
# Group Data Analysis Report

*Generated on 29 July 2016*
*For Fitech Test Application*
*( Test June 2016 )*

## Introduction

The following data analysis report was created on the 16 June 2016 for the Fitech Test Application using the following selection criteria.

## Report Details

| | |
|---|---|
| Created: | 16 June 2016 |
| Selection Criteria: | Subjects who were assessed between 16-06-2013 and 16-06-2016<br>Only subjects' latest assessments will be processed. |
| Conducted by: | Craig |
| Location: | Toogoom |
| Demographics: | Gender, Age |
| Lifestyle: | Height, Weight, Smoker, Activity Levels (work), Activity Levels (leisure), Alcohol, Perceived Stress, Perceived Eating Habits |
| Physiological Tests: | Blood Pressure (Systolic), Blood Pressure (Diastolic), Blood Pressure Overall |
| Lung Function: | Forced Vital Capacity, Forced Expiratory Volume (1 sec) |
| Aerobic Capacity: | Aerobic Capacity Results, YMCA Step Test |
| Cholesterol: | HDL, Total Cholesterol/HDL Ratio, Triglycerides |
| Blood Sugar: | Non Fasting Blood Sugar |

This summary report provides Fitech Test Application with an overview of its paticipants health and wellbeing. This has been compiled from a mix of self reported information on participants current lifestyle habits and assessments conducted by health professionals.

The assessment is an important part of any organisations workplace health programme. By completing the assessment, individuals are made aware of their current and potential health risks. This information provides participants with the knowledge and opportunity to improve their overall health and wellbeing by adopting healthier strategies such as increased exercise and healthier eating habits and increasing their overall health awareness.

This report provides a summary of the health risks and health status of Fitech Test Application's health assessment participants along with recommendations for future health risk reduction strategies.

Future reports can be used to track progress of such strategies by monitoring changes in the health risks and status of the organisation. This may provide useful insights for assessing the impact of your current workplace health promotion efforts and for determining the appropriate direction for future health interventions.

This report contains the following sections:

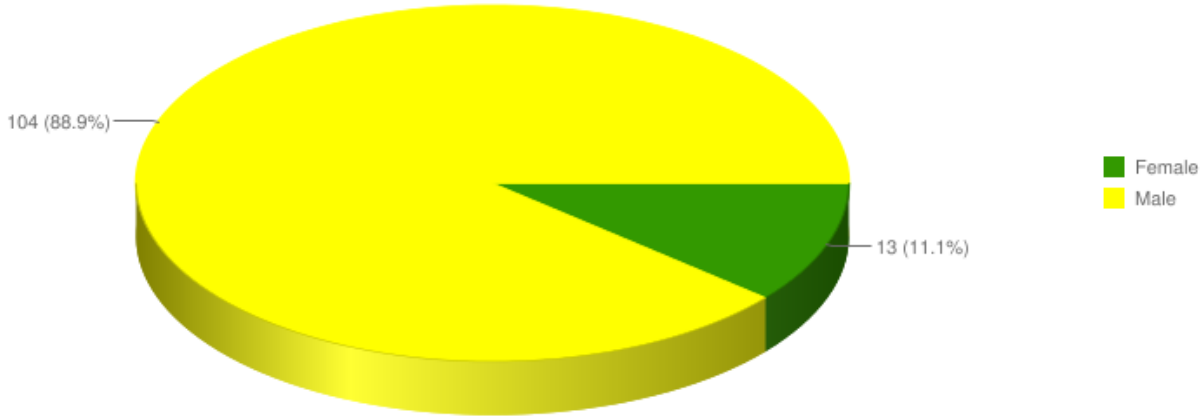
- Demographics
- Fitech Health Assessment Results
- Blood Results

## Demographics

Demographic factors such as age, gender, race/ethnicity are strongly related to risk for certain illnesses and diseases. The following table shows the demographics for Fitech Test Application Fitech Health Assessment participants.

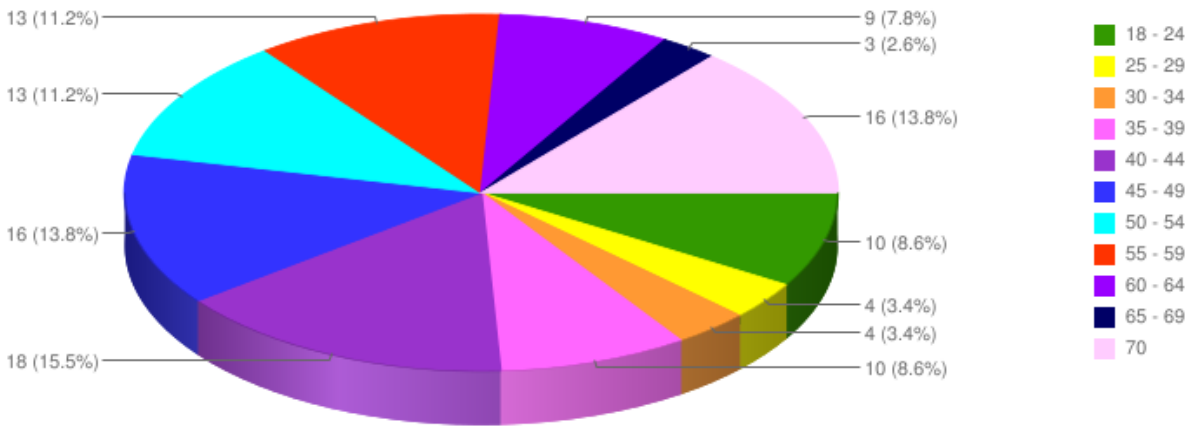
## Analysis results for Gender

| Head Count | | |
|---|---|---|
| Category: | Female | Male |
| Total: | 13 | 104 |




## Analysis results for Age

| Head Count | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Category: | 18 - 24 | 25 - 29 | 30 - 34 | 35 - 39 | 40 - 44 | 45 - 49 | 50 - 54 | 55 - 59 | 60 - 64 | 65 - 69 | 70 + |
| Total: | 10 | 4 | 4 | 10 | 18 | 16 | 13 | 13 | 9 | 3 | 16 |



