



Organisation Health Report

POWERED BY  **healthyperformance**[®]



Date: 28 Feb 2020
Produced by: Software Team

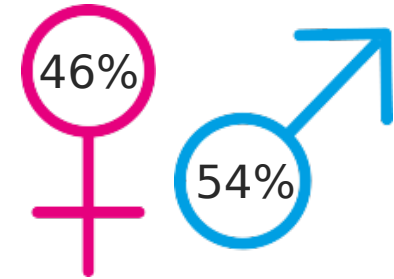
Your Key Numbers

109
Employees

8
Departments

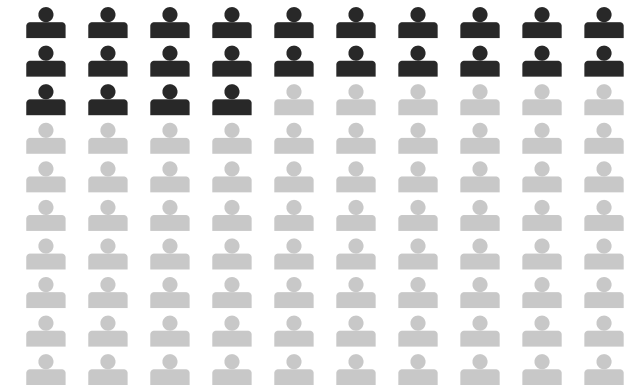
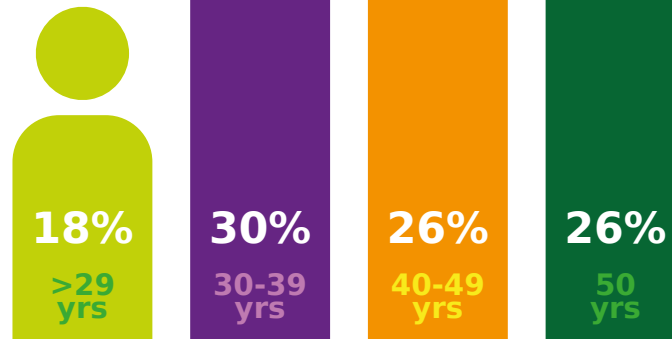
Employee's Biggest Concerns

