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WORKPLACE SCREENINGS REVEAL HIGH-RISK HEALTH FACTORS *Obesity Remains a Leading Driver of Employee Health Care Costs*

PHOENIX (January 10, 2007) – An analysis of workplace health screenings conducted by Kronos Optimal Health Company indicate high levels of health risks – including obesity – in both men and women that can affect quality of life and workplace efficiency and increase employer health care costs.

Kronos screened more than 5,200 participants, testing a variety of health indicators including body mass index, cholesterol levels and blood pressure. Findings reveal that, in general, women are healthier than men but both groups have high-risk factors that can lead to heart attacks, strokes and diabetes, among other diseases.

Among the key findings:

- More than 75 percent of men ages 40 and older and 72 percent of men under 40 are overweight or obese. For women, the numbers were slightly better, with more than 64 percent of women over age 40 and approximately 50 percent of women under 40 in the overweight or obese range.
- Half of all men screened are pre-hypertensive (at risk for high blood pressure). More than 35 percent of women under age 40 and approximately 43 percent of those 40 and older are pre-hypertensive.
- LDL (low-density lipoprotein) or “lousy” cholesterol levels were in the borderline high to very high range for three of four groups screened. Nearly a quarter of women age 40 and older, a third of younger men and 40 percent of older men have concerning LDL levels. Women under 40 had the lowest number of at-risk participants, with less than 15 percent having high LDL levels.

“Overall, the women we screened were at lower risk for serious health conditions compared to their male counterparts,” said Susan Kaib, MD, medical director for Kronos Corporate and Community Wellness programs.

“However, more than one-fourth of the screening tests resulted in referrals to the employees’ primary care physicians, underscoring the need for testing and early intervention. Undiagnosed conditions can lead to more serious problems, including coronary heart disease and diabetes. Caught early, these diseases can be prevented or their impact reduced.”

MORE

KRONOS WORKPLACE WELLNESS REPORT

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Kronos Optimal Health Company provides optimal health products and services for consumers, employer groups and health care providers. Its mission is to help people live as healthy as possible throughout their lives. Kronos business units include Kronos Corporate and Community Wellness, Kronos Optimal Health Centre[®] and Kronos Compounding PharmacySM.

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KRONOS WORKPLACE WELLNESS REPORT FACT SHEET

- Males had the highest rates of unhealthy weights with nearly a third in the clinically obese range for body mass index (BMI). A BMI of 30 or more is considered obese.
- Pre-hypertension encompasses a systolic blood pressure between 120 and 139 and diastolic blood pressure between 80 and 89. Half of males in both age groups screened were pre-hypertensive. Of the females, more than 35 percent under age 40 and 43 percent of those age 40 and older were pre-hypertensive. The earlier an individual is screened and treated for high blood pressure, the better the outcome.
- When blood pressure consistently runs at or above 120/80, treatment with nutrition and exercise should begin. Medication is recommended when three consecutive readings are at or above 140/90.
- More than one-third of all men and women over age 40 screened by Kronos had total cholesterol levels at borderline high or high levels.
- High cholesterol itself does not cause symptoms, so many people are unaware if their cholesterol level is too high. On average, most people have levels from 180 to 260. The recommend range for total cholesterol is under 200; however, Kronos recommends an optimal range of 110 to 180.
- High-density lipoprotein (HDL) or “healthy” cholesterol takes cholesterol away from the heart. The higher the HDL-cholesterol, the lower the risk for heart disease. Recommended ranges for HDL are 40 to 70; however, Kronos recommends an optimal range of 65 to 105. In the Kronos sample, women on average fared much better than men. Only 20 percent of all women had low levels of HDL cholesterol, while nearly 60 percent of younger men and more than half of men age 40 and older had low HDL levels.
- The Framingham coronary prediction algorithm provides estimates of total coronary heart disease (CHD) risk over the course of 10 years. More than 33 percent of males older than 40 and 10 percent of women older than 40 screened by Kronos had a 10 percent or higher level of risk of having a coronary event in the next 10 years.
- 2,461 (27%) “high risk” referral conditions were identified as a result of 9,122 screening tests performed for high blood pressure, total cholesterol, LDL cholesterol, total triglycerides and fasting glucose. “High risk” referrals require follow-up with the individual’s primary care physician.

