

*2023 Health Screening
Summary Report for:*

City of Gulf Breeze

Screening Date: 5/18/2023

Florida Blue 
BetterYou 

WELLNESS REPORT

City of Gulf Breeze

TOP 4 RISK FACTORS

- 1 Body Mass Index**
78% of the employee population are at Borderline or High risk for Body Mass Index.
- 2 Nutrition**
71% of the employee population are at Borderline or High risk for Nutrition.
- 3 Blood Pressure**
67% of the employee population are at Borderline or High risk for Blood Pressure.
- 4 Glucose**
63% of the employee population are at Borderline or High risk for Glucose.

GENDER



PARTICIPANTS



STATE OF HEALTH



BODY MASS INDEX

Ideal (18.5 - 24.9)	22%
Moderate (<18.5 or 25-29.9)	37%
High Risk (30+)	41%

11% of employees indicate they use tobacco products. 

48% Florida Blue Members

CRITICAL VALUES

Blood Pressure	2
Blood Glucose	0
Total Critical Values	2

PLANNED LIFESTYLE IMPROVEMENT CHANGES IN 6 MONTHS

Weight	14
Exercise	12
Nutrition	11
Blood Pressure	7
Stress	7
Cholesterol	5
Diabetes	2
Smoking	1



Became Aware from Assessment

Blood Pressure	0
Blood Glucose	0
Total	0

Diagnosed Prior to Assessment

Blood Pressure	2
Blood Glucose	0
Total	2

AGE GROUPS



WELLNESS REPORT

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Historical comparisons utilize information from screenings performed in 2022.

Nutrition 			
 Ideal	8	30%	▲ 1%
 Borderline	14	52%	▼ 9%
 High Risk	5	19%	▲ 9%

Total Cholesterol 			
 Ideal	15	56%	▼ 25%
 Borderline	9	33%	▲ 20%
 High Risk	3	11%	▲ 5%

Physical Activity 			
 Ideal	14	52%	▼ 6%
 Borderline	11	41%	▲ 6%
 High Risk	2	7%	▲ 1%

HDL 			
 Ideal	24	89%	▲ 28%
 High Risk	3	11%	▼ 28%

Body Mass Index 			
 Ideal	6	22%	▼ 7%
 Borderline	10	37%	▼ 2%
 High Risk	11	41%	▲ 9%

Cholesterol Ratio 			
 Ideal	25	93%	▼ 1%
 High Risk	2	7%	▲ 1%

Alcohol Use 			
 Ideal	26	96%	▼ 1%
 High Risk	1	4%	▲ 1%

LDL 			
 Ideal	21	78%	▼ 9%
 Borderline	3	7%	▲ 5%
 High Risk	2	11%	— 0%

Tobacco Use 			
 Ideal	24	89%	▲ 2%
 High Risk	3	11%	▼ 2%

Triglycerides 			
 Ideal	17	63%	▲ 35%
 Borderline/High Risk	10	37%	▲ 5%

State of Health 			
 Great or Good	16	59%	▼ 9%
 Average or Below Average	11	41%	▲ 9%
 Poor	0	0%	— 0%

Glucose 			
 Ideal	10	37%	▼ 24%
 Borderline	13	48%	▲ 29%
 High Risk	4	15%	▼ 5%

Stress 			
 Ideal	20	74%	▼ 16%
 Borderline	6	22%	▲ 12%
 High Risk	1	4%	▲ 4%

Blood Pressure 			
 Ideal	9	33%	▼ 30%
 Borderline	8	30%	▼ 7%
 High Risk	10	37%	▲ 37%

Waist Circumference 			
 Ideal	0	0%	— 0%
 High Risk	0	0%	— 0%

* Missing values will result in lower measure counts ** Percents may not equal 100% due to rounding.