- 31% No Concerns
- 21% Activity
- 17% Mental Health



Our Most Frequent Advice

- 1 Be More Active
- 2 Improve Fitness levels
- 3 Improve Hydration



GP Referrals

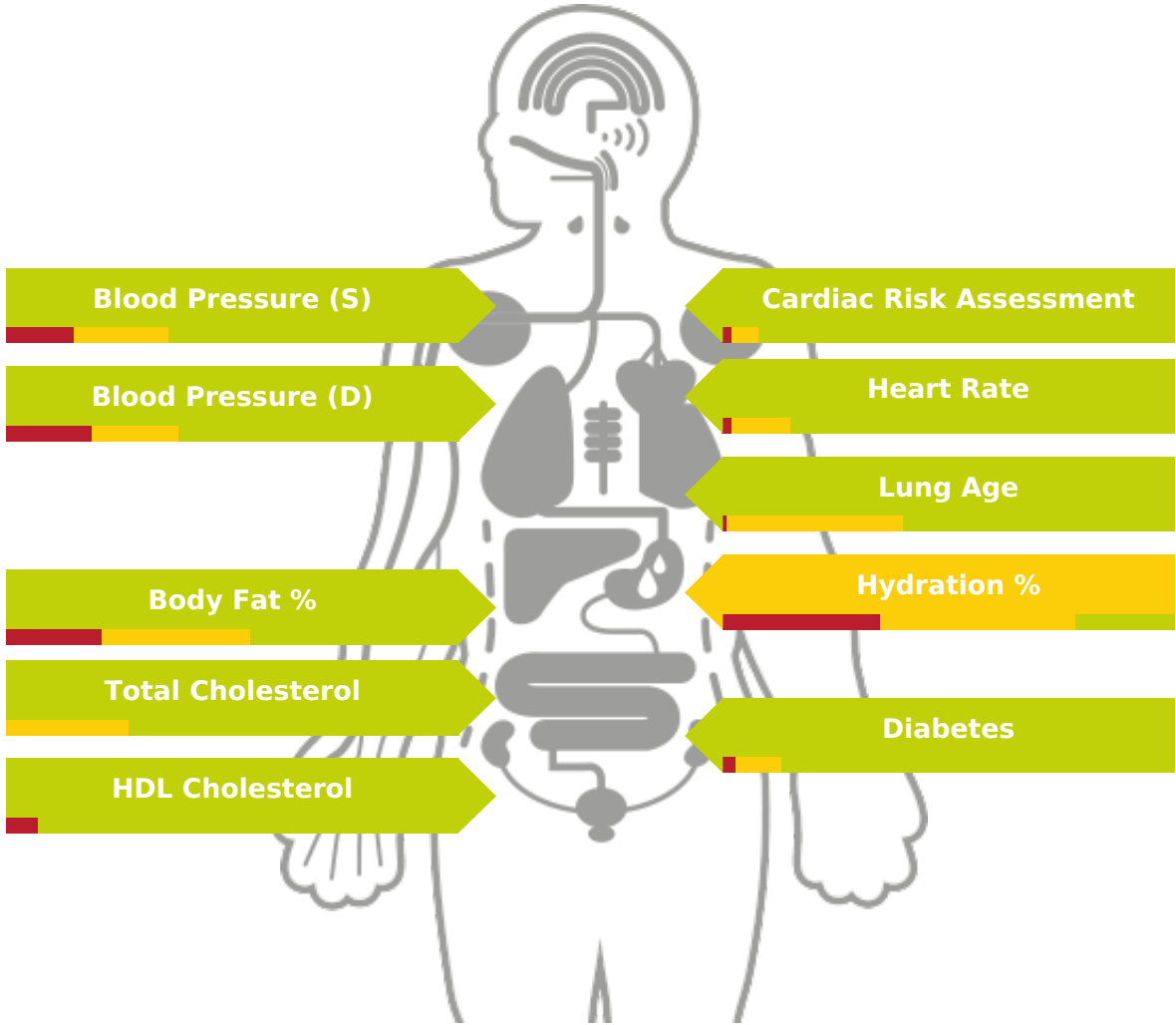


60% have healthy lung age
87% have healthy diabetes levels

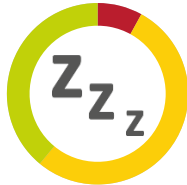
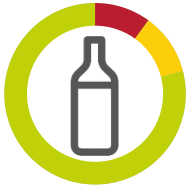


54% have unhealthy body fat levels
88% do not do enough activity each week

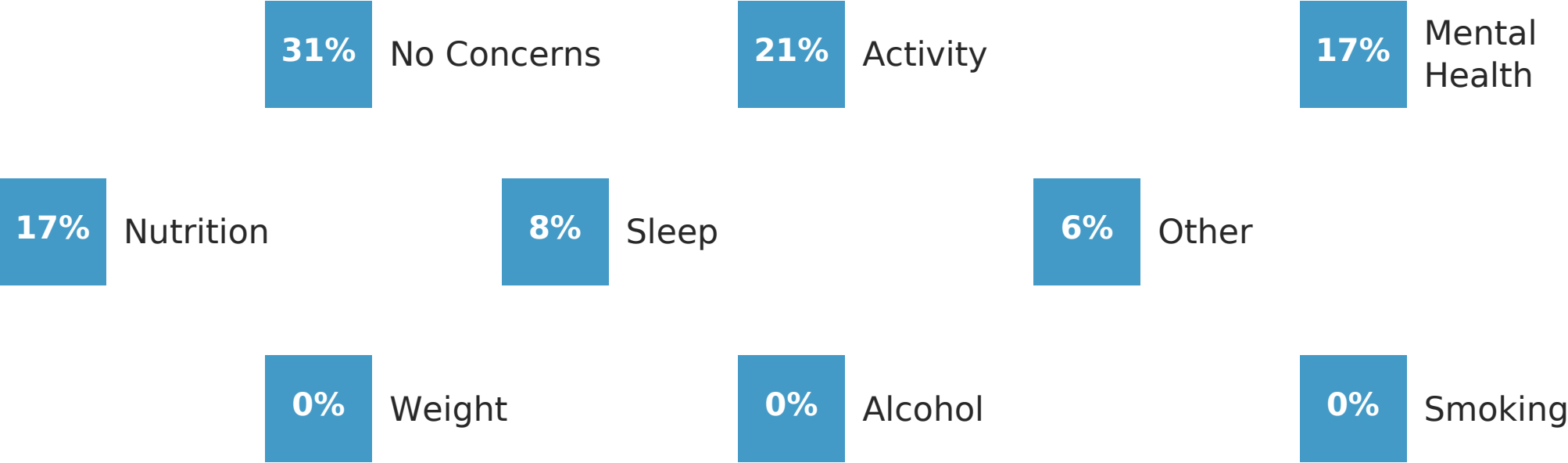
Lifestyle and Health Assessment Overview



GP Referrals



Biggest Health Concern

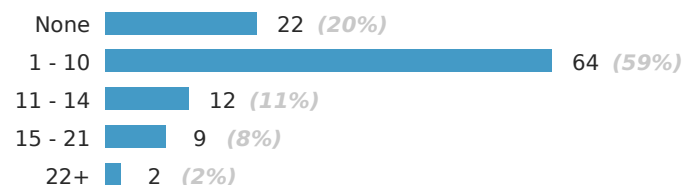


Most Frequent Advice

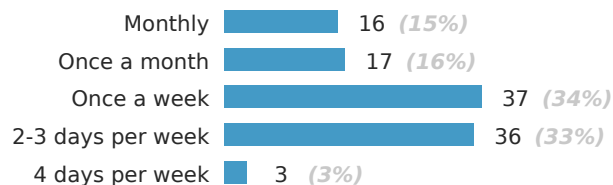
- Be More Active
- Improve Fitness levels
- Improve Hydration
- Healthy Eating
- Improve Muscular Strength
- Cholesterol

