



Rancho Santiago CCD Preventive Health Screening Program

2/12/2026



Preventive Health Screening Package

RSCDD Employees Received the Following Screenings

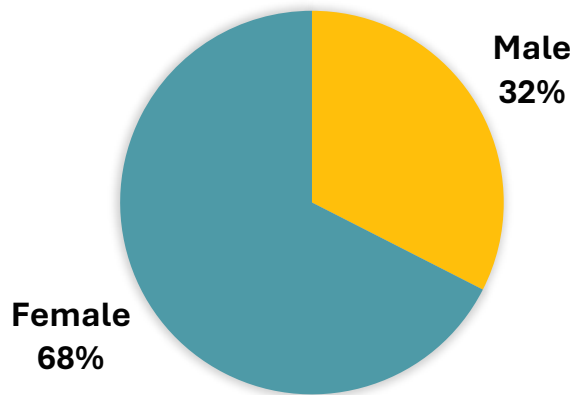
VIP Total Wellness Package			
Stroke & Heart Disease Risk Screening	Chronic Disease Risk ¹	Men's & Women's Wellness	
<ul style="list-style-type: none"> • Carotid Artery Disease (CAD) • Abdominal Aortic Aneurysm (AAA) • Peripheral Artery Disease (PAD) • Atrial Fibrillation (Afib) 	<ul style="list-style-type: none"> • Heart Disease • Heart Failure • Stroke • Diabetes • Chronic Obstructive Pulmonary Disease (COPD)² • Lung Cancer² 	Women <ul style="list-style-type: none"> • Hs-CRP • Kidney Function • A1C • Colorectal Cancer Screening³ • <u>Thyroid</u> • <u>Osteoporosis</u> 	Men <ul style="list-style-type: none"> • Hs-CRP • Kidney Function • A1C • Colorectal Cancer Screening³ • <u>Testosterone</u> • <u>PSA (Prostate Cancer)</u>

1. **Disease risk assessment for 6 chronic conditions:** Coronary Heart Disease, Congestive Heart Failure, Stroke, Diabetes, Chronic Obstructive Pulmonary Disease, Lung Cancer, a 10-year risk of first-time heart attack risk assessment, **Blood Pressure, Waist Size Body Mass index and finger stick blood tests for Cholesterol and Glucose**
2. Risk assessment based on self-reported information
3. A take home colorectal cancer screening kit given to participant at the time of screening

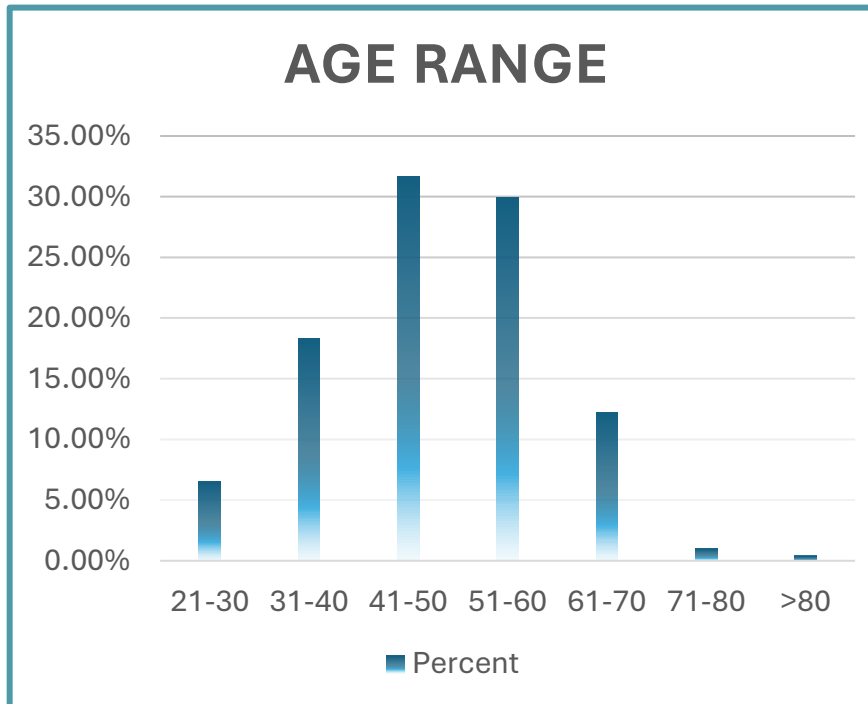
Who We Screened

A total of 508 employees participated in preventive health screenings across 10 screening event days in November.

