

RESULTS AGGREGATE REPORT

Prepared for:
March 26, 2013 Harford County Sheriff's Office
May 16, 2014



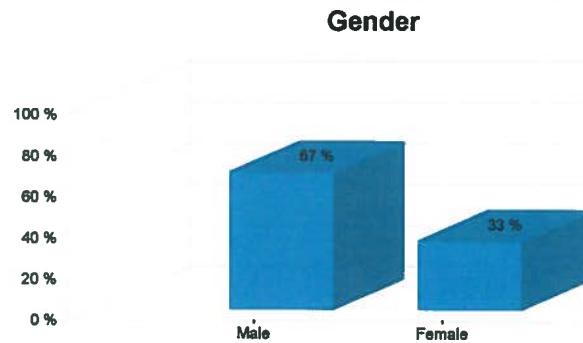


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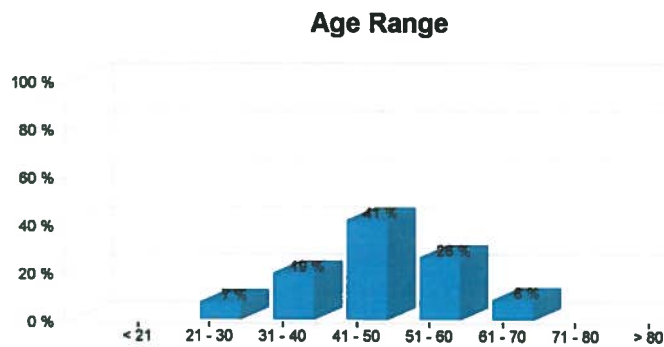
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CUSTOMER DEMOGRAPHICS

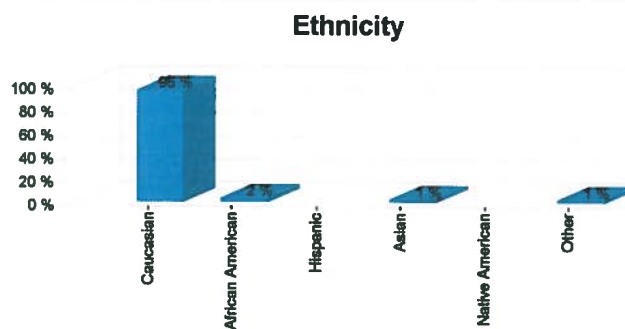
GENDER	Count	Percentage
Male	60	67 %
Female	30	33 %
Total	90	100 %



AGE RANGE	Count	Percentage
< 21	0	0 %
21 - 30	6	7 %
31 - 40	17	19 %
41 - 50	37	41 %
51 - 60	23	26 %
61 - 70	7	8 %
71 - 80	0	0 %
> 80	0	0 %
Total	90	100 %



ETHNICITY	Count	Percentage
Caucasian	86	96 %
African American	2	2 %
Hispanic	0	0 %
Asian	1	1 %
Native American	0	0 %
Other	1	1 %
Total	90	100 %



DISEASE HISTORY

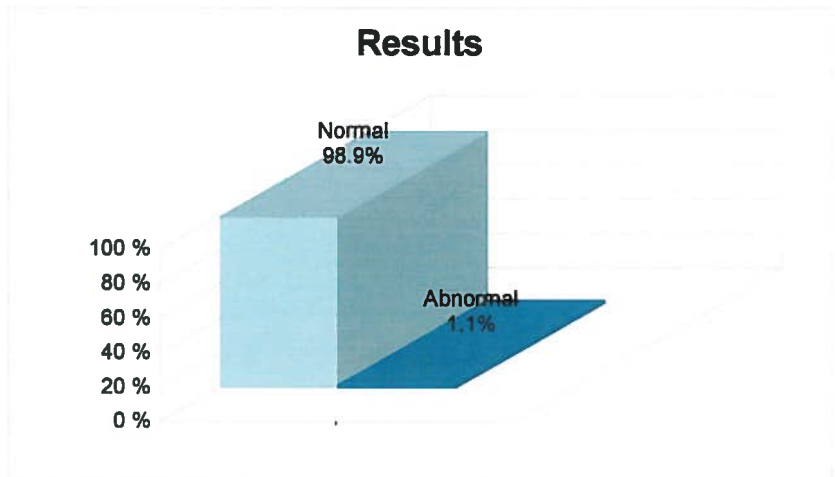
SELF-REPORTED CONDITIONS	MALE		FEMALE		TOTAL	
	#	%*	#	%*	#	%*
Diabetes (not incl. gestational)	6	10.0 %	0	0.0 %	6	6.7 %
Coronary heart disease	2	3.3 %	0	0.0 %	2	2.2 %
Atherosclerosis	2	3.3 %	0	0.0 %	2	2.2 %
Stroke or TIA	0	0.0 %	1	3.3 %	1	1.1 %
Cardiovascular disease	1	1.7 %	0	0.0 %	1	1.1 %
Atrial fibrillation	2	3.3 %	3	10.0 %	5	5.6 %
Chronic obstructive pulmonary disease	1	1.7 %	0	0.0 %	1	1.1 %
Asthma	3	5.0 %	3	10.0 %	6	6.7 %
High blood pressure	18	30.0 %	14	46.7 %	32	35.6 %
High cholesterol	27	45.0 %	8	26.7 %	35	38.9 %
Lung Cancer	0	0.0 %	0	0.0 %	0	0.0 %
Congestive heart failure	0	0.0 %	0	0.0 %	0	0.0 %
Valvular disease or congenital heart disease	0	0.0 %	0	0.0 %	0	0.0 %
Self Report to Yes to Conditions	62		29		91	
Self Reported Individuals	60	100.0 %	30	100.0 %	90	100.0 %

* Note: Percentages are out of the number of "Self Reported Individuals"

SCREENING RESULTS SUMMARY

LLS provided preventive health screenings for March 26, 2013 Harford County Sheriff's Office. A total of 1 screenings took place. A total of 360 tests were performed, which resulted in 4 (1.1%) abnormal and 0 (0.0%) critical findings.