Pre Screening Questionnaire Analysis

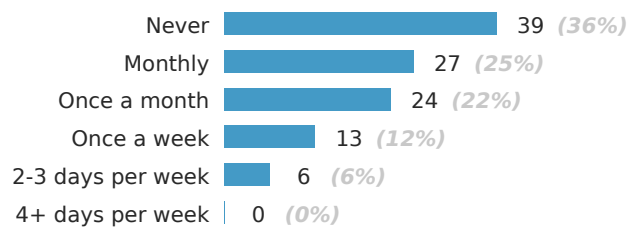
Units of alcohol consumed in a typical week



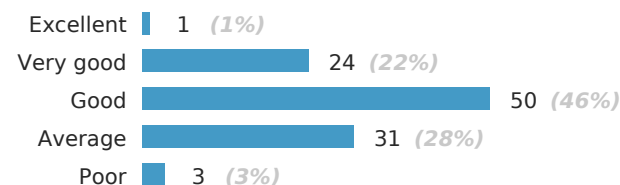
How often do you have an alcoholic drink?



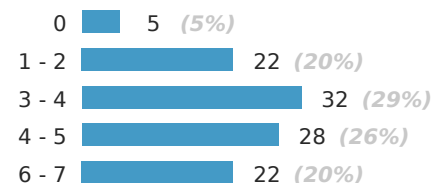
Units drunk 6 (women) or 8 (men) on single occasion



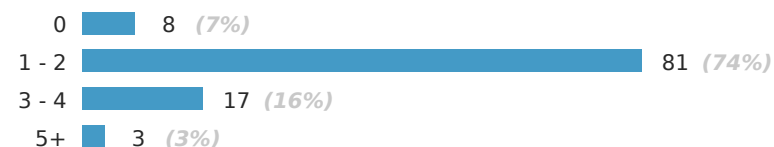
How would you describe your dietary habits?



How many days per week do you eat fruit and veg?



How many days per week do you eat high sugar and high fat foods?

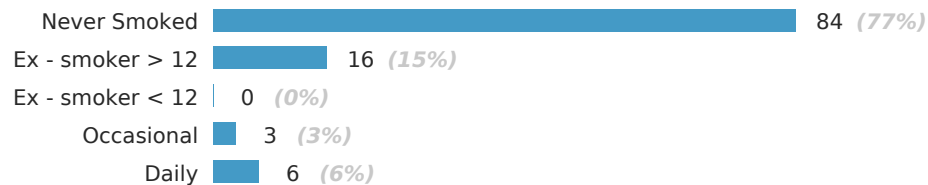


6-8 glasses of water drunk each day

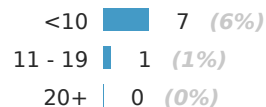


Pre Screening Questionnaire Analysis

Which of the following best describes your smoking status?



On average, how many do you smoke per day?



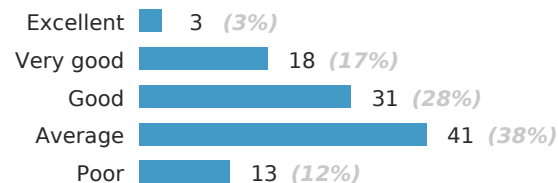
Do you use e-cigarettes?



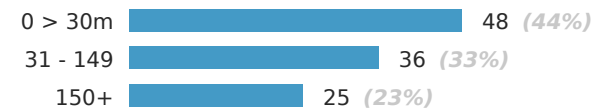
How many hours of sleep do you get a night?



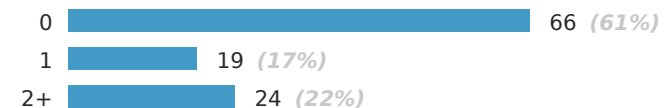
How do you rate the quality of your sleep?



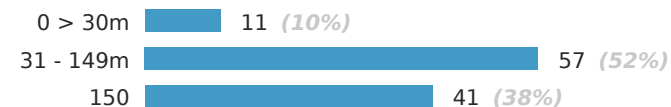
High/moderate exercise each week



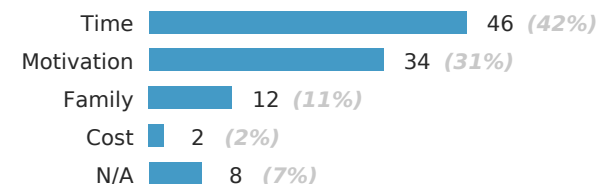
Strength/resistance/weight training each week



Low intensity activity training each week



Biggest barrier to being more active

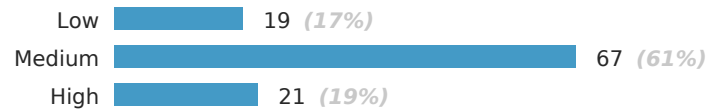


Pre Screening Questionnaire Analysis

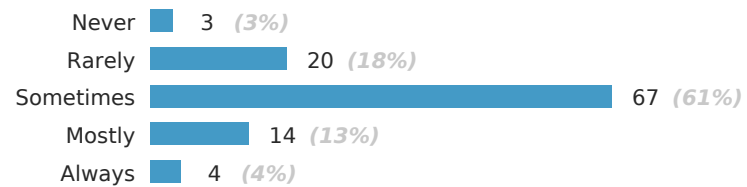
Estimated hours spent sitting



Rate your stress levels



How often do demands placed have a negative wellbeing effect?



