

Group Summary Report

Personal Wellness Profile Group Summary Juniata College

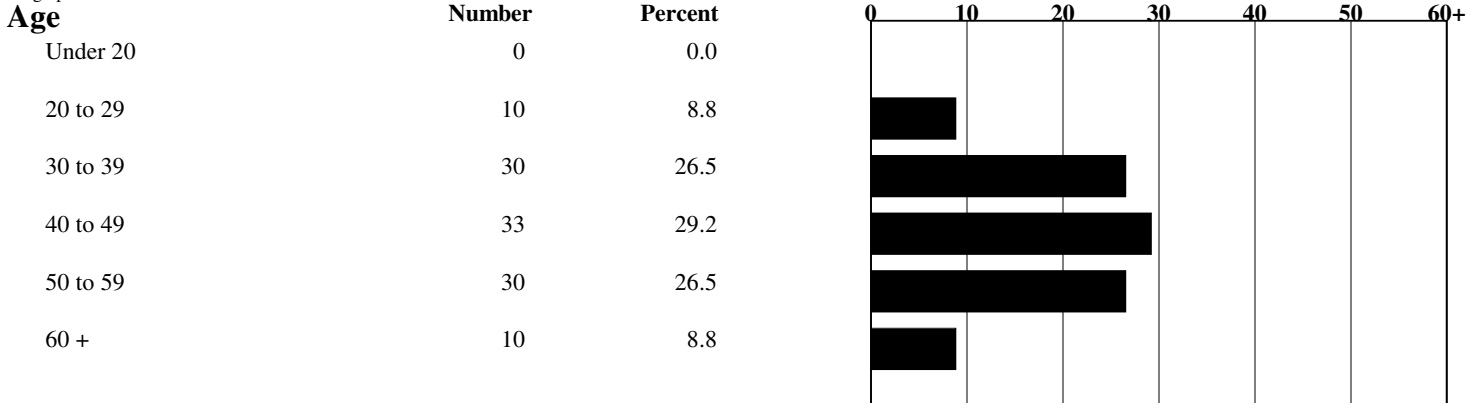
Scientific Basis for the Personal Wellness Profile

- ◆ American Cancer Institute
- ◆ American Cancer Society
- ◆ American College of Sports
Medicine
- ◆ American Heart Association
- ◆ U.S. Department of Health and
Human Services
- ◆ Health Outcomes Institute
- ◆ Johns Hopkins Medical
Institutions
- ◆ National Academy of Sciences,
NRC
- ◆ National Center of Health
Statistics
- ◆ National Committee For Quality
Assurance
- ◆ National Institutes of Health
- ◆ National Mental Health
Association
- ◆ University of California at
Berkeley
- ◆ University of Michigan
- ◆ U.S. Preventive Services Task
Force
- ◆ U.S. Surgeon General's Report
on Health Promotion and
Disease Prevention
- ◆ U.S. Department of Agriculture's
Dietary Guidelines for
Americans
- ◆ World Health Organization

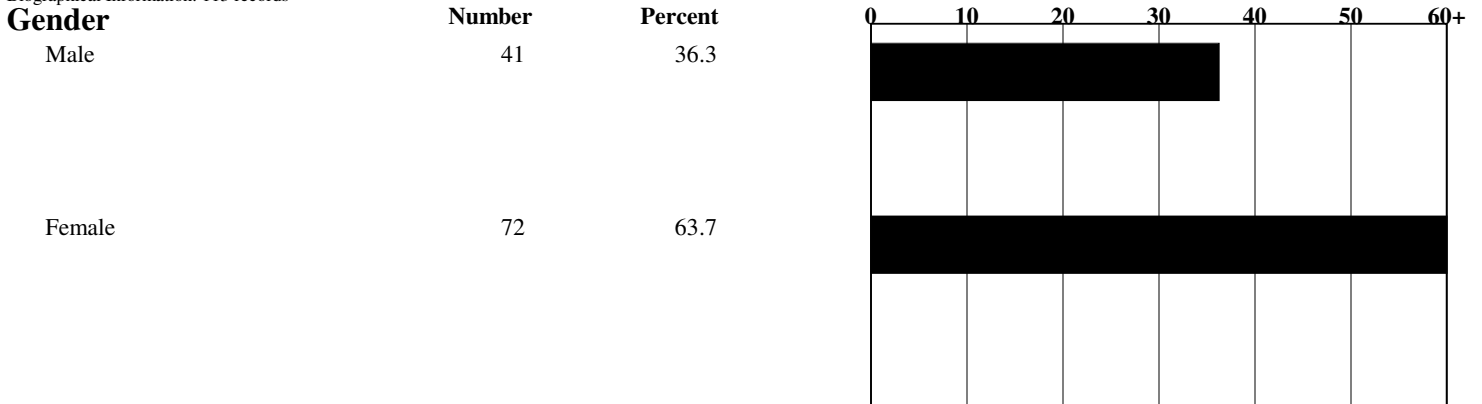
Provided by
Wellsource, Inc.
15431 SE 82nd Drive
Clackamas, OR 97015
(503) 656-7446

Personal Wellness Profile

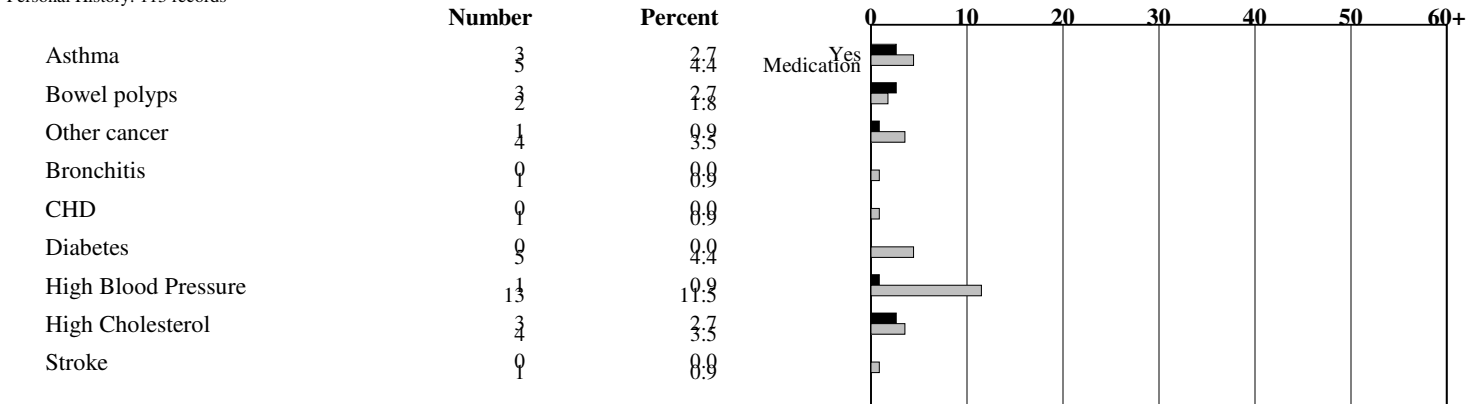
Biographical Information: 113 records



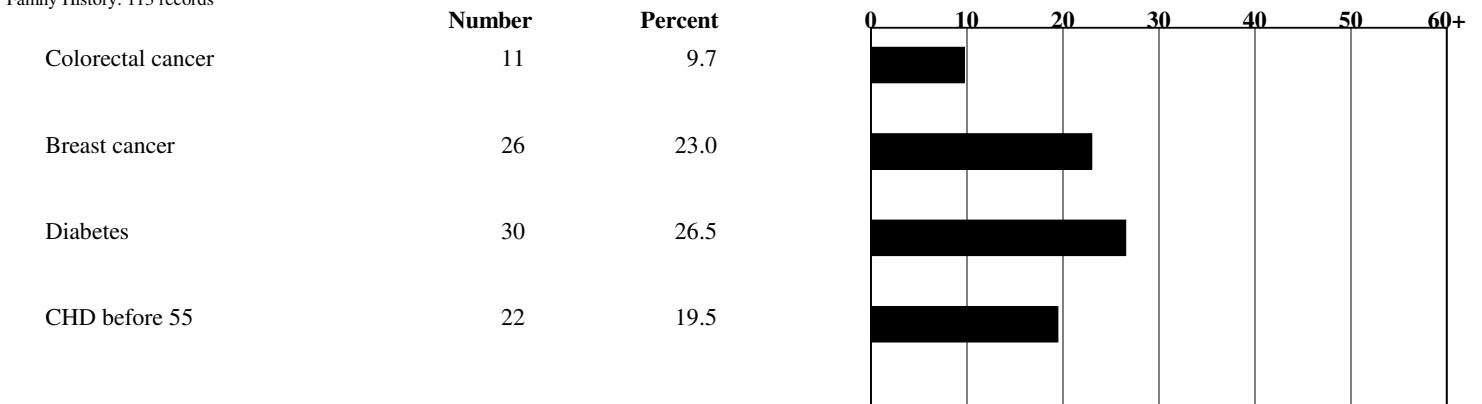
Biographical Information: 113 records



Personal History: 113 records



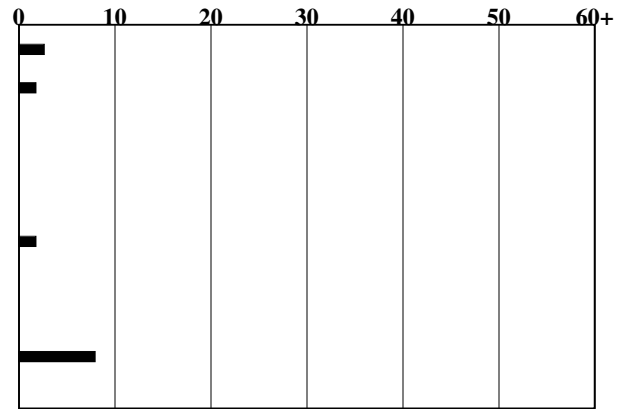
Family History: 113 records



Personal Wellness Profile

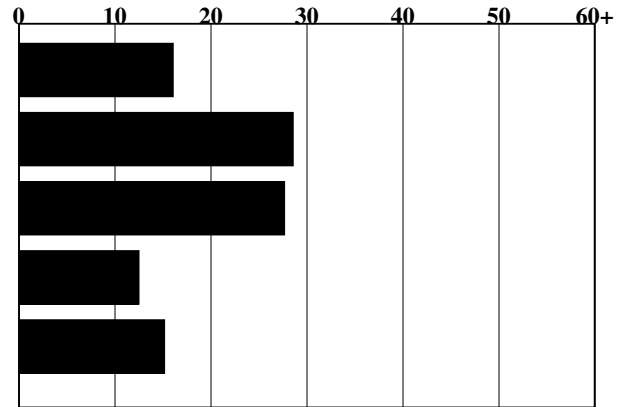
Current Symptoms: 113 records

	Number	Percent
Chest pain	3	2.7
Short. of breath	2	1.8
Dizziness	0	0.0
Ankle edema	0	0.0
Weight loss	0	0.0
Freq. urination	2	1.8
Freq. joint pain	0	0.0
Freq. coughing	0	0.0
Back pain	9	8.0



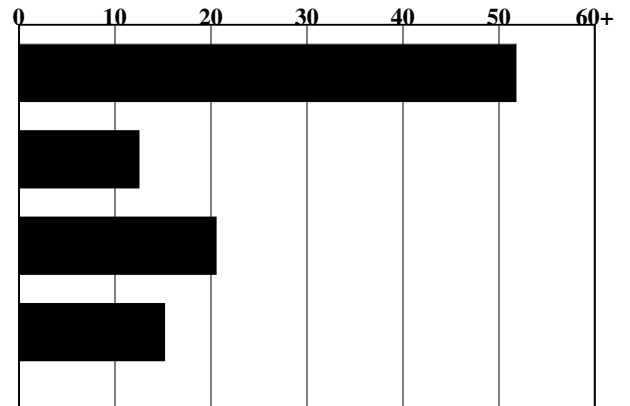
Exercise: 112 records

Exercise	Number	Percent
No program	18	16.1
1 to 2 days/wk	32	28.6
3 days/wk	31	27.7
4 days/wk	14	12.5
5+ days/wk	17	15.2