## Analysis results for Height

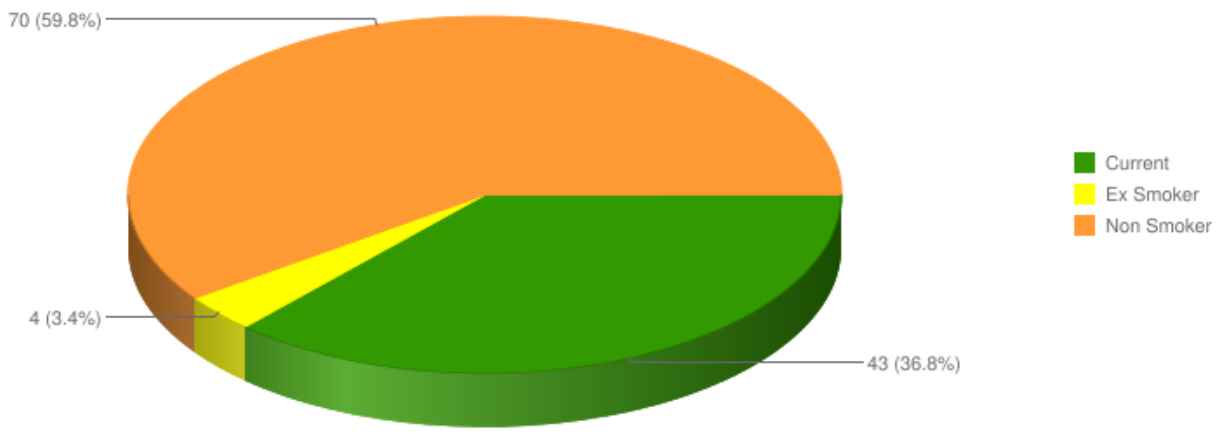
| Raw Data | | | |
|---|---|---|---|
| Category: | Minimum | Maximum | Average |
| Height: | 129.00 | 199.00 | 179.81 |

## Analysis results for Weight

| Raw Data | | | |
|---|---|---|---|
| Category: | Minimum | Maximum | Average |
| Weight: | 33.00 | 130.00 | 81.41 |

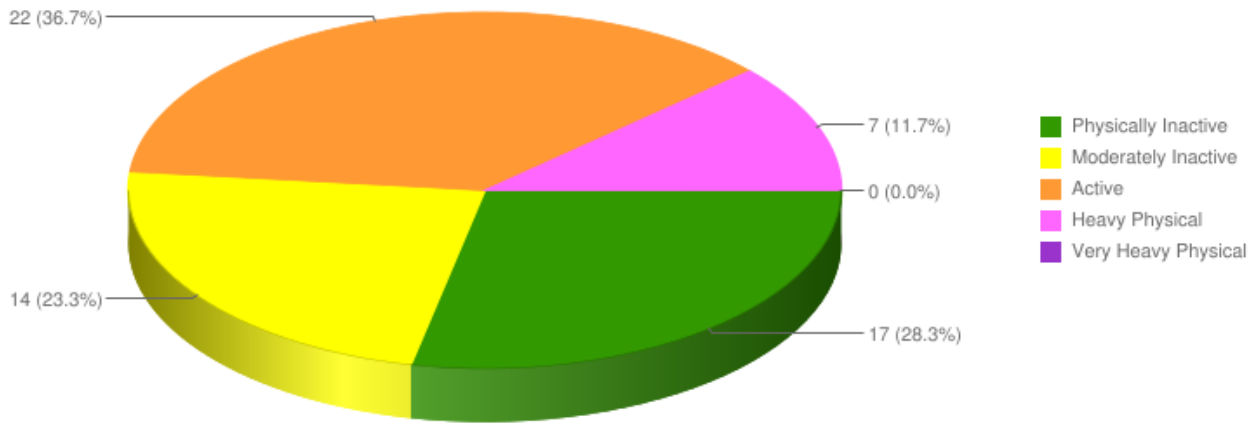
## Analysis results for Smoker

| Head Count | | | |
|---|---|---|---|
| Category: | Current | Ex Smoker | Non Smoker |
| Total: | 43 | 4 | 70 |



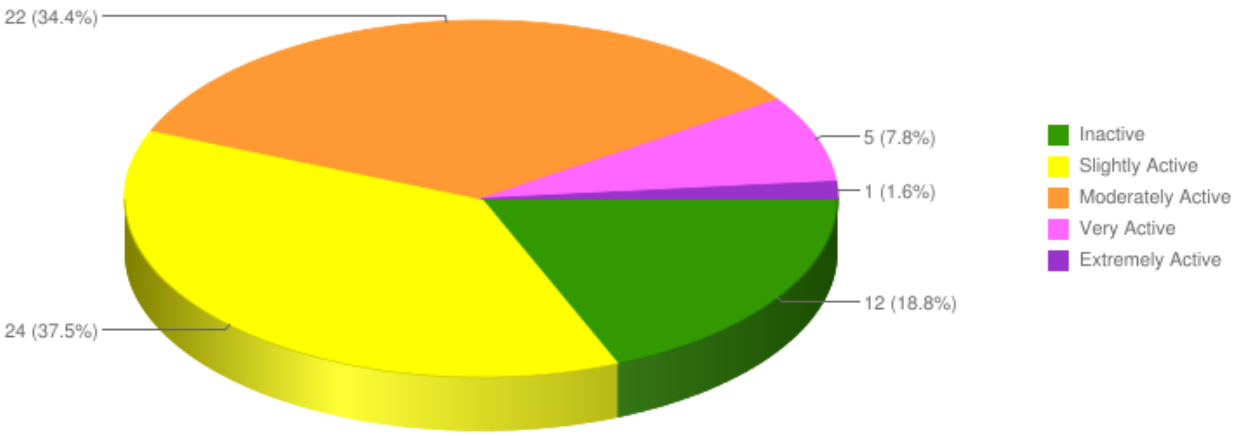
## Analysis results for Activity Levels (work)