Business Unit Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Business Unit	Sleep	Activity	Nutrition	Smoking	Alcohol	Stress
Baseline Average	53%	30%	42%	82%	74%	38%
Your Company Score	39%	12%	27%	96%	79%	11%
Strategy (38)	27%	21%	26%	95%	74%	5%
Research & Development (50)	48%	8%	30%	97%	80%	16%
Other (19)	39%	39%	16%	95%	84%	11%

Business Unit Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Business Unit	BP Sys	BP Dia	Heart Rate	Body Fat	Hydration	Lung Age
Baseline Average	69%	72%	90%	52%	65%	55%
Your Company Score	64%	61%	85%	47%	22%	60%
Strategy (38)	58%	68%	89%	42%	16%	69%
Research & Development (50)	72%	54%	80%	47%	24%	57%
Other (19)	61%	67%	89%	61%	29%	47%

Business Unit Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Business Unit	Cholesterol	HDL	Diabetes
Baseline Average	67%	84%	84%
Your Company Score	73%	93%	87%
Strategy (38)	66%	97%	87%
Research & Development (50)	76%	90%	86%
Other (19)	89%	94%	89%

Location Analysis

Baseline Average Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score % of those within your organisation who fall within the green/healthy category

Green / Red box the highest/lowest score for each test

Location	Sleep	Activity	Nutrition	Smoking	Alcohol	Stress
Baseline Average	53%	30%	42%	82%	74%	38%
Your Company Score	39%	12%	27%	96%	79%	11%
Birmingham (16)	38%	13%	13%	97%	94%	19%
Southampton (26)	44%	4%	35%	96%	77%	8%
Other (65)	38%	38%	26%	95%	75%	11%

Location Analysis

Baseline Average Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score % of those within your organisation who fall within the green/healthy category

Green / Red box the highest/lowest score for each test

Location	BP Sys	BP Dia	Heart Rate	Body Fat	Hydration	Lung Age
Baseline Average	69%	72%	90%	52%	65%	55%
Your Company Score	64%	61%	85%	47%	22%	60%
Birmingham (16)	75%	63%	94%	56%	56%	47%
Southampton (26)	64%	64%	88%	54%	29%	55%
Other (65)	63%	60%	82%	43%	11%	65%

Location Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Location	Cholesterol	HDL	Diabetes
Baseline Average	67%	84%	84%
Your Company Score	73%	93%	87%
Birmingham (16)	81%	94%	88%
Southampton (26)	84%	92%	92%
Other (65)	69%	94%	85%

Department Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Department	Sleep	Activity	Nutrition	Smoking	Alcohol	Stress
Baseline Average	53%	30%	42%	82%	74%	38%
Your Company Score	39%	12%	27%	96%	79%	11%
Sales (27)	26%	4%	15%	94%	81%	19%
IT (28)	30%	18%	21%	98%	75%	
Marketing (19)	33%	5%	21%	92%	79%	
Operations (21)	57%	19%	38%	95%	76%	24%
Other (12)	67%	67%	50%	100%	83%	17%

Department Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Department	BP Sys	BP Dia	Heart Rate	Body Fat	Hydration	Lung Age
Baseline Average	69%	72%	90%	52%	65%	55%
Your Company Score	64%	61%	85%	47%	22%	60%
Sales (27)	67%	63%	85%	41%	12%	52%
IT (28)	78%	74%	85%	48%	22%	64%
Marketing (19)	58%	47%	89%	47%	37%	67%
Operations (21)	52%	62%	86%	45%	20%	60%
Other (12)	67%	50%	75%	67%	25%	55%

Department Analysis

Baseline Average

Healthy Performance average of those falling within the green/healthy category (from over 100,000 assessments)

