



260 Total Health Screening Participants 51 City Firefighters (20%) 209 City Workers (80%)

# of Eligible Employees: 198	# of Eligible Spouses: 123
# of Employee Participants: 177	# of Spouse Participants: 83
89.4% of those eligible	67.5% of those eligible
68% of participant group	32% of participant group

232 results loaded to Go365 (89%)

	2017	2018	2019	2020	2021
Total Participation	181	172	167	260	260
# Males Screened	113	103	103	151	149
# Females Screened	68	69	64	109	111

Positive Outcomes

- **Triglycerides:** Positive trend with group average improving from 130 in 2020 to 125 in 2021.
- **Blood Pressure:** Remained stable from 2020-2021
- **Nicotine Use:** Remained stable for 2021 (40 participants 15%)
- **HDL Cholesterol:** Group average remained stable in 2020 and 2021 with 58.

Areas of Opportunity

- **Body Mass Index and Waist Measurement:** Negative trend high risk groups increasing. Average BMI increased from 28.9 in 2020 to 29.8 in 2021. Average waist measurements for male and female participants increased.
- **Total Cholesterol:** TC > 240 showed a negative trend high risk groups increasing. Average TC increased from 195 in 2020 to 202 in 2021.
- **LDL Cholesterol:** Negative trend with group average increasing from 111 in 2020 to 118 in 2021.
- **Total Cholesterol/HDL Ratio:** Negative trend with group average increasing from 3.53 in 2020 to 3.7 in 2021.
- **Glucose:** Negative trend with group average increasing from 95 in 2020 to 98 in 2021