

Mountain View City Fire Department

Spring 2016 Wellness Assessment Summary

Report Date: June 10, 2016

Prepared By

Andrea Gomez

Pacific Coast Wellness Center

650-932-5693

andrea@pacificcoast.com

Spring 2016 Wellness Assessment Summary

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Report Overview

The following report shows either the distribution of wellness behavior scores or the distribution of answers to the wellness evaluation or both for a group of people who match the group definition shown below. The 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. The Total Wellness Score is the average of the five behavior area scores.

Group Definition

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

Spring 2016 Wellness Assessment Summary

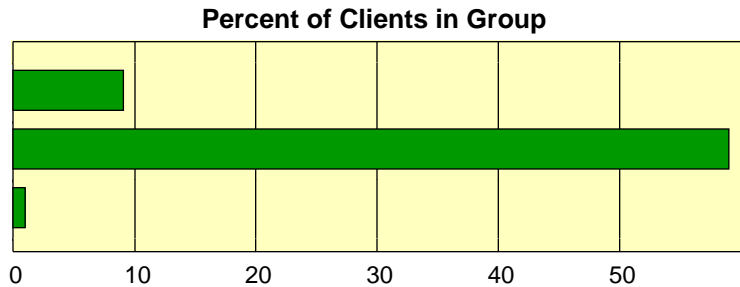
Jun 10, 2016

Average Age: 33

People in Group: 22

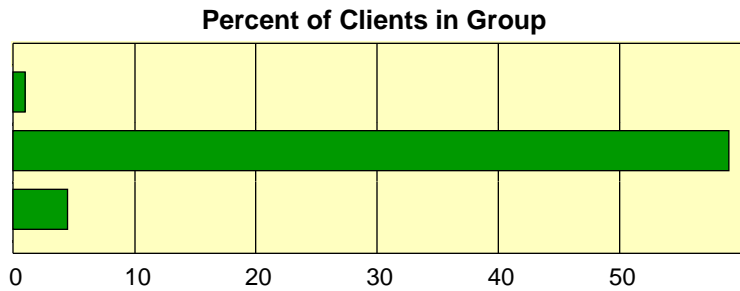
Exercise

	People	Percent
Excellent	2	9.1%
Fair	20	90.9%
Room for Improvement	0	0.0%
Total	22	



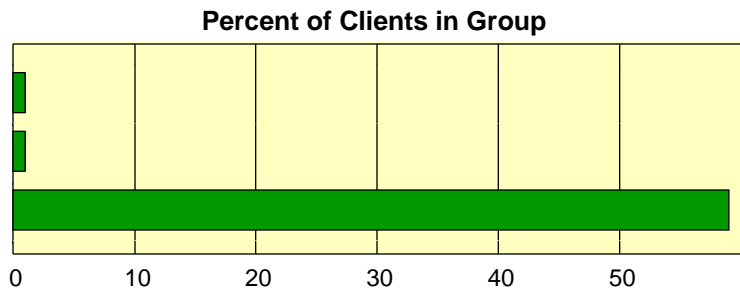
Nutrition

	People	Percent
Excellent	0	0.0%
Fair	21	95.5%
Room for Improvement	1	4.5%
Total	22	



Safety

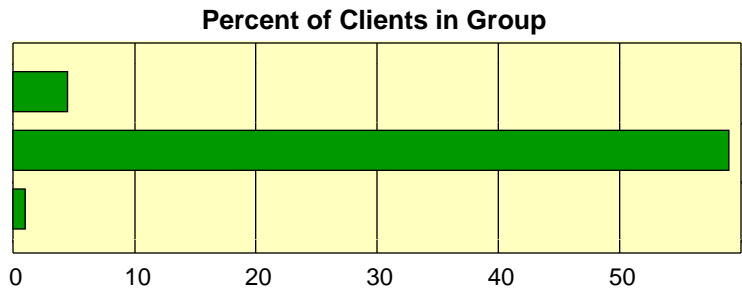
	People	Percent
Excellent	0	0.0%
Fair	0	0.0%
Room for Improvement	22	100.0%
Total	22	



