



City of Venice

Executive Overview

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**BlueCross BlueShield
of Florida**

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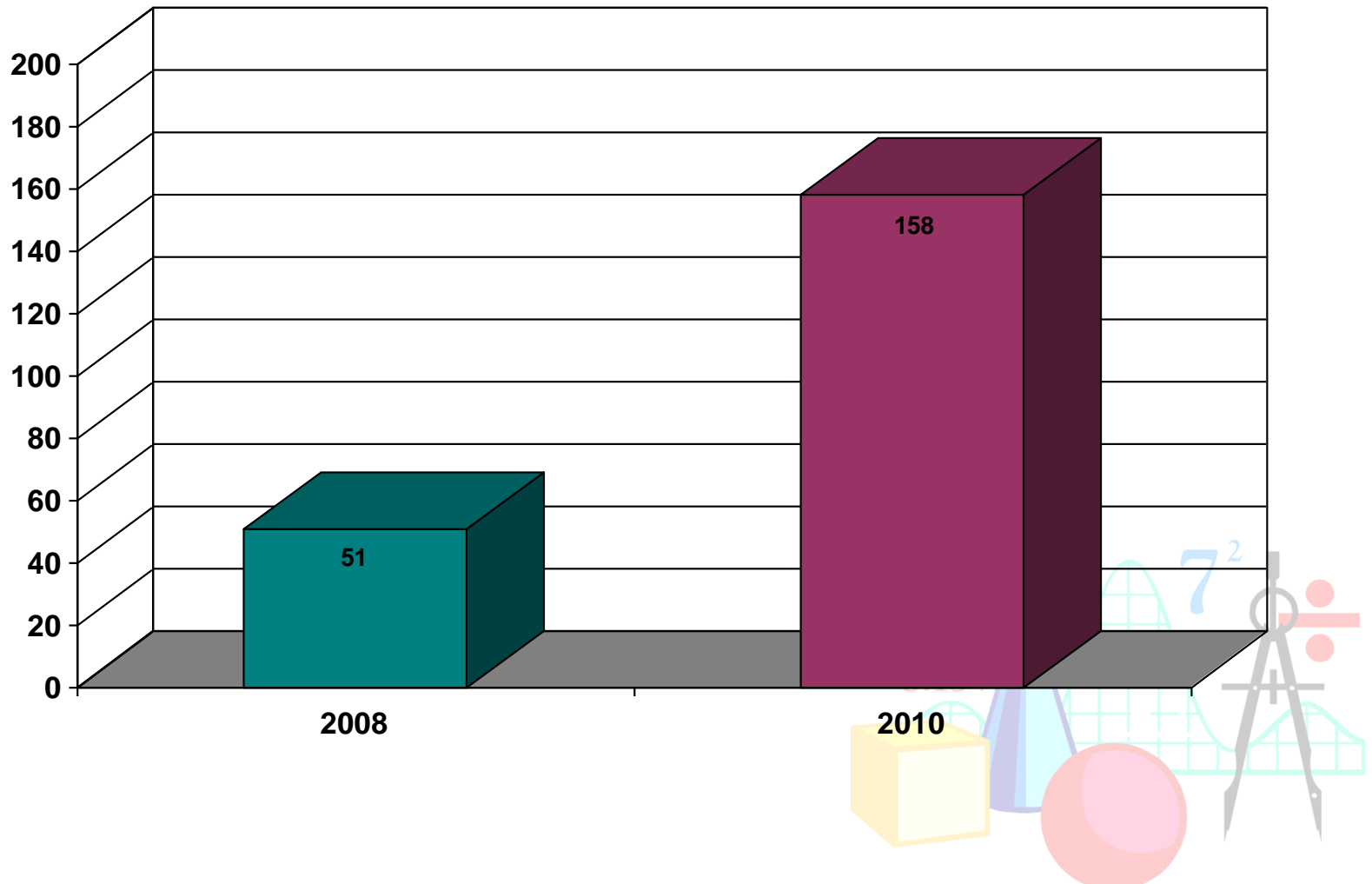
Health Risk Assessment

This is the second year that the health risk assessment has been administered at the City of Venice. When assessing the Overall Wellness Score, a combination of all the questions on the health risk assessment, we find that the score increased in 2010 from the baseline score of 67 in 2008 to 68 in 2010.