RESULTS	NUMBER	%
Normal	356	98.9 %
Abnormal	4	1.1 %
Critical	0	0.0 %
Total	360	



ABNORMALS BY TEST	# ABNORMALS	%
Carotid Artery	0	0.0 %
Atrial Fibrillation	0	0.0 %
Abdominal Aortic Aneurysm	0	0.0 %
Peripheral Arterial Disease	4	100.0 %
Chronic Venous Insufficiency	0	0.0 %
Osteoporosis	0	0.0 %
Lipid Panel	0	0.0 %
Glucose	0	0.0 %
C-Reactive Protein	0	0.0 %
Liver Enzymes	0	0.0 %
Kidney	0	0.0 %
Total	4	

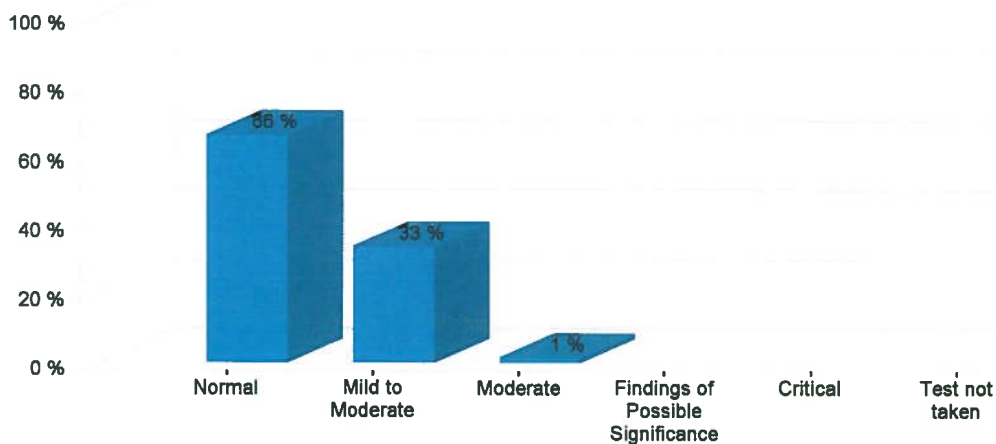
VASCULAR SCREENINGS

CAROTID ARTERY DISEASE

One of the leading causes of stroke is fatty plaque buildup in the carotid arteries, which may block adequate blood flow to the brain. The carotid arteries are the main blood supply to the brain and are located on each side of the neck. Our screening is not meant to be a comprehensive diagnostic exam, but rather a screening to visualize the presence of plaque which may affect the blood flow to the brain. Your Carotid Artery Disease Screening results are reported as one of five (5) categories which describe the amount of plaque buildup identified: Normal, Mild to Moderate, Moderate, Findings of Possible Significance, and Critical.

Result	MALE		FEMALE		TOTAL	
	#	%	#	%	#	%
Normal	37	61.7 %	22	73.3 %	59	65.6 %
Mild to Moderate	22	36.7 %	8	26.7 %	30	33.3 %
Moderate	1	1.7 %	0	0.0 %	1	1.1 %
Findings of Possible Significance	0	0.0 %	0	0.0 %	0	0.0 %
Critical	0	0.0 %	0	0.0 %	0	0.0 %
Test not taken	0	0.0 %	0	0.0 %	0	0.0 %
Total	60		30		90	

Carotid Artery Disease



VASCULAR SCREENINGS

ABDOMINAL AORTIC ANEURYSM

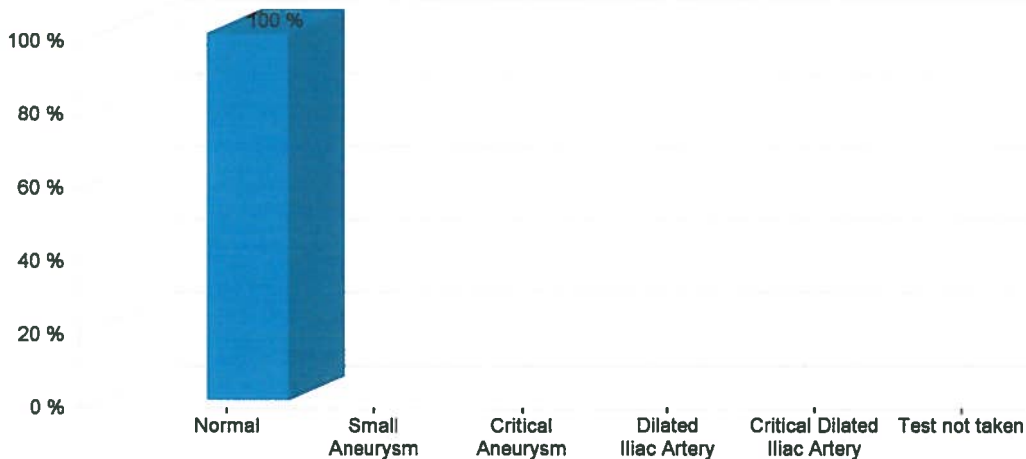
The aorta is the largest artery in the body, traveling from your breastbone to the level of your navel. Medical conditions, such as high blood pressure and fatty plaque buildup, can weaken the walls of the aorta, causing an enlargement or aneurysm. An aneurysm can form in any section of the aorta, but they are most common in the belly area (abdominal aorta). Our screening uses an ultrasound examination of the abdominal aorta to screen for the presence of either type of aneurysm that is 3 cm or greater.

