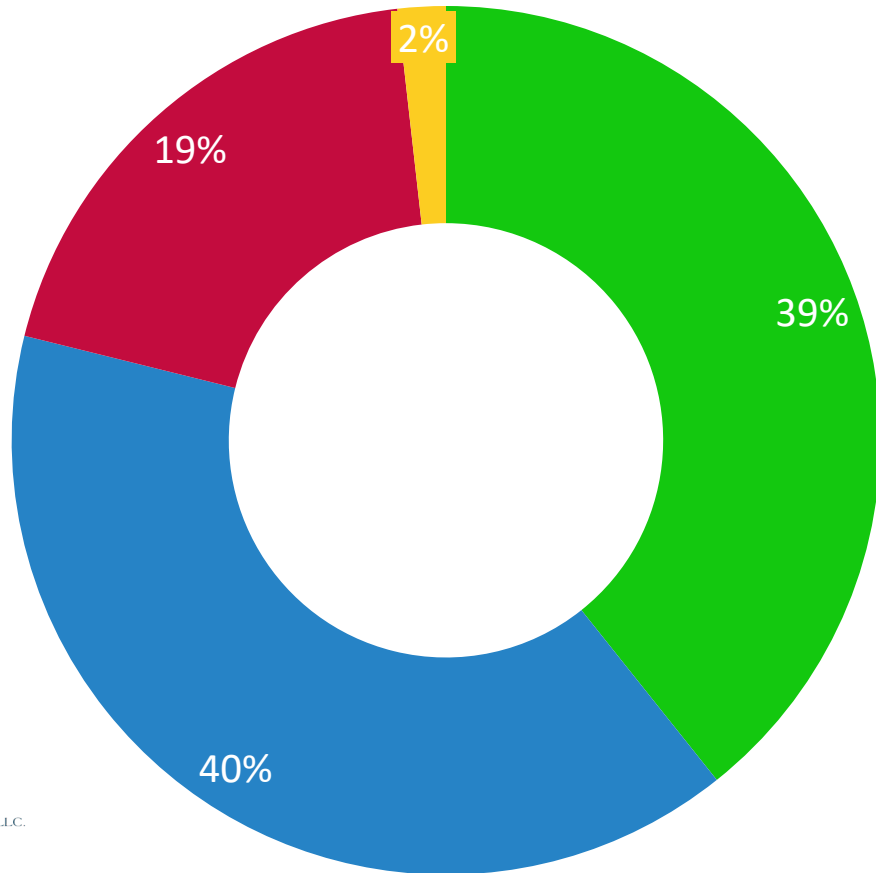
345 Total Participants



BMI Results

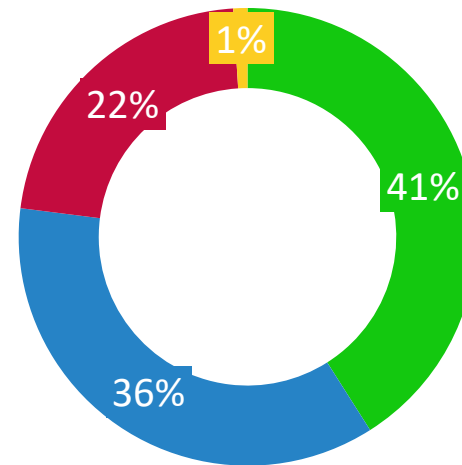
2024 Results

336 Total Participants



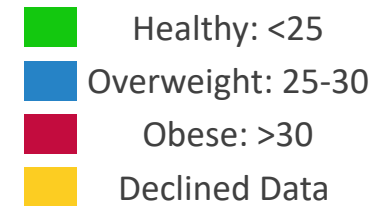
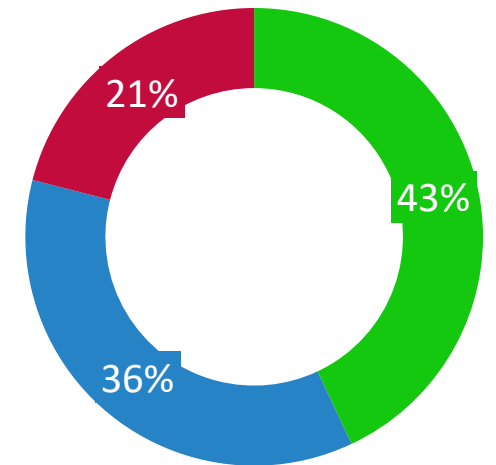
2023 Results

328 Total Participants



2022 Results

345 Total Participants



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.