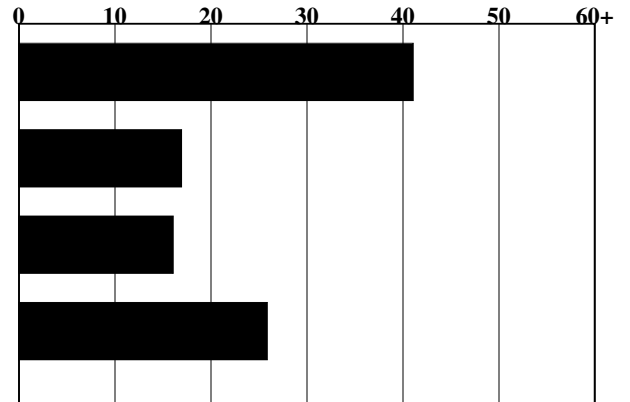
Exercise: 112 records

Strength	Number	Percent
None	58	51.8
1/week	14	12.5
2/week	23	20.5
3+/week	17	15.2



Exercise: 112 records

Stretching	Number	Percent
None	46	41.1
1/week	19	17.0
2/week	18	16.1
3+/week	29	25.9

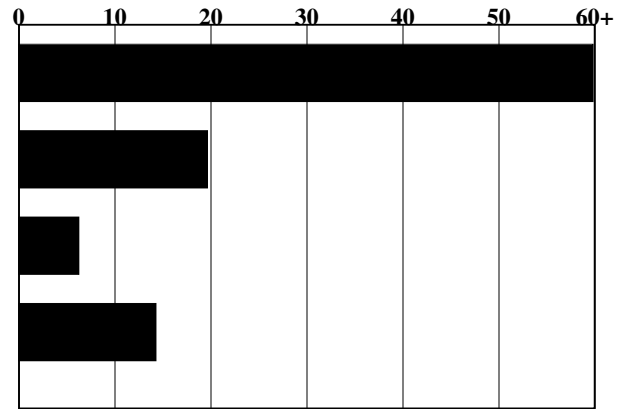


Personal Wellness Profile

Eating Habits: 112 records

Breakfast

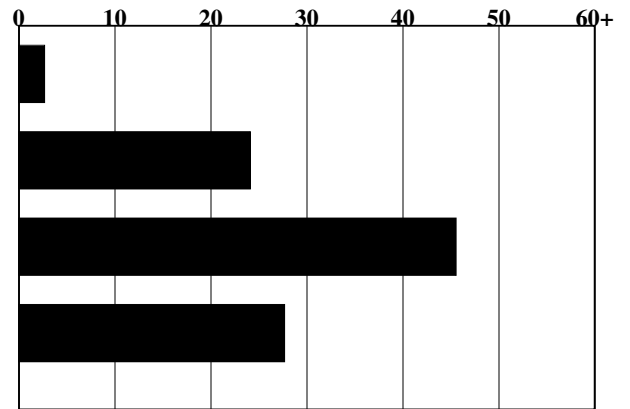
	Number	Percent
Every day	67	59.8
Most mornings	22	19.6
2 to 3 times/wk	7	6.3
Seldom or never	16	14.3



Eating Habits: 112 records

Snacks

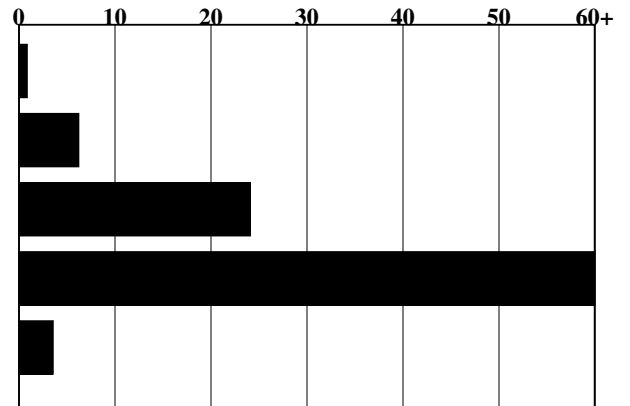
	Number	Percent
3+ a day	3	2.7
1 or 2/day	27	24.1
Few times/wk	51	45.5
Seldom or never	31	27.7



Eating Habits: 112 records

Fat intake

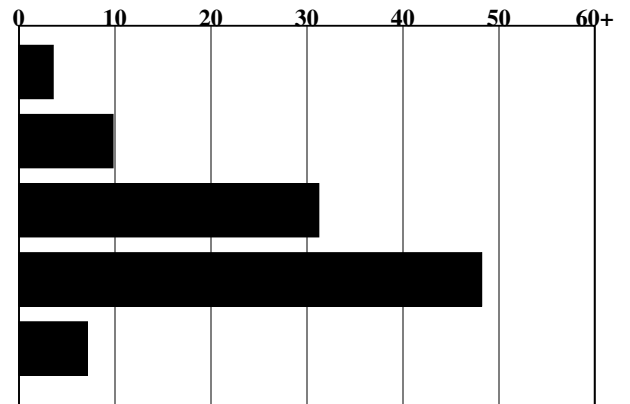
	Number	Percent
Always high	1	0.9
Mostly high	7	6.3
Both the same	27	24.1
Mostly low	73	65.2
Always low	4	3.6



Eating Habits: 112 records

Breads

	Number	Percent
Always refined	4	3.6
Mostly refined	11	9.8
Both the same	35	31.3
Mostly whole	54	48.2
Only whole	8	7.1

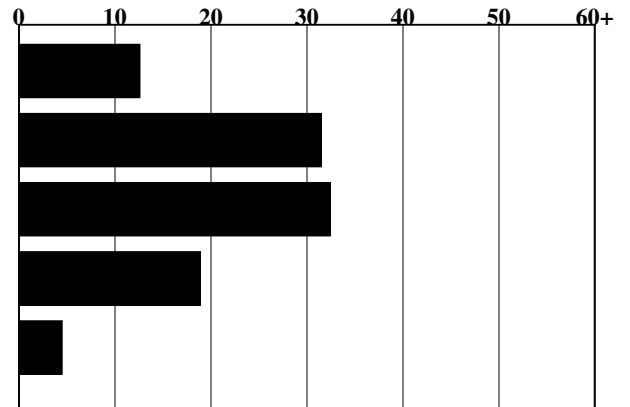


Personal Wellness Profile

Eating Habits: 111 records

Fruits & vegetables

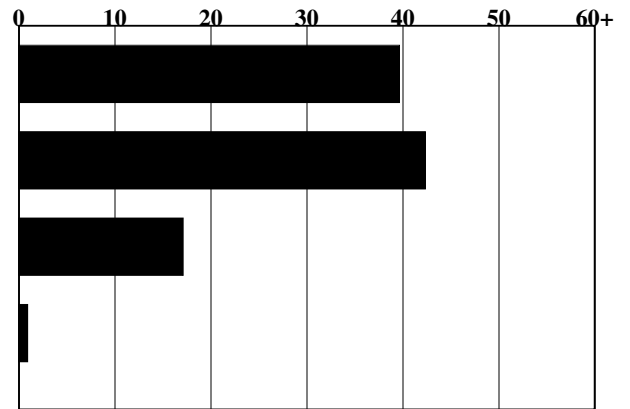
	Number	Percent
1 or fewer/day	14	12.6
2 serv/day	35	31.5
3 serv/day	36	32.4
4 serv/day	21	18.9
5+ serv/day	5	4.5



Eating Habits: 111 records

Salt

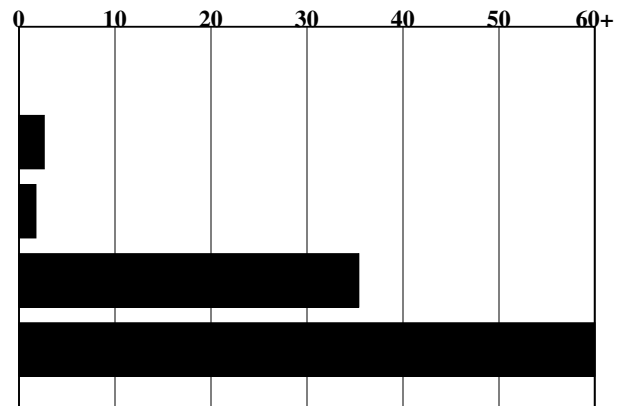
	Number	Percent
Seldom	44	39.6
Some meals	47	42.3
Most meals	19	17.1
Nearly every	1	0.9



Alcohol/drugs: 113 records

Alcohol score

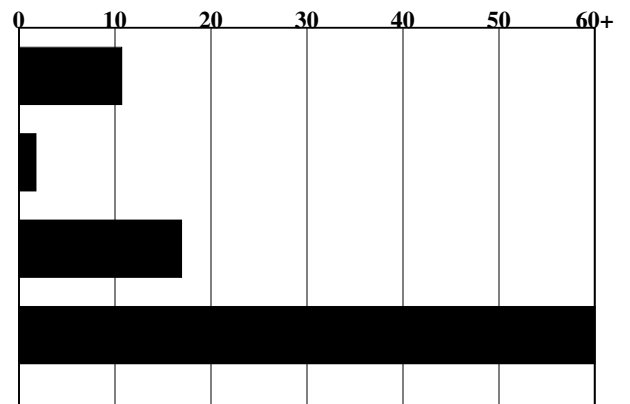
	Number	Percent
Heavy	0	0.0
Moderate	3	2.7
Some	2	1.8
Light	40	35.4
Seldom/never	68	60.2



Alcohol/drugs: 112 records

Medications

	Number	Percent
Frequently	12	10.7
Sometimes	2	1.8
Rarely	19	17.0
Never	79	70.5

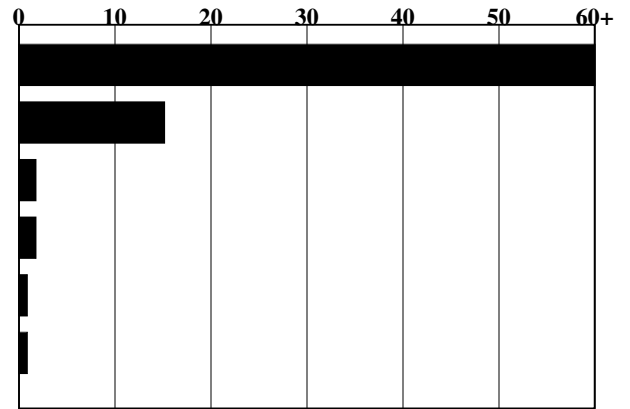


Personal Wellness Profile

Alcohol/drugs: 112 records

Smoking

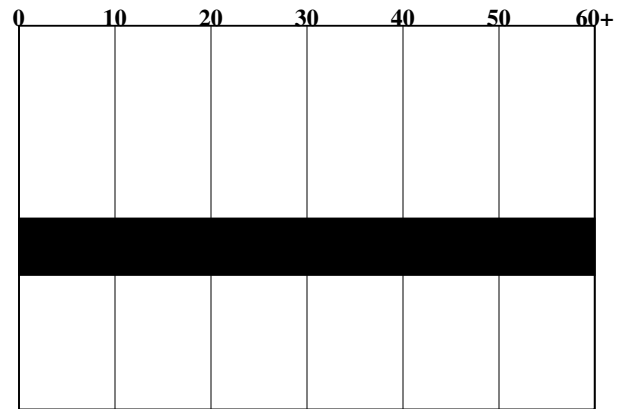
	Number	Percent
Never smoked	89	79.5
Quit 2+yrs	17	15.2
Quit <2yrs	2	1.8
Pipe/cigar	2	1.8
Smoke <10	1	0.9
Smoke 10+	1	0.9