Result	MALE		FEMALE		TOTAL	
	#	%	#	%	#	%
Normal	60	100.0 %	30	100.0 %	90	100.0 %
Small Aneurysm	0	0.0 %	0	0.0 %	0	0.0 %
Critical Aneurysm	0	0.0 %	0	0.0 %	0	0.0 %
Dilated Iliac Artery	0	0.0 %	0	0.0 %	0	0.0 %
Critical Dilated Iliac Artery	0	0.0 %	0	0.0 %	0	0.0 %
Test not taken	0	0.0 %	0	0.0 %	0	0.0 %
Total	60		30		90	

Dilated Iliac Artery: One or both of the iliac arteries measures at least 1.8cm but not more than 3.0cm.

Critical Dilated Iliac Artery: One or both of the iliac arteries measures 3.0cm or greater.

Abdominal Aortic Aneurysm



VASCULAR SCREENINGS

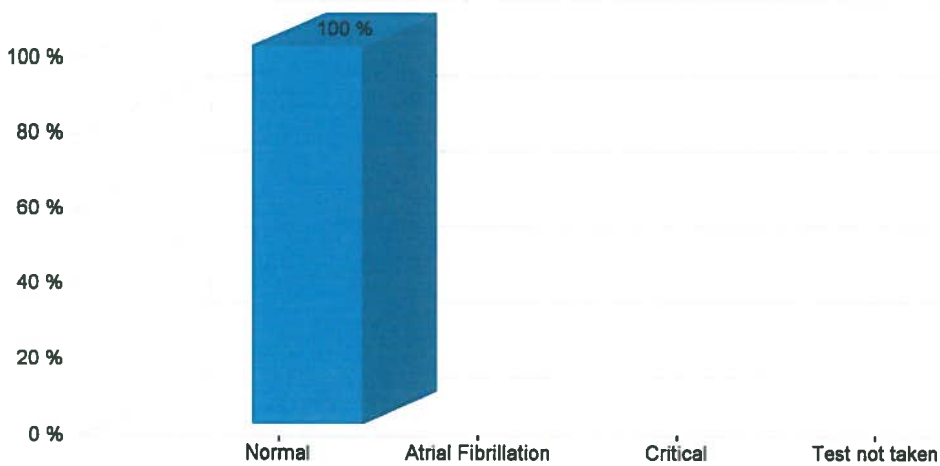
ATRIAL FIBRILLATION

Atrial Fibrillation or AFIB is the most common type of irregular heart rhythm or arrhythmia. During AFIB, the upper chambers of the heart beat rapidly and irregularly so that blood is not completely pumped out of the heart. This can cause blood to collect in the heart and form a blood clot. If the clot travels to the brain, it can cause a stroke. Our screening is a 4-limb EKG and is not meant to be a comprehensive 12-lead EKG (electrocardiogram). It is a screening to identify only the presence or absence of an atrial fibrillation heart rhythm at the time of the screening.

Result	MALE		FEMALE		TOTAL	
	#	%	#	%	#	%
Normal	60	100.0 %	30	100.0 %	90	100.0 %
Atrial Fibrillation	0	0.0 %	0	0.0 %	0	0.0 %
Critical	0	0.0 %	0	0.0 %	0	0.0 %
Test not taken	0	0.0 %	0	0.0 %	0	0.0 %
Total	60		30		90	

Critical: Heart rate is ≤ 40 or ≥ 115 or critical ventricular ectopy.

Atrial Fibrillation



VASCULAR SCREENINGS

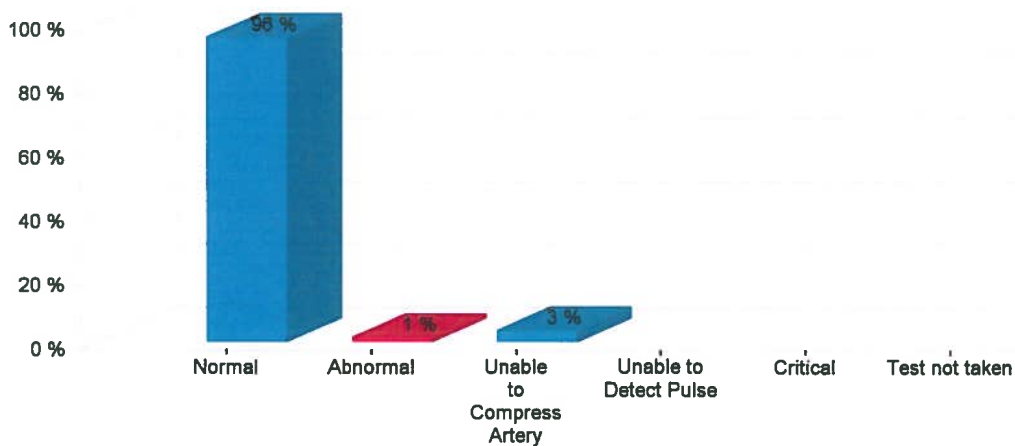
PERIPHERAL ARTERIAL DISEASE

Peripheral arterial disease or PAD is a condition in which fatty plaque builds up in the arteries leading to the arms and legs. One way to screen for PAD is by measuring the Ankle-brachial index (ABI). A small ultrasound device is used to measure your systolic pressures in both of the arms and legs. A ratio less than 0.90 indicates plaque buildup and possible peripheral arterial disease. A ratio of 0.90 or greater is considered normal.

Result	MALE		FEMALE		TOTAL	
	#	%	#	%	#	%
Normal	57	95.0 %	29	96.7 %	86	95.6 %
Abnormal	0	0.0 %	1	3.3 %	1	1.1 %
Unable to Compress Artery	3	5.0 %	0	0.0 %	3	3.3 %
Unable to Detect Pulse	0	0.0 %	0	0.0 %	0	0.0 %
Critical	0	0.0 %	0	0.0 %	0	0.0 %
Test not taken	0	0.0 %	0	0.0 %	0	0.0 %
Total	60		30		90	

Critical: Arm pressures of 190mm/Hg or higher. Possible hypertension.