Your Company Score

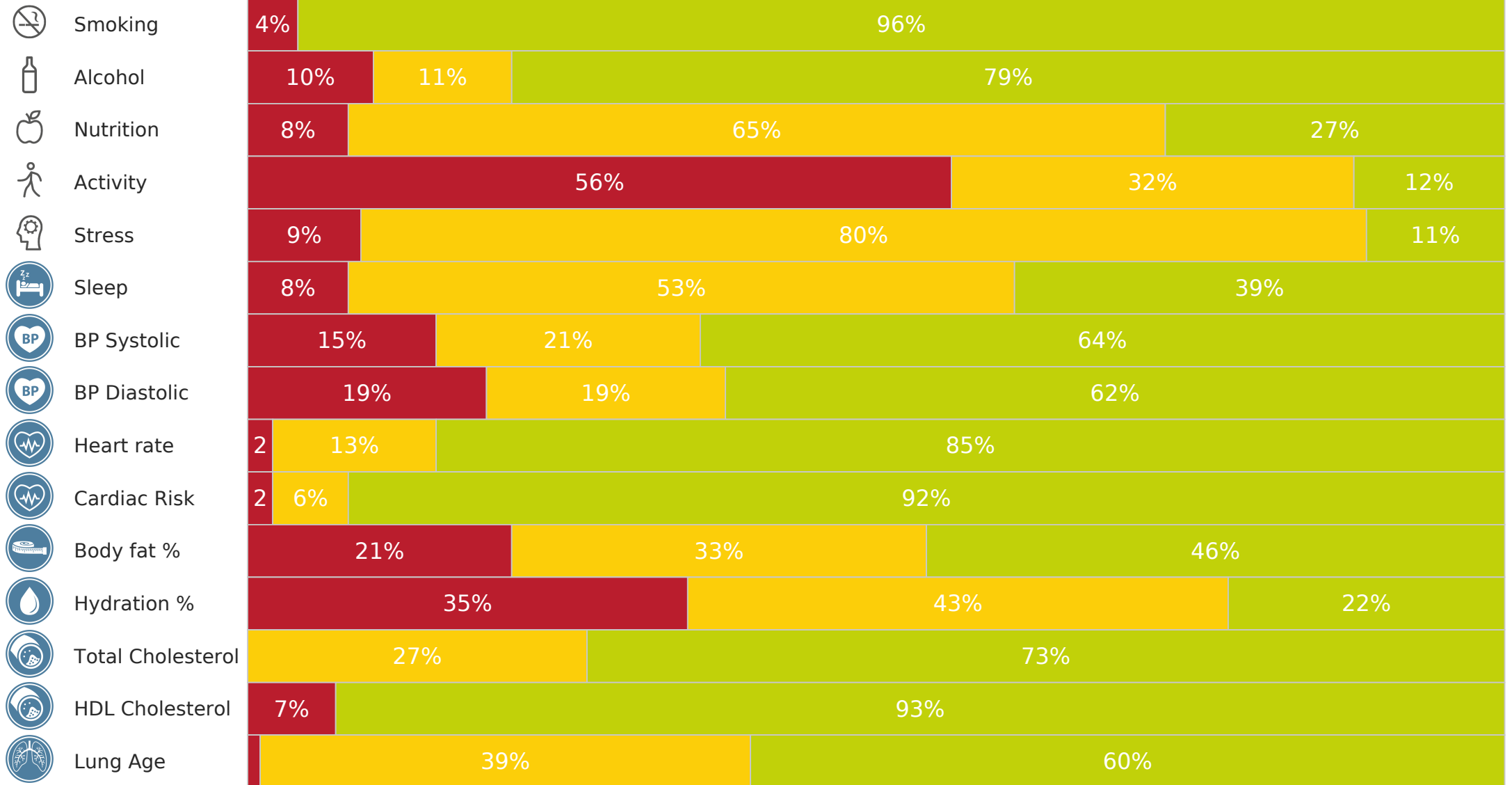
% of those within your organisation who fall within the green/healthy category

Green / Red box

the highest/lowest score for each test

Department	Cholesterol	HDL	Diabetes
Baseline Average	67%	84%	84%
Your Company Score	73%	93%	87%
Sales (27)	85%	96%	81%
IT (28)	74%	93%	85%
Marketing (19)	74%	89%	100%
Operations (21)	62%	90%	76%
Other (12)	75%	100%	100%