Alcohol/drugs: 112 records

Chewing tobacco

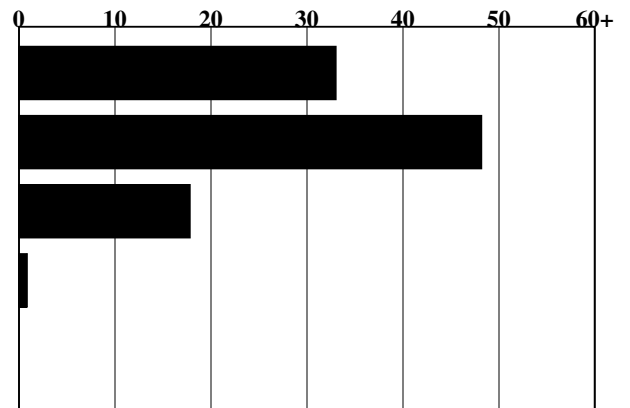
	Number	Percent
Yes	0	0.0
No	112	100.0



Mental Health: 112 records

Coping

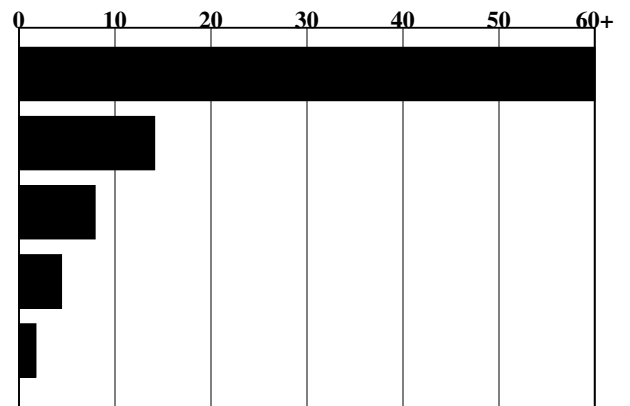
	Number	Percent
Very well	37	33.0
Fairly well	54	48.2
Have trouble	20	17.9
Often trouble	1	0.9
Unable to cope	0	0.0



Mental Health: 113 records

Stress signs

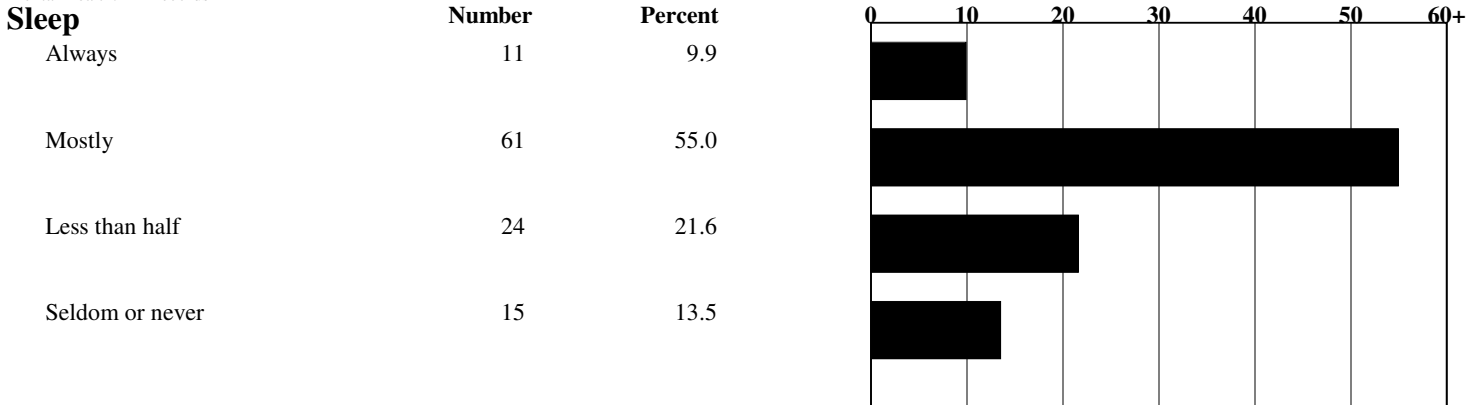
	Number	Percent
None	81	71.7
1	16	14.2
2	9	8.0
3	5	4.4
4 or more	2	1.8



Personal Wellness Profile

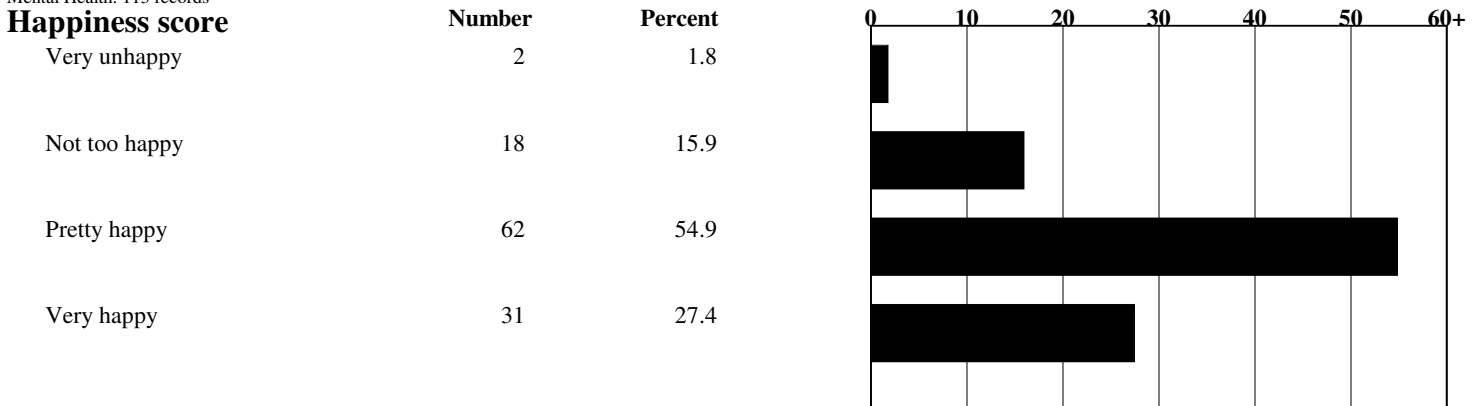
Mental Health: 111 records

Sleep



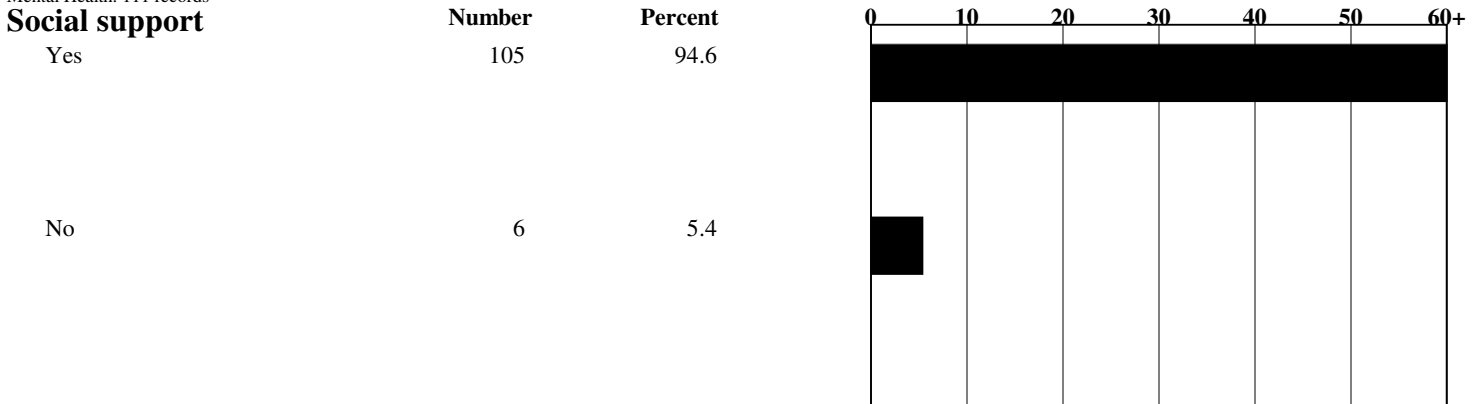
Mental Health: 113 records

Happiness score



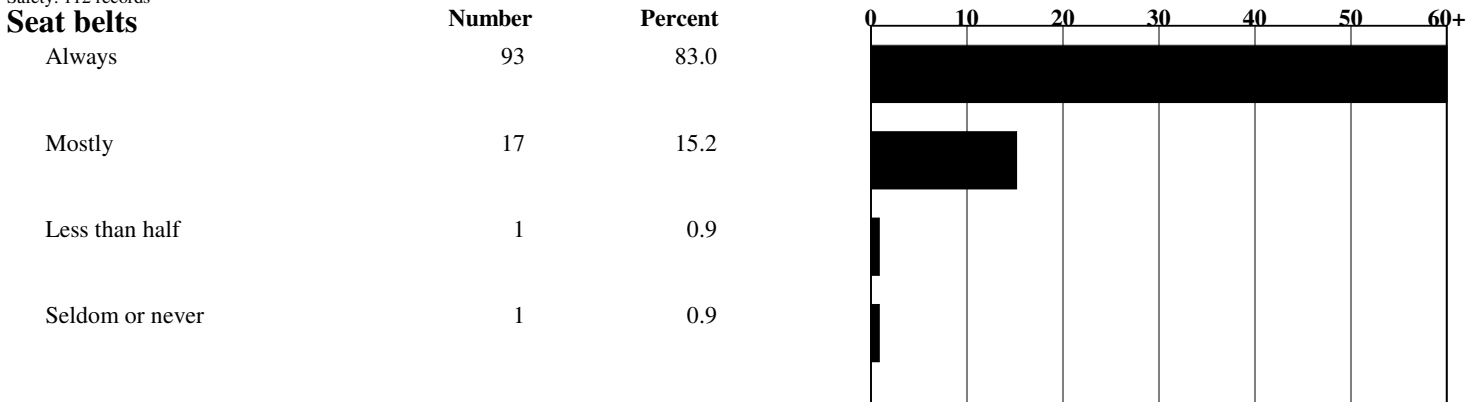
Mental Health: 111 records

Social support



Safety: 112 records

Seat belts

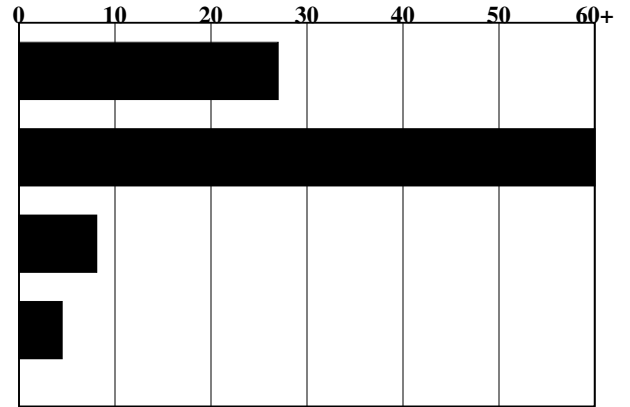


Personal Wellness Profile

Safety: 111 records

Lifting

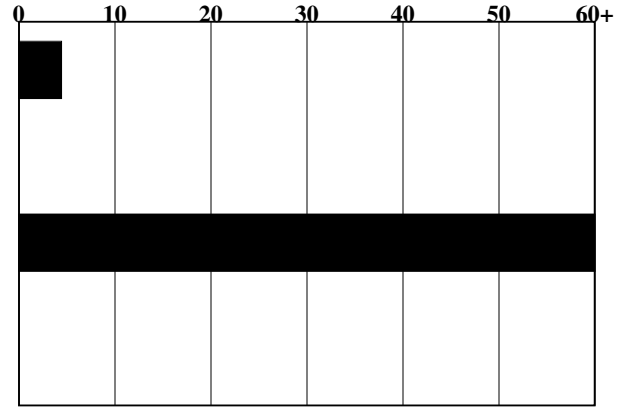
	Number	Percent
Always	30	27.0
Mostly	67	60.4
Less than half	9	8.1
Seldom/don't know	5	4.5