Peripheral Arterial Disease



LIFESTYLE BEHAVIORS

SMOKING STATUS	Count	Percentage
Current Smoker	2	2 %
Past Smoker	12	13 %
Never Smoked	69	77 %

MEDICATION USE	Count	Percentage
Blood Pressure	24	27 %
Cholesterol	26	29 %
Aspirin Daily	16	18 %

EXERCISE (days per week of 60 min)	Count	Percentage
0 Days	18	20 %
1 to 2 Days	42	47 %
3 to 4 Days	21	23 %
≥ 5 Days	8	9 %

ALCOHOL (drinks per week)	Count	Percentage
0 Drinks	53	59 %
1 to 7 Drinks	28	31 %
8 to 14 Drinks	7	8 %
≥ 15 Drinks	1	1 %

DIET (consumption fo high-fat or fried food per day)	Count	Percentage
0 Times	29	32 %
1 Time	46	51 %
2 Times	10	11 %
3 Times	3	3 %
≥ 4 Times	1	1 %

WELLNESS SCREENINGS

BLOOD PRESSURE

Your Blood Pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. Blood Pressure is given as two numbers. The top number is the Systolic Blood Pressure, which is the pressure when the heart beats while pumping blood. The bottom number is the Diastolic Blood Pressure, which is the pressure when the heart is at rest between beats. Blood pressure is measured in mmHg (millimeters of mercury).

Result	MALE		FEMALE		TOTAL	
	#	%	#	%	#	%
< 120/80 (normal)	0	0.0 %	0	0.0 %	0	0.0 %
≥ 120/80 and < 140/90 (pre-hypertension)	0	0.0 %	0	0.0 %	0	0.0 %
≥ 140/90 (hypertension)	0	0.0 %	0	0.0 %	0	0.0 %
Test not taken	60	100.0 %	30	100.0 %	90	100.0 %
Total	60		30		90	

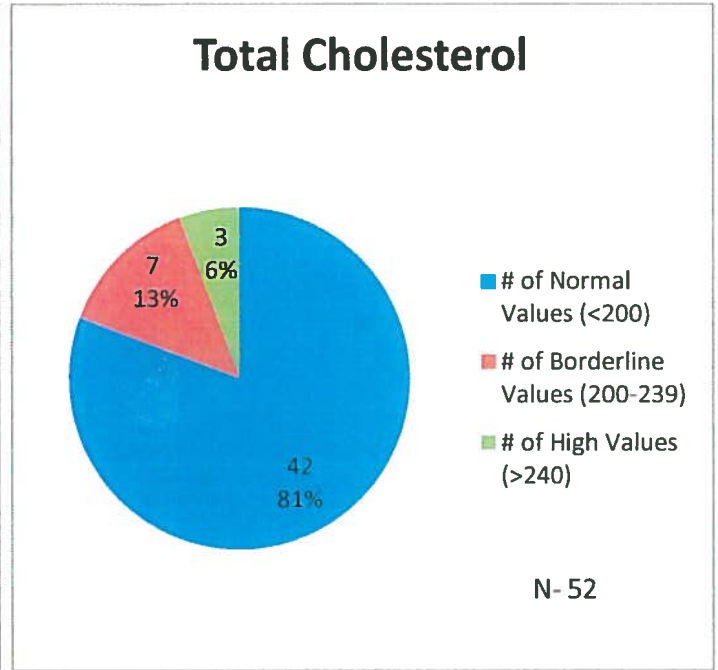
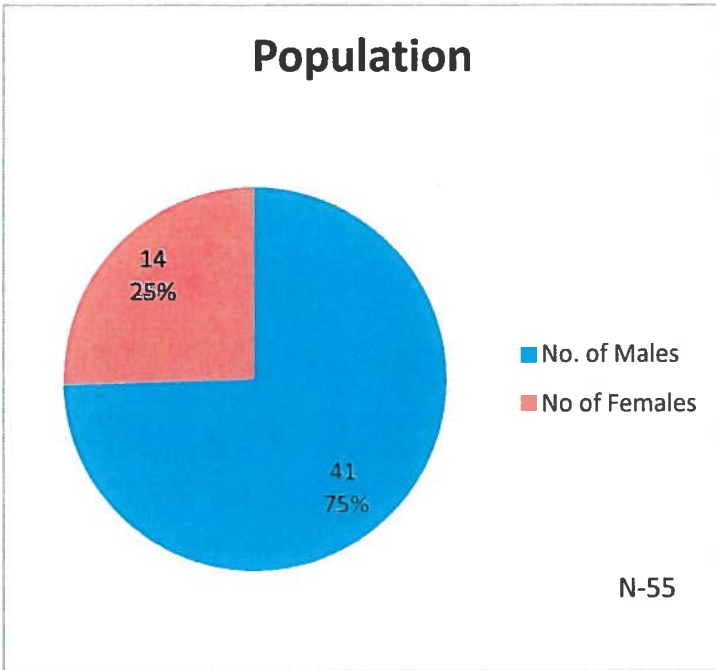
BODY MASS INDEX

Body Mass Index (BMI) is a number calculated from a person's weight and height that correlates with total body fat amount. BMI screening is used to assess excess weight. If your weight and height were measured at the screening event, these values were used to calculate your BMI. Otherwise, your self-reported weight and height were used. Based on the calculated BMI, the National Heart, Lung, and Blood Institute categorizes a person's BMI as Underweight, Normal, Overweight or Obese. The term "Overweight" means having extra body weight from muscle, bone, fat, and/or water. The term "Obese" means having a high amount of extra body fat. Being overweight or obese puts you at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. It is important to achieve a healthy weight to reduce your risk of these conditions. Treatment for overweight and obesity includes lifestyle changes, such as reducing calories, following a healthy eating plan and being physically active.

