

# DDOO offers cardiac screenings to improve employee health

By Jessica Roman, DDC Public Affairs

According to the Center for Disease Control and Prevention, heart disease and stroke are two of the leading causes of death in the United States. To help employees reduce their risk of cardiac problems, Defense Distribution Depot Oklahoma City, Okla., recently conducted a special cardiac health screening program.

In partnership with Civilian Health and Promotion Services, or CHPS, DDOO screened employees who volunteered for several cardiac health factors including, blood pressure, body mass index, total cholesterol, low density lipoprotein, non-high density lipoprotein, and blood glucose.

About one in three adults in the United States has high blood pressure, which increases the risk for heart disease and stroke,

according to the CDC. The “silent killer,” high blood pressure often has no warning signs or symptoms, and many people don’t realize they have it.

BMI is an indicator of the amount of body fat a person may have, and is calculated from that person’s height and weight. A BMI over 30, classifying a person as obese, may have several health consequences, including hypertension, diabetes, coronary heart disease, stroke, and sleep apnea.

High cholesterol can put a person at risk of heart disease, and according to the CDC, high cholesterol is the leading cause of death in the United States. About one in six American adults has high blood cholesterol. Low density lipoprotein is the “bad” cholesterol, because a high level can cause a buildup in arteries, resulting in heart disease. Conversely, a high level of “good” cholesterol, HDL,

reduces the risk of heart disease and stroke because it carries cholesterol back to the liver, where it is flushed from the body.

Blood glucose is the main sugar that the body makes from



**Ned LaViolette, Defense Distribution Depot Oklahoma City, Okla., director, and Civilian Health Promotion Services cardiac screener Janet Strayhorn, await his results.**

the food we eat. Too high of a level of blood glucose can cause defects in insulin production, resulting in diabetes.

From DDOO, 62 employees participated in the biannual cardiac screening. Once screened, the employee receives a brief on what all of their results mean, and what steps they can take to improve their numbers if necessary.

After the screening, employees are encouraged to visit a special website, where they can view their results online and compare future results to see improvement. Participants can also find information on lifestyle management, including physical, spiritual, social and emotional topics relating to health. DDOO hopes to offer additional cardiac health screenings every March and September. Employees can participate once per year, and are encouraged to come back to see how their results improved.



**Rosita Valadez, Steven Christy, Harold Heck, Sharon Blethen, and discuss their results with a health screener.**