Safety: 113 records

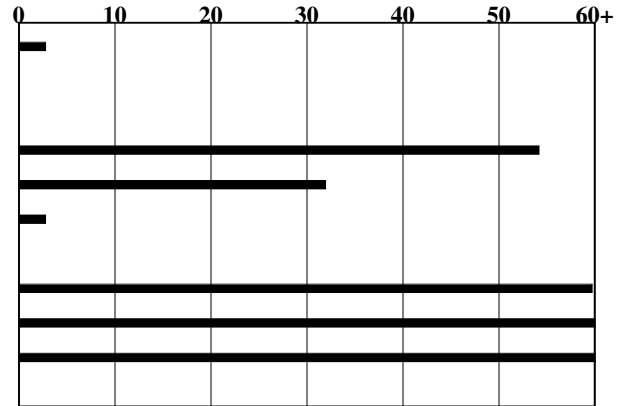
Drink & drive

	Number	Percent
Yes	5	4.4
No	108	95.6



Self Care/Medical Issues: 72 records

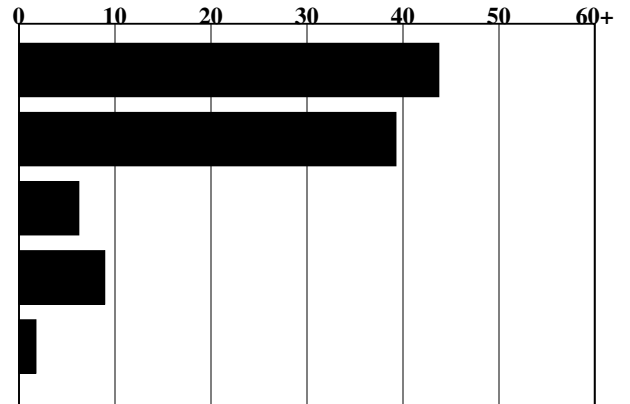
	Number	Percent
Pregnant	2	2.8
Nursing	0	0.0
Plan preg.	0	0.0
Given birth	39	54.2
Menopause	23	31.9
Estrogen	2	2.8
Diuretics	0	0.0
Breast self-exam	43	59.7
PAP	65	90.3
Mammogram	44	61.1



Self Care/Medical Issues: 112 records

Sick days

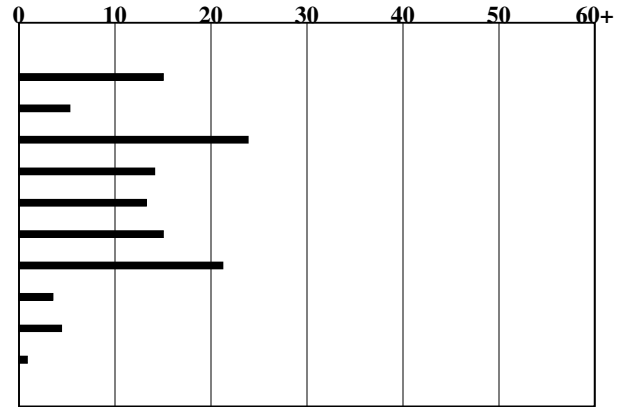
	Number	Percent
None	49	43.8
1 to 2	44	39.3
3 to 4	7	6.3
5 to 8	10	8.9
9+	2	1.8



Personal Wellness Profile

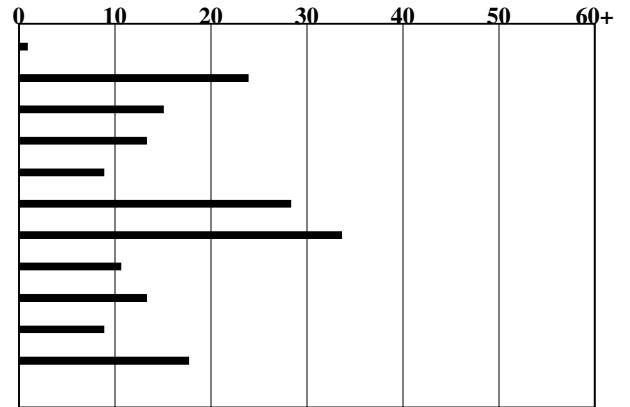
Health Interest: 113 records

	Number	Percent
Alcohol/drugs	0	0.0
Healthy back	17	15.0
Self-care	6	5.3
Stress	27	23.9
CPR	16	14.2
First aid	15	13.3
Health eval.	17	15.0
Women's hlth	24	21.2
Diabetes ed.	4	3.5
Communication	5	4.4
AIDS/STDs	1	0.9



Health Interest: 113 records

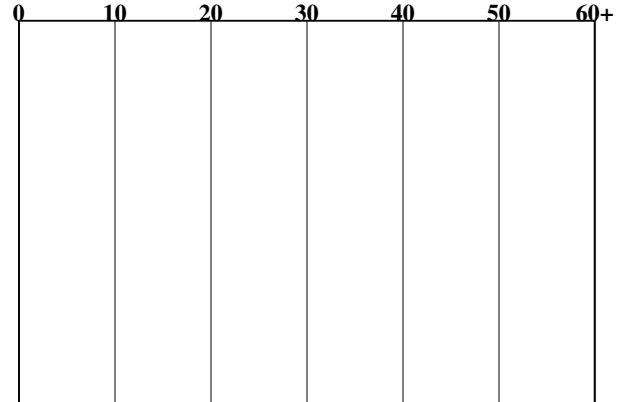
	Number	Percent
Quit smoking	1	0.9
Wt mgt.	27	23.9
Aerobics	17	15.0
Walking	15	13.3
Jogging	10	8.8
Fitness eval.	32	28.3
Nutrition	38	33.6
Cholesterol	12	10.6
BP control	15	13.3
Coronary risk	10	8.8
Cancer risk	20	17.7



Clinical Tests: 0 records

Percent Fat, Men

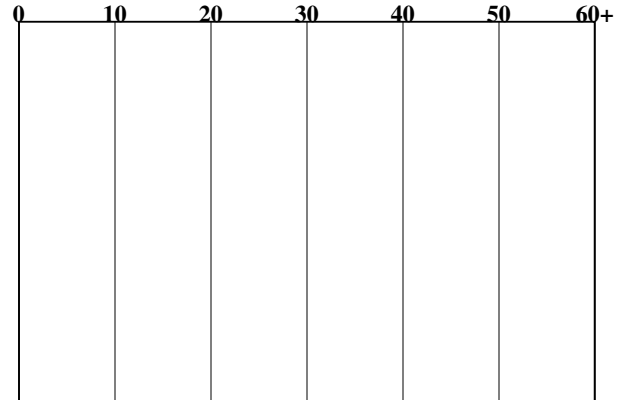
	Number	Percent
Excessively lean	0	0.0
Lean	0	0.0
Within rec. range	0	0.0
Slightly over	0	0.0
Overweight	0	0.0
High risk	0	0.0



Clinical Tests: 0 records

Percent Fat, Women

	Number	Percent
Excessively lean	0	0.0
Lean	0	0.0
Within rec. range	0	0.0
Slightly over	0	0.0
Overweight	0	0.0
High risk	0	0.0

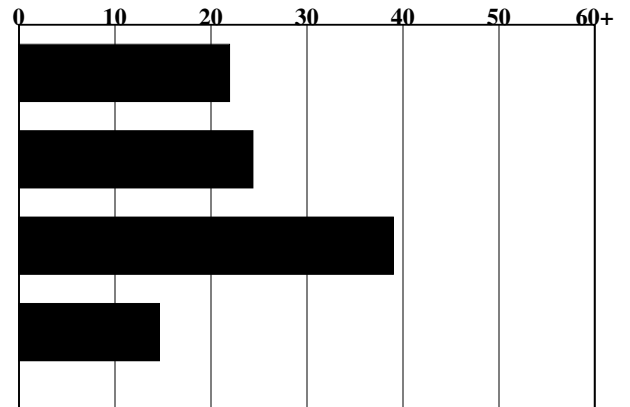


Personal Wellness Profile

Clinical Tests: 41 records

BMI, Men

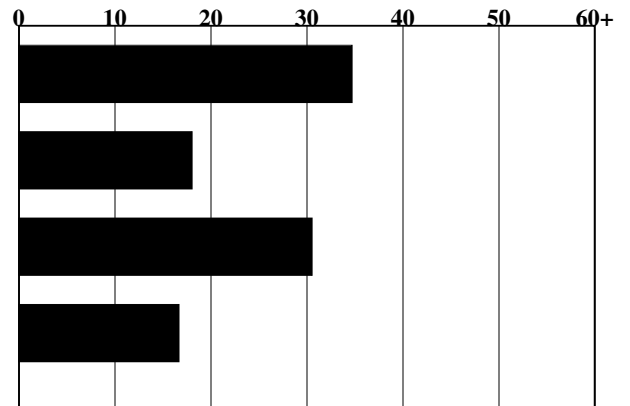
	Number	Percent
BMI <=23 Ideal	9	22.0
BMI <=25 Desired	10	24.4
BMI 25+ Overweight	16	39.0
BMI 30+ Obese	6	14.6



Clinical Tests: 72 records

BMI, Women

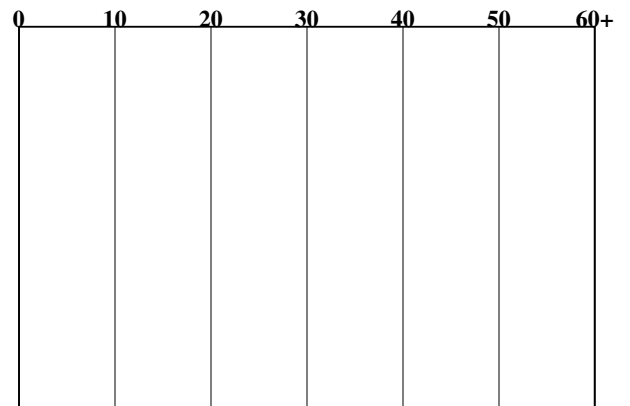
	Number	Percent
BMI <=23 Ideal	25	34.7
BMI <=25 Desired	13	18.1
BMI 25+ Overweight	22	30.6
BMI 30+ Obese	12	16.7



Clinical Tests: 0 records

WHR, Men

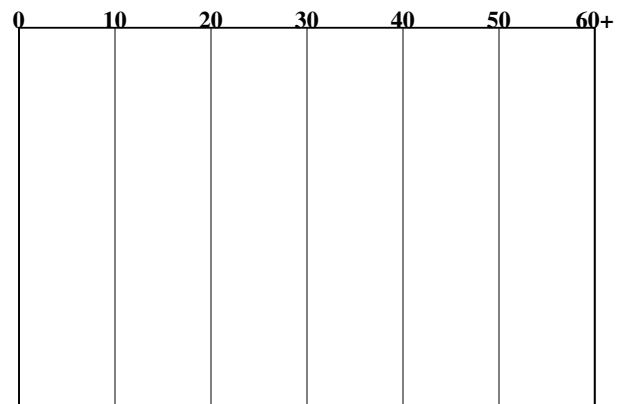
	Number	Percent
Excessively lean	0	0.0
Lean	0	0.0
Within rec. range	0	0.0
Slightly over	0	0.0
Overweight	0	0.0
High risk	0	0.0