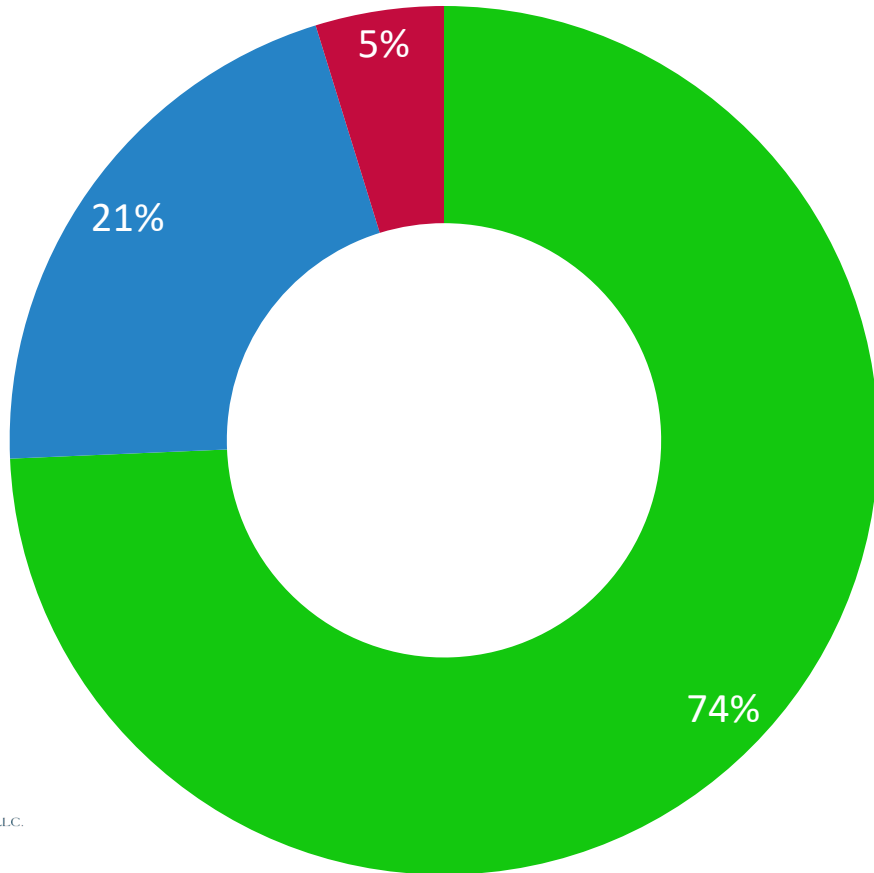
- Reduce the incidence of **obesity** (>30 BMI) to 18% to :
 - 17.82 % by 2014
 - **16.74 by 2020**
 - **15.84 by 2025 ; currently at 19%**
- Reduce the incidence of **overweight** (25-30 BMI) from 39% to:
 - 38.61% by 2014
 - **36.27% by 2020**
 - **34.32% by 2025 ; currently at 40%**
- Increase the proportion of adults who are **healthy** (<25 BMI) from 43% to:
 - 43.43% by 2014
 - **46.01% by 2020**
 - **48.16% by 2025 ; currently at 39%**

