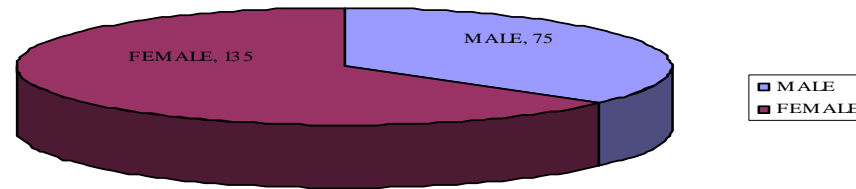




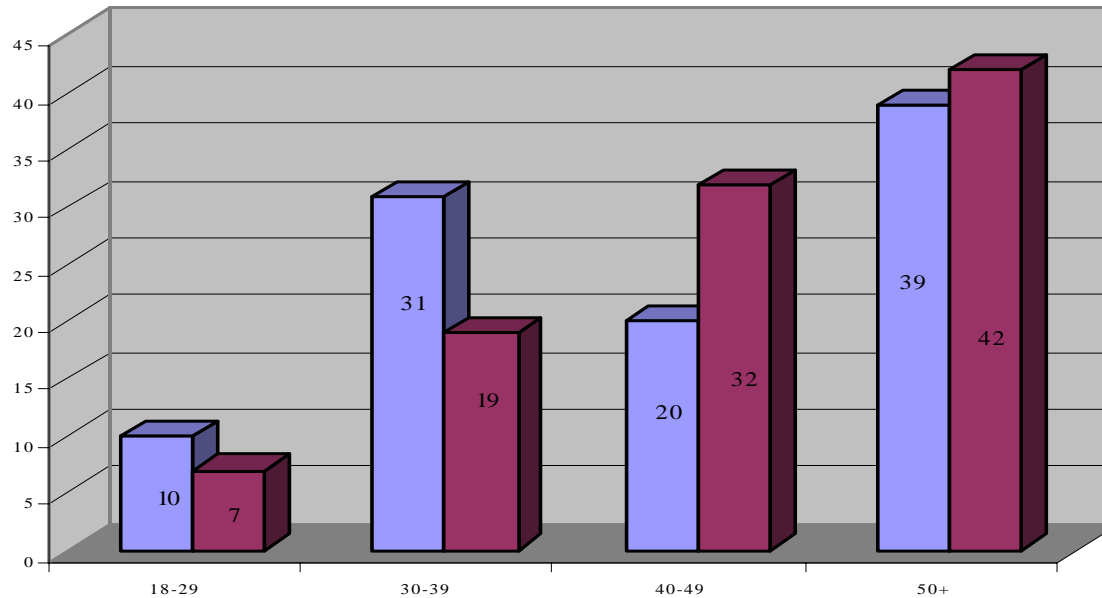
MIDDLEBURY COLLEGE

Health Screening 2004 Data

TOTAL = 210 Respondents



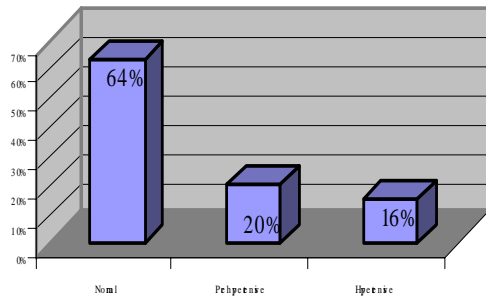
Demographics - Age & Gender



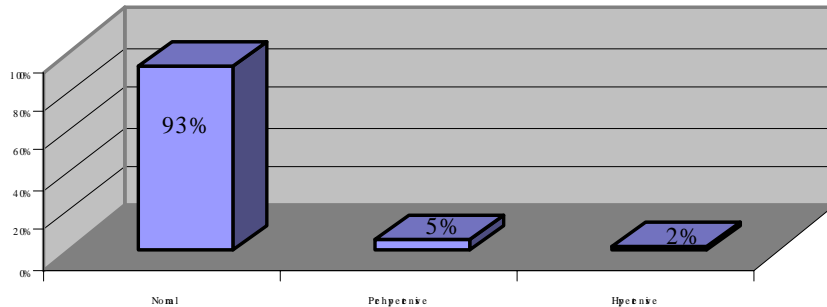


Blood Pressure

Sys to lic



Dias to lic



<129 Normal
 130-139 Prehypertensive
 140+ Hypertensive

<84 Normal
 85-89 Prehypertensive
 90+ Hypertensive

Risk Factors

