

HEALTH SCREENING REPORT

WEDNESDAY 3RD JULY 2024

DHL AVIATION NIGERIA

LIMITED



At **Clearline HMO**, healthcare is not just about treating you when you are ill, it is also about managing health conditions and maintaining a healthy lifestyle. We help you manage your medical condition by teaming up with your doctor to put you on the path to good health.

The health program organized by DHL Aviation Nigeria Limited for its employee is very commendable because it gives the opportunity to detect life threatening diseases, which can have serious long-term consequences. It also provides the company with statistical evidence of the health status and indices of the staff, with a view to positively affecting the planning and policy formulations concerning health and other human capital issues.

The screening tests comprised of;

- **Blood pressure monitoring**
- **Random blood sugar test / fasting blood sugar**
- **Measurement of weight and height to calculate Body Mass Index.**
- **Waist Circumference**
- **Cholesterol**
- **Urinalysis for glucose / protein**

The health screening exercise was carried out at Airline cargo wing of Murtala Muhammed Airport Lagos. All results were read and explained immediately through written report forms made available on-the-spot.

A total of 53 people was screened.

	No. of enrollees	% of Total
MALE	48	90.6%
FEMALE	5	9.4%
TOTAL	53	100%

GENDER DISTRIBUTION



AGE DISTRIBUTION

The average age for the total population screened was 42.4years

The average age for the female population screened was 41years

The average age for the male population screened was 42.5years

BLOOD PRESSURE RESULT ANALYSIS

	Male	female	Total no	% of total population
Normal Blood Pressure (120-139/80-89mmHg)	17	2	19	36.5%
Mild Hypertension (140-159/90-99mmHg)	16	1	17	32.7%
Moderate–Severe Hypertension (>160/100mmHg)	14	2	16	30.8%

TOTAL POPULATION

The Blood pressure screening revealed that 36.5% of the total population screened had normal blood pressure levels, 32.7% had mild hypertension while 30.8% **had severe hypertension.**

Those with high blood pressure were appropriately counseled on dietary and lifestyle modification and told the importance of complying with their medication as prescribed by their respective primary care providers.



BLOOD GLUCOSE (SUGAR) RESULT ANALYSIS:

TOTAL POPULATION

	Male	female	Total no enrollees	% of total population
Hypoglycemia (Low blood glucose level)	1	1	2	3.8%
Normal glucose level	42	3	45	84.9%
Hyperglycemia (High blood glucose level)	5	1	6	11.3%

The Random / fasting blood glucose test revealed that 84.9% of the population had normal blood glucose levels, 11.3% had high glucose level while 3.8% had low blood glucose levels respectively.

The individual with high blood glucose levels was referred to the registered primary care provider immediately for immediate care.

All individuals were counselled on the importance of eating regular meals to ensure stable blood glucose levels, and individuals with both low blood glucose levels were also counseled appropriately.

BMI RESULT ANALYSIS

TOTAL POPULATION

	Male	female	Total no of enrollees	Total % of Population
<18.5 - Underweight	1	0	1	1.9%
18.5 – 24.99 – Healthy Weight	28	1	29	54.7%
25.00 – 29.99 – Overweight	16	1	17	32.1%
>30 - Obese	3	3	6	11.3%

The consequences of increased BMI include hypertension, diabetes mellitus, sleeping disorder, impotence, stroke, heart diseases, arthritis, and premature death.



Body Mass Index analysis revealed that out of the 53 people seen, 54.7% of them had their BMI within the normal range of 18.5 -24.9, 32.1% were overweight, 11.3% were obese while 1.9% were underweight.

Those that were found to be overweight or obese were counseled on how to take control of their weight by imbibing healthy eating habits. For example, right foods in the right proportions, foods high in fiber, 5 or more portions of fruits and vegetables a day, regular exercise, no late meals etc.

BMI equal to or less than 18.5 (Underweight)

A lean BMI can indicate that your weight maybe too low. Low body mass can decrease your body's immune system, which could lead to illness.

BMI between 18.5 and 24.9 (Normal)

People whose BMI is within 18.5 to 24.9 possess the ideal amount of body weight, associated with living longest, the lowest incidence of serious illness, as well as being perceived as more physically attractive than people with BMI in higher or lower ranges.

BMI is between 25 and 29.9 (Overweight)

People falling in this BMI range are considered overweight and would benefit from finding healthy ways to lower their weight, such as diet and exercise. Individuals who fall in this range are at increased risk for a variety of illnesses.

BMI is over 30 (Obese)

Individuals with a BMI over 30 are in a physically unhealthy condition, which puts them at risk for serious illnesses such as heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. These people would benefit greatly by modifying their lifestyle.



CHOLESTEROL RESULT ANALYSIS

	Male	Female	Total no of enrollees	Total % of Population
Good (less than 200)	16	0	16	30.2%
Borderline to moderately elevated (200-239)	22	1	23	43.4%
High (240 and above)	10	4	14	26.4%

Those with borderline and high cholesterol were ask to go to laboratory for lipid profile.

URINALYSIS

	Male	Female	Total no of enrollees	Total % of Population
Protein Negative	46	5	51	98.1%
Protein Positive	1	0	1	1.9%
Glucose Negative	46	5	51	98.1
Glucose Positive	1	0	1	1.9%

WAIST CIRCUMFERENCE ANALYSIS

TOTAL POPULATION

	female	Male	Total no of enrollees	% of total population
Low Risk	2	35	37	69.8%
Moderate Risk	0	8	8	15.1%
High Risk	3	5	8	15.1%



Health risk	WOMEN	MEN
Low Risk	below 31.5 inches	below 37 inches
Moderate Risk	31.5 to 35* inches	37 to 40 inches
High Risk	35* inches or more	40.2 inches or more

Waist circumference helps to determine a person's risk of heart disease by measuring the fat around the waist. A high waist circumference (WC) is associated with an increased risk for type 2 diabetes, dyslipidemia, hypertension and cardiovascular disease when the BMI is between 25 and 34.9. (A BMI greater than 25 is considered overweight and a BMI greater than 30 is considered obese.)