*** Note 2% declined test results ***

Glucose Results

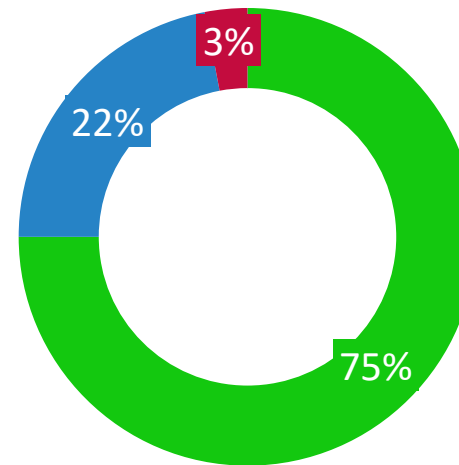
2024 Results

336 Total Participants



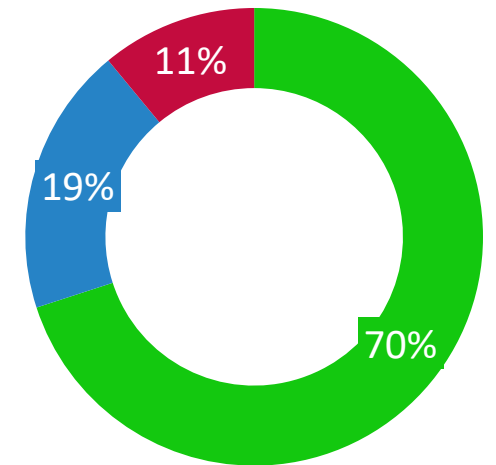
2023 Results

328 Total Participants



2022 Results

345 Total Participants

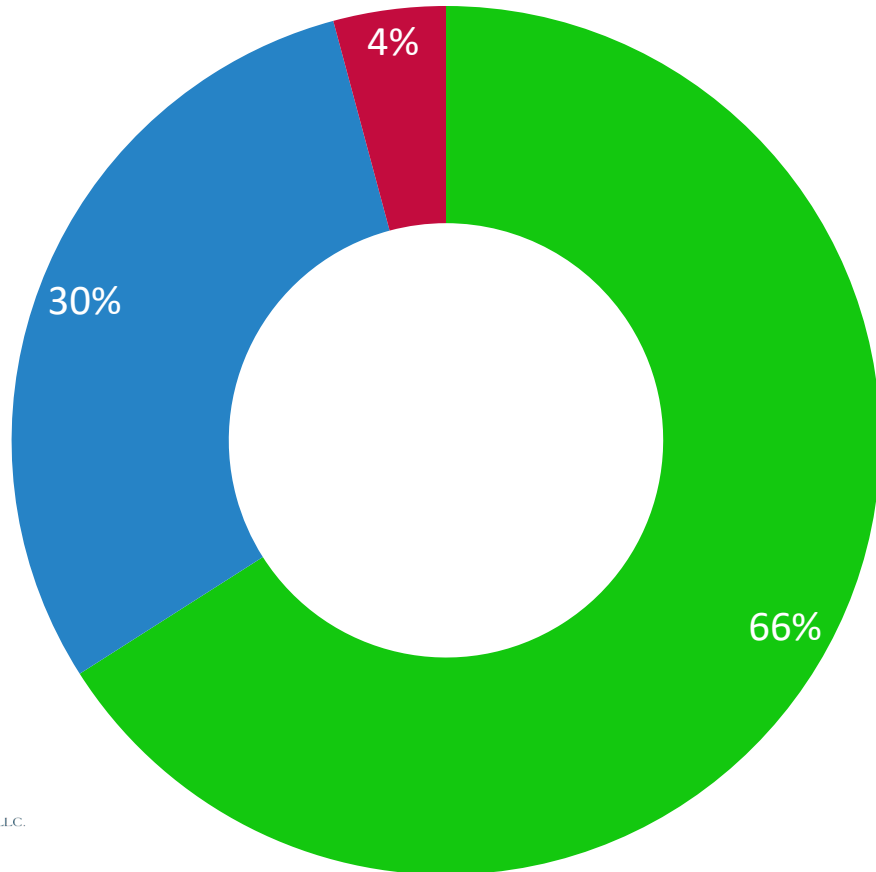


- Normal: <100
- High: 100-125
- Very high: >125

Hemoglobin A1C Results

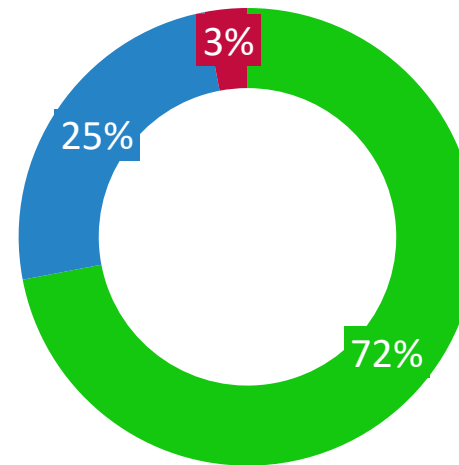
2024 Results

336 Total Participants



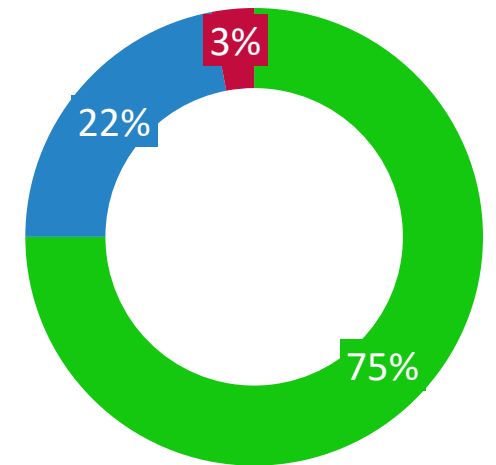
2023 Results

328 Total Participants



2022 Results

345 Total Participants



- Normal: 4.7-5.6
- Pre-diabetic: 5.7-6.4
- Diabetic: >6.4

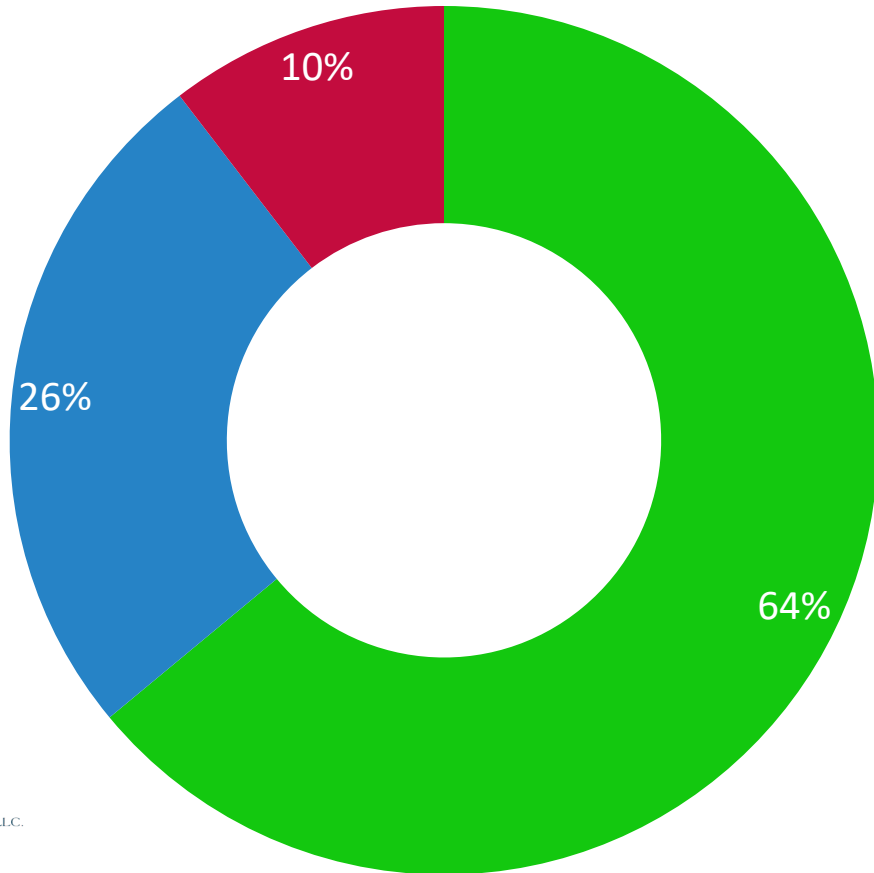
Trends of A1C Values at SAU

Year	Normal (4.7-5.6%)	Borderline (5.7-6.4%)	High (>6.4%)
2013	73%	24%	3%
2014	88%	10%	2%
2015	85%	12%	3%
2016	69%	27%	4%
2017	75%	22%	3%
-	-	-	-
2020	77%	20%	3%
2021	45%	48%	7%
2022	75%	22%	3%
2023	72%	25%	3%
2024	66%	30%	4%