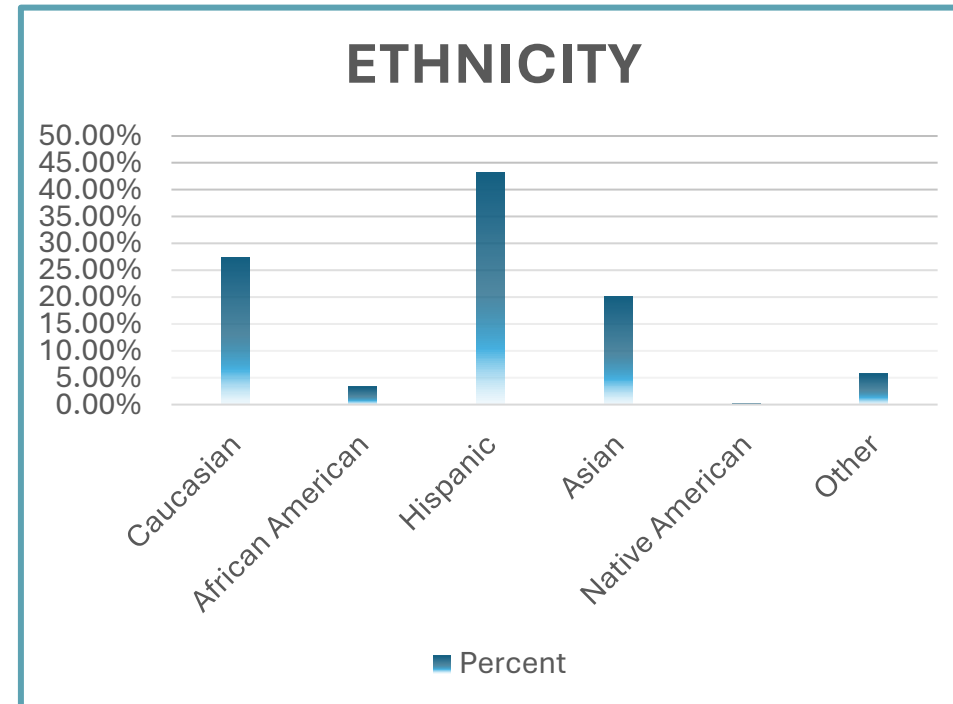
GENDER



AGE RANGE



ETHNICITY



Key Health Insights Identified

Insights derived from 8,393 tests performed

Results	Number	Percent (%)
Normal	6,423	76.5%
Abnormal	1,931	23.0%
Critical	5	0.1%

Zero Abnormal Findings

- *Abdominal Aortic Aneurysm*
- *Prostate Cancer (PSA)*

Top Abnormal Findings by Screening Type

Test Performed	Abnormal & Critical Findings	Percent (%)
Body Mass Index (BMI)	364	71.7%
Blood Pressure	301	59.7%
A1C	192	38.0%
Glucose	185	36.7%
Lipid Panel (Cholesterol)	585	29.3%
Testosterone	46	28.2%
Waist Circumference	142	28.2%
hs-C Reactive Protein	45	23.0%
Osteoporosis	61	17.9%
Colorectal Cancer	2	2.7%
Kidney Function	7	1.4%
Thyroid Function	2	0.6%
Peripheral Arterial Disease	2	0.4%
Carotid Artery Disease	1	0.2%
Atrial Fibrillation	1	0.2%