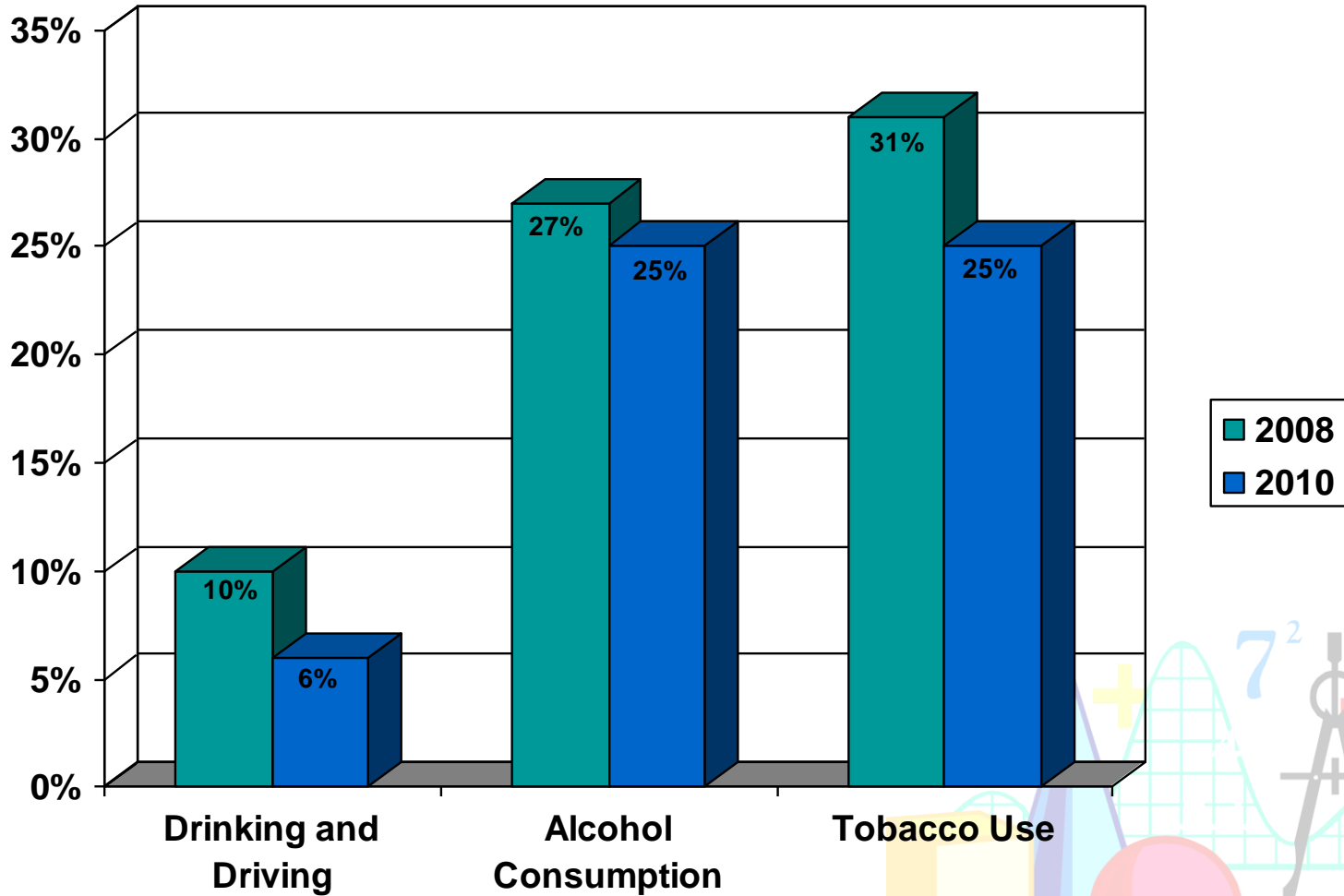
- 2008: Overall Wellness Score = 67
- 2010: Overall Wellness Score = 68

A score below 80 indicates an elevated likelihood that individuals will develop certain medical conditions if lifestyle changes are not made.