Clinical Tests: 0 records

WHR, Women

	Number	Percent
Excessively lean	0	0.0
Lean	0	0.0
Within rec. range	0	0.0
Slightly over	0	0.0
Overweight	0	0.0
High risk	0	0.0

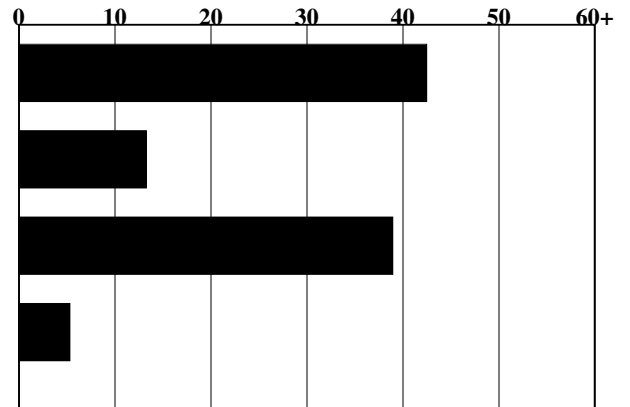


Personal Wellness Profile

Clinical Tests: 113 records

Blood Pressure Screening

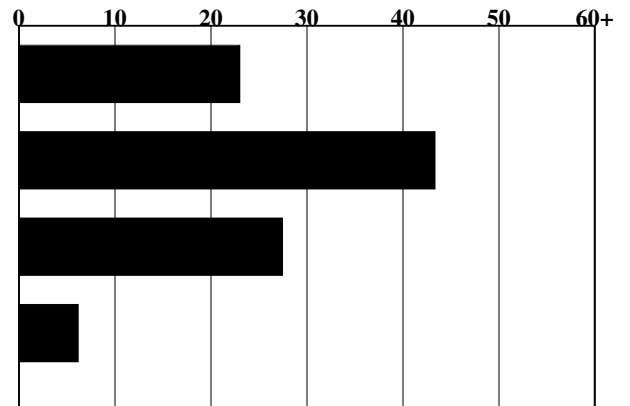
	Number	Percent
115/75 or less	48	42.5
less than 120/80	15	13.3
120/80 - 139/89	44	38.9
140/90+	6	5.3



Clinical Tests: 113 records

Total Cholesterol Screening

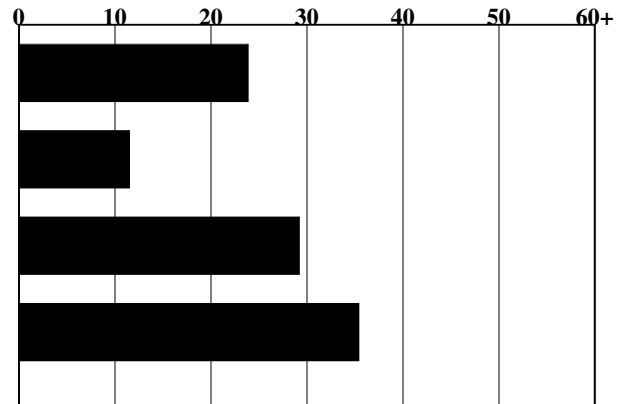
	Number	Percent
Low	26	23.0
Fair	49	43.4
Mod. high	31	27.4
High	7	6.2



Clinical Tests: 113 records

HDL score

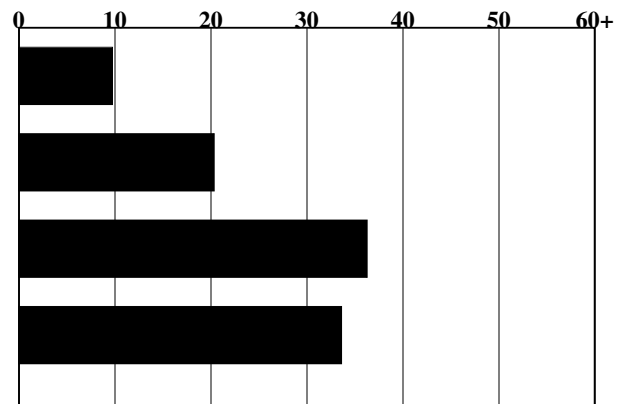
	Number	Percent
High risk	27	23.9
Mod. risk	13	11.5
Low risk	33	29.2
Ideal risk	40	35.4



Clinical Tests: 113 records

Bad cholesterol score

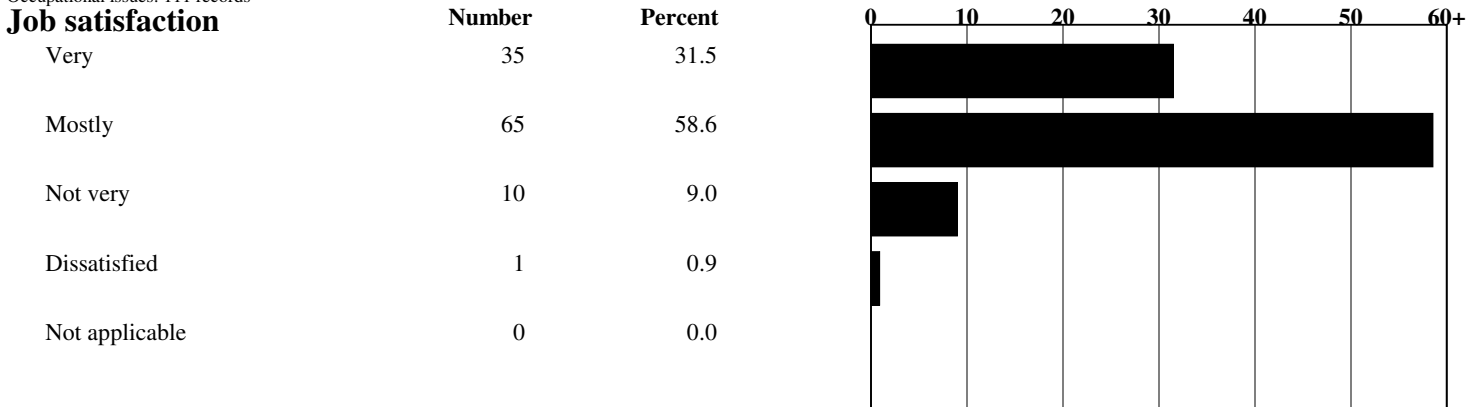
	Number	Percent
High risk	11	9.7
Mod. risk	23	20.4
Low risk	41	36.3
Ideal risk	38	33.6



