KNOW YOUR NUMBERS
Health Screening Trends
February 2011 to February 2013
Health Screening Trends for Students

In the past year (October to February 2013), TOTAL CHOLESTEROL for students showed an increasing trend from 165 to 176, but remained in the ideal range (<200).

Students’ TOTAL BLOOD PRESSURE continued to remain in the ideal of <120/80 (systolic/diastolic)

Overall, average student BMI has increased since October 2012, but remains in the “normal” weight range.
Overall, BODY FAT % has decreased. Both males and females have moved from “moderately lean” (13-20% & 25-30%, respectively) to “lean” (9-12% & 19-22%, respectively) in the past year (October to February 2013). WAIST TO HIP RATIOS have slightly increased overall, but both remain in “low health risk” (<0.80 for females & <0.95 for males).
Health Screening Trends for Staff & Faculty

Overall TOTAL CHOLESTEROL for staff & faculty has decreased since October 2012, from 202 to 188, falling below the ideal range (<200).

In the past year, TOTAL BLOOD PRESSURE for staff & faculty has continued to remain in the ideal of <120/80 (systolic/diastolic).

Staff & faculty average BMI has slightly decreased since February 2011 (from 24.88 to 24.404), remaining in the normal weight range (18.5-24.9).
Health Screening Trends for Staff & Faculty

Overall, BODY FAT % has decreased from last year. Females have moved from “moderately lean” (13-20% & 25-30%) to “lean”, while males continued to remain “moderately lean” (13-20%).

Average WAIST TO HIP RATIO for female staff/faculty have decreased overall, but remains in “moderate risk” (0.81-0.85). For male staff/faculty, average WAIST TO HIP RATIO have increased but remains at “low health risk” (<0.95).