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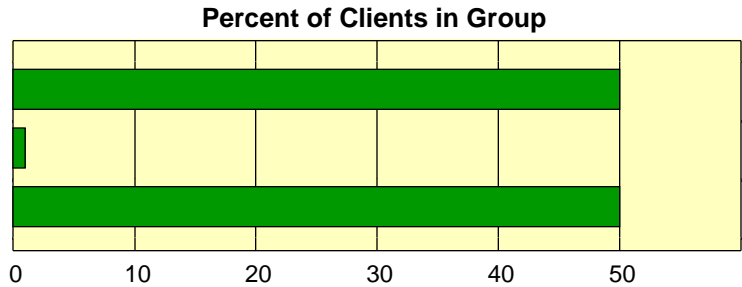
Stress

	People	Percent
Excellent	1	4.5%
Fair	21	95.5%
Room for Improvement	0	0.0%
Total	22	



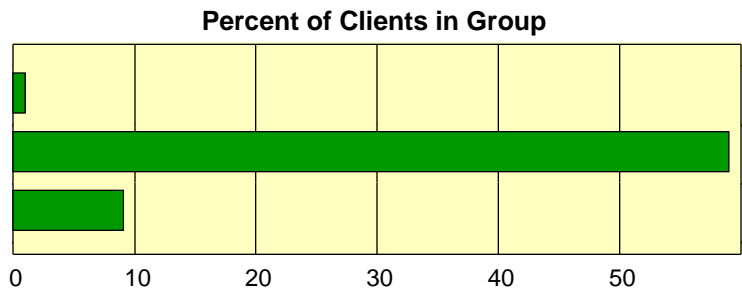
Tobacco

	People	Percent
Excellent	11	50.0%
Fair	0	0.0%
Room for Improvement	11	50.0%
Total	22	



Total Wellness

	People	Percent
Excellent	0	0.0%
Fair	20	90.9%
Room for Improvement	2	9.1%
Total	22	



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G1. Actions to Prevent Disease

Clients	Percent	Response
1	4.5%	0% (none at all)
0	0.0%	25%
21	95.5%	50%
0	0.0%	75%
0	0.0%	100% (all possible)

G2. Behavior Change to Improve Health

Clients	Percent	Response
0	0.0%	Exercise
22	100.0%	Nutrition
0	0.0%	Weight Management
0	0.0%	Alcohol
0	0.0%	Tobacco (smoking)
0	0.0%	Stress Management

EX1. Aerobic Activity Frequency

Clients	Percent	Response
21	95.5%	1 day a week
0	0.0%	2 days a week
1	4.5%	3 days a week
0	0.0%	4 days a week
0	0.0%	5 or more days a week
0	0.0%	None

EX2. On Job Vigorous Aerobic Frequency

Clients	Percent	Response
1	4.5%	1 day a week
20	90.9%	2 days a week
1	4.5%	3 days a week
0	0.0%	4 days a week
0	0.0%	5 days a week
0	0.0%	None
0	0.0%	No answer

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EX3. On Job Vigorous Aerobic Duration

Clients	Percent	Response
20	90.9%	10 minutes a day
2	9.1%	20 minutes a day
0	0.0%	30 minutes a day
0	0.0%	45 minutes a day
0	0.0%	60 minutes a day
0	0.0%	75 or more minutes a day
0	0.0%	No answer

EX4. On Job Moderate Aerobic Frequency

Clients	Percent	Response
0	0.0%	1 day a week
20	90.9%	2 days a week
2	9.1%	3 days a week
0	0.0%	4 days a week
0	0.0%	5 days a week
0	0.0%	None
0	0.0%	No answer