Waist Circumference can be useful for those people categorized as normal or overweight in terms of BMI. (For example, an athlete with increased muscle mass may have a BMI greater than 25 - making him or her overweight on the BMI scale - but a Waist Circumference measurement would most likely indicate that he or she is, in fact, not overweight).

Changes in Waist Circumference over time can indicate an increase or decrease in abdominal fat. Increased abdominal fat is associated with an increased risk of heart disease.

BMI & WAIST CIRCUMFERENCE CHART

BMI	WAIST SIZE Women: ≤ 35 inches Men: ≤ 40 inches	WAIST SIZE Women: > 35 inches Men: > 40 inches
25.0-29.9	Increased	High
30.0-34.9	High	Very high
35.0-39.9	Very high	Very high
40.0 and above	Extremely high	Extremely high



BMI and WC were used to assess the risk of cardiovascular disease. The results showed that out of the 53 people seen, 69.8% of them have a low risk of developing cardiovascular or metabolic diseases, 15.1% are at moderate to high risk of developing cardiovascular or metabolic diseases while 15.1% are at extremely high risk of developing cardiovascular or metabolic diseases.

CONCLUSION

The exercise was quite interesting and interactive; organizers must continue to encourage a proactive approach to health.

The indices measured showed that 36.5% of the population had normal blood pressure, 32.7% had mild to moderate blood pressure while 30.8% had severe blood pressure. For these individuals, it is important they work to improve their results, by way of lifestyle modifications and medications. If it is not done, it could further complicate the already chronic conditions, leading to even more severe health consequences.

Individuals with concerns were counseled and some of them were encouraged to visit their primary providers for follow up.

Members of staff were encouraged to have their blood pressure checked at least once every month in order to detect any abnormality. They should seek counseling and clarification from the doctor in their provider hospital or make use of our call center lines when in doubt.

They were encouraged to eat a healthy diet; low in carbohydrates and fatty foods but rich in fiber, fruits and vegetables. Avoid red meat and processed meats as much as possible, and increase consumption of oily fish. Drink plenty of water and avoid excessive alcohol intake. Healthy snacking was also encouraged, for example eating of fruits and vegetables which are in season all year round e.g. carrots, watermelon etc.

Individuals were also encouraged to find time for regular exercise e.g. a brisk 15minute walk daily.

Effort was made, wherever possible, to address other unique concerns of some of the staff viz. personal health issues, challenges relating to the health insurance scheme and other issues.

The health promotion fair was successful.



RECOMMENDED HEALTH ACTIONS

After a successful screening for the staff of DHL Aviation Nigeria Limited, the following are recommended for the improvement of the health conditions of the staff:

- Staff should be encouraged to go on breaks and go on annual leave, in order to ensure a healthy work life balance and reduce stress.
- The institution of exercise breaks may be of benefit to the staff.
- The staff should be encouraged to eat a healthier diet.
- The staff should be encouraged to include more fruits and vegetables in their diet and the creation of a fruit basket in the office may encourage healthy snacking.
- Staff should be encouraged to participate in sporting activities to encourage a more active lifestyle.
- Suggested education points include; **Hypertension, Diabetes and Healthy Living.**

INTERVENTION STRATEGIES

Based on the prevalence of health risks identified in this group, the following intervention programs are recommended.

BLOOD PRESSURE

Managing high blood pressure

Reducing blood pressure is a proven effective way to reduce the risk for cardiovascular disease and improve the quality of life of the individual. Much can be done to control high blood pressure through lifestyle changes and medications. Regular opportunities for blood pressure checks, educational programs, and medical referral are needed to combat this problem.



CHOLESTEROL

Managing Cholesterol Level

Lowering cholesterol levels can significantly reduce risks for heart disease. For every 1% cholesterol is lowered, the risk for heart disease drops by 2%. A program of nutritional education, dietary counseling, and medical referral is needed for these individuals.

WEIGHT MANAGEMENT

Weight Management

Weight control is a commonly reported need. By losing or preventing excess weight gain, people can reduce their risk of developing heart problems, cancer, hypertension, diabetes, and other serious health problems. Losing weight can also have a positive effect on self-image and self-confidence.

NUTRITION

Healthy Eating

Eating healthy is a positive step towards preventing heart disease, diabetes, cancer, obesity, and osteoporosis, and improving general health and resistance to disease.

FITNESS

Improving Fitness

Regular exercise is a positive lifestyle practice that can help prevent many serious health conditions: heart disease, stroke, diabetes, obesity, hypertension, and osteoporosis. It also helps to ease body tension and generally improves self-confidence.

A good fitness program can be the foundation of a good health enhancement program.

STRESS

Managing stress

Excessive stress or poor coping ability can lead to diseases of the body and mind including ulcers, tension headaches, back problems, depression, and decreased job satisfaction and performance. Learning good stress management techniques can help people deal better with stress before it causes serious problems.

Overall Good Health Practices should be encouraged e.g.

- No smoking.
- Eat a healthy breakfast daily.
- Regular exercise.
- Weight in desirable range.
- None or light drinking.
- Seven to eight hours of sleep daily.
- Snacking on healthy foods.



The management should make room for all members of staff to go on leave compulsorily at least once during the year. This way, staffs are able to have some time to rest and take care of themselves without the pressure of work.

Thank you for the opportunity to be of service.





10 simple ways to create a healthy workforce