| Head Count | | | | | |
|---|---|---|---|---|---|
| Category: | Physically Inactive | Moderately Inactive | Active | Heavy Physical | Very Heavy Physical |
| Total: | 17 | 14 | 22 | 7 | 0 |




| Activity Levels - Work (On a scale of 1-5 how active you at work?) | |
|---|---|
| 1 | Physically Inactive – You have an inactive job ie sitting at a desk and you rarely move from your desk/ work position during an average day. |
| 2 | Slightly active - You have an inactive job but take regular breaks walking ie taking the stairs instead of the lift and taking a walk on your lunch. |
| 3 | Moderately active – You job is slightly active which involves being on your feet/ walking / lifting for over 25 % of the day. |
| 4 | Very active - You have a very active job which involves lifting and/or being on your feet for over 50 % of the day. |
| 5 | Extremely Active - You have a very active job which involves lifting and/ or being on your feet for over 75 % of the day. |
| Reference: Fitech Definitions | |

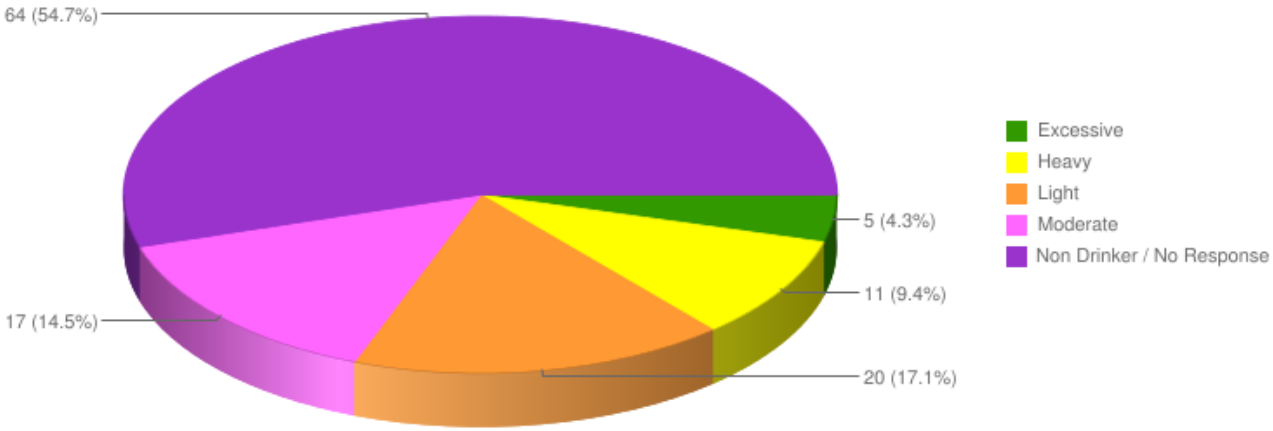
## Analysis results for Activity Levels (leisure)




| Activity Levels - Leisure (On a scale of 1-5 how active you at in your leisure time?) | |
|---|---|
| 1 | Physically Inactive - You rarely walk anywhere and don't do any specific exercise or activity during an average day. |
| 2 | Slightly active - You walk regularly but do not take part in sports, exercise or activity. |
| 3 | Moderately active - You walk regularly and occasionally take part in 1-2 30 minute moderate -intensity physical activity sessions per week ( Brisk walking, Exercise , Sports). |
| 4 | Very active - You walk regularly and occasionally take part in 3-4 30 minute moderate - intensity physical activity session per week ( Brisk walking, Exercise , Sports). |
| 5 | Extremely Active - You take part in 5 or more 30 minute moderate -intensity physical activity sessions per week ( Brisk walking, Exercise , Sports). |
| | NB: Moderate to Intensity Physical Activity means you are working hard enough to make you breathe more heavily than normal and become slightly warmer. Reference Department of Health (At least 5 times a week). |
| Reference: Fitech Definitions | |

## Analysis results for Alcohol

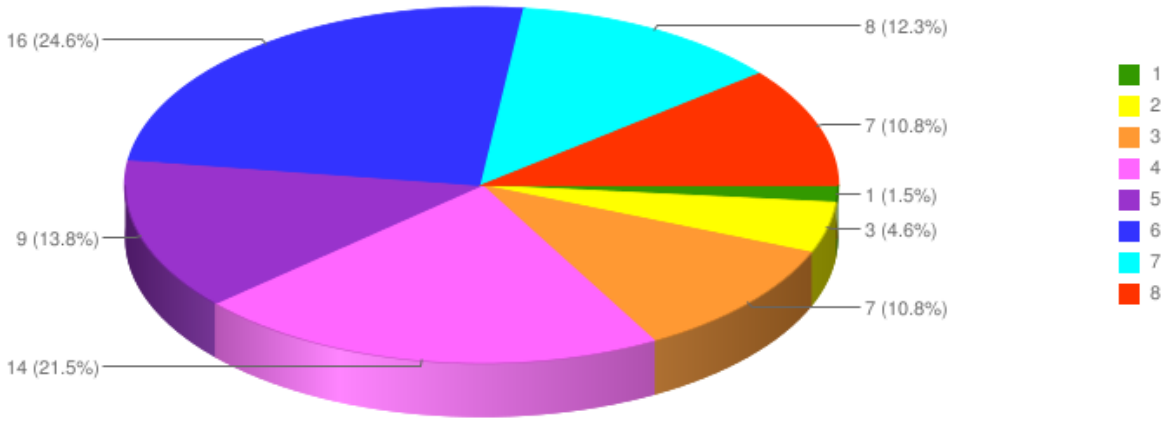
| Raw Data | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Maximum | Minimum | Average | Std Dev |
| 53 | 53 | 34.00 | 1.00 | 5.19 | 4.78 |




| Alcohol Levels | | |
|---|---|---|
| Rating | Male | Female |
| Light | 1-14 | 1-10 |
| Moderate | 15-24 | 11-19 |
| Heavy | 25-35 | 20-27 |
| Excessive | 36+ | 28+ |
| Reference: Drink Aware | | |