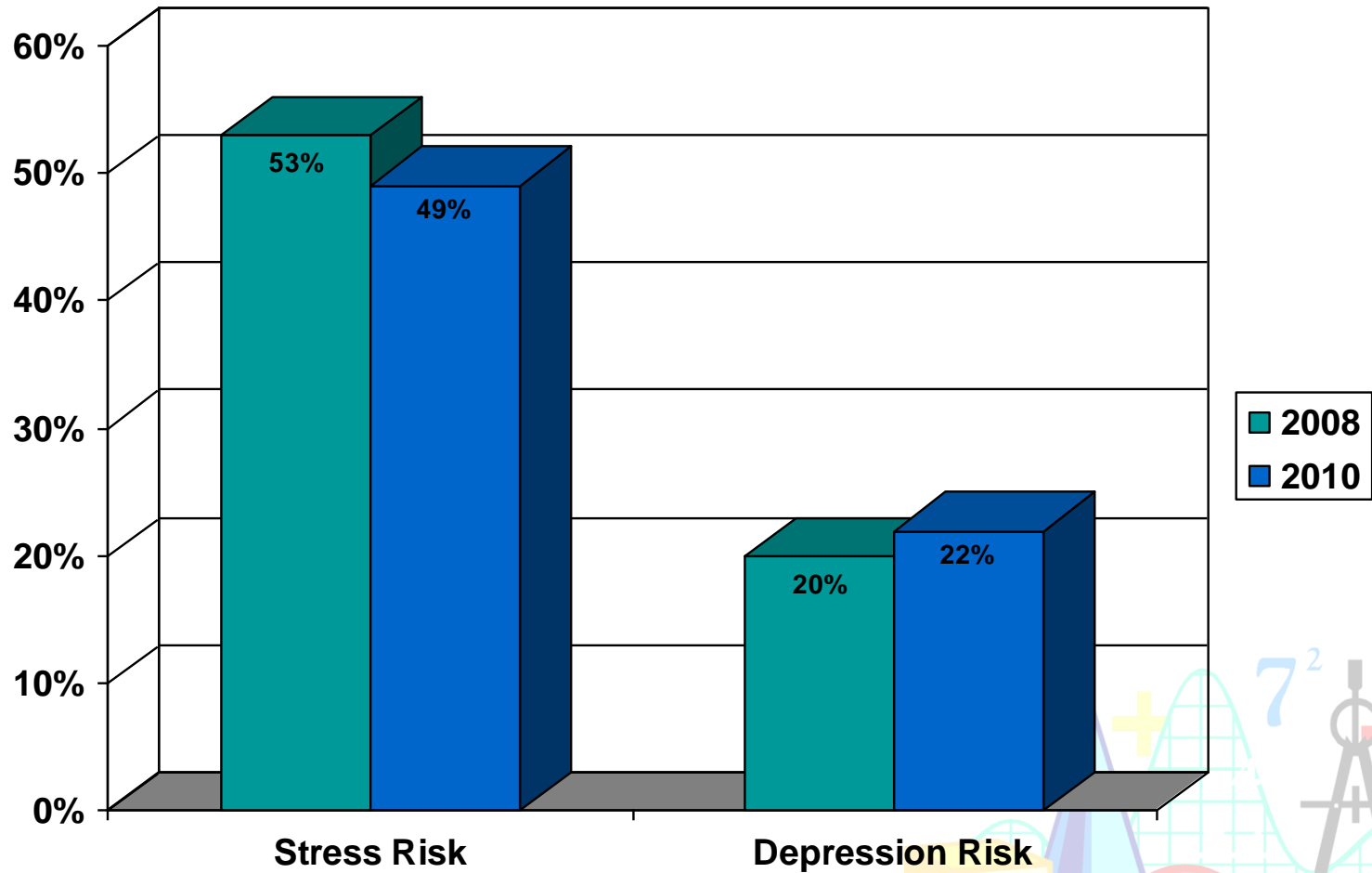
Attendance



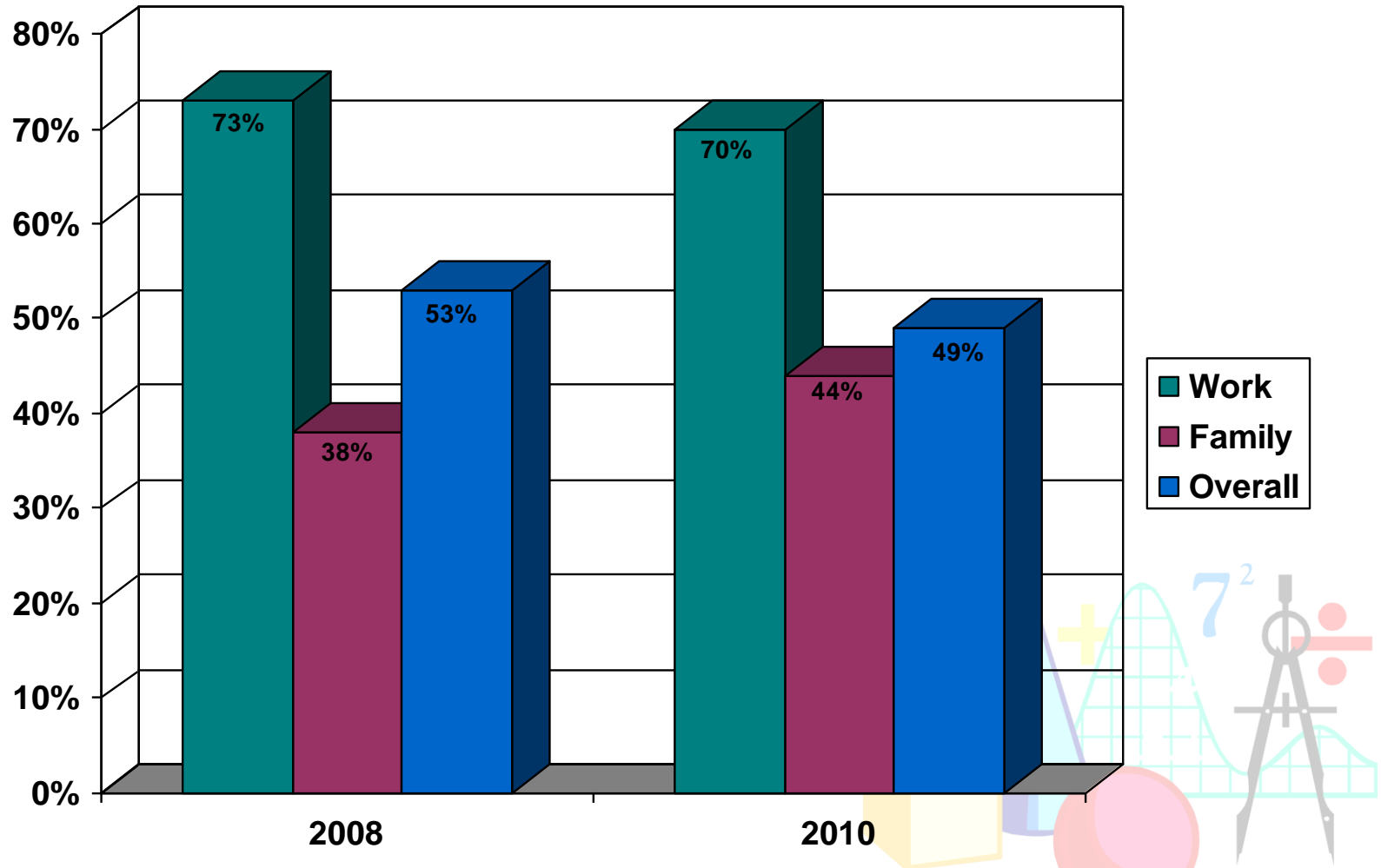
Healthy Lifestyles



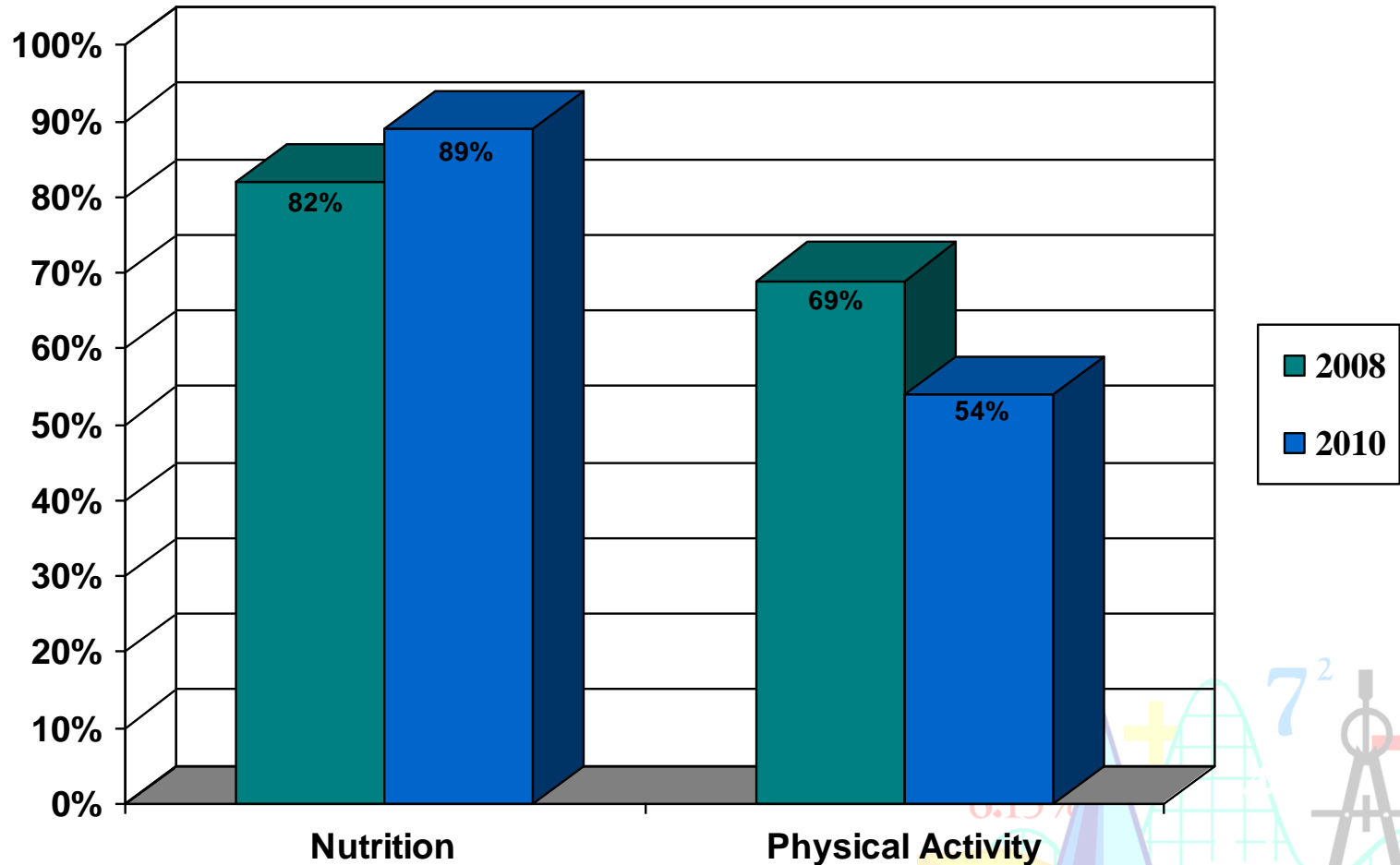
Mental Wellness



Stress – Work/Family Breakdown

