Health Screening Snapshot: Fellsmere 2017

26 participants
100% Hispanic or Latino

Gender:
Women: 16
Men: 10

Average age: 36.5 years (19-54)

Body Mass Index

- Normal
- Overweight
- Obese

Excessive sweating: 35%
Headache: 62%
Muscle cramps: 38%
Dizziness: 23%
Faint: 8%
Nausea/Vomiting: 27%
Confusion: 12%

Dehydration

Urine osmolality: 1.001-1.040 (Normal <1.020)
Morning Average 1.021
Afternoon Average 1.024
Blood osmolality: 276-297 (Normal <295)

59% of participants begin the workday dehydrated
92% of participants end the workday dehydrated

95% had at least one day above core temperature threshold (100.4°F)

Blood analysis

- Glucose: 79-158
- Sodium: 139-146
- Creatinine: 0.4-1.3
- BUN: 3-31

Blood pressure

- MALE
  - 0 cases of high fasting glucose (>120)
  - 2 cases of high blood pressure
  - 0 cases of urinary tract infections
  - 1 other case (Abnormal BUN, creatinine, or blood in urine)

- FEMALE
  - 4 cases of high fasting glucose (>120)
  - 5 cases of high blood pressure
  - 7 cases of urinary tract infections

Blood pressure

- MALE
  - 0 cases of high fasting glucose (>120)
  - 2 cases of high blood pressure
  - 0 cases of urinary tract infections
  - 1 other case (Abnormal BUN, creatinine, or blood in urine)

- FEMALE
  - 4 cases of high fasting glucose (>120)
  - 5 cases of high blood pressure
  - 7 cases of urinary tract infections

Blood analysis

- Glucose: 79-158
- Sodium: 139-146
- Creatinine: 0.4-1.3
- BUN: 3-31

Participants referred for follow-up

- 0 cases of high fasting glucose (>120)
- 2 cases of high blood pressure
- 0 cases of urinary tract infections
- 1 other case (Abnormal BUN, creatinine, or blood in urine)

Study population

Health-Related Illness symptoms experienced the week prior

- Excessive sweating: 35%
- Headache: 62%
- Muscle cramps: 38%
- Dizziness: 23%
- Faint: 8%
- Nausea/Vomiting: 27%
- Confusion: 12%

Study contact:
Jacqueline Mix, PhD, MPH
NHW School of Nursing
Emory University
Jacqueline.mix@emory.edu