## Analysis results for Perceived Stress

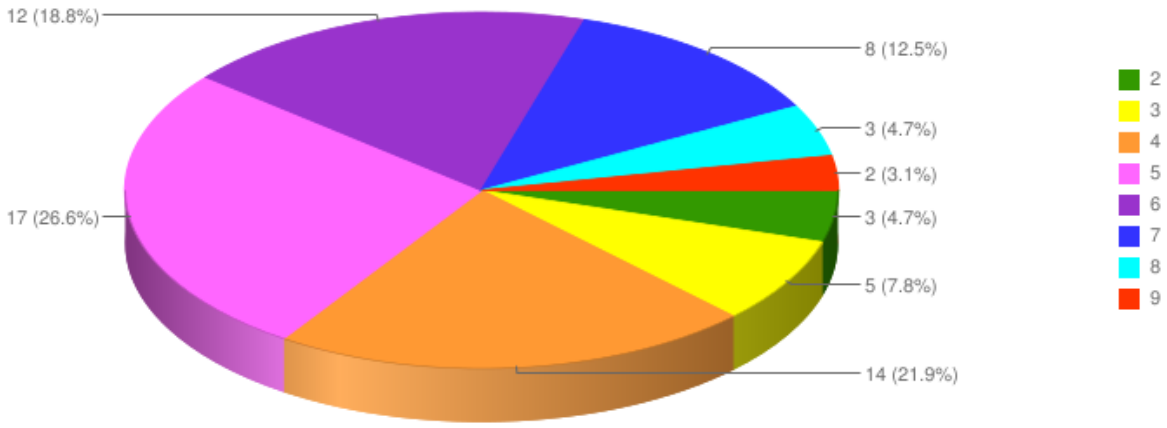
| Head Count | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Category: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Total: | 1 | 3 | 7 | 14 | 9 | 16 | 8 | 7 |




| Perceived Stress | |
|---|---|
| Score | Comments |
| 1 | Not at all Stressed |
| 2-3 | Slightly Stressed |
| 4-6 | Moderately stressed |
| 7-10 | Heavily stressed |
| Reference: Fitech Definitions | |

## Analysis results for Perceived Eating Habits

| Head Count | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Category: | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Total: | 3 | 5 | 14 | 17 | 12 | 8 | 3 | 2 |



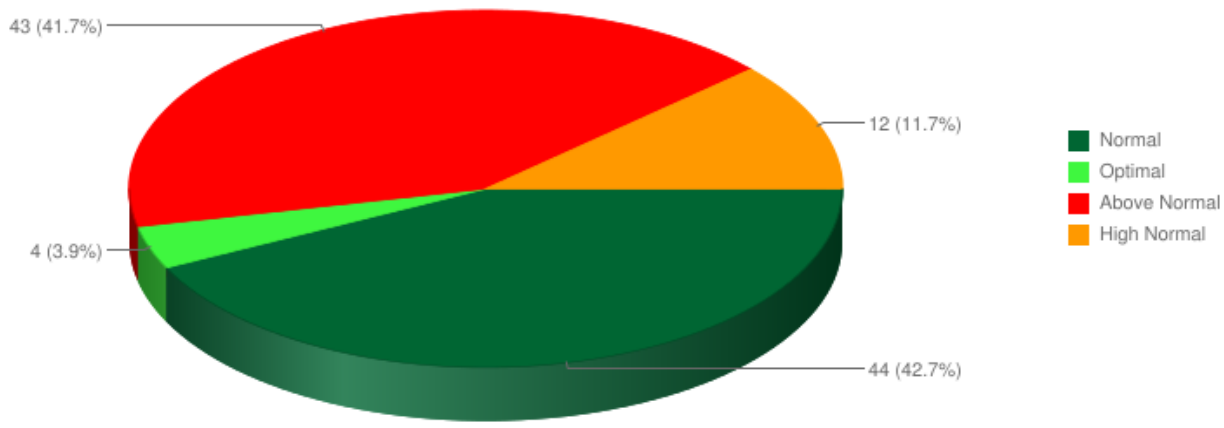

| Eating Habits | |
|---|---|
| Score | Comments |
| 1-3 | Not concerned |
| 4-6 | Moderately concerned |
| 7-10 | Very concerned |
| Reference: Fitech Definitions | |

Below are the assessment results for Fitech Test Application. The chart colours illustrate the proportion of your assessed group who currently have identified health risks that could impact their health and productivity in the future. Those that fall into the red categories are already in the risk area, whilst those in orange are likely to have health issues in the near future if they do not adopt a healthier regime to address these areas.

These results should help to focus any planed workplace health interventions. Results are only shown for the health assessments completed. They may not always include the same total number of the test group if a test has not been completed by a member of the group or an inconclusive result was obtained.

## Analysis results for Blood Pressure (Systolic)

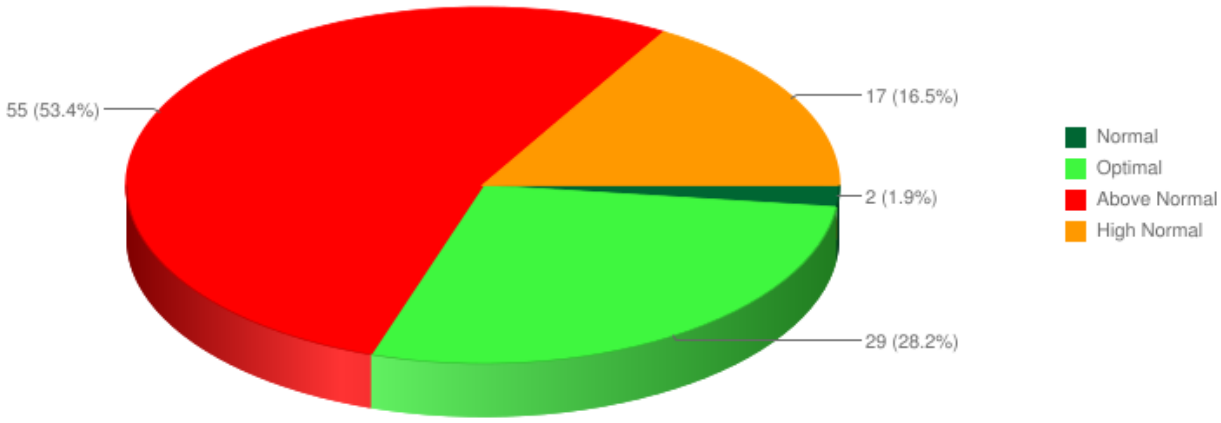
| Head Count | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Normal | Optimal | Above Normal | High Normal |
| 113 | 103 | 44 | 4 | 43 | 12 |