Overweight/Obesity in the Workplace

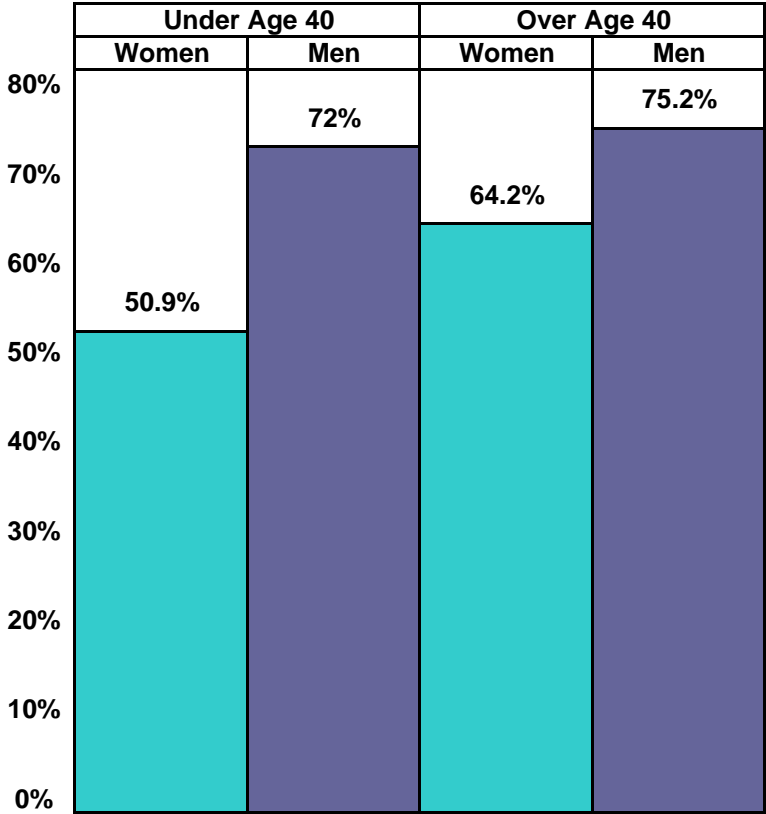


Chart indicates percentage of participants who were overweight or obese. Body mass index (BMI) of 25 to 29.9 is considered overweight. A BMI of 30 or more is considered obese.

Source: Kronos Optimal Health Company

High LDL Cholesterol in the Workplace

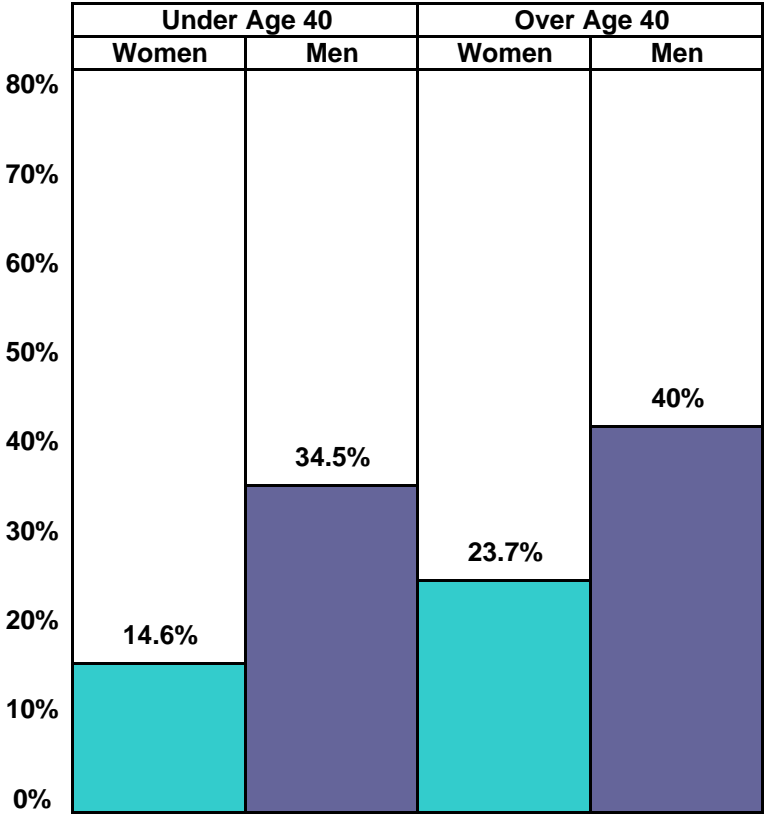


Chart indicates percentage of participants with high LDL cholesterol levels. LDL levels are considered high at 130 or more.

Source: Kronos Optimal Health Company