Health Screening Snapshot: Homestead 2017

Study population

- **34 participants**
- 100% Hispanic or Latino

**Gender:**
- Women: 24
- Men: 10

**Average age:**
- 36.5 years (19-54)

Dehydration

- Urine Specific Gravity: 1.004-1.039 (Normal <1.020)
- Morning Average: 1.019
- Afternoon Average: 1.023
- Blood osmolality: 279-292 (Normal <295)

**48%** of participants begin the workday dehydrated

**71%** of participants end the workday dehydrated

**79%** had at least one day above core temperature threshold (100.4°F)

Body Mass Index

<table>
<thead>
<tr>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEMALE</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>MALE</td>
<td>6</td>
<td>2</td>
</tr>
</tbody>
</table>

Blood pressure

- **MALE:**
  - Hypertensive: 3
  - Prehypertensive: 3
  - Normal: 8

- **FEMALE:**
  - Hypertensive: 11
  - Prehypertensive: 5
  - Normal: 8

Blood analysis

- Glucose: 59-525
- Sodium: 130-147
- Creatinine: 0.2-1.5
- BUN: 5-31

Participants referred for follow-up

- 4 cases of high fasting glucose (>120)
- 2 cases of high blood pressure
- 1 case of urinary tract infections
- 1 other case (Patient under PCP care for chronic conditions)

Heat-Related Illness symptoms experienced the week prior

- Excessive sweating: 68%
- Headache: 85%
- Muscle cramps: 41%
- Dizziness: 45%
- Faint: 9%
- Nausea/Vomiting: 41%
- Confusion: 21%