Your Numbers



Your Numbers



Diabetes



You may be interested to know

87% have identified high/medium stress levels
and of these

33% have high/borderline blood pressure

88% have low activity levels
and

54% borderline or high body fat levels

93% eat high sugar/fatty snacks
and of these

51% have borderline or high body fat levels

87% *have identified high/medium stress levels*
and of these

57% *rate their sleep quality as poor or average*

93% *eat high sugar/fatty snacks*
and of these

13% *borderline or high glucose levels*

50% *believe their sleep quality and quantity is poor or average*

You may be interested to know

50% believe their sleep quality is poor or average

and of these

15% have borderline of high blood pressure

61% do not drink 6-8 glasses of water each day

and of these

70% have below recommended hydration levels

73% suggest they have poor/average nutrition levels

and of these

56% have borderline or high body fat levels

21% consume a high quantity of alcohol

and also

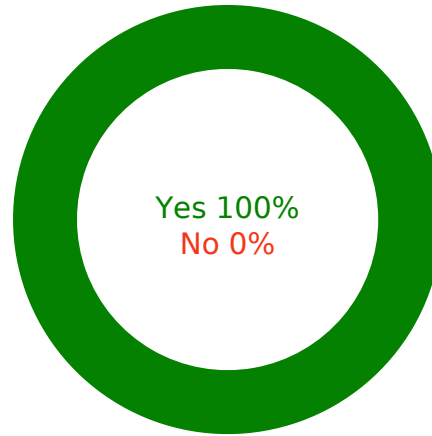
61% borderline or high body fat levels

Employee Feedback

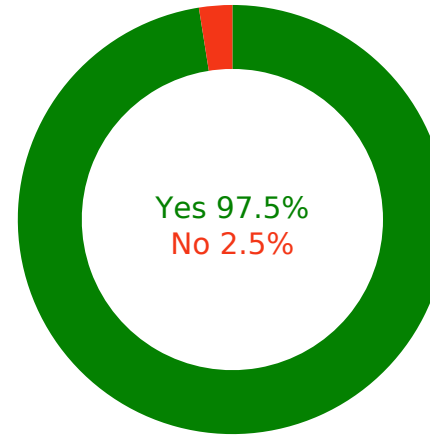
Booking Experience



Start On Time



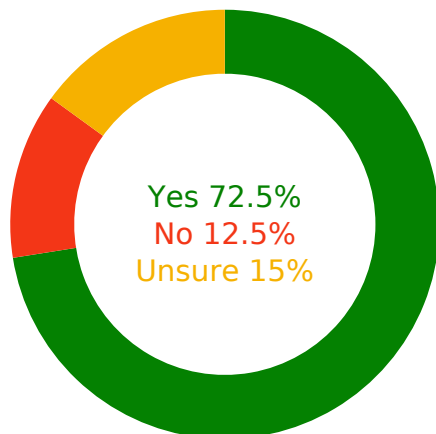
Enough Time



Professionalism



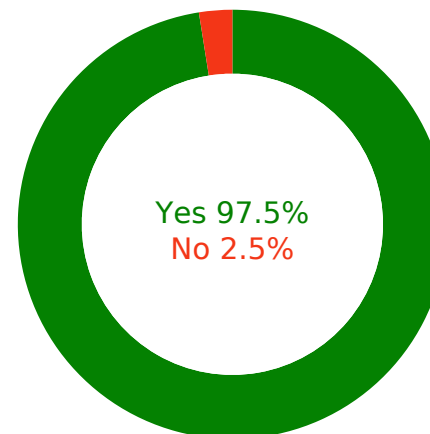
Lifestyle Changes



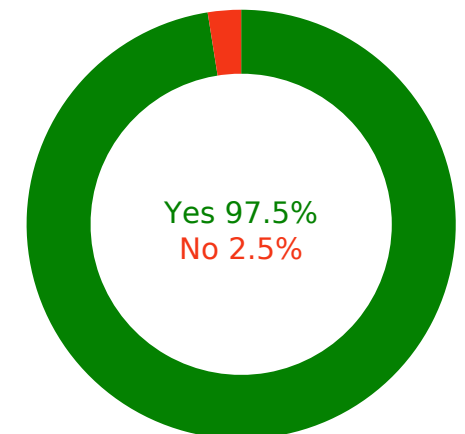
Assessment Rating



Recommend



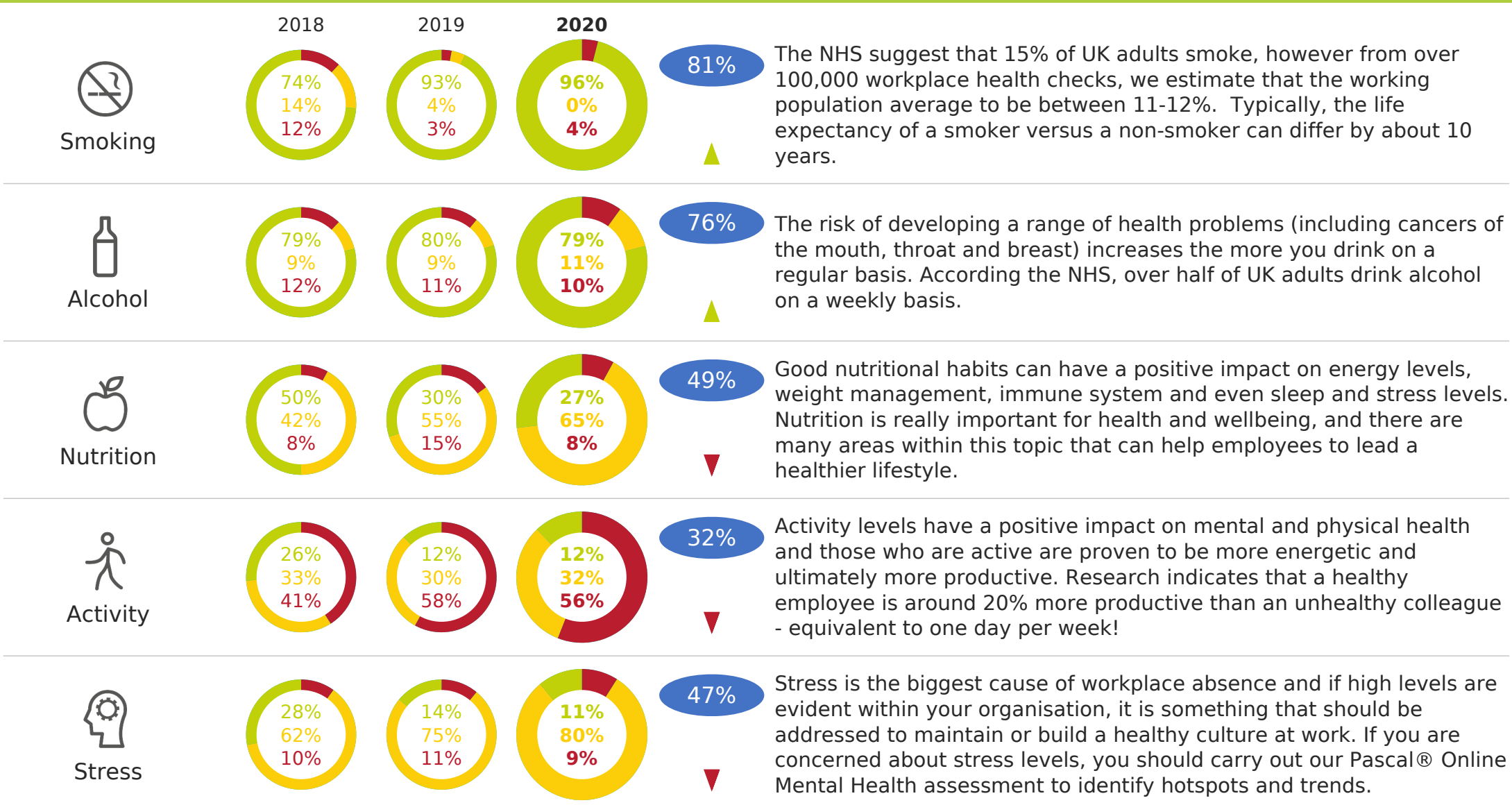
Future Participation



40 employees (37%) took part in the feedback.

Comparisons

Green ▲ Red ▼ compares this year's data for each test against the baseline average from over 100,000 tests.



Denotes Healthy Performance's green/healthy category average from over 150,000 workplace health assessments.

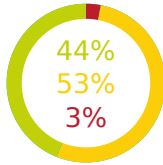
Comparisons