BMI is calculated as: $(\text{Weight in Pounds}) \times 703 / (\text{Height in Inches})^2$

Result	MALE		FEMALE		TOTAL	
	#	%	#	%	#	%
< 18.5 (underweight)	0	0.0 %	0	0.0 %	0	0.0 %
18.5 to 24.9 (normal)	4	6.7 %	10	33.3 %	14	15.6 %
25.0 to 29.9 (overweight)	29	48.3 %	8	26.7 %	37	41.1 %
≥ 30.0 (obese)	27	45.0 %	12	40.0 %	39	43.3 %
Test not taken	0	0.0 %	0	0.0 %	0	0.0 %
Total	60		30		90	

UPPER CHESAPEAKE HEALTHLINK
 HARFORD COUNTY SHERIFF'S DEPARTMENT
 HEALTH REPORT 2012

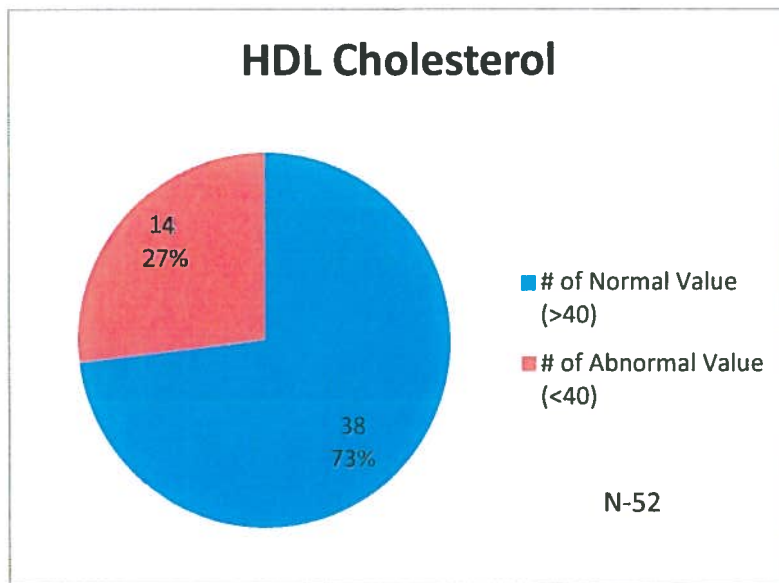


Age Range: 21-71

Cholesterol Range: 117-304

Average Age: 41

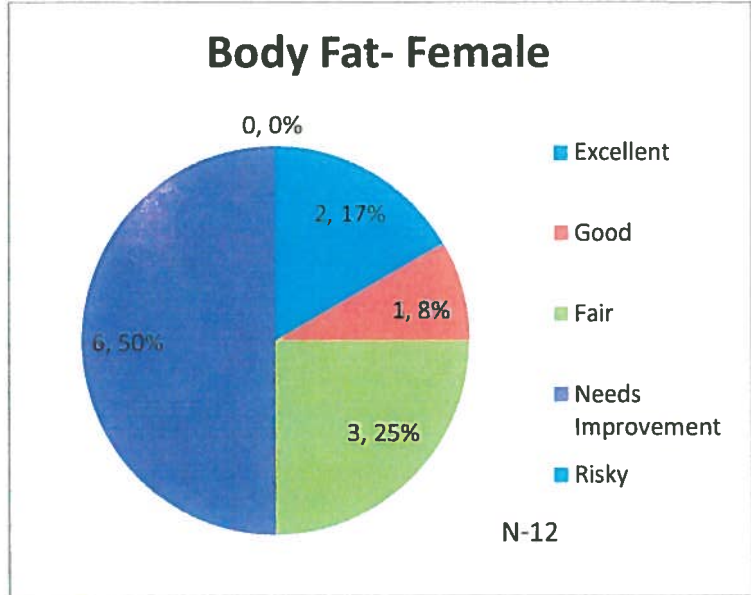
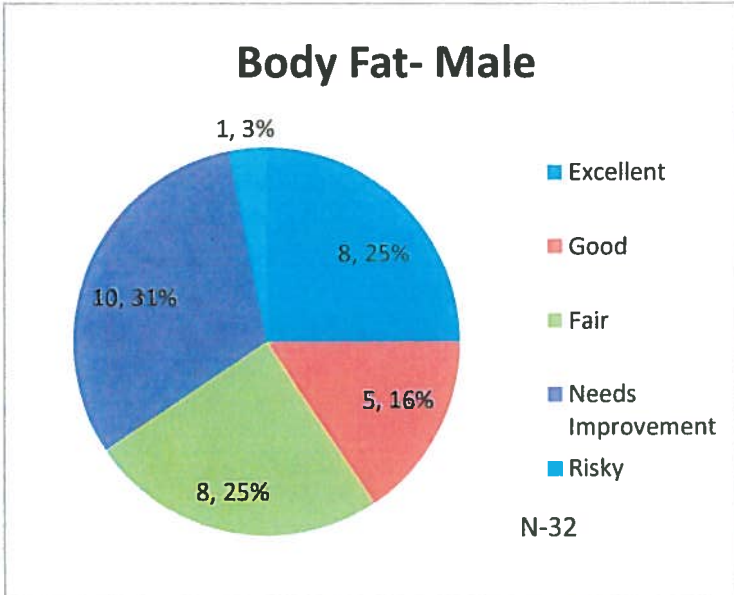
Average Cholesterol: 178



