

2015 Wellness Highlights

Accomplishments

Weight Loss

- 158 participants lost weight
- 49 people lost at least 10 pounds
- 17 people lost at least 20 pounds

We lost 1,533 pounds

Accomplishments *(Continued)*

Fewer Chronic Risks

- 63 have eliminated at least one risk factor
- 155 have stayed the same
- 27 have gained one risk factor

Accomplishments *(Continued)*

Battling Hypertension

- Of the 62 people who reported high blood pressure last year, 30 of them have moved out of the high risk category.
- 222 people improved their LDL scores
- 110 participants have improved their blood pressure by at least one category since last screening.

Accomplishments *(Continued)*

3.4 % Reduction in Smoking

Comparisons

Risk	Bravo Avg	Benton County
Obesity	39.50%	49.10%
Hypertension	8.90%	16.10%
High LDL Cholesterol	6.00%	9.10%
Nicotine	20.70%	25.50%
Diabetes	6.30%	8.20%
0 Risks	41.70%	31.60%
1 Risk	39.40%	40.20%
More than 1 Risk	18.90%	28.20%