Total Cholesterol Results

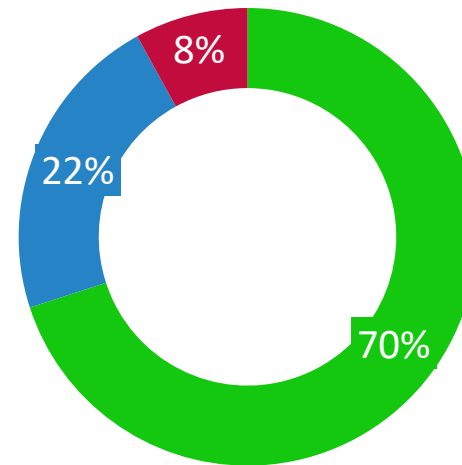
2024 Results

336 Total Participants



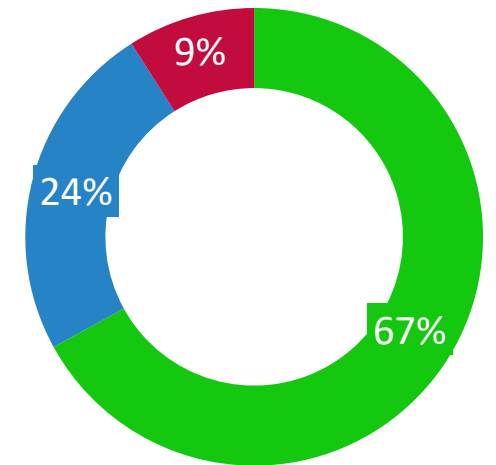
2023 Results

328 Total Participants



2022 Results

345 Total Participants

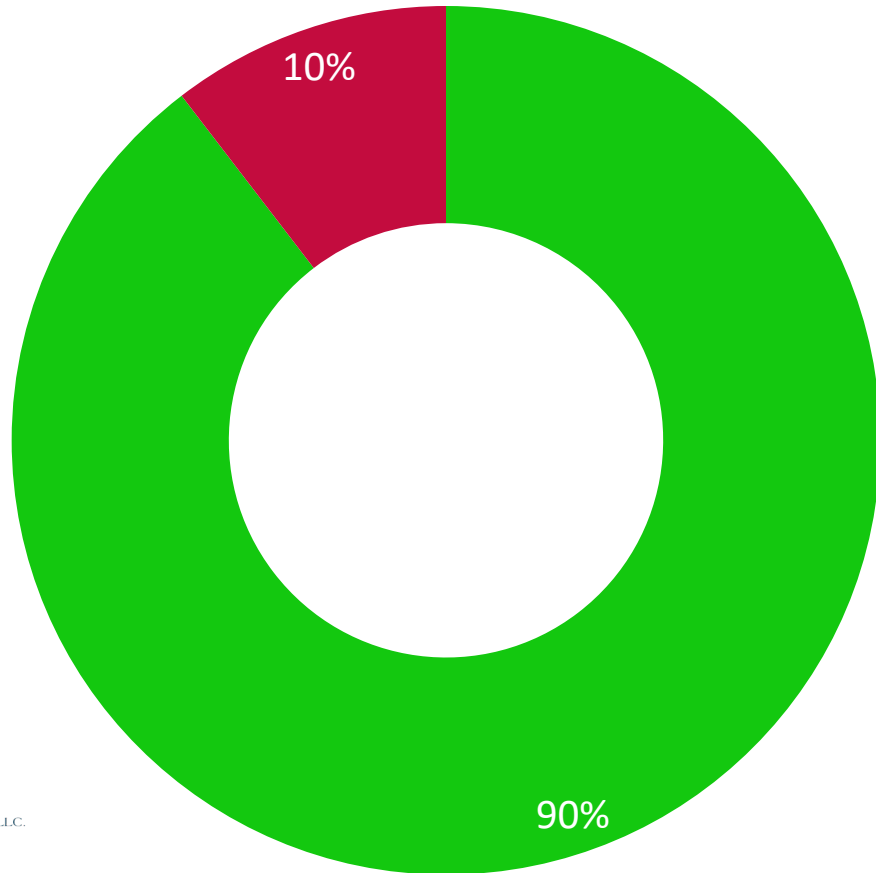


- Normal: <200
- High: 200-239
- Very High: >239

LDL Results

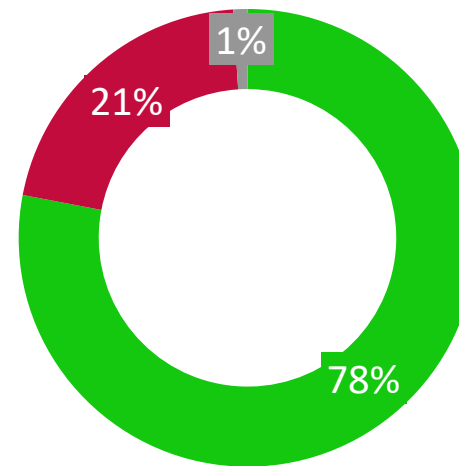
2024 Results

336 Total Participants



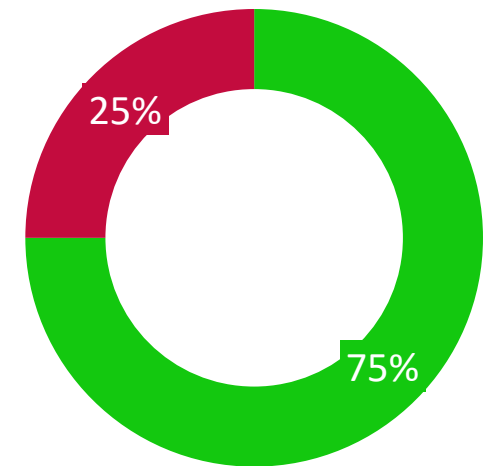
2023 Results

328 Total Participants



2022 Results

345 Total Participants

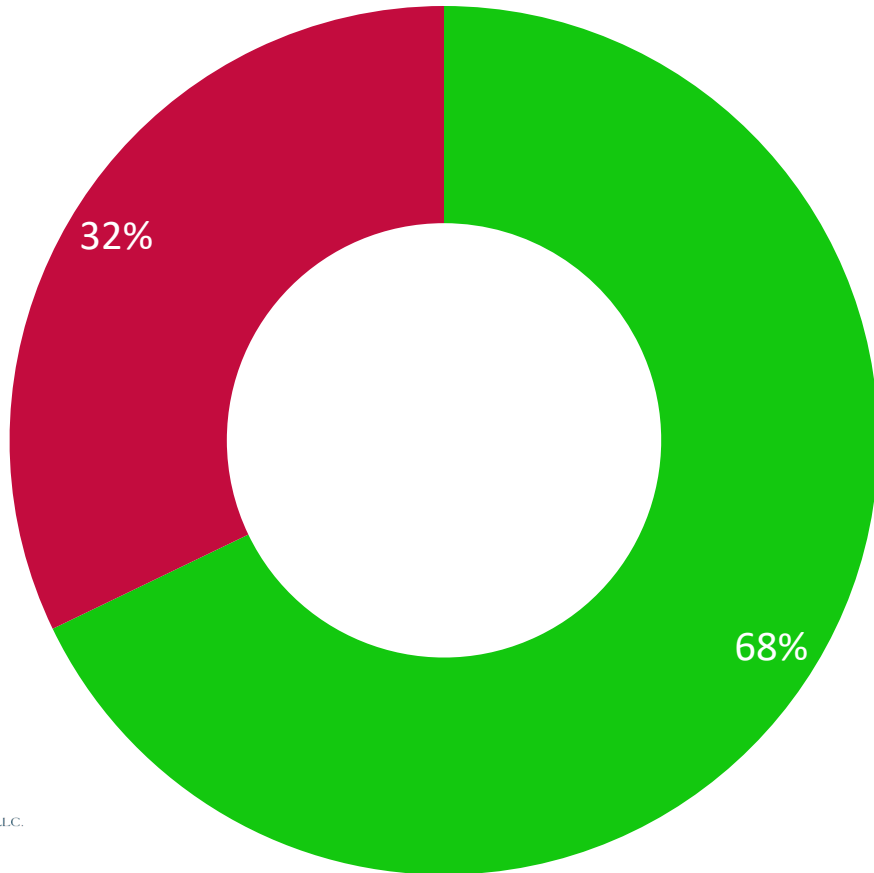


Normal
High

HDL Results Women

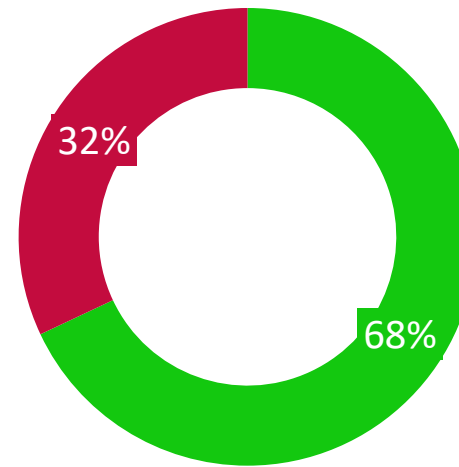
2024 Results

196 Total Participants