Personal Wellness Profile

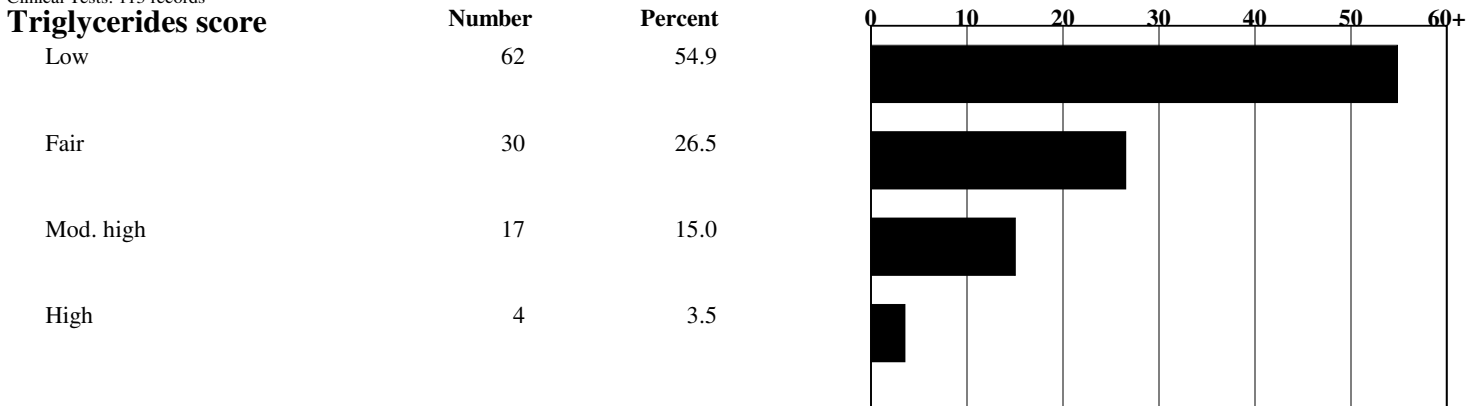
Occupational issues: 111 records

Job satisfaction



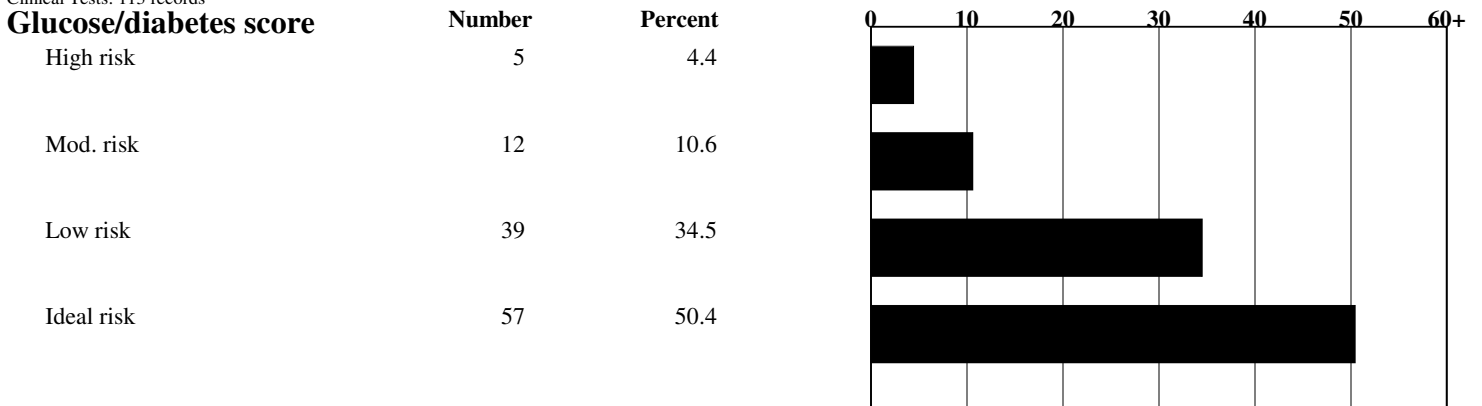
Clinical Tests: 113 records

Triglycerides score



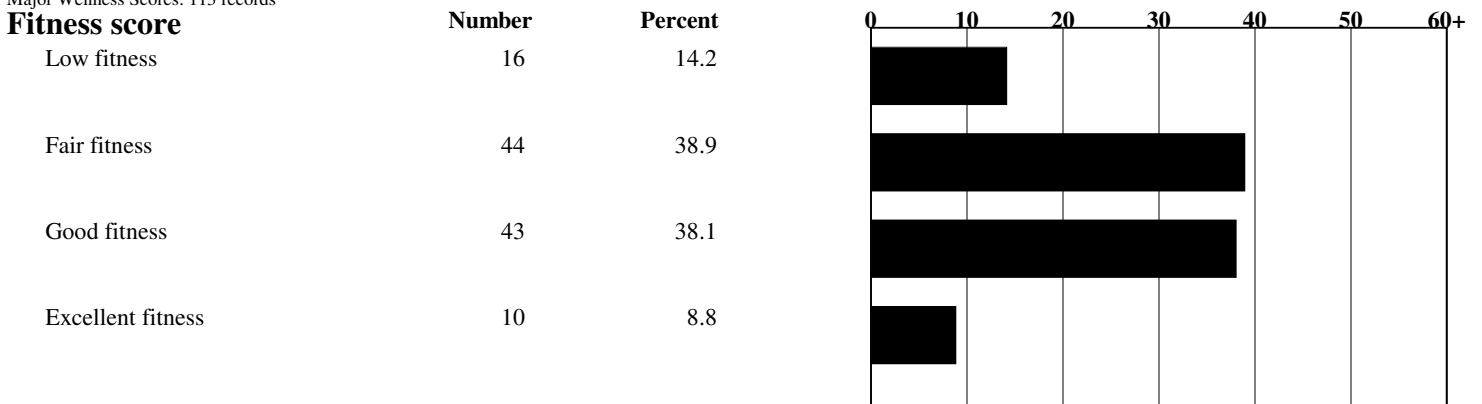
Clinical Tests: 113 records

Glucose/diabetes score



Major Wellness Scores: 113 records

Fitness score

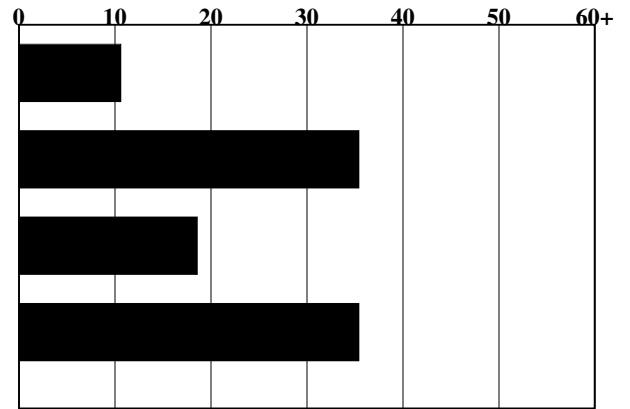


Personal Wellness Profile

Major Wellness Scores: 113 records

Nutrition score

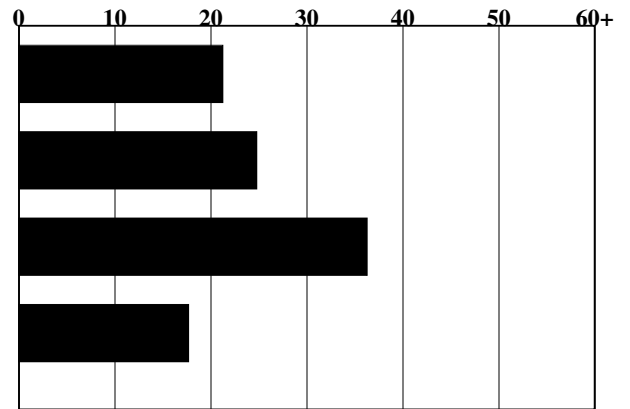
	Number	Percent
Low	12	10.6
Fair	40	35.4
Good	21	18.6
Excellent	40	35.4



Major Wellness Scores: 113 records

Heart hlth score

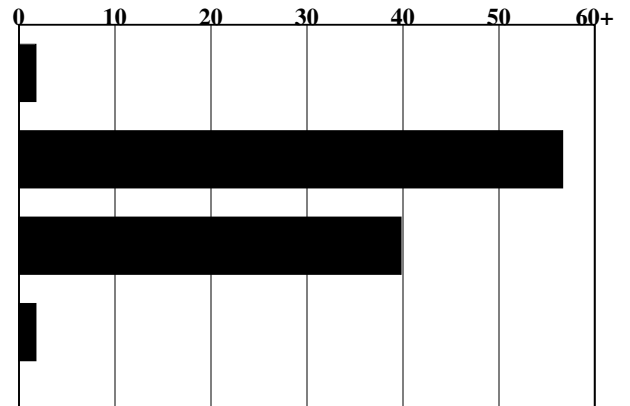
	Number	Percent
High risk	24	21.2
Mod. risk	28	24.8
Low risk	41	36.3
Ideal risk	20	17.7



Major Wellness Scores: 113 records

Cancer risk score

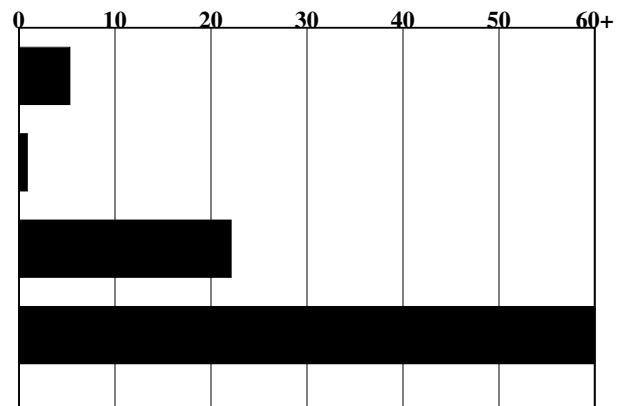
	Number	Percent
High risk	2	1.8
Mod. risk	64	56.6
Low risk	45	39.8
Ideal risk	2	1.8



Major Wellness Scores: 113 records

Safety score

	Number	Percent
Poor	6	5.3
Fair	1	0.9
Good	25	22.1
Excellent	81	71.7

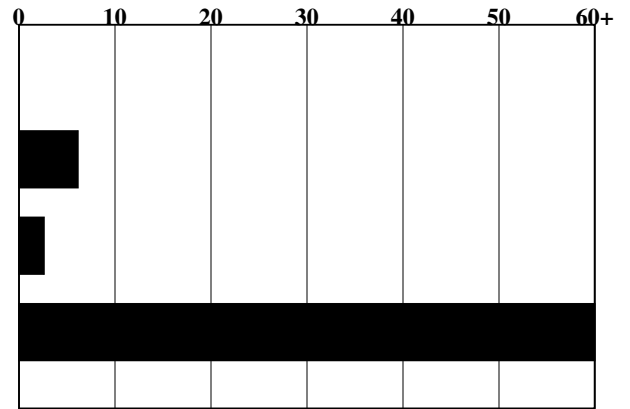


Personal Wellness Profile

Major Wellness Scores: 113 records

Substance use score

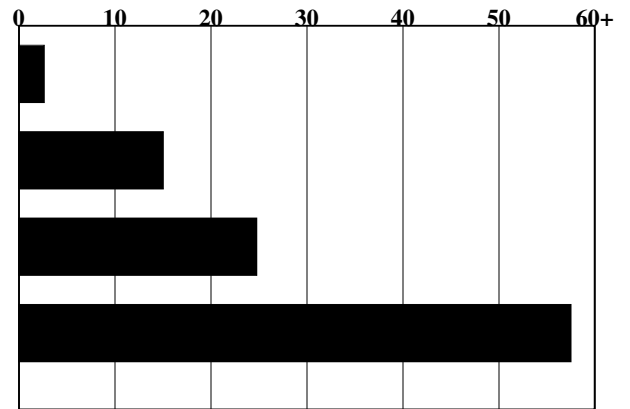
	Number	Percent
Poor	0	0.0
Fair	7	6.2
Good	3	2.7
Excellent	103	91.2



Major Wellness Scores: 113 records

Stress score

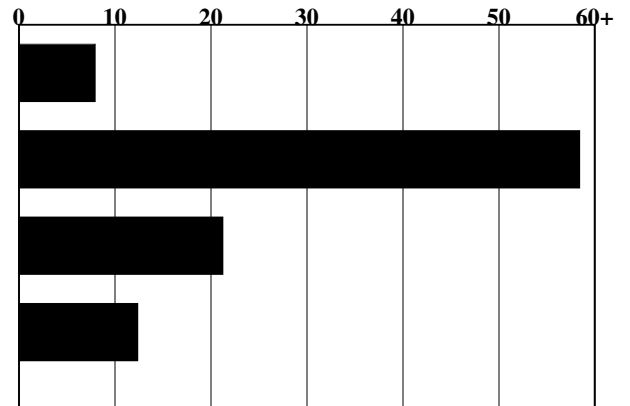
	Number	Percent
Poor	3	2.7
Fair	17	15.0
Good	28	24.8
Excellent	65	57.5



Major Wellness Scores: 113 records

PWP score

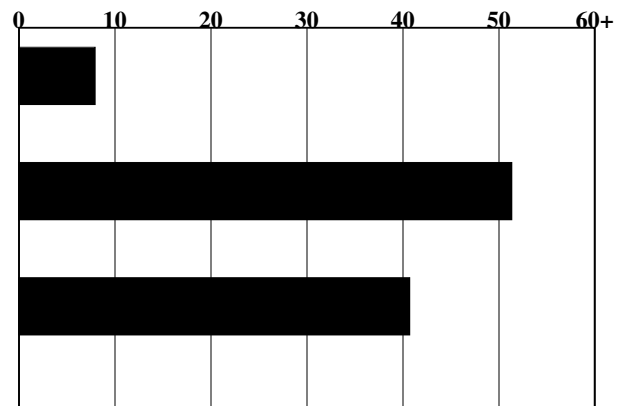
	Number	Percent
Poor	9	8.0
Fair	66	58.4
Good	24	21.2
Excellent	14	12.4



Major Wellness Scores: 113 records

Good Health Habits

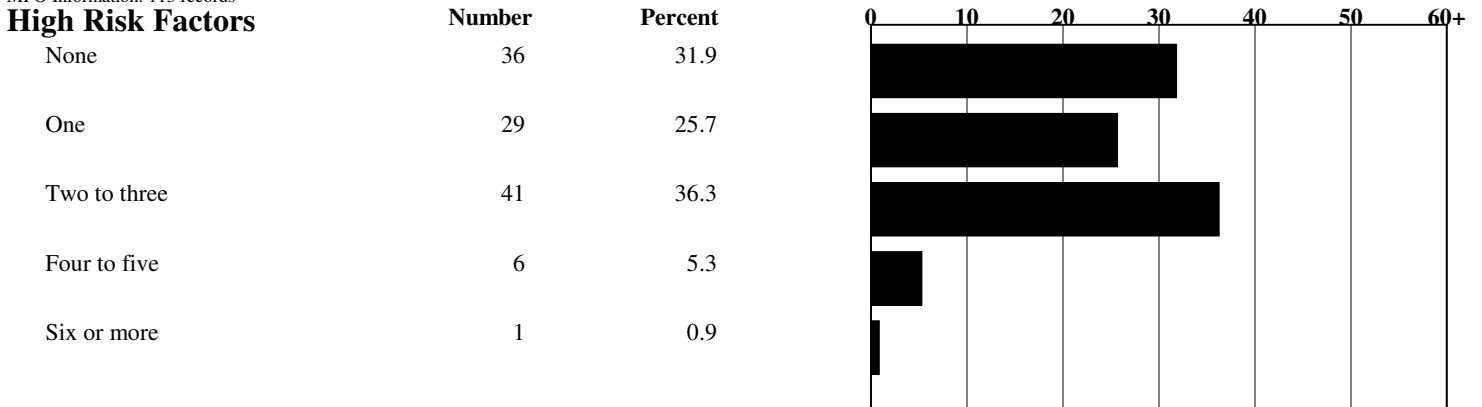
	Number	Percent
0 to 3	9	8.0
4 or 5	58	51.3
6 or 7	46	40.7