HDL Range: <30->100

Average HDL Cholesterol: 45

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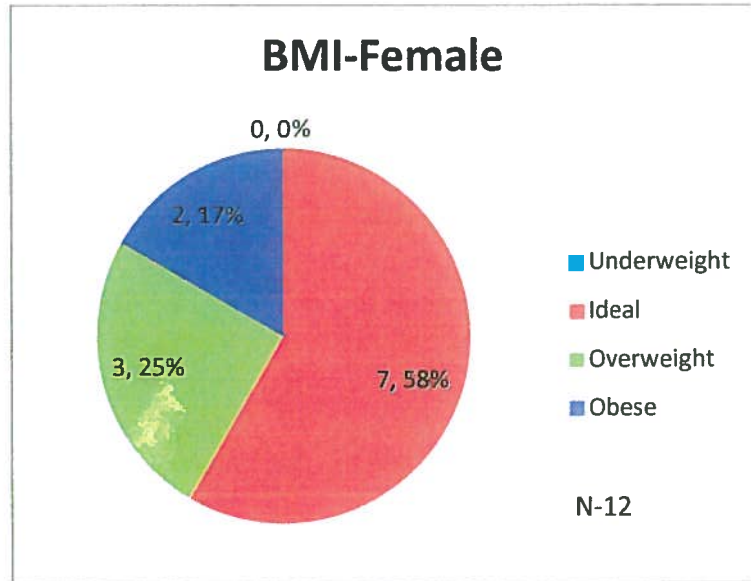
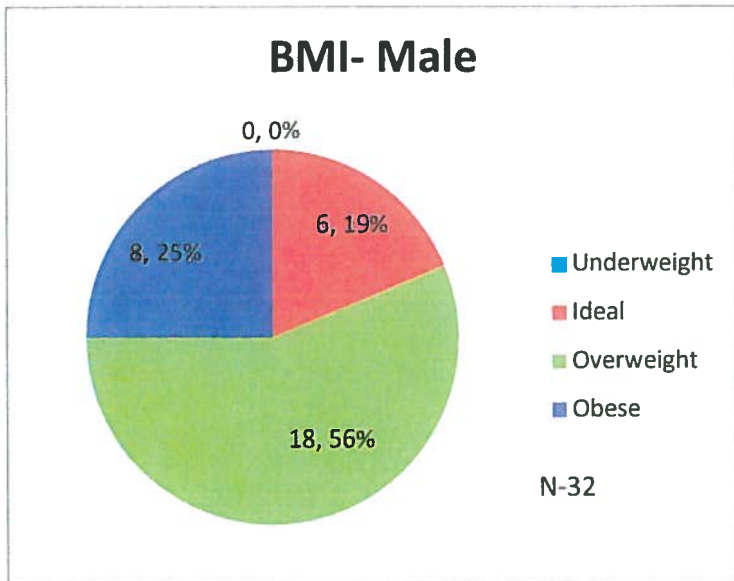


Body Fat Range: 2.4%-38.8%

Average Body Fat %: 21.3%

Body Fat Range: 19.8%-38.0%

Average Body Fat %: 26.0%



BMI Range: 22.1-37.0

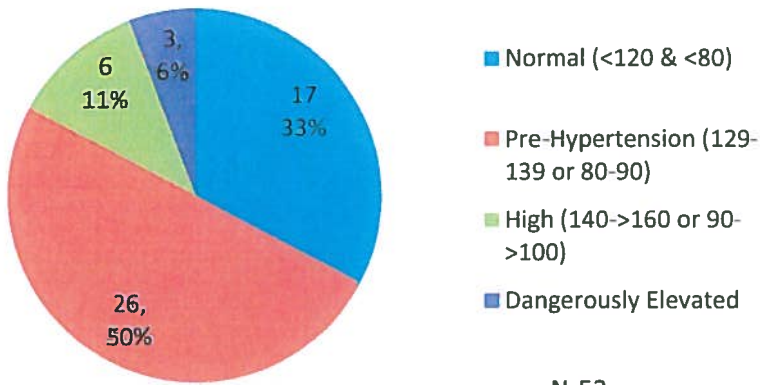
Average BMI: 28

BMI Range: 19.8-41.8

Average BMI: 27.8

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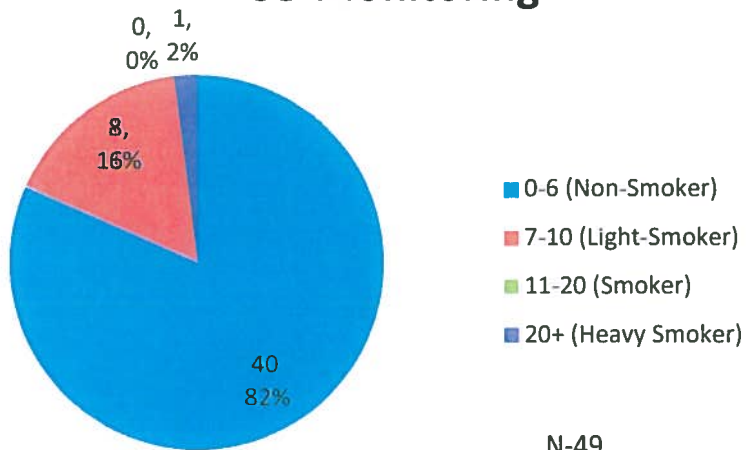
Blood Pressure