City of Gulf Breeze

RISK FACTOR REFERENCE CHART

Risk Factor	Low Risk	Moderate Risk	High Risk
BMI	18.5 - 24.99	< 18.5 or 25 - 29.99	30+
Blood Pressure	< 120 over < 80	<i>Elevated</i> 120 - 129 over 80 - 89 <i>Stage 1 HBP</i> 130 - 139 over 80 - 89	<i>Stage 2 HBP</i> 140 - 180 over 90 - 120 <i>Stage 3 HBP</i> > 180 over > 120
Cholesterol	< 200	200 - 239	> 239
Waist	Male (<= 40in/102cm) Female (<= 35in/88cm)		Male (> 40in/102cm) Female (> 35in/88cm)
LDL	<i>Ideal</i> < 100 <i>Acceptable</i> 100 - 130	130 - 159	> 159
Glucose	65 - 99	100 - 125	> 125
HDL	Male (> 39) Female (> 49)		Male (< 40) Female (< 50)
Triglycerides	< 150	150 - 199	> 199
HDL Ratio	<= 5		> 5

Risk Reduction Guide

There are many wellness interventions your organization can implement to address the top risk factors identified in this report. Better You offers interventions for all major risk factors in three formats – onsite, online and telephonically. Many community programs and organizations may be useful.



Physical Activity

- ▶ Healthy Words of Wisdom on Physical Activity
- ▶ Onsite or web-based wellness presentations on various physical activity topics
- ▶ On-demand webinars on various physical activity topics
- ▶ Better You Strides programs for physical activity available through desktop or mobile app
- ▶ Centers for Disease Control: www.cdc.gov/physicalactivity
- ▶ USD of Health and Human Services: www.health.gov/paguidelines
- ▶ Walking groups or challenges
- ▶ Participate in National Walk at Lunch Day
- ▶ Independent physical activity programs and team challenges
- ▶ Onsite or virtual fitness classes led by community fitness professionals
- ▶ Follow free Florida Blue Center live fitness classes on [Facebook](https://www.facebook.com/FloridaBlueCenter)



Nutrition

- ▶ Healthy Words of Wisdom on Nutrition
- ▶ Onsite or web-based wellness presentations on various nutrition topics
- ▶ On-demand webinars on various nutrition topics
- ▶ Better You Strides programs for nutrition available through desktop or mobile app
- ▶ Weight Watchers Reimagined Virtual Program www.weightwatchers.com
- ▶ MyPlate: www.MyPlate.gov
- ▶ Academy of Nutrition and Dietetics: www.eatright.org
- ▶ Let's Eat Healthy: www.healthyeating.org



Body Mass Index

- ▶ Healthy Words of Wisdom on Weight Management, Nutrition and Physical Activity
- ▶ Onsite or web-based wellness presentations on weight management, nutrition and physical activity
- ▶ On-demand webinars on weight management, nutrition and physical activity
- ▶ Better You Strides programs for weight management, nutrition, and physical activity available through desktop or mobile app
- ▶ Weight Watchers Reimagines Virtual Program www.weightwatchers.com
- ▶ MyPlate: www.MyPlate.gov
- ▶ Overeaters Anonymous: www.aa.org



Blood Pressure

- ▶ Healthy Words of Wisdom on Blood Pressure
- ▶ Onsite or web-based wellness presentations on blood pressure and heart health
- ▶ On-demand webinars on blood pressure and heart health
- ▶ Better You Strides programs for blood pressure available through desktop or mobile app
- ▶ Florida Blue Center blood pressure screening
- ▶ Dietary Approach to Stop Hypertension (DASH) <https://www.nhlbi.nih.gov/education/dash-eating-plan>
- ▶ American Heart Association: www.heart.org



Cholesterol Ratio

- ▶ Healthy Words of Wisdom on Cholesterol
- ▶ Onsite or web-based wellness presentations on cholesterol and heart health
- ▶ On-demand webinars on cholesterol and heart health
- ▶ Better You Strides programs for cholesterol available through desktop or mobile app
- ▶ Florida Blue Center blood pressure screening
- ▶ American Heart Association: www.heart.org
- ▶ The National Coalition of Women with Heart Disease: www.womenheart.org



Diabetes

- ▶ Healthy Words of Wisdom on Diabetes
- ▶ Onsite or web-based presentations on diabetes prevention and management
- ▶ On-demand webinars on diabetes and diabetes prevention
- ▶ Better You Strides programs for diabetes via desktop or mobile app
- ▶ Florida Blue Center blood glucose screening
- ▶ American Diabetes Association: www.diabetes.org

