

Mountain View City Safety Personnel

Spring 2016 Wellness Assessment

Report Date: June 10, 2016

Prepared By

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Report Overview

The following report compares the average wellness behavior scores for two groups of people who match the criteria shown below. These behavior scores range from 0 to 100 and represent the percentage of healthy activities a person reports doing in a specific behavior area. If a person reports doing more than 65% of all the healthy activities in a behavior area (score > 65), it is considered excellent wellness behavior. If they report doing 33% to 65% of all the healthy activities (score 33-65), it is considered fair wellness behavior. A score below 33 indicates a behavior area the person should work on to improve their future health and wellness. The Total Wellness Score is the average of the five behavior area scores. If a person had a wellness evaluation two or more times during the test date range, the scores from their most recent evaluation are used in the report.

Primary Group

Gender: Male
Age: 30 to 39 years
Test Date Range: 01-Jun-2016 to 10-Jun-2016 Wellness Profile
Counselor: Gomez, Andrea
Group Contracts: Mtn. View Police

Comparison Group

Gender: Male
Age: 30 to 39 years
Test Date Range: 01-Jun-2016 to 10-Jun-2016 Wellness Profile
Counselor: Gomez, Andrea
Group Contracts: Mtn. View Fire

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■ Primary Group: 20
■ Comparison Group: 22

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Average Age: 35
 Average Age: 33