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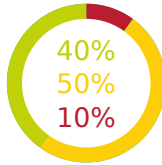


Sleep

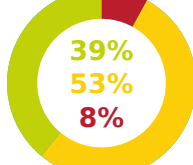
2018



2019



2020



53%

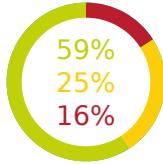


Nearly 60% of UK adults don't feel they get enough sleep and as sleeping is essential for good health and wellbeing it is a fundamental part of a healthy lifestyle. Sleep is fast becoming one of the main wellbeing issues and something that is one of the key concerns for a large proportion of UK adults.

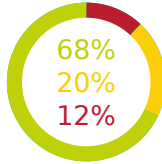


BP Systolic

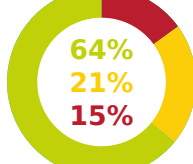
2018



2019



2020



68%

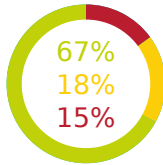


High blood pressure (hypertension) puts additional strain on the heart and blood vessels that can cause them to become weaker or damaged, ultimately leading to heart disease, stroke and kidney disease. 37% of UK adults are thought to have high blood pressure.

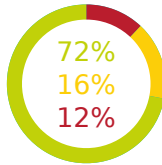


BP Diastolic

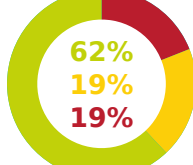
2018



2019



2020



70%

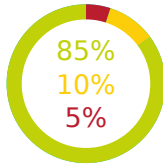


High blood pressure (hypertension) puts additional strain on the heart and blood vessels that can cause them to become weaker or damaged, ultimately leading to heart disease, stroke and kidney disease. 37% of UK adults are thought to have high blood pressure.

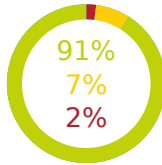


Heart rate

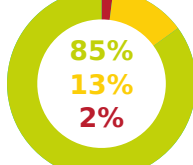
2018



2019



2020



89%

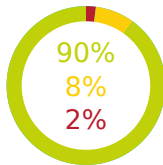


Many factors impact on heart rate levels, so results can be difficult to compare with any great relativity. However it is known that improved activity levels are often linked to lower heart rate levels as the healthier we get, the more blood the heart pumps around the body with every beat.