| Fitness Norms for - British Hypertension Society classification of blood pressure levels | | |
|---|---|---|
| Category | Systolic BP (mm Hg) | Diastolic (mm Hg) |
| Optimal blood pressure | <120 | <80 |
| Normal blood pressure | <130 | <85 |
| High-normal blood pressure | 130-139 | 85-89 |
| Grade 1 hypertension (mild) | 140-159 | 90-99 |
| Grade 2 hypertension (moderate) | 160-179 | 100-109 |
| Grade 3 hypertension (severe) | >179 | >109 |
| Isolated systolic hypertension (Grade 1) | 140-159 | <90 |
| Isolated systolic hypertension (Grade 2) | >160 | <90 |
| This classification equates with that of the ESH and that of WHO / ISH and is based on clinic blood pressure values. If systolic blood pressure and diastolic blood pressure fall into different categories, the higher value should be taken for classification. | | |

## Analysis results for Blood Pressure (Diastolic)

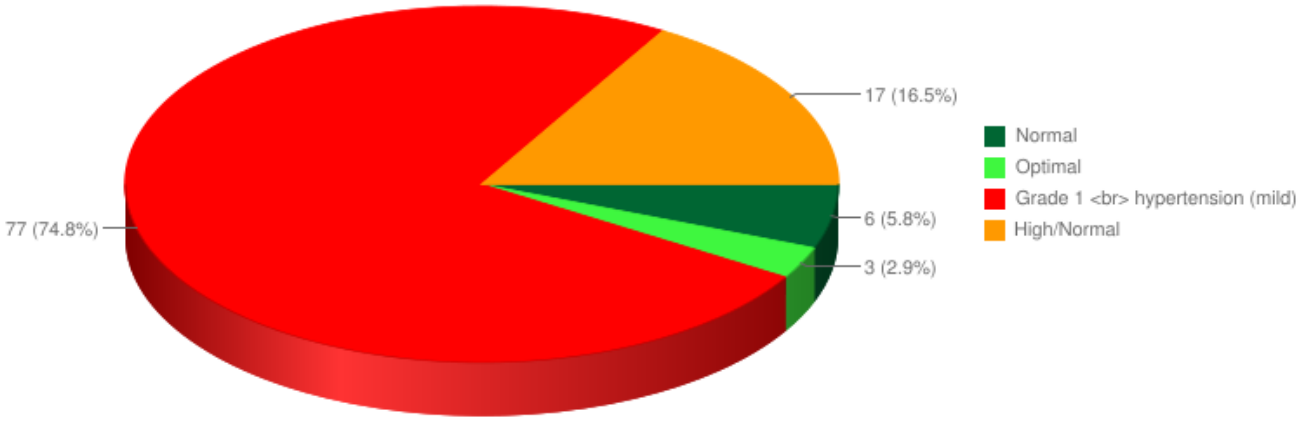
| Head Count | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Normal | Optimal | Above Normal | High Normal |
| 113 | 103 | 2 | 29 | 55 | 17 |




| Fitness Norms for - British Hypertension Society classification of blood pressure levels | | |
|---|---|---|
| Category | Systolic BP (mm Hg) | Diastolic (mm Hg) |
| Optimal blood pressure | <120 | <80 |
| Normal blood pressure | <130 | <85 |
| High-normal blood pressure | 130-139 | 85-89 |
| Grade 1 hypertension (mild) | 140-159 | 90-99 |
| Grade 2 hypertension (moderate) | 160-179 | 100-109 |
| Grade 3 hypertension (severe) | >179 | >109 |
| Isolated systolic hypertension (Grade 1) | 140-159 | <90 |
| Isolated systolic hypertension (Grade 2) | >160 | <90 |
| This classification equates with that of the ESH and that of WHO / ISH and is based on clinic blood pressure values. If systolic blood pressure and diastolic blood pressure fall into different categories, the higher value should be taken for classification. | | |

## Analysis results for Blood Pressure Overall

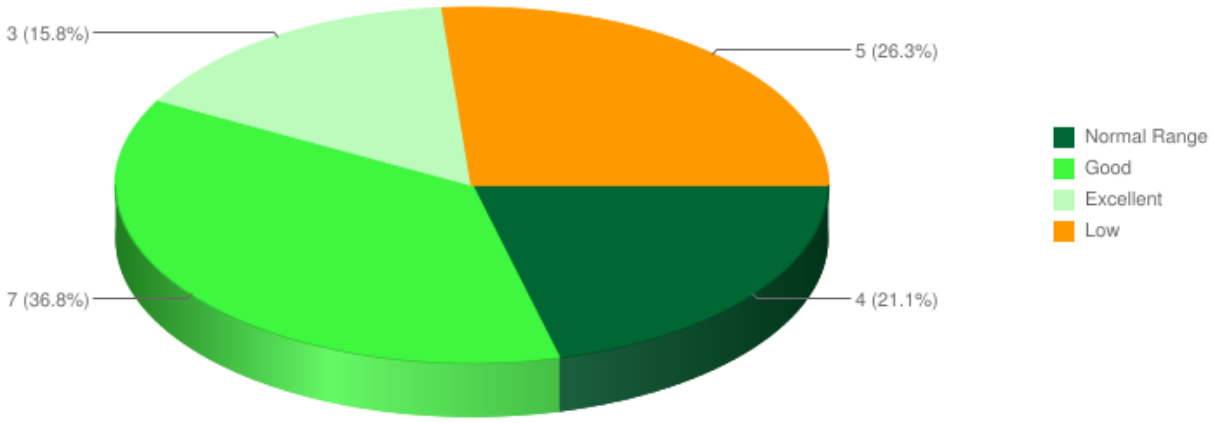
| Head Count | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Normal | Optimal | Grade 1 hypertension (mild) | High/Normal |
| 113 | 103 | 6 | 3 | 77 | 17 |