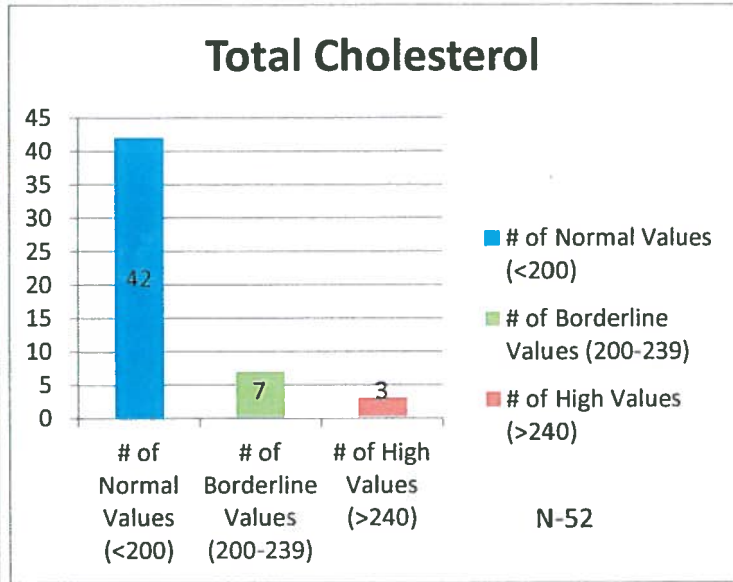
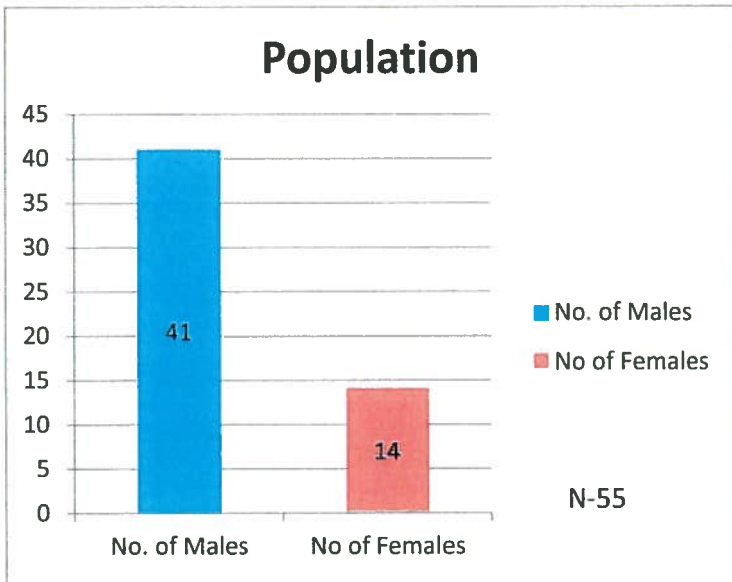
Blood Pressure Range: 100/64-184/98

Average Blood Pressure: 125/80

CO Monitoring



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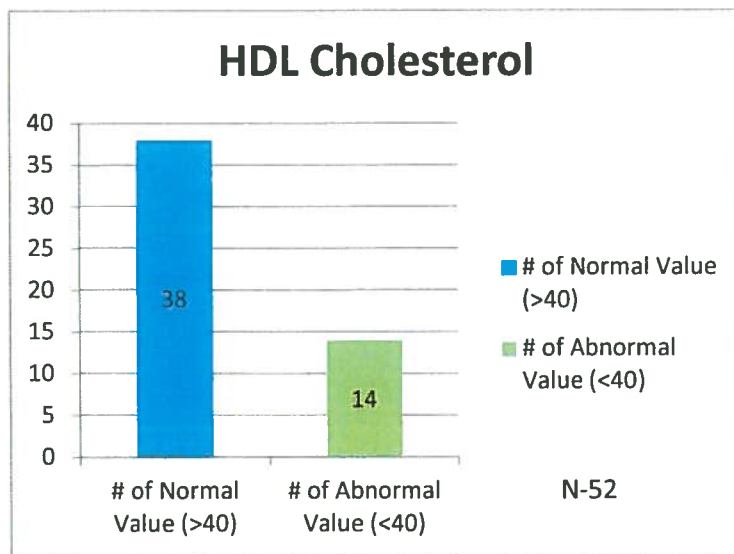