Risk Reduction Guide



Stress

- ▶ Healthy Words of Wisdom on Stress Management
- ▶ Onsite or web-based wellness presentations on stress management
- ▶ On-demand webinars on stress management
- ▶ Better You Strides programs for stress and stress management available through desktop or mobile app
- ▶ Call 877-352-5830 to be routed to your local Florida Blue Center team. Chat with a Community Specialist licensed clinical social worker.
- ▶ Institute of Stress: www.stress.org
- ▶ Internal Employee Assistance Program (EAP)
- ▶ Onsite or virtual Yoga or Meditation classes led by certified community professionals



Depression

- ▶ Healthy Words of Wisdom on Depression and Stress Management
- ▶ Onsite or web-based wellness presentations on depression and stress
- ▶ On-demand webinars on depression and stress management
- ▶ Better You Strides programs for depression and stress management available through desktop or mobile app
- ▶ Call 877-352-5830 to be routed to your local Florida Blue Center team. Chat with a Community Specialist licensed clinical social worker.
- ▶ Internal Employee Assistance Program (EAP)
- ▶ Workplace Mental Health: www.workplacementalhealth.org



Nicotine

- ▶ Healthy Words of Wisdom on Nicotine Dependence
- ▶ Healthy Words of Wisdom on Vaping
- ▶ Onsite or web-based wellness presentations, or on-demand webinars on tobacco use and preventive care
- ▶ On-demand webinars on tobacco
- ▶ Better You Strides programs for tobacco cessation available through desktop or mobile app
- ▶ American Lung Association: www.lung.org
- ▶ Florida Area Health Education Center (AHEC): www.ahcetobacco.com
- ▶ Tobacco Free Florida / Florida Quit Line: 1-800-U-Can-Now or www.tobaccofreeflorida.com
- ▶ US Department of HHS Tobacco Cessation website: www.betobaccofree.gov
- ▶ American Cancer Society: www.cancer.org



Alcohol

- ▶ On-demand webinars on stress management and mental well-being
- ▶ Better You Strides programs for alcohol available through desktop or mobile app
- ▶ Internal Employee Assistance Program (EAP)
- ▶ Alcoholics Anonymous: www.aa.org



Preventive Health

- ▶ Healthy Words of Wisdom on Men's health and Women's health
- ▶ General Wellness Guidelines for adults and children
- ▶ Onsite or web-based wellness presentations on preventive care, men's health, women's health heart healthy living
- ▶ On-demand webinars on preventive care
- ▶ Better You Strides programs for preventive health available through desktop or mobile app
- ▶ Promote or incentivize annual screenings
- ▶ Centers for Disease Control: www.cdc.gov
- ▶ American Cancer Society: www.cancer.org
- ▶ USPSTF: www.uspreventiveservicestaskforce.org



Pregnancy

- ▶ Healthy Addition® Prenatal Program: Free program for expectant mothers that provides risk screening, monitoring, education, information and emotional support during pregnancy 1-800-955-7635, option 6 or healthyaddition@floridablue.com
- ▶ Healthy Words of Wisdom on Pregnancy
- ▶ On-demand webinar on Healthy Addition and high-risk pregnancy indicators
- ▶ Better You Strides programs for pregnancy available through desktop or mobile app
- ▶ March of Dimes: www.marchofdimes.com
- ▶ The American College of Obstetricians and Gynecologists: www.acog.org
- ▶ American Academy of Pediatrics: www.aap.org

FloridaBlue.com Member Portal gives access to benefits, personal health statements, claims status, ID cards and tools designed to help make wise healthcare choices. www.floridablue.com



Discounts up to 60% for fitness clubs, exercise equipment, contact lenses/glasses, nutrition and weight management programs, massages, vitamins and more. www.blue365deals.com/user/register



Individual coaching with a dedicated registered nurse health coach for assistance making lasting behavior change in virtually any area of health. (800) 477-3736 ext. 54837 or email nextsteps@floridablue.com

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