eHealthScreenings

A Premise Health® company

2024 BIOMETRIC SCREENING REPORT

County of Mendocino

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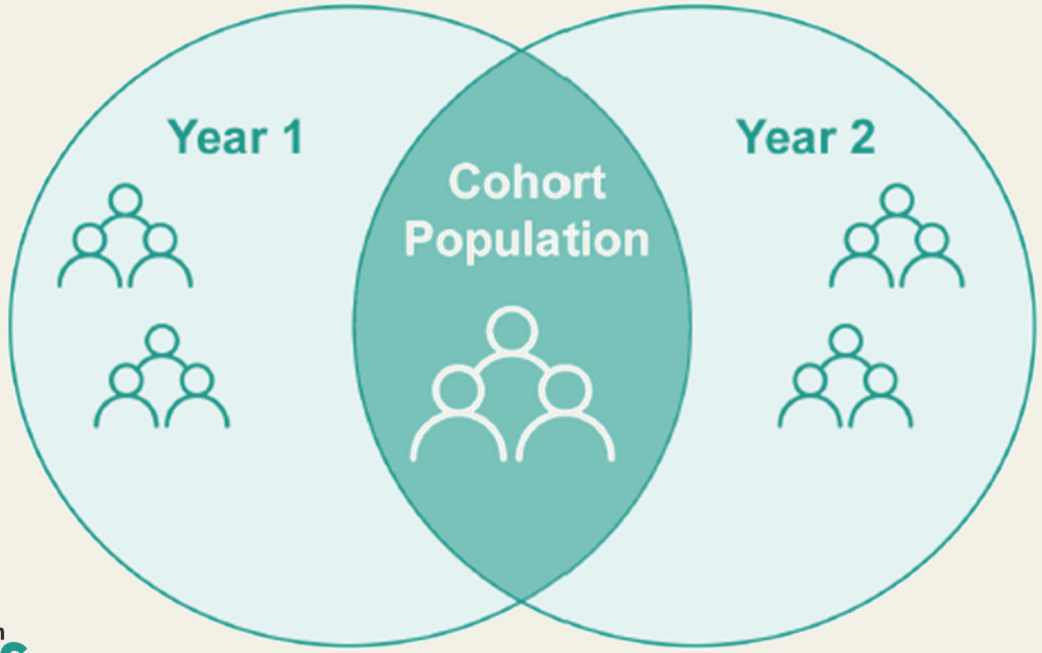
What is a Cohort Report?

A **Cohort** is a group of people who share a common characteristic or experience within a defined period *(e.g., are currently living, are exposed to a drug or vaccine or pollutant, or undergo a certain medical procedure such as a health screening).*

Cohort Population in this report represents the population that screened in both years. The numbers provided represent a comparison of both years risk levels for your cohort population.

Cohort As A Visual

Only the individuals tested in both years are used in this analysis.



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BMI

Low	Mod	High
18.5-24.9	25.0-29.9	<18.5 or ≥30.0

Cohort	Matched Cohort
431	431

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	57	13.23%	53	12.30%
Mod	109	25.29%	118	27.38%
High	265	61.48%	260	60.32%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

80.7%
of Low Risk participants maintained their BMI low risk status

MODERATE RISK

87.15%
of Moderate Risk participants maintained or lowered their BMI status

HIGH RISK

7.55%
of High Risk participants lowered their BMI to moderare/low risk status

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Blood Pressure

Low	Mod	High
<120 and <80 mm Hg	120-139 or 80-89 mm Hg	≥140 or ≥90 mm Hg

Cohort	Matched Cohort
431	431

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	149	34.57%	136	31.55%
Mod	209	48.49%	188	43.62%
High	73	16.94%	107	24.83%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

56.38%
of Low Risk participants maintained their Blood Pressure low risk status

MODERATE RISK

73.69%
of Moderate Risk participants maintained or lowered their Blood Pressure risk status

HIGH RISK

47.95%
of High Risk participants lowered their Blood Pressure to moderate/low risk status