Self-Reported Health vs Ultrasound Screening Findings

Ultrasound Screenings

Health Area	Self-Reported	Screening Findings	Executive Insight
Cardiovascular Disease	<ul style="list-style-type: none"> • Coronary Heart Disease: 3 • Atherosclerosis: 8 • Stroke/TIA: 3 • Cardiovascular Disease: 7 	<ul style="list-style-type: none"> • CAD: 73 mild, 1 moderate • PAD: 2 • Afib: 1 	Self-reported disease was low, yet screening identified early vascular changes in ~15% of participants.
Osteoporosis	Not self-reported	<p>61 (17.9%) abnormal bone density</p> <ul style="list-style-type: none"> • 44 Additional Investigation Required • 17 High Probability of Osteoporosis 	Imaging identified a meaningful group of employees with early bone loss or fracture risk unlikely to be detected without screening.

Self-Reported Health vs Lab Screening Findings

Lab Screenings

Health Area	Self-Reported	Screening Findings	Executive Insight
Diabetes	40 (7.9%) self- reported diabetes	<ul style="list-style-type: none"> • 31 (6.1%) diabetes risk by A1C • 161 (31.9%) prediabetes risk by A1C • 165 (32.7%) prediabetes risk by glucose 	Known diabetes was largely aligned, but screening identified 160+ additional employees with early diabetes risk who may not yet be aware.
High Cholesterol	158 (31.1%) reported high cholesterol	<ul style="list-style-type: none"> • 158 (31.3%) borderline high total cholesterol • 94 (18.7%) high total cholesterol <ul style="list-style-type: none"> • 252 total (~50%) borderline or high cholesterol • LDL risk: 180 (~37%) borderline high or worse 	Screening identified ~95 additional employees with cholesterol risk once borderline levels were included. Many may not view “borderline” as a concern.

Self-Reported Health vs Biometric Screening Findings

Biometric Screenings

Health Area	Self-Reported	Screening Findings	Executive Insight
Blood Pressure	121 (23.8%) self-reported high BP	<ul style="list-style-type: none">• 238 (47.2%) pre-hypertensive• 62 (12.3%) hypertensive<ul style="list-style-type: none">• 301 (59.7%) total elevated or hypertensive	Screening identified ~180 more employees with elevated readings beyond self-report.
Weight & Metabolic Risk	Not self-reported	<ul style="list-style-type: none">• 364 (71.7%) overweight or obese by BMI• 142 (28.2%) abnormal waist circumference	Objective measurements reveal a much larger at-risk group than employees likely recognize, helping explain BP and diabetes trends.

Disease Risk Scores

Disease Risk Assessment for Six Chronic Conditions

1

Coronary Heart Disease	Count	Percent (%)
Moderate Risk	130	25.6%
High Risk	17	3.3%
Very High Risk	5	1.0%

2

Congestive Heart Failure	Count	Percent (%)
Moderate Risk	42	8.3%
High Risk	3	0.6%
Very High Risk	1	0.2%

3

Stroke	Count	Percent (%)
Moderate Risk	159	31.3%
High Risk	26	5.1%
Very High Risk	7	1.4%

4

Diabetes	Count	Percent (%)
Moderate Risk	230	45.3%
High Risk	35	6.9%
Very High Risk	39	7.7%

5

Chronic Obstructive Pulmonary Disease	Count	Percent (%)
Moderate Risk	34	6.7%
High Risk	10	2.0%
Very High Risk	1	0.2%

6

Lung Cancer	Count	Percent (%)
Moderate Risk	11	2.2%
High Risk	8	1.6%
Very High Risk	0	0%



Key Takeaways

- **Strong Engagement** with over 500 employees participating.
- Risk concentrated in modifiable cardiometabolic factors.
- Early detection revealed largely unknown vascular and metabolic risk.
- Data establishes a baseline to guide strategy and track improvement.

Thank you for investing in the health & well-being of your employees.



**Thank
you!**