Age Range: 21-71

Cholesterol Range: 117-304

Average Age: 41

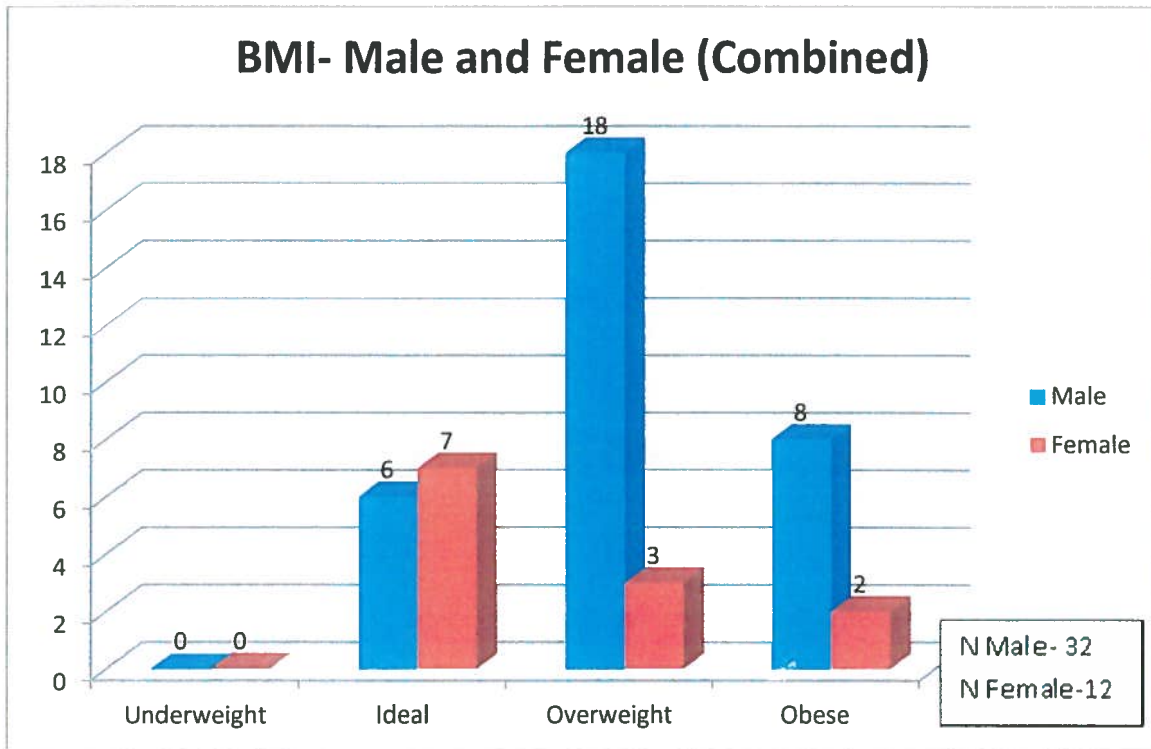
Average Cholesterol: 178



HDL Range: <30->100

Average HDL Cholesterol: 45

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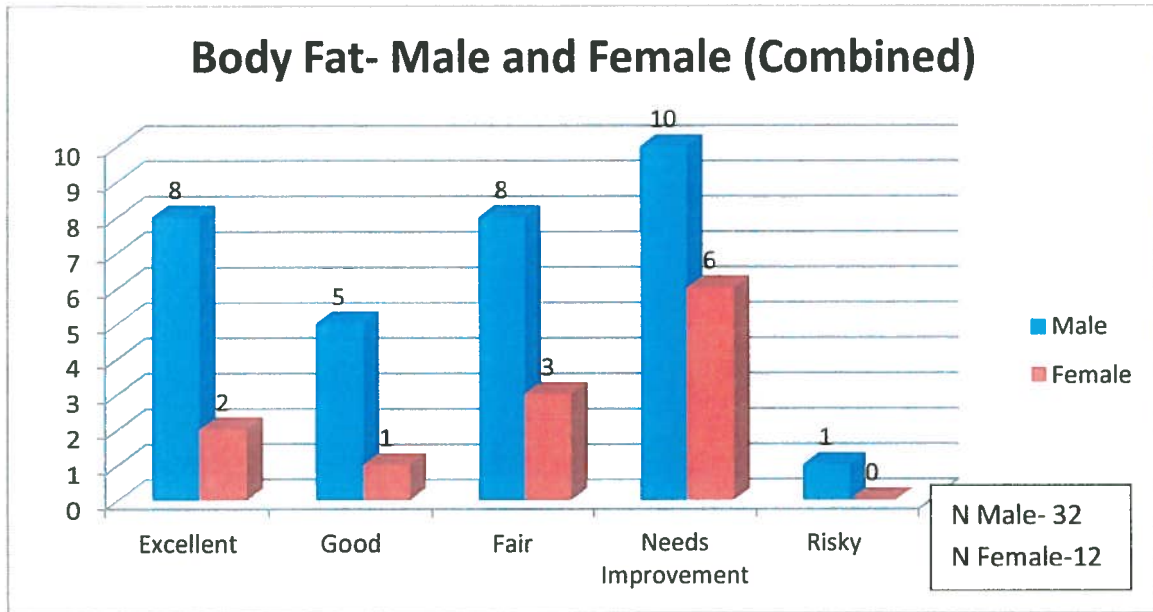
Male BMI Range: 22.1-37.0

Female BMI Range: 19.8-41.8

Male Average BMI: 28

Female Average BMI: 27.8

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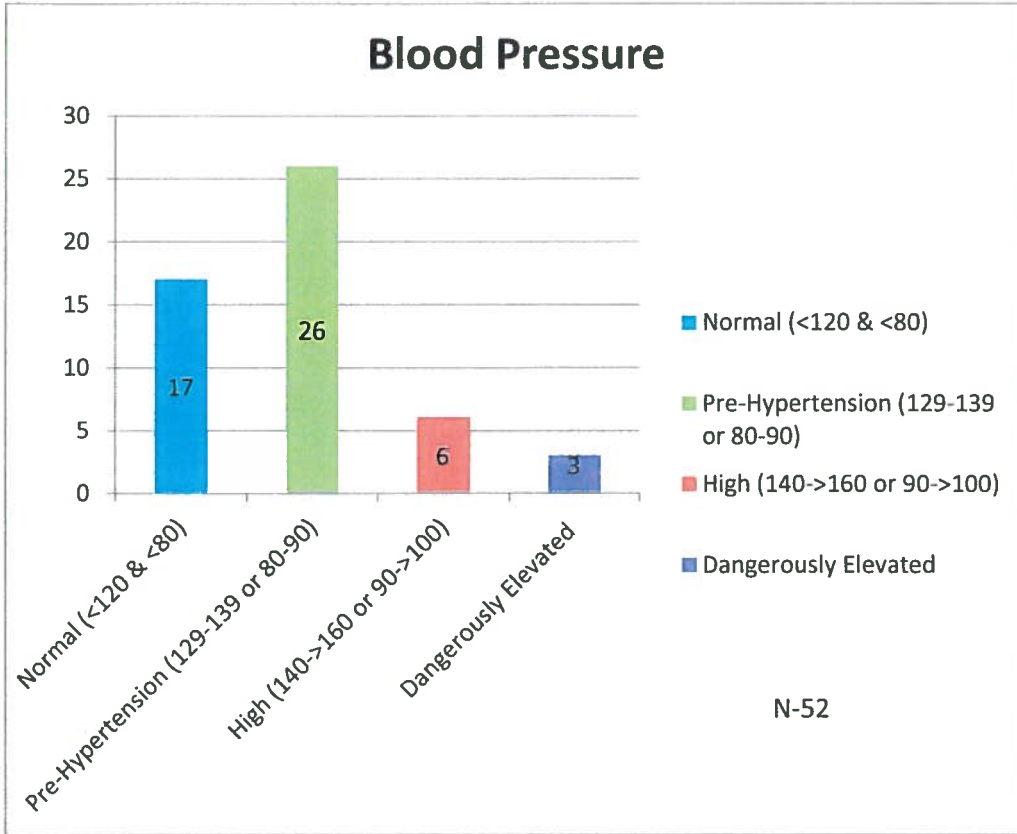
Male Body Fat Range: 2.4%-38.8%

Female Body Fat Range: 19.8%-38.0%

Male Average Body Fat %: 21.3%

Female Average Body Fat %: 26.0%

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Blood Pressure Range:
100/64-184/98

Average Blood Pressure:
125/80