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Total Cholesterol

Low	Mod	High
<200 mg/dl	200-239 mg/dl	≥240 mg/dl

Cohort	Matched Cohort
431	431

Year to Year Comparison

	2023		2024	
	Total	Percentage	Total	Percentage
Low	345	80.05%	345	80.05%
Mod	68	15.78%	68	15.78%
High	18	4.18%	18	4.18%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

88.99%
of Low Risk participants maintained their Total Cholesterol low risk status

MODERATE RISK

89.71%
of Moderate Risk participants maintained or lowered their Total Cholesterol risk status

HIGH RISK

55.55%
of High Risk participants lowered their Total Cholesterol to moderate/low risk status

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Glucose Fasting

Low	Mod	High
70-99 mg/dl	100-125 mg/dl	>125 or <70 mg/dl

Cohort	Matched Cohort
431	329

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	205	47.56%	204	47.33%
Mod	90	20.88%	89	20.65%
High	34	7.89%	36	8.35%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

80%
of Low Risk participants maintained their Glucose low risk status

MODERATE RISK

83.33%
of Moderate Risk participants maintained or lowered their Glucose risk status

HIGH RISK

52.95%
of High Risk participants lowered their Glucose to moderate/low risk status

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HDL

Low	Mod	High
>59.00 mg/dl	40-59 mg/dl	<40 mg/dl

Cohort	Matched Cohort
431	431

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	115	26.68%	125	29.00%
Mod	223	51.74%	227	52.67%
High	93	21.58%	79	18.33%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

76.52%
of Low Risk participants maintained their HDL low risk status

MODERATE RISK

92.83%
of Moderate Risk participants maintained or lowered their HDL risk status

HIGH RISK

36.56%
of High Risk participants lowered their HDL to moderate/low risk status

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LDL

Low	Mod	High
<100 mg/dl	100-159 mg/dl	>159 mg/dl

Cohort	Matched Cohort
431	385

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	228	52.90%	257	59.63%
Mod	145	33.64%	113	26.22%
High	12	2.78%	15	3.48%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

82.02%
of Low Risk participants maintained their LDL low risk status

MODERATE RISK

94.49%
of Moderate Risk participants maintained or lowered their LDL risk status

HIGH RISK

66.67%
of High Risk participants lowered their LDL to moderate/low risk status

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Metabolic Syndrome

Low	Mod	High
No Risk Factors	1-2 Risk Factors	3 or more Risk Factors

Cohort	Matched Cohort
431	410

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	66	15.31%	58	13.46%
Mod	193	44.78%	201	46.64%
High	152	35.27%	151	35.03%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

60.61%
of Low Risk participants maintained their Met. Syndrome low risk status

MODERATE RISK

79.80%
of Moderate Risk participants maintained or lowered their Met. Syndrome status

HIGH RISK

26.32%
of High Risk participants lowered their Met. Syndrome to moderate risk status

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Triglycerides

Low	Mod	High
<150 mg/dl	150-199 mg/dl	≥200 mg/dl

Cohort	Matched Cohort
431	431

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	327	75.87%	311	72.16%
Mod	54	12.53%	54	12.53%
High	50	11.60%	66	15.31%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

85.93%
of Low Risk participants maintained their Triglycerides low risk status

MODERATE RISK

64.81%
of Moderate Risk participants maintained or lowered their Triglyceride risk status

HIGH RISK

42%
of High Risk participants lowered their Triglycerides to moderate/low risk status

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Waist Circumference

Low	Mod	High
Male ≤40 or Female ≤35		Male >40 or Female >36

Cohort	Matched Cohort
431	411

Year to Year Comparison				
	2023		2024	
	Total	Percentage	Total	Percentage
Low	145	33.64%	170	39.44%
Mod				
High	266	61.72%	241	55.92%

The percentages within the chart above are calculated based on the percentage per risk category per year.

LOW RISK

88.28%
of Low Risk participants
maintained their Waist Circumference
low risk status

HIGH RISK

15.79%
of High Risk participants
lowered their Waist Circumference
to low risk status

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