37% report family history elevated blood pressure

14% report a family history of stroke

9% use tobacco

51% do not limit salt in their diets

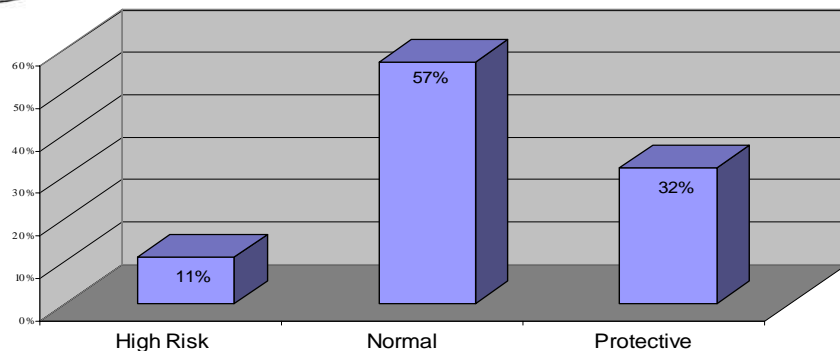
42% do not exercise regularly

57% are above ideal weight



HDL Values

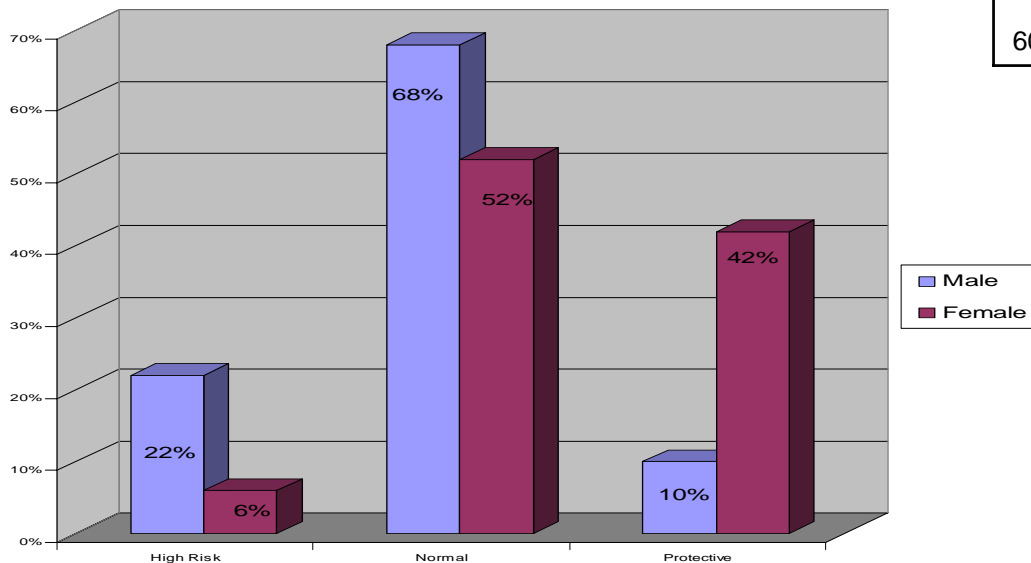
HDL Values General Population



Risk Factors for Low HDL

- 9%: tobacco products
- 48%: physical inactivity
- 57%: above ideal weight

HDL Levels by Gender

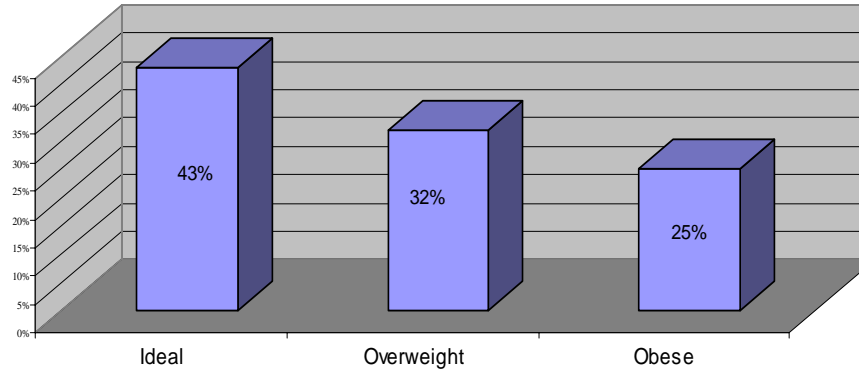


