eHealthScreenings
A Premise Health® company

2025 BIOMETRIC SCREENING REPORT
County of Mendocino

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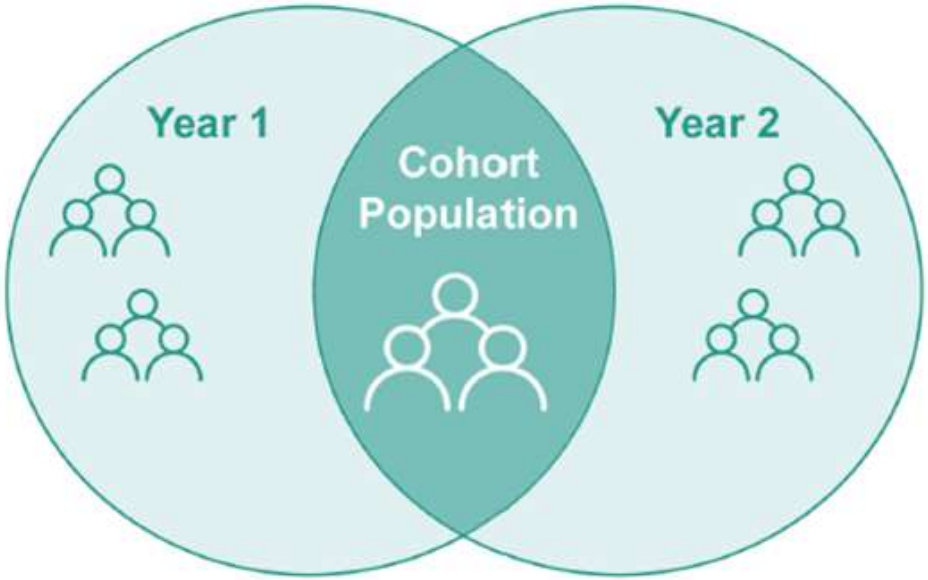
What is a Cohort Report?

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
429	428

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	55	12.82%	62	14.45%
Mod	121	28.21%	104	24.24%
High	252	58.74%	262	61.07%

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

LOW RISK

81.8%

of Low Risk participants maintained their BMI low risk status

MODERATE RISK

81%

of Moderate Risk participants maintained or lowered their BMI risk status

HIGH RISK

5.6%

of High Risk participants lowered their BMI to moderate/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
429	429

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	149	34.73%	124	28.90%
Mod	178	41.49%	211	49.18%
High	102	23.78%	94	21.91%

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

LOW RISK

51.7%

of Low Risk participants maintained their Blood Pressure low risk status

MODERATE RISK

74.7%

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

HIGH RISK

62.7%

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
429	428

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	346	80.65%	366	85.31%
Mod	64	14.92%	50	11.66%
High	18	4.20%	12	2.80%

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

LOW RISK

51.7%

of Low Risk participants maintained their Total Cholesterol low risk status

MODERATE RISK

74.7%

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

HIGH RISK

62.7%

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
429	335

Year to Year Comparison

	2024		2025	
	Total	Percentage	Total	Percentage
Low	206	48.02%	181	42.19%
Mod	94	21.91%	124	28.90%
High	35	8.16%	30	6.99%

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

LOW RISK

70.4%

of Low Risk participants maintained their Glucose low risk status

MODERATE RISK

90.4%

of Moderate Risk participants maintained or lowered their Glucose risk status

HIGH RISK

48.6%

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
429	428

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	120	27.97%	117	27.27%
Mod	231	53.85%	228	53.15%
High	77	17.95%	83	19.35%

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

LOW RISK

75%

of Low Risk participants maintained their HDL low risk status

MODERATE RISK

85.7%

of Moderate Risk participants maintained or lowered their HDL status

HIGH RISK

39%

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
429	397

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	265	61.77%	284	66.20%
Mod	115	26.81%	105	24.48%
High	17	3.96%	8	1.86%

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

LOW RISK

86%

of Low Risk participants maintained their LDL low risk status

MODERATE RISK

97.4%

of Moderate Risk participants maintained or lowered their LDL status

HIGH RISK

82.4%

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
429	421

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	71	16.55%	46	10.72%
Mod	196	45.69%	197	45.92%
High	154	35.90%	178	41.49%

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

LOW RISK

53.5%

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

MODERATE RISK

65.8%

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

HIGH RISK

29.9%

of High Risk participants lowered their Met. Syndrome to moderate/low risk status

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Triglycerides

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

Cohort	Matched Cohort
429	428

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	306	71.33%	322	75.06%
Mod	58	13.52%	55	12.82%
High	64	14.92%	51	11.89%

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

LOW RISK

86.6%

of Low Risk participants maintained their Triglycerides low risk status

MODERATE RISK

87.9%

of Moderate Risk participants maintained or lowered their Triglycerides risk status

HIGH RISK

56.26%

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
429	422

Year to Year Comparison				
	2024		2025	
	Total	Percentage	Total	Percentage
Low	181	42.19%	176	41.03%
Mod				
High	241	56.18%	246	57.34%

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

LOW RISK

79.6%

of Low Risk participants maintained their Waist Circumference low risk status

HIGH RISK

13.3%

of High Risk participants lowered their Waist Circumference to moderate/low risk status

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