Personal Wellness Profile

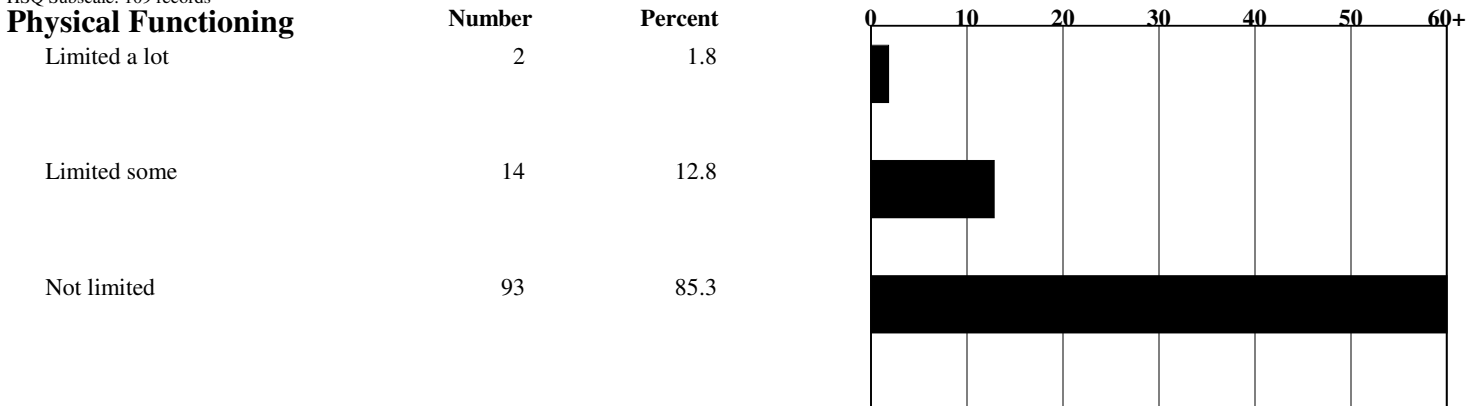
MPO Information: 113 records

High Risk Factors



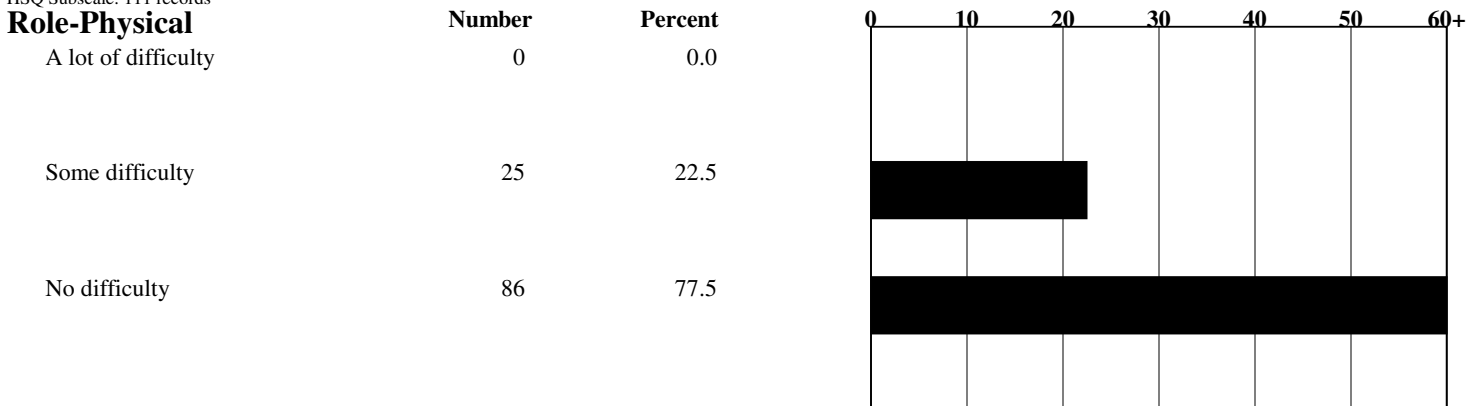
HSQ Subscale: 109 records

Physical Functioning



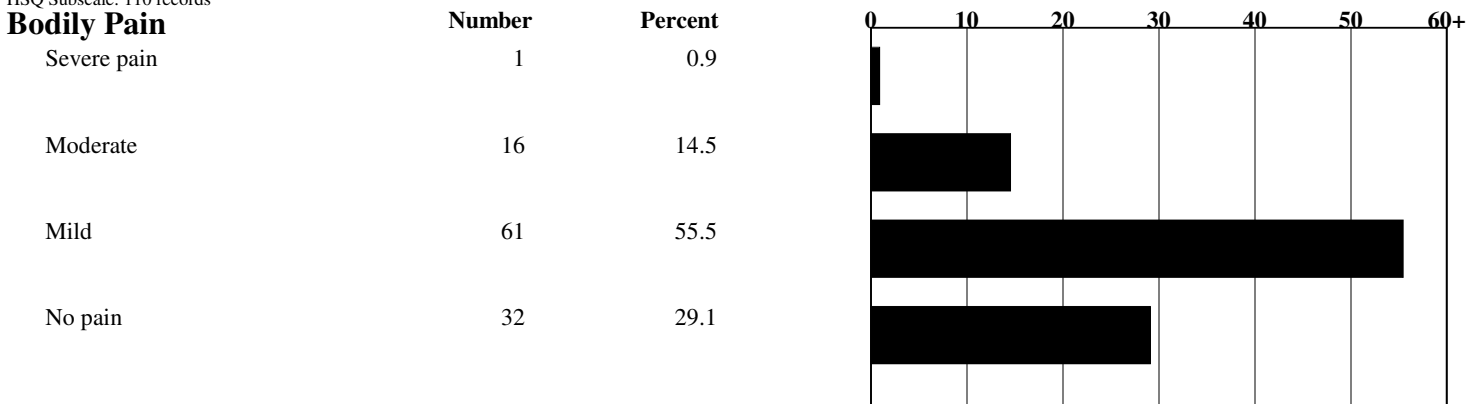
HSQ Subscale: 111 records

Role-Physical



HSQ Subscale: 110 records

Bodily Pain

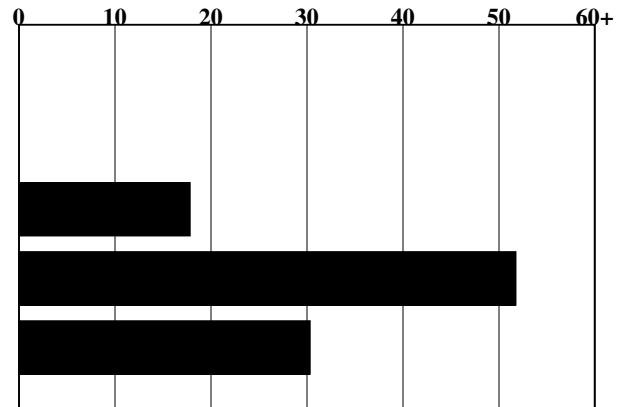


Personal Wellness Profile

HSQ Subscale: 112 records

Health Perception

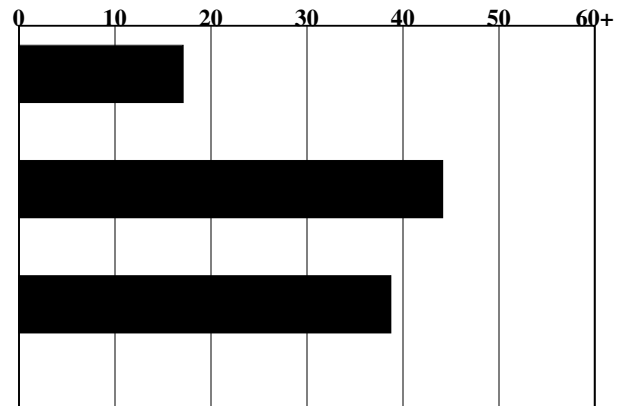
	Number	Percent
Poor	0	0.0
Fair	0	0.0
Good	20	17.9
Very good	58	51.8
Excellent	34	30.4



HSQ Subscale: 111 records

Energy/Fatigue

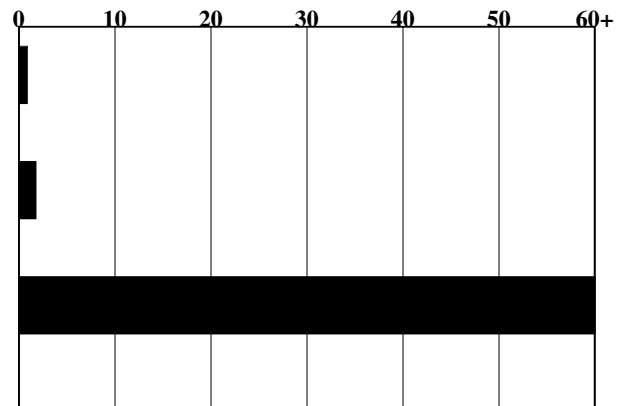
	Number	Percent
Little or none	19	17.1
Some	49	44.1
All or most	43	38.7



HSQ Subscale: 112 records

Social Functioning

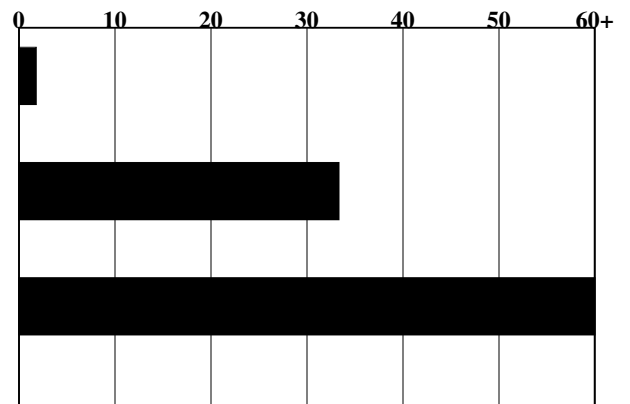
	Number	Percent
Much of the time	1	0.9
Some of the time	2	1.8
Never	109	97.3



HSQ Subscale: 111 records

Role-Mental

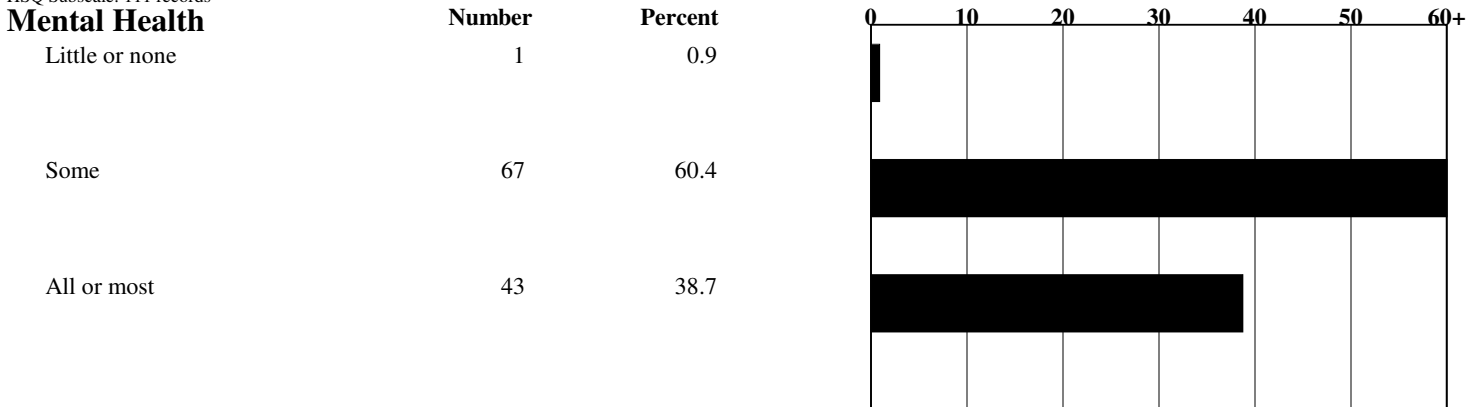
	Number	Percent
Much of the time	2	1.8
Some of the time	37	33.3
Never	72	64.9