- <39 High Risk
- 40-59 Normal
- 60+ Protective



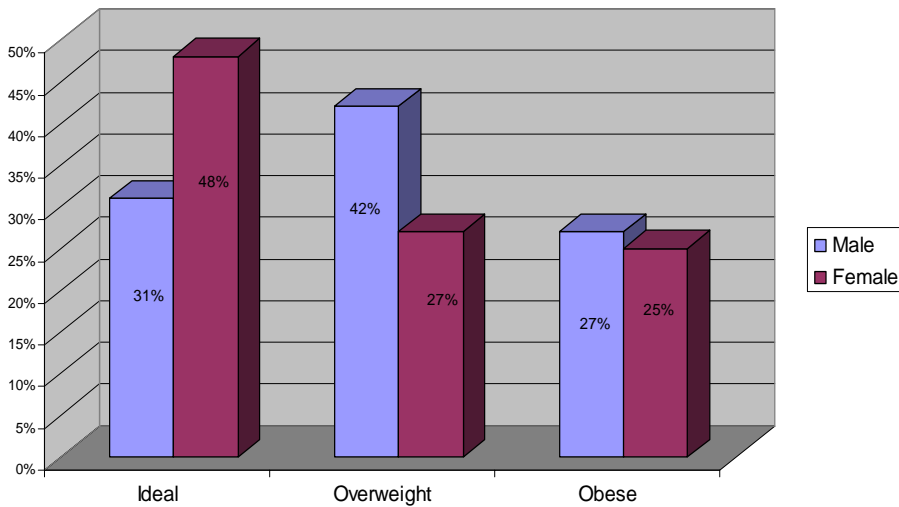
Body Mass Index

BMI General Population

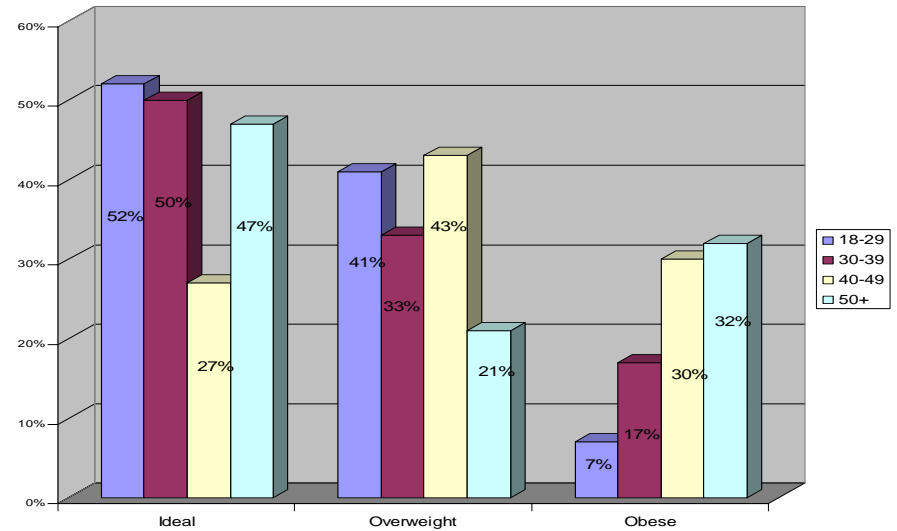


<24 Ideal
25-29 Overweight
30+ Obese

Body Mass Index Levels by Gender



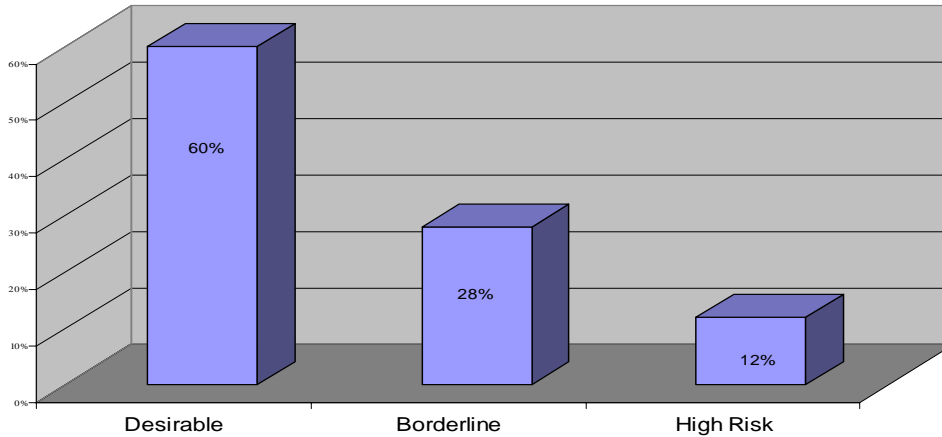
Body Mass Index Levels by Category





Total Cholesterol

General Population



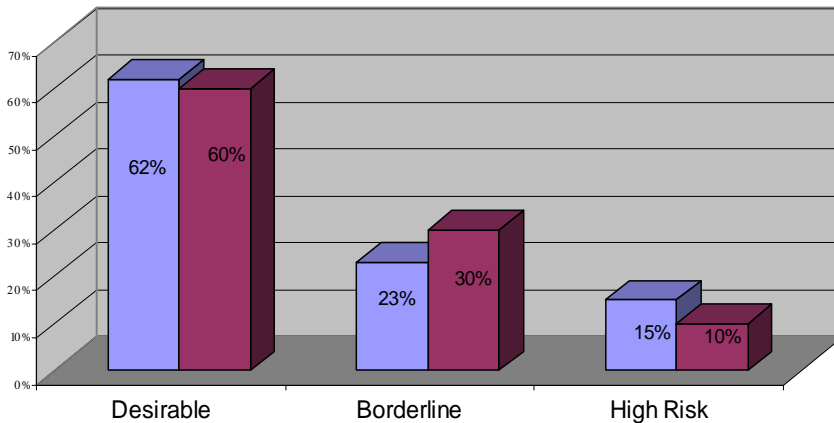
Risk Factors

43%: do not limit fat in diet