| Fitness Norms for - British Hypertension Society classification of blood pressure levels | | |
|---|---|---|
| Category | Systolic BP (mm Hg) | Diastolic (mm Hg) |
| Optimal blood pressure | <120 | <80 |
| Normal blood pressure | <130 | <85 |
| High-normal blood pressure | 130-139 | 85-89 |
| Grade 1 hypertension (mild) | 140-159 | 90-99 |
| Grade 2 hypertension (moderate) | 160-179 | 100-109 |
| Grade 3 hypertension (severe) | >179 | >109 |
| Isolated systolic hypertension (Grade 1) | 140-159 | <90 |
| Isolated systolic hypertension (Grade 2) | >160 | <90 |
| This classification equates with that of the ESH and that of WHO / ISH and is based on clinic blood pressure values. If systolic blood pressure and diastolic blood pressure fall into different categories, the higher value should be taken for classification. | | |

## Analysis results for Forced Vital Capacity

| Head Count | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Normal Range | Good | Excellent | Low |
| 70 | 19 | 4 | 7 | 3 | 5 |




| Fitness Norms for - Lung Function All Measures | |
|---|---|
| Very Low | Result |
| Low | <60% of Predicted |
| Normal Range | 61-80% of Predicted |
| Good | 81-100% of Predicted |
| Excellent | 101-115% of Predicted |
| | >116% of Predicted |

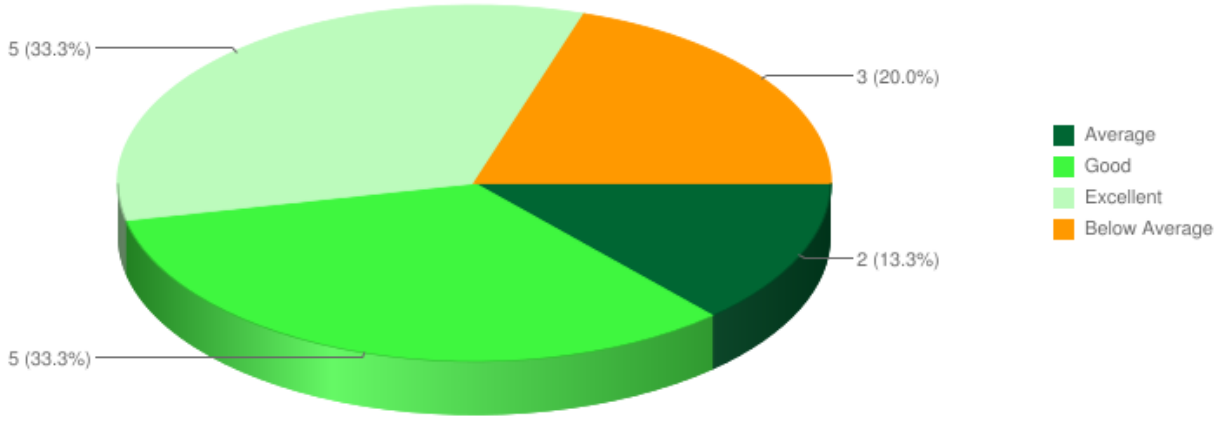
## Analysis results for Forced Expiratory Volume (1 sec)

| Raw Data | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Maximum | Minimum | Average | Std Dev |
| 70 | 19 | 8.00 | 2.00 | 4.31 | 1.33 |

| Fitness Norms for - Lung Function All Measures | |
|---|---|
| Very Low | Result |
| Low | <60% of Predicted |
| Normal Range | 61-80% of Predicted |
| Good | 81-100% of Predicted |
| Excellent | 101-115% of Predicted |
| | >116% of Predicted |

## Analysis results for Aerobic Capacity Results

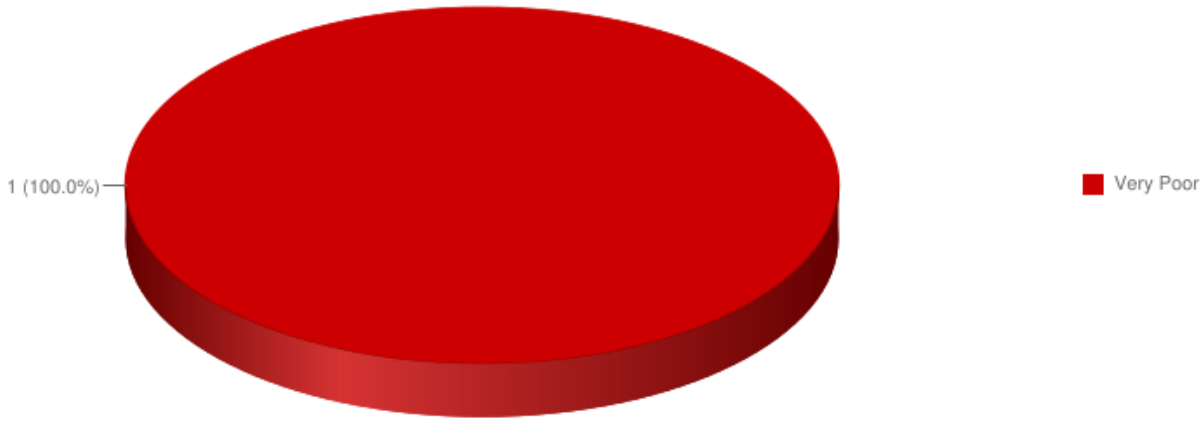
| Head Count | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Average | Good | Excellent | Below Average |
| 31 | 15 | 2 | 5 | 5 | 3 |