EX5. On Job Moderate Aerobic Duration

Clients	Percent	Response
22	100.0%	10 minutes a day
0	0.0%	20 minutes a day
0	0.0%	30 minutes a day
0	0.0%	45 minutes a day
0	0.0%	60 minutes a day
0	0.0%	75 or more minutes a day
0	0.0%	No answer

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EX6. Off Job Vigorous Aerobic Frequency

Clients	Percent	Response
0	0.0%	1 day a week
21	95.5%	2 days a week
0	0.0%	3 days a week
1	4.5%	4 days a week
0	0.0%	5 or more days a week
0	0.0%	None
0	0.0%	No answer

EX7. Off Job Vigorous Aerobic Duration

Clients	Percent	Response
20	90.9%	10 minutes a day
1	4.5%	20 minutes a day
1	4.5%	30 minutes a day
0	0.0%	45 minutes a day
0	0.0%	60 minutes a day
0	0.0%	75 or more minutes a day
0	0.0%	No answer

EX8. Off Job Moderate Aerobic Frequency

Clients	Percent	Response
1	4.5%	1 day a week
20	90.9%	2 days a week
1	4.5%	3 days a week
0	0.0%	4 days a week
0	0.0%	5 or more days a week
0	0.0%	None
0	0.0%	No answer

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EX9. Off Job Moderate Aerobic Duration

Clients	Percent	Response
21	95.5%	10 minutes a day
1	4.5%	20 minutes a day
0	0.0%	30 minutes a day
0	0.0%	45 minutes a day
0	0.0%	60 minutes a day
0	0.0%	75 or more minutes a day
0	0.0%	No answer

EX10. Does Muscle-Enhancing Activities

Clients	Percent	Response
0	0.0%	No
21	95.5%	Yes, some of these muscle groups
1	4.5%	Yes, all of these muscle groups

EX11. Muscle-Enhancing Frequency

Clients	Percent	Response
21	95.5%	Less than 1 day a week
0	0.0%	1 day a week
1	4.5%	2 or more days a week
0	0.0%	DO NOT DELETE. Pre HW 5.4.8 active
0	0.0%	DO NOT DELETE. Pre HW 5.4.8 active
0	0.0%	DO NOT DELETE. Pre HW 5.4.8 active
0	0.0%	No answer

NU1. Eat Breakfast

Clients	Percent	Response
1	4.5%	Never
21	95.5%	Occasionally
0	0.0%	Most of the time
0	0.0%	Always

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NU2. Eat Foods High in Calcium

Clients	Percent	Response
20	90.9%	Less than 1 serving each day
1	4.5%	1-2 servings each day
1	4.5%	3 or more servings each day

NU3. Eat Foods High in Fiber

Clients	Percent	Response
1	4.5%	Less than 1 serving each day
20	90.9%	1-2 servings each day
1	4.5%	3-4 servings each day
0	0.0%	5 or more servings each day

NU4. Eat Foods High in Fat

Clients	Percent	Response
20	90.9%	Less than 1 serving each day
2	9.1%	1-2 servings each day
0	0.0%	3-4 servings each day
0	0.0%	5 or more servings each day

NU5. Choose Low Fat Foods

Clients	Percent	Response
1	4.5%	Never
20	90.9%	Occasionally
1	4.5%	Often

NU6. Add Salt

Clients	Percent	Response
21	95.5%	Never
1	4.5%	Occasionally
0	0.0%	Often

NU7. Read Nutrition Labels

Clients	Percent	Response
0	0.0%	Never
21	95.5%	Occasionally
1	4.5%	Often

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NU8. Alcoholic Drinks per Week

Clients	Percent	Response
19	86.4%	Less than 1 drink/week
1	4.5%	1 - 7 drinks/week
2	9.1%	8 - 14 drinks/week
0	0.0%	More than 14 drinks/week

NU9. Alcoholic Drinks per Setting

Clients	Percent	Response
2	9.1%	1 - 2 drinks/setting
1	4.5%	3 - 5 drinks/setting
0	0.0%	More than 5 drinks/setting
19	86.4%	No answer