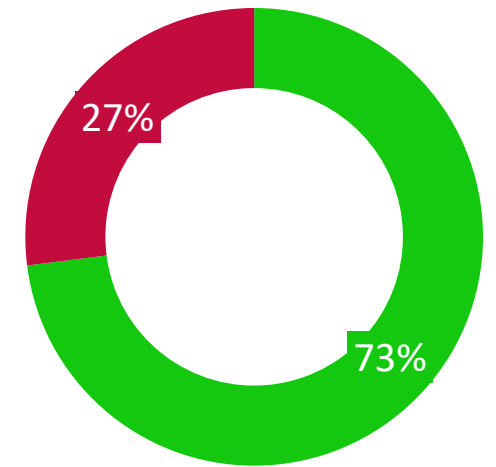
2023 Results

186 Total Participants



2022 Results

193 Total Participants

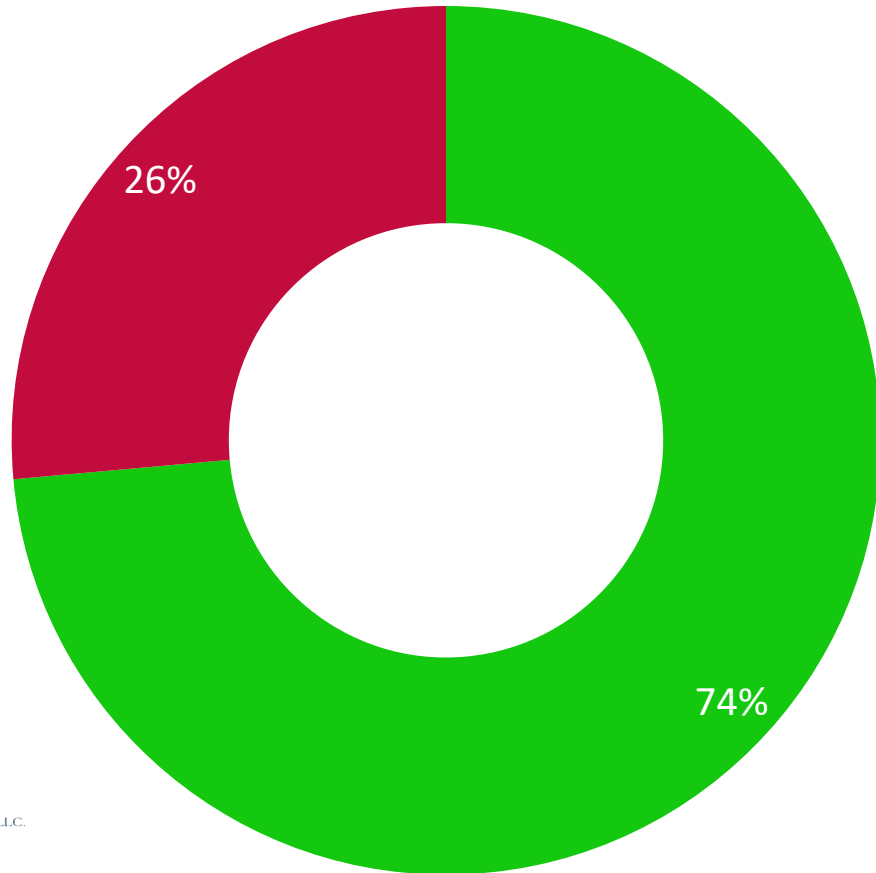


■ Normal: >49
■ Low: ≤49

HDL Results Male

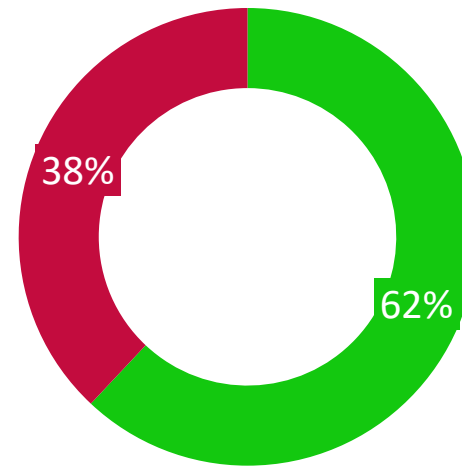
2024 Results

140 Total Participants



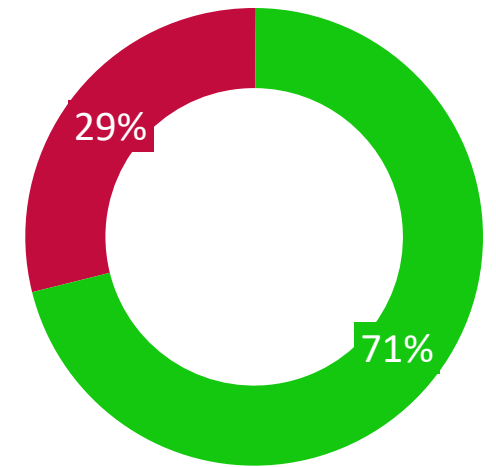
2023 Results

142 Total Participants



2022 Results

154 Total Participants

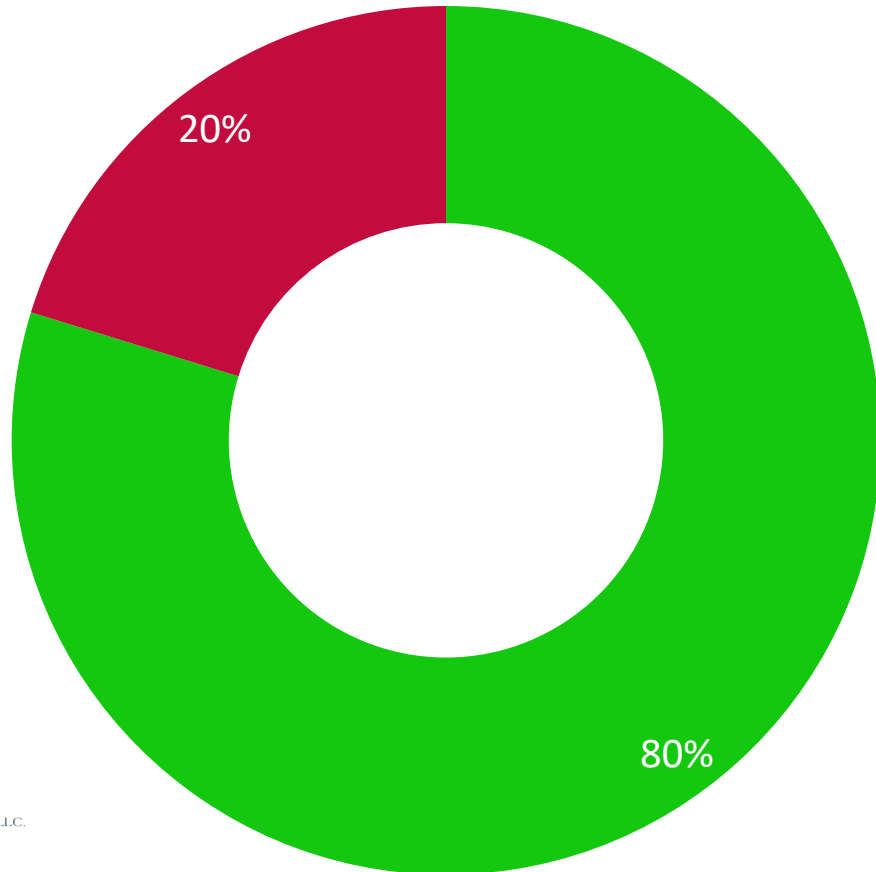


■ Normal: >39
■ Low: ≤39

Triglycerides Results

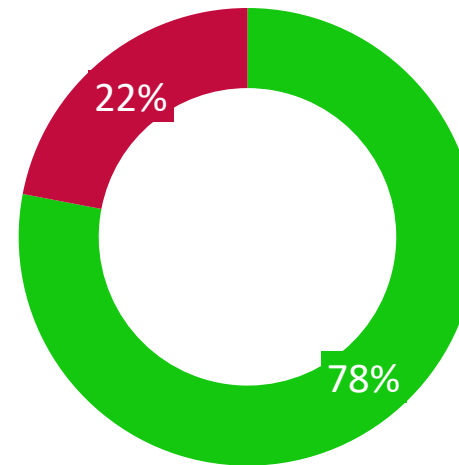
2024 Results

336 Total Participants



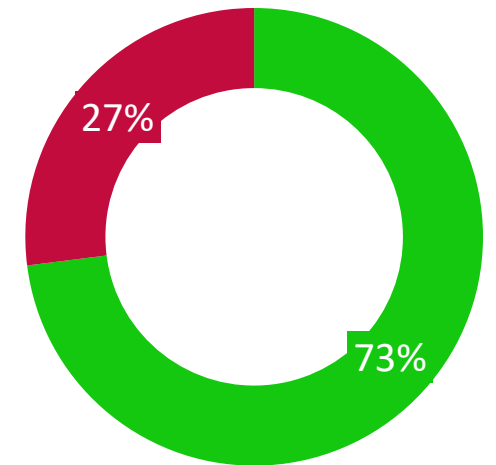
2023 Results

328 Total Participants



2022 Results

345 Total Participants