| VO2 Max Table Male | | | | | | |
|---|---|---|---|---|---|---|
| Age | Very High | High | Good | Average | Fair | Low |
| 20-29 | >61 | 53-61 | 43-52 | 34-42 | 25-33 | <25 |
| 30-39 | >57 | 49-57 | 39-48 | 31-38 | 23-30 | <23 |
| 40-49 | >53 | 45-53 | 36-44 | 27-35 | 20-26 | <20 |
| 50-59 | >49 | 43-49 | 34-42 | 25-33 | 18-24 | <18 |
| 60-69 | >45 | 41-45 | 31-40 | 23-30 | 16-22 | <16 |
| VO2 Max Table Female | | | | | | |
| 20-29 | >57 | 49-57 | 38-48 | 31-37 | 24-30 | <24 |
| 30-39 | >53 | 45-53 | 34-44 | 28-33 | 20-27 | <20 |
| 40-49 | >50 | 42-50 | 31-44 | 24-30 | 17-23 | <17 |
| 50-59 | >42 | 38-42 | 28-37 | 21-37 | 15-20 | <15 |
| 60-69 | >32 | 35-39 | 24-34 | 18-23 | 13-17 | <13 |

## Analysis results for YMCA Step Test

| Head Count | | |
|---|---|---|
| Total Clients | Tested Clients | Very Poor |
| 3 | 1 | 1 |




Norms for YMCA Step Test - J.R; Jackson, A.;Disch, J.; and Mood, D. 2005. Measurement and evolution in human performance. 3rd ed.(Champaign, IL: Human Kinetics) 234; adapted from Y's Way to Physical Fitness, 3rd edition 1989, with permission of YMCA

Ratings For Men

| Rating/Age Group | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|---|---|---|---|---|---|---|
| Excellent | 50-76 | 51-76 | 49-76 | 56-82 | 60-77 | 59-81 |
| Good | 79-84 | 79-85 | 80-88 | 87-93 | 86-94 | 87-92 |
| Above Average | 88-93 | 88-94 | 92-88 | 95-101 | 97-100 | 94-102 |
| Average | 95-100 | 96-102 | 100-105 | 103-111 | 103-109 | 104-110 |
| Below Average | 102-107 | 104-110 | 108-113 | 113-119 | 111-117 | 114-118 |
| Poor | 111-119 | 114-121 | 116-124 | 121-126 | 119-128 | 121-126 |
| Very Poor | 124-157 | 126-161 | 130-163 | 131-159 | 131-154 | 130-151 |

Ratings For Women

| Rating/Age Group | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|---|---|---|---|---|---|---|
| Excellent | 52-81 | 58-80 | 51-84 | 63-91 | 60-92 | 70-92 |
| Good | 85-93 | 85-92 | 89-96 | 95-101 | 97-103 | 96-101 |
| Above Average | 96-102 | 95-101 | 100-104 | 104-110 | 106-111 | 104-111 |
| Average | 104-110 | 104-110 | 107-112 | 113-118 | 113-118 | 116-121 |
| Below Average | 113-120 | 113-119 | 115-120 | 120-124 | 119-127 | 123-126 |
| Poor | 122-131 | 122-129 | 124-132 | 126-132 | 129-135 | 128-133 |
| Very Poor | 135-169 | 134-171 | 137-169 | 137-171 | 141-174 | 135-155 |

Note: The ratings for this test are not expressed in $V0^2$ max units (ml $0^2$/min/kg) like the other Aerobic capacity tests but are merely a rating of aerobic fitness (based on scientific test group's performance). Due to the way that the original results were graded, you will see that there are gaps in the above resultant pulses. Where a subject falls between categories, the result has been downgraded to the lower category.

## Blood

Cholesterol:

High blood cholesterol is a major risk factor for coronary heart disease and possibly some types of stroke. It is one of the main causes of the process by which the blood vessels that supply the heart and other parts of the body become clogged. Excess blood cholesterol can lead to clogged arteries and as a result contribute to high blood pressure, heart disease and stroke.

Blood Sugar:

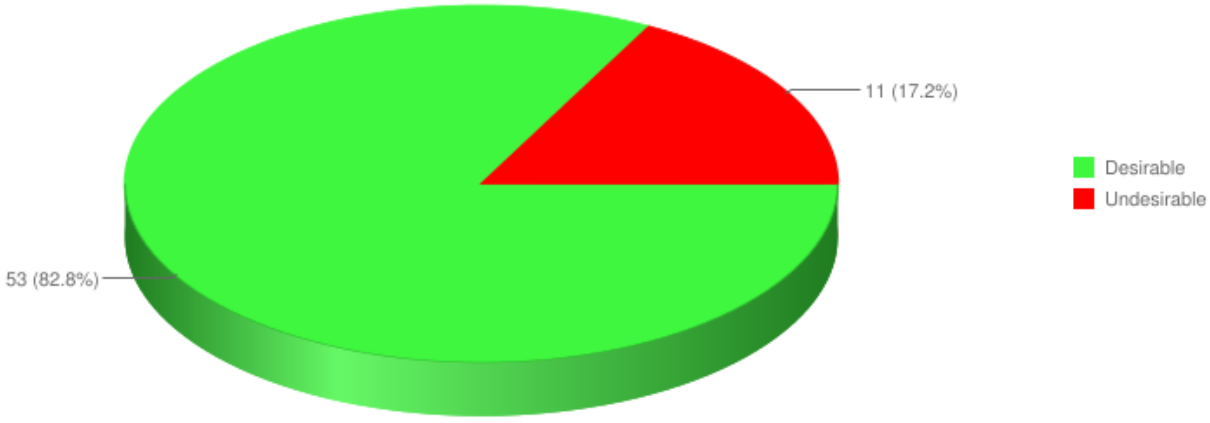
Too much sugar in the bloodstream may be due to diabetes. Early detection and treatment of abnormal blood glucose levels can prevent the later onset of complications associated with this condition. A non-fasting result above 7 should be followed up with a GP.