NU10. Days per Week Drink Alcohol

Clients	Percent	Response
1	4.5%	Less than 1 day/week
2	9.1%	1 - 2 days/week
0	0.0%	3 - 5 days/week
0	0.0%	6 - 7 days/week
19	86.4%	No answer

SF1. Ride with Drunk Driver

Clients	Percent	Response
0	0.0%	None
22	100.0%	One or more times

SF2. Use Seat Belt

Clients	Percent	Response
21	95.5%	Never -- 0%
0	0.0%	Seldom -- 1-39%
0	0.0%	Sometimes -- 40-79%
1	4.5%	Nearly always -- 80-99%
0	0.0%	Always -- 100%

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SF3. Drive Safe or Aggressive

Clients	Percent	Response
0	0.0%	Safe and deliberate
21	95.5%	Sometimes take chances
1	4.5%	Aggressive

SF4. Use Protection from Sun Light

Clients	Percent	Response
20	90.9%	Never
1	4.5%	Occasionally
1	4.5%	Often
0	0.0%	Always

SF5. Wear Bike Helmet

Clients	Percent	Response
2	9.1%	Never
20	90.9%	Occasionally
0	0.0%	Often
0	0.0%	Always
0	0.0%	Don't ride such a vehicle

SF6. Home has Smoke Detector

Clients	Percent	Response
20	90.9%	Yes
1	4.5%	No
1	4.5%	Not sure

SF7. Lift Objects Properly

Clients	Percent	Response
0	0.0%	Yes
21	95.5%	No
1	4.5%	Not sure

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TB1. Exposure to Second-hand Smoke

Clients	Percent	Response
20	90.9%	None
0	0.0%	A little
2	9.1%	A lot

TB2. Use Tobacco Products

Clients	Percent	Response
3	13.6%	Yes
19	86.4%	No

TB3. Smoke Cigarettes

Clients	Percent	Response
10	45.5%	Currently smoke
2	9.1%	Used to smoke
10	45.5%	Never smoked

TB4. Reason have not Quit Smoking

Clients	Percent	Response
1	4.5%	Can not break the addiction
9	40.9%	Too much stress in my life
0	0.0%	Enjoy smoking
0	0.0%	Afraid to gain weight
12	54.5%	No answer

ST1. Effect of Stress on Your Health

Clients	Percent	Response
20	90.9%	None
1	4.5%	Not much
1	4.5%	A lot

ST2. Current Stress Effects Health

Clients	Percent	Response
1	4.5%	Yes
21	95.5%	No
0	0.0%	Not sure



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ST3. Deal with Stress

Clients	Percent	Response
20	90.9%	Not effective
1	4.5%	Somewhat effective
1	4.5%	Effective
0	0.0%	Not sure

ST4. Get Enough Sleep

Clients	Percent	Response
2	9.1%	Yes
20	90.9%	No
0	0.0%	Not sure

ST5. Feel Tense, Anxious or Upset

Clients	Percent	Response
19	86.4%	Never
2	9.1%	Occasionally
1	4.5%	Often

ST6. Have Emotional Support

Clients	Percent	Response
2	9.1%	Yes
20	90.9%	No

ST7. Friends Suggest You Slow Down

Clients	Percent	Response
20	90.9%	Never
2	9.1%	Occasionally
0	0.0%	Often

ST8. Get Irritated with Other People

Clients	Percent	Response
1	4.5%	Never
20	90.9%	Occasionally
1	4.5%	Often

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ST9. Feel Daily Events are a Struggle

Clients	Percent	Response
20	90.9%	Never
1	4.5%	Occasionally
1	4.5%	Often

ST10. Personal Loss in Past Year

Clients	Percent	Response
3	13.6%	Yes, 1 loss/misfortune
19	86.4%	Yes, 2 or more losses/misfortunes
0	0.0%	No