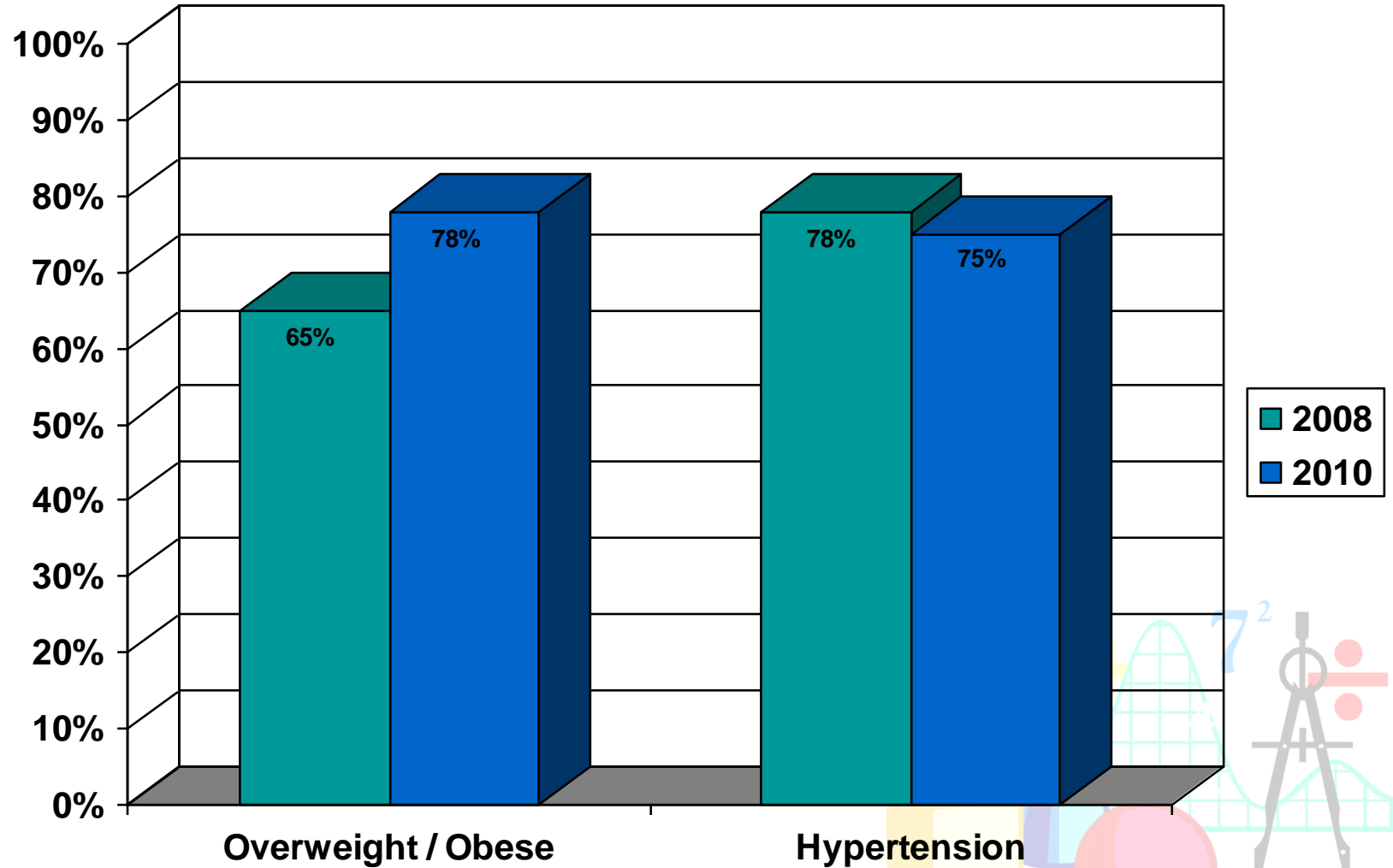


Nutrition and Physical Activity

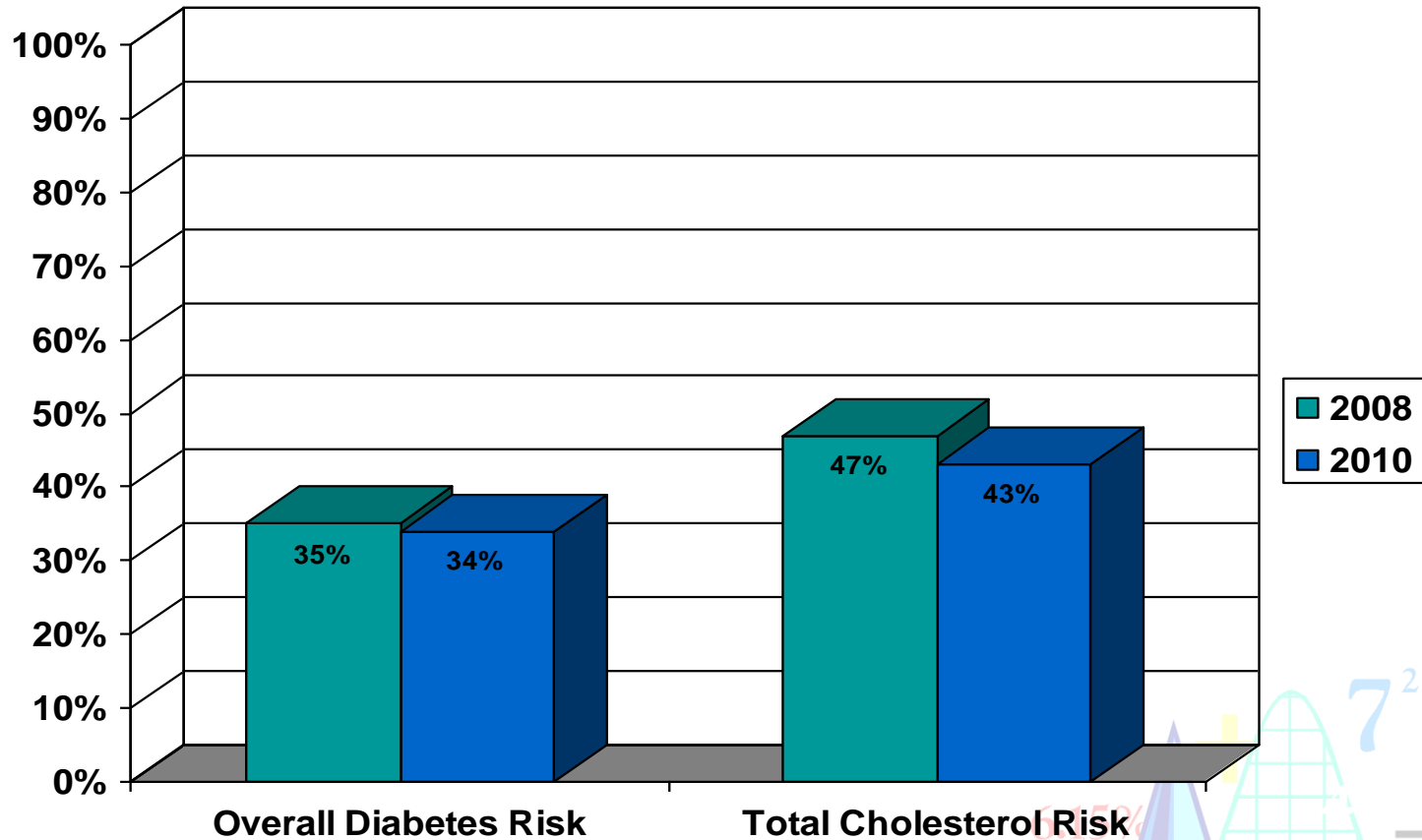


Overall nutrition risk includes those that fall into a borderline or high risk category. Overall physical activity risk includes those that exercise 0-3 days per week.

BMI / Hypertension



Diabetes / Cholesterol



Overall Diabetes risk includes age, diet, activity level and weight.
Total Cholesterol risk includes cholesterol greater than 200.



Summary

Looking at the 2010 Health Risk Assessment, the following areas are in greatest need of attention based on their risk levels:

Risk Area	Percentage Risk
Nutrition	89%
Overweight / Obese	78%
Hypertension	75%
Physical Activity	54%
Stress	49%

In addition, 25% use some form of tobacco. This is greater than the national average of 20.6%.