“Know Your Numbers”

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Objectives

- Describe the “Know Your Numbers” project plan and goals
- Explain how and why adjustments were made to this plan to meet the needs of the community
- Discuss the results of our screenings
- Describe how materials from this project can be used in the future
The Project Plan: Initial Goals

- Provide comprehensive health screenings to members of the community with limited access to healthcare
  - Diabetes
  - Hypertension
  - Hyperlipidemia
  - Obesity
  - Smoking Cessation
  - Alcohol Use
  - Stress
  - Sleep
- Improve health awareness
- Provide educational materials
Provide comprehensive health screens including counseling and educational information in the following areas:
  ◦ Hypertension
  ◦ Hyperlipidemia
  ◦ Body Mass Index

Also screen for diabetes

Give informational handouts for blood pressure, cholesterol, BMI, and adult preventative health measures

Gather information on previous screenings, smoking status, alcohol use, perceived stress levels and perceived eating habits.
57 participants underwent comprehensive screenings
- 22 Females
- 35 Males
Who had been previously screened

- **Hyperlipidemia**
  - Unreported: 9.00%
  - Previously Screened: 35%
  - No Previous Screen: 56%

- **Hypertension**
  - Unreported: 9.00%
  - Previously Screened: 54%
  - No Previous Screen: 37%

- **Diabetes**
  - Unreported: 9%
  - Previously Screened: 30.00%
  - No Previous Screen: 61%
Screening Results

Blood Sugar
- Normal: 74%
- Borderline: 15%
- High: 11%

Hyperlipidemia
- Normal: 69%
- Borderline: 18.50%
- High: 13%

Hypertension
- Normal: 28%
- Borderline: 34%
- High: 38%

BMI
- Normal: 28%
- Overweight: 34%
- Obese: 28%
Other Information

- **Leisure Activity Level:**
  - Inactive: 23%
  - Slightly Active: 7%
  - Moderately Active: 27%
  - Very Active: 27%
  - Extremely Active: 16%

- **Perceived Stress**
  - 1–3 (low): 34%
  - 4–7 (moderate): 43%
  - 8–10 (high): 23%

- **Perceived Eating Habits**
  - Not concerned: 30%
  - Moderate concern: 52%
  - Highly concerned: 18%
Smokers: 48% of the participants are current smokers.

Of those who reported how long they have been smoking:
- 0–10 years: 17%
- 11–20 years: 31%
- 21–30 years: 4%
- 31–40 years: 35%
- 40+ years: 13%
60% of participants reported using alcohol

17% of participants said that they would be interested in information to reduce alcohol use.
Feedback From Patients

“I didn’t take my medications today because I wanted a true reading.”

“I had no idea that’s how someone should set goals.”

“I can’t have a colonoscopy because I don’t have a bathroom/place to prep.”

“Doing this at football games is great. Parents can support their kids and still take time for themselves.”
Looking Forward

- Acquire CardioChek Analyzer for cholesterol and glucose checks
- Utilize the blood pressure and cholesterol handouts at screenings.
- Utilize Adult Preventative Healthcare Guides by providers and at screenings to provide continuity in recommendations throughout UNHS.
- Utilize BMI booklets by providers and at screenings as a platform for conversations.
- Further implement current programs into health fairs/screenings.
- Consider adding information to reduce alcohol consumption with local resources listed for more intensive addiction treatment.