Health Screening Snapshot: PIERSON 2015

Study population

67 participants
100% Hispanic or Latino

Gender:
Women - 23
Men - 44

Average age:
37 years (19-54)

Body Mass Index

<table>
<thead>
<tr>
<th></th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEMALE</td>
<td>19</td>
<td>6</td>
<td>3</td>
</tr>
<tr>
<td>MALE</td>
<td>12</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

Dehydration

Urine osmolality:
1.003-1.038 (Normal <1.020)

Morning Average
1.020

Afternoon Average
1.024

Blood osmolality:
270-316 (Normal <295)

54% of participants begin the workday dehydrated

78% of participants end the workday dehydrated

4 of 5 had at least one day above core temperature threshold (100.4°F)

Blood pressure

Participants referred for follow-up

9 cases of high fasting glucose (>120)
11 cases of high blood pressure
3 cases of urinary tract infections
2 cases of low hemoglobin

Blood analysis

Glucose: 71-327
Sodium: 134-157
Creatinine: 0.4-1.6
BUN: 6-42

Heat-Related Illness symptoms from the week prior

- Headache: 73%
- Excessive sweating: 69%
- Dizziness: 42%
- Nausea/Vomiting: 37%
- Muscle cramps: 27%
- Confusion: 3%
- Fainting: 3%

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