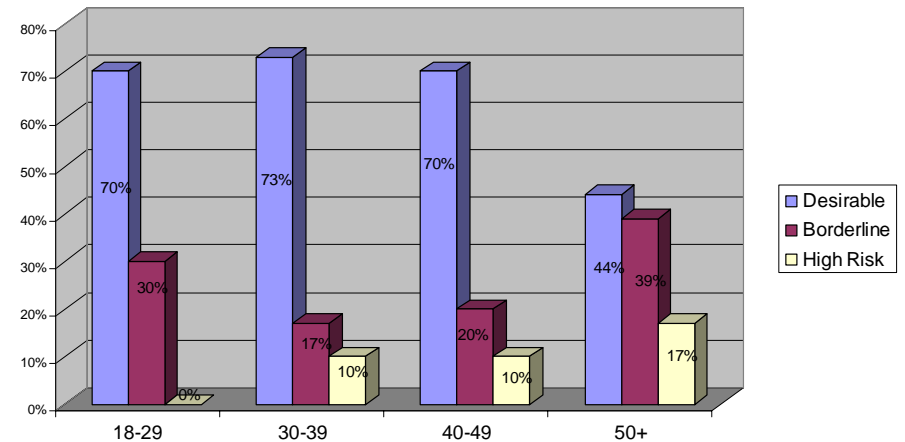
29%: family history of elevated cholesterol

<200 Desirable
201-239 Borderline
240+ High Risk

Total Cholesterol Levels

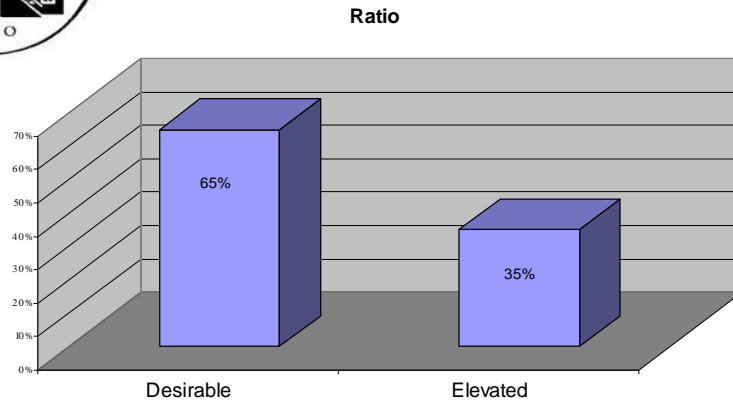


Total Cholesterol Levels by Age Group

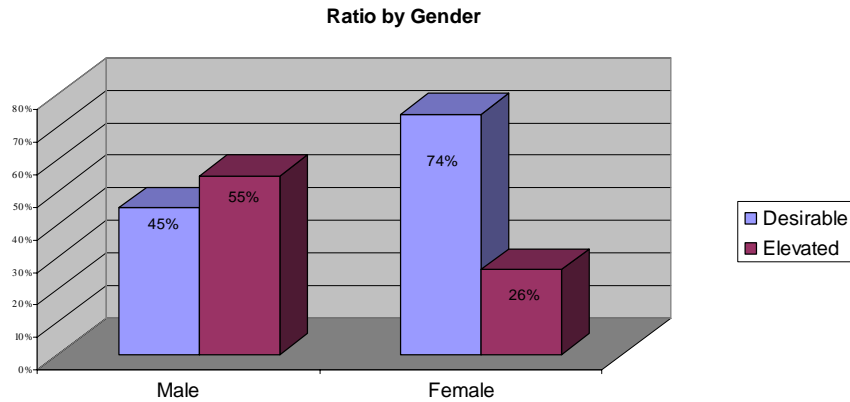




Ratio of Total to HDL Cholesterol



<4.0 Desirable
4.1+ Elevated





Family History

Heart Disease	39%
Elevated Cholesterol	29%
Elevated BP	37%
Stroke	14%
Diabetes	41%
Cancer	50%