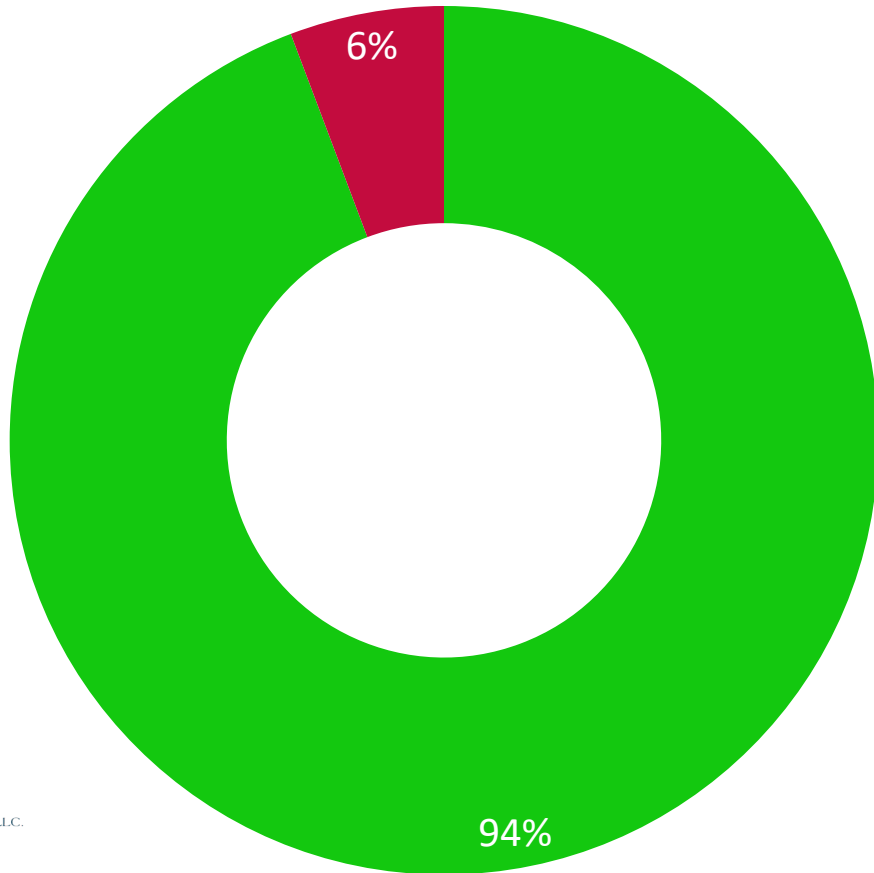


■ Normal: ≤ 150
■ Elevated: ≥ 150

PSA Result Men > 40

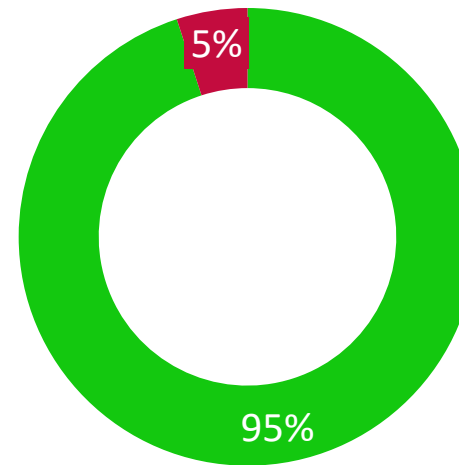
2024 Results

122 Total Participants



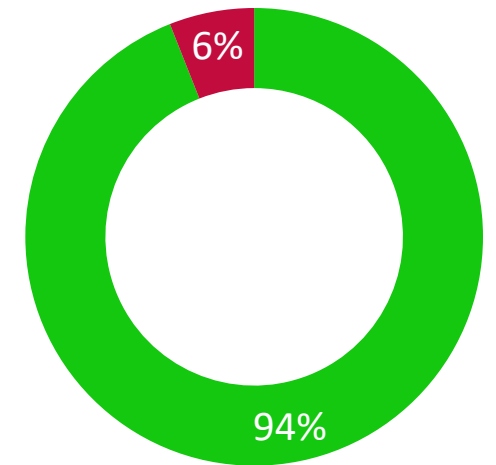
2023 Results

120 Total Participants



2022 Results

127 Total Participants

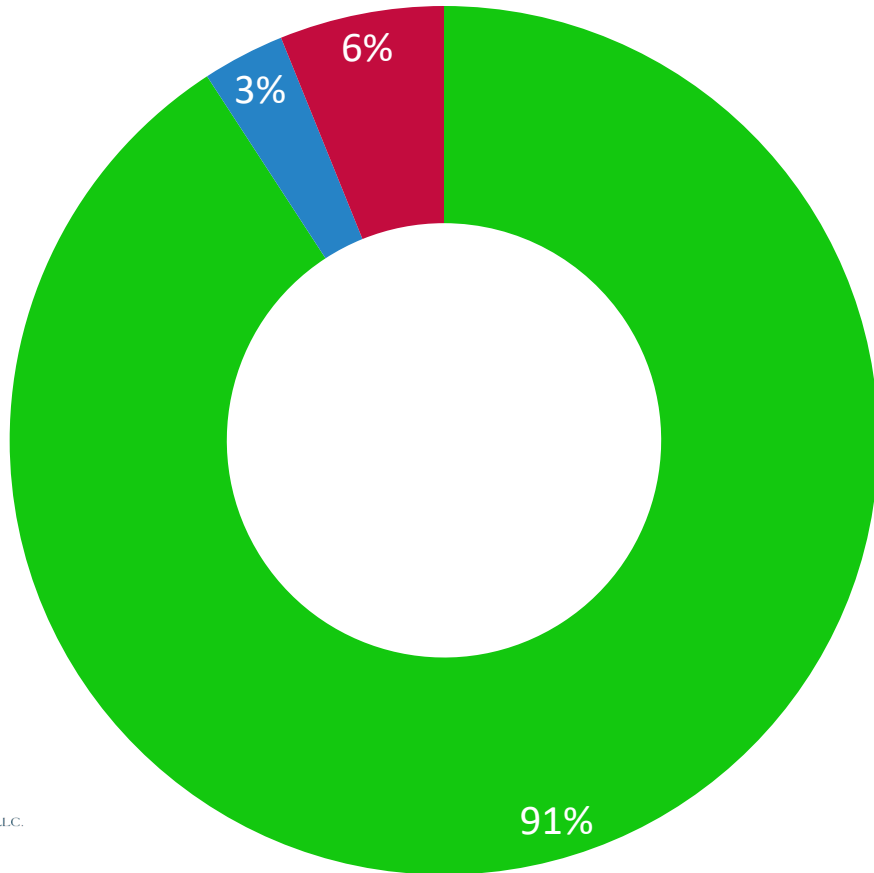


■ Normal: ≤4.5
■ Elevated: >4.5

TSH Results - Women

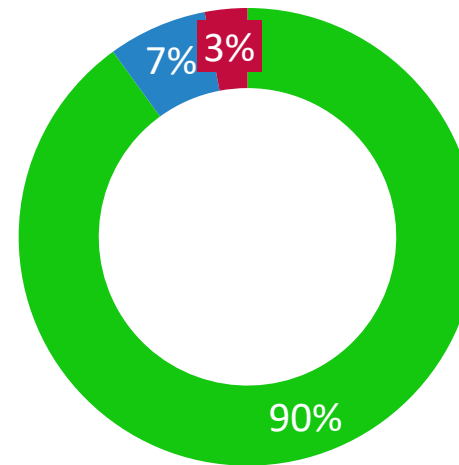
2024 Results

196 Total Participants



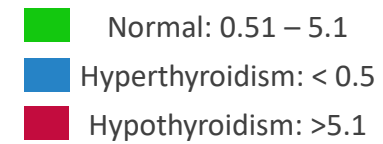
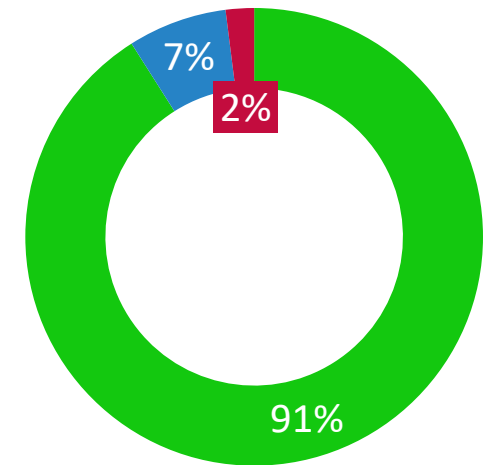
2023 Results

186 Total Participants



2022 Results

188 Total Participants



Group Risk Categories

Lowest Risk

–

No levels elevated