Personal Wellness Profile

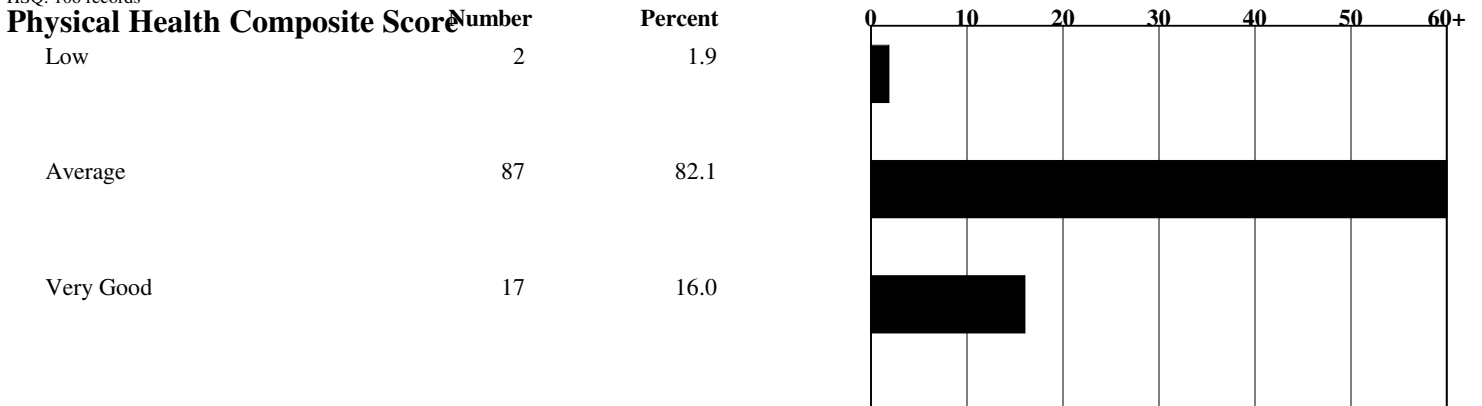
HSQ Subscale: 111 records

Mental Health



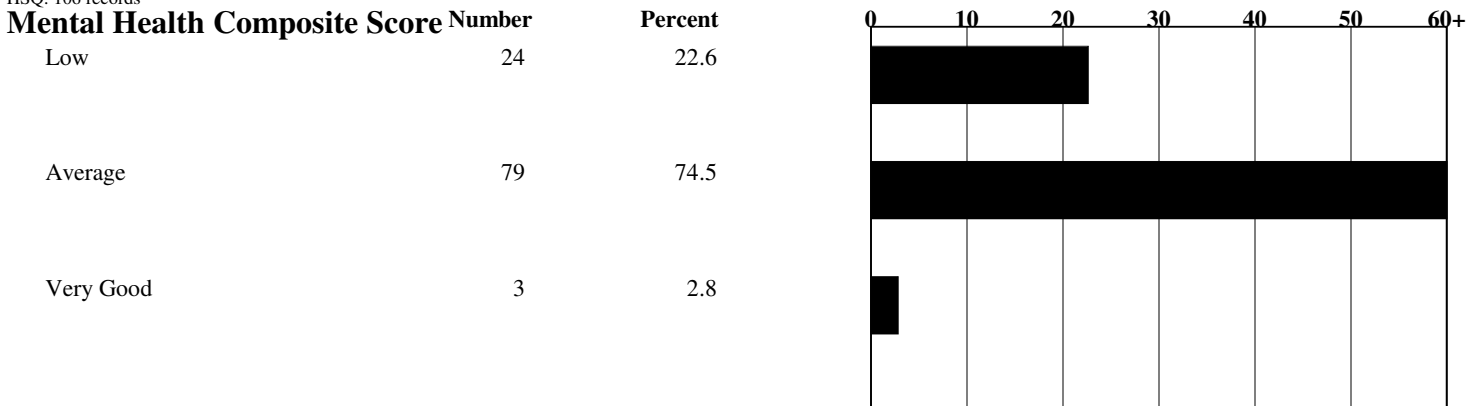
HSQ: 106 records

Physical Health Composite Score



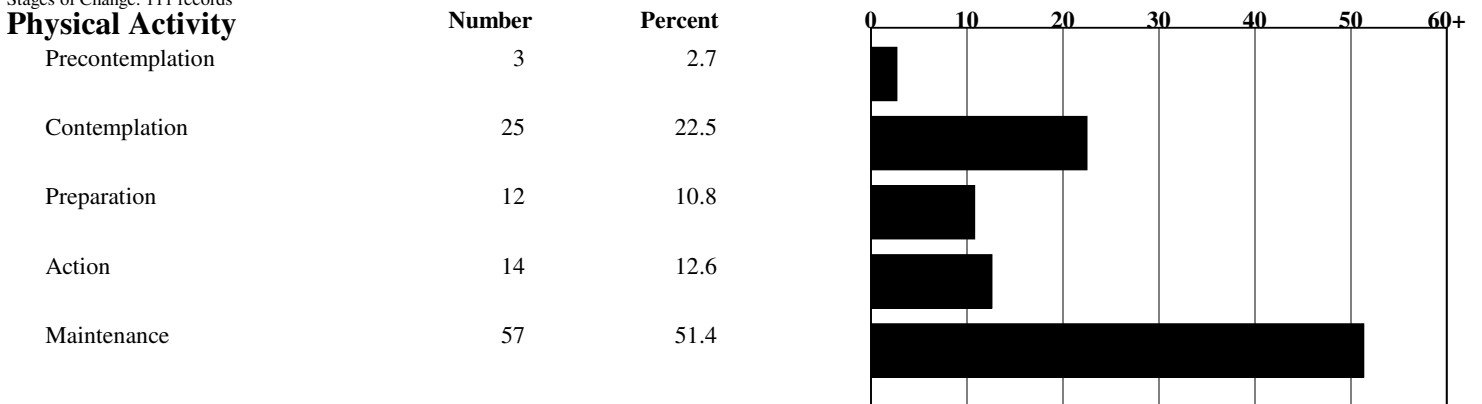
HSQ: 106 records

Mental Health Composite Score



Stages of Change: 111 records

Physical Activity

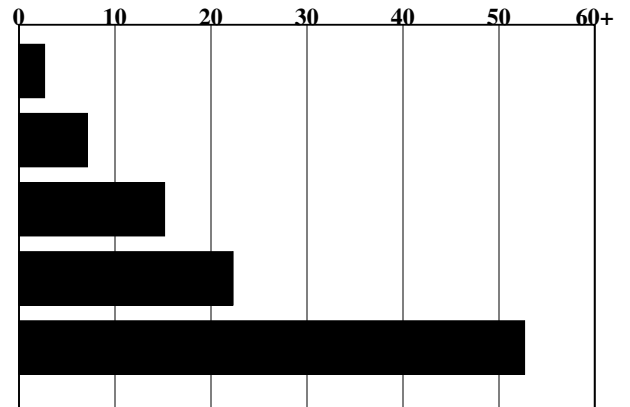


Personal Wellness Profile

Stages of Change: 112 records

Good Eating Habits

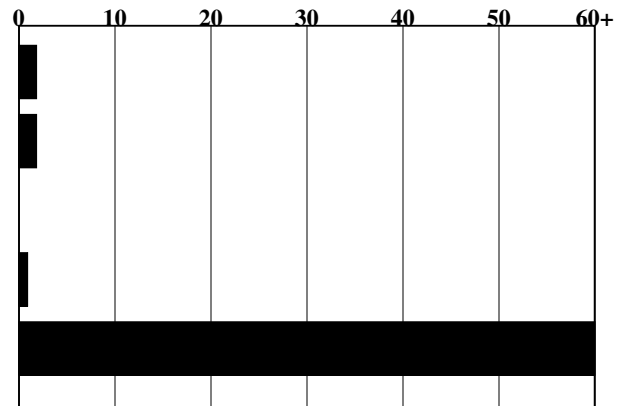
	Number	Percent
Precontemplation	3	2.7
Contemplation	8	7.1
Preparation	17	15.2
Action	25	22.3
Maintenance	59	52.7



Stages of Change: 109 records

Tobacco Use

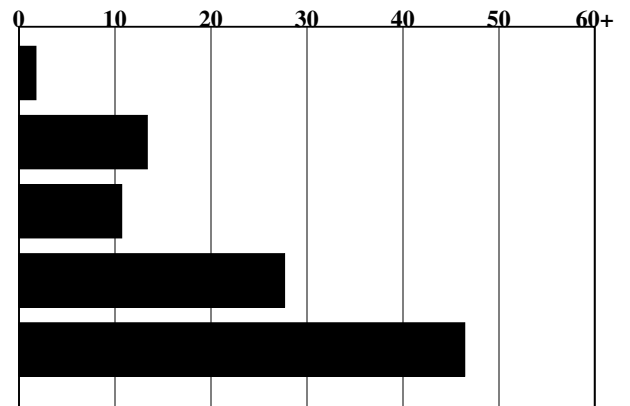
	Number	Percent
Precontemplation	2	1.8
Contemplation	2	1.8
Preparation	0	0.0
Action	1	0.9
Maintenance	104	95.4



Stages of Change: 112 records

Weight Management

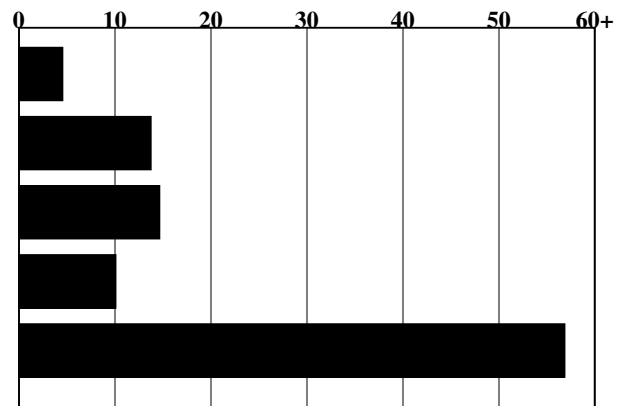
	Number	Percent
Precontemplation	2	1.8
Contemplation	15	13.4
Preparation	12	10.7
Action	31	27.7
Maintenance	52	46.4



Stages of Change: 109 records

Handling Stress

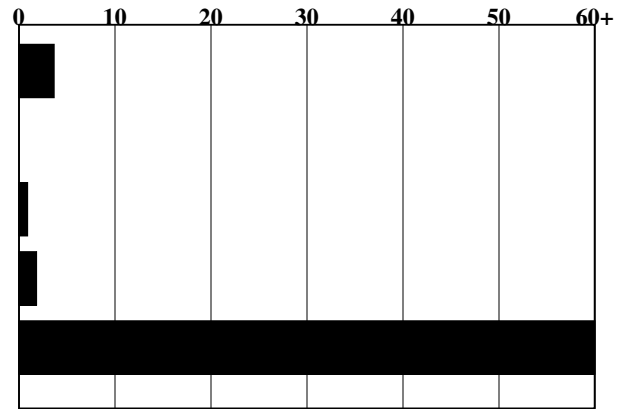
	Number	Percent
Precontemplation	5	4.6
Contemplation	15	13.8
Preparation	16	14.7
Action	11	10.1
Maintenance	62	56.9



Stages of Change: 109 records

Alcohol use

	Number	Percent
Precontemplation	4	3.7
Contemplation	0	0.0
Preparation	1	0.9
Action	2	1.8
Maintenance	102	93.6



Stages of Change: 110 records

Overall Healthy Lifestyle

	Number	Percent
Precontemplation	1	0.9
Contemplation	14	12.7
Preparation	12	10.9
Action	10	9.1
Maintenance	73	66.4