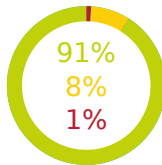


Cardiac Risk

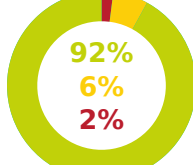
2018



2019



2020



93%

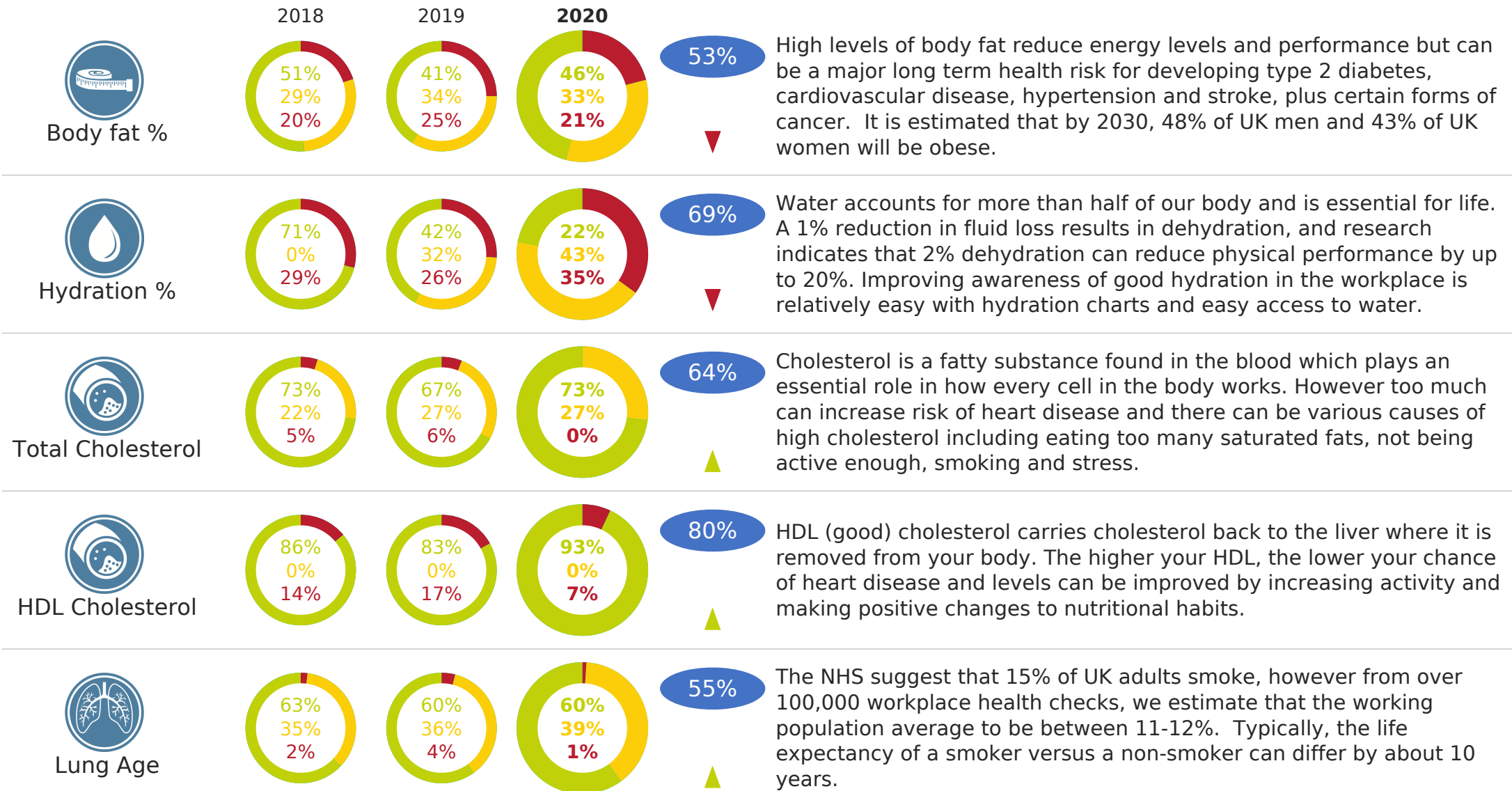


There are different formulas for calculating 'Cardiac Risk' and we use QRISK, a formula used by the NHS and GP's across the UK. All formulas for calculating Cardiac Risk take into key health related factors such as Blood Pressure, Cholesterol and Smoking Habits, some also take into account lifestyle issues and family history.

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Comparisons

Green ▲ Red ▼ compares this year's data for each test against the baseline average from over 100,000 tests.



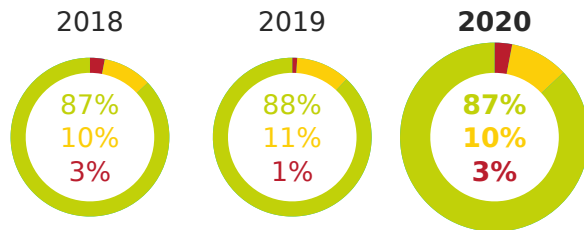
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Diabetes



There are two forms of diabetes - Type 1, often diagnosed in childhood and requiring insulin injections, and Type 2, often related to poor lifestyle. Diabetes occurs when glucose levels in blood become too high causing an increased risk of heart disease, stroke, kidney damage and other health issues.



Uptake



We highlight uptake levels for your health screening programme to show engagement levels across the organisation. On average we find that between 50-60% of employees will participate in a health screening programme.

Green = Healthy Amber = Borderline Red = Unhealthy

Thank you for choosing Healthy Performance for your Employee Healthy Screening programme. To support your wider strategy, we offer a range of services that can be tailored around your organisation to tackle hotspots and trends. We can also implement various initiatives to measure wellbeing and track progress over time.

For further details please contact us:

0800 170 1777

team@healthyperformance.co.uk

www.healthyperformance.co.uk

POWERED BY  **healthy**performance[®]



Onsite Employee
Health Checks



MyWellbeingCheck[®]
Online Assessment



Health & Wellbeing
Packages



Health Promotion
& Education



Mental Health
& Resilience



Legal Requirements
& Back Care



Wellbeing
Strategy