- **BMI:** less than 25 kg/m²
- **Cholesterol:** Less than 200
- **Blood pressure:** $\leq 120/80$
- **Blood glucose:** ≤ 100 , with **A1C** less than 5.6%

Group Risk Categories

Low Risk

–
1 level elevated



- **BMI:** greater than 25 kg/m²
- **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)

Group Risk Categories

Moderate Risk

–
2 levels elevated



- **BMI:** greater than 25 kg/m²
- **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)

Group Risk Categories

High Risk

–
3 levels elevated



- **BMI:** 30 – 35 kg/m², 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)

Group Risk Categories

Highest Risk
–
All 4 levels elevated



- **BMI:** 35 kg/m² 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)

Risk Category	2017	2020	2021	2022	2023	2024
	470 Total	258 Total	307 Total	348 Total	328 Total	336 Total
High (with 4 levels):	9.5%	6%	2%	8%	5%	5%
High (with 3 levels):	22%	18%	14%	18%	22%	24%
Moderate:	23.5%	22%	24%	25%	30%	32%
Low:	22%	27%	30%	23%	28%	24%
Lowest :	23%	27%	30%	26%	14%	15%
Lowest & Low Totals (Goal of >70%)	45%	54%	60%	49%	42%	39%
Highest & High (Goal of <20%)	31.5%	24%	16%	26%	27%	29%

2023 Southern Adventist University was awarded AHA Gold Workplace Health Achievement



Questions & Answers

Updated Statistics:

National Health &
Nutrition Examination
Survey

July 2020 ; findings
from 2017 reports.

Thank you!