Type 2 diabetes represents 85% to 90% of all cases of diabetes and occurs when the pancreas is not producing enough insulin and the insulin is not working effectively.

Lifestyle factors such as unhealthy diet and lack of exercise can contribute to the development of Type 2 diabetes which can also be prevented or delayed while in the pre-diabetes stage

## Analysis results for HDL

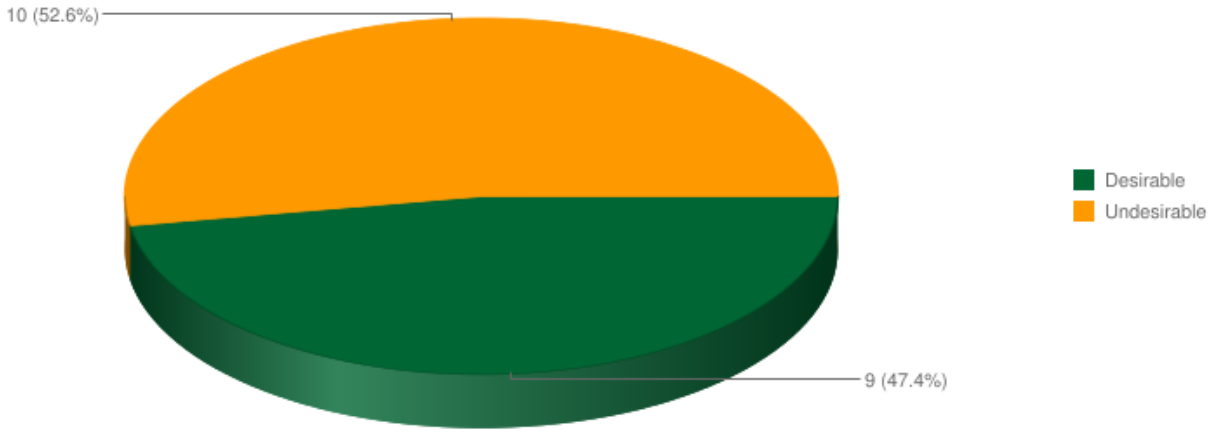
| Raw Data | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Maximum | Minimum | Average | Std Dev |
| 117 | 64 | 3.00 | 0.60 | 1.46 | 0.62 |




| Fitness Norms for - HDL<br>Referenced from the JBS2: Joint British Societies / National Institute of Clinical excellence | | |
|---|---|---|
| Test | Rating | Value |
| HDL (Men) | | |
| | Undesirable | < 1 mmol/l |
| | Desirable | >= 1 mmol/l |
| HDL (Women) | | |
| | Undesirable | < 1.2 mmol/l |
| | Desirable | >= 1.2 mmol/l |

## Analysis results for Total Cholesterol/HDL Ratio

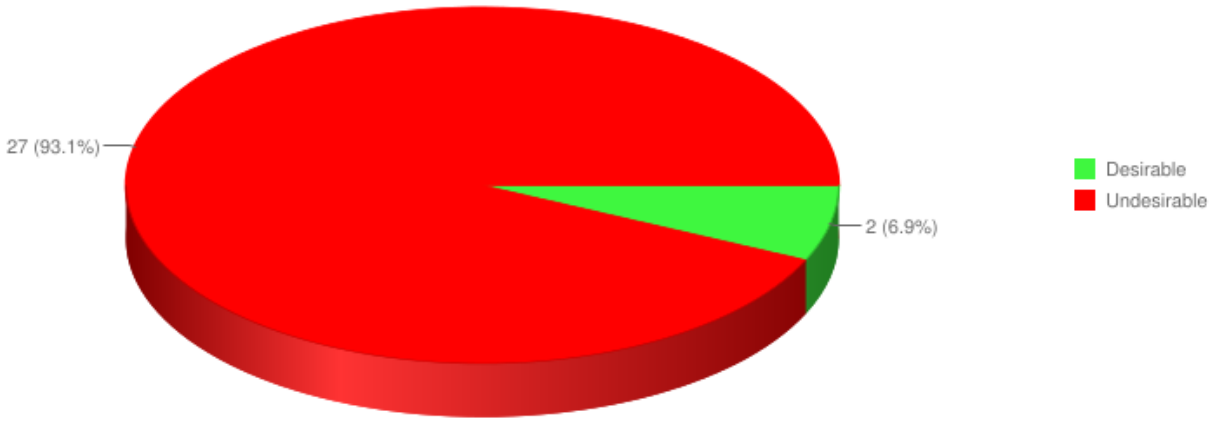
| Raw Data | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Maximum | Minimum | Average | Std Dev |
| 117 | 19 | 7.75 | 1.50 | 4.35 | 1.86 |




| Normative Data |
|---|
| Ranges |
| Undesirable < 4mmol/l |
| Desirable > 4mmol/ |

## Analysis results for Triglycerides

| Raw Data | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Maximum | Minimum | Average | Std Dev |
| 117 | 29 | 3.00 | 1.30 | 2.27 | 0.51 |




| Fitness Norms for - Triglycerides Referenced from the JBS2: Joint British Societies / National Institute of Clinical excellence | | |
|---|---|---|
| Test | Rating | Value |
| Triglycerides | | |
| | Undesirable | >= 1.7 |
| | Desirable | < 1.7 |

## Analysis results for Non Fasting Blood Sugar

| Raw Data | | | | | |
|---|---|---|---|---|---|
| Total Clients | Tested Clients | Maximum | Minimum | Average | Std Dev |
| 117 | 83 | 12.00 | 1.10 | 5.64 | 2.28 |

| Fitness Norms for - Blood Sugar Non Fasting<br>Referenced from the JBS2: Joint British Societies / National Institute of Clinical excellence | | |
|---|---|---|
| Test | Rating | Value |
| Blood Sugar (Non Fasting) | Low / Potential Risk - Amber | <= 3.9 mmol/l |
| | Desirable - Green | 4- 7.9 mmol/l |
| | Increased / Potential Risk- Amber | 8 – 10.9 mmol/l |
| | Undersirable- Red | > 11 mmol/l |