

SAMPLE COMPANY

Health Risk Appraisal Summary Report



The University of Michigan
Health Management Research Center
July 16, 2003

Executive Summary

Demographic Information (p. 4)

39.3% of participants are men
60.7% of participants are women

Employees aged 45-54 are the largest age group who participated
The average age of participating employees is 41.6

Average Wellness Score (p. 6): 84.6

Prioritized Health Risks (p. 5)

The top three prioritized health risks of participants are:

1. Case Management, 20.2% of participants
2. Body Mass Index, 19.0% of participants
3. Stress, 16.7% of participants

Self-Reported Health Problems (p. 7)

The top three health problems reported by participants are:

1. Allergies, 30 of participants
2. Back Pain, 16 of participants
3. High Blood Pressure, 16 of participants

Preventive Health Services and Health Screenings (p. 8)

The preventive health services or screenings with the least compliance are:

Men: Colon cancer screening, 85.7%; Rectal Exam, 26.3%; Tetanus shot, 24.2%.

Women: Tetanus shot, 47.1%; Colon cancer screening, 41.7%; Rectal Exam, 29.6%.

Men and: Colon cancer screening, 57.9%; Tetanus shot, 38.1%; Rectal Exam, 28.3%.

Health Planning (pp. 24-25)

The top three behavior changes participants are planning to make during the next six months are:

1. Quit smoking, 100.0% of those who smoke cigarettes
2. Increase physical activity, 84.5% of participants
3. Lose weight, 71.4% of participants

Glossary

Prioritized Health Risks	In order of priority, these are the top three risks which affect an individual's overall health and prospective medical cost and utilization. To improve the health and reduce the costs of the population, programming efforts should focus on these top risks. This strategy will gain the best return on investment during risk reduction efforts. (see executive summary)
Self-reported Health Problems	These medical problems are listed in order of prevalence reflecting self-report on the HRA. (p. 7)
Wellness Score	The wellness score is generated from three major components: mortality risks, modifiable risks and preventive service compliance. The mortality risks based on age and gender account for 38%-44% of the score. The modifiable risks (i.e., smoking, physical activity, weight, etc) account for 50% of the score. And, preventive service compliance accounts for 6%-12% of the score. The score is a measure for participants to grade themselves on their progress from year to year. (see executive summary)
Risk Levels	The 15 risks that are counted are those listed on the Risk Profile on page 5 and in the description of risks on page 3. As we evaluate each year, the goal is to reduce the number of those at high risk and increase the number of low risk each year. (p. 6)
Average Risk	This value is the average risk for each individual. (p. 6)
Health Age Index	This index predicts the probability of future health events using the appraised and the achievable age of a participant. The appraised age is a computer-derived age corresponding to a person's risk as compared to other people of the same age and sex. The achievable age is a computer-derived age calculated by modifying all controllable factors that increase the overall risk. If the score is greater than 4 when subtracting the appraised age from the achievable age, then the person is high risk for a future adverse event. (p. 5)

Description of Risks

Risk	High Risk Cut
Body Mass Index	Greater than or equal to 27.5
Physical Activity	Less than once per week
Stress	S-scale score greater than 18
Cholesterol	Greater than 239 mg/dl
Blood Pressure	Systolic greater than 139 mmHg or diastolic greater than 89 mmHg or self-report high or on BP meds
Smoking	Current cigarette smoker
Alcohol	More than 14 drinks per week
Safety Belt Use	Less than 100 percent
Disease	heart disease, cancer, diabetes, stoke, chronic bronchitis or emphysema
Drug Use	Almost everyday or sometimes
Perceived health	Fair or poor
Life Satisfaction	Partly or not satisfied
Job Satisfaction	Partly or not satisfied
Illness days	More than 5 days in the past year
Health Age Index	Greater than 4 (description on page 2)
Low Risk Management (only in prioritized list)	Intervention suggested for low risk/low priority individuals

Section I

Executive Summary

TABLE 1.
DEMOGRAPHIC CHARACTERISTICS

COMPANY X HRA Participants (N=84)		
	Number	Percent
Gender		
Male	33	39.3%
Female	51	60.7%
Age		
19-34	21	25.0%
35-44	25	29.8%
45-54	29	34.5%
55-64	9	10.7%
65+	0	0.0%
Average Age	41.6	

TABLE 2.
RISK PROFILE

Prevalence Risks	Prevalence Rank	Prioritized Risks	Prioritized Rank
Body Mass Index	35.7%	Low Risk Management	20.2%
Safety Belt Use	28.6%	Body Mass Index	19.0%
Stress	26.2%	Stress	16.7%
Life Satisfaction	21.4%	Physical Activity	10.7%
Blood Pressure	19.0%	Smoking	8.3%
Drug Use	15.5%	Drug Use	8.3%
Physical Activity	14.3%	Safety Belt Use	7.1%
Job Satisfaction	11.9%	Blood Pressure	4.8%
Smoking	9.5%	Life Satisfaction	2.4%
Illness Days	7.1%	Perceived Health	1.2%
Disease	4.8%	Job Satisfaction	1.2%
Perceived Health	3.6%	Disease	0.0%
Health Age Index	3.6%	Alcohol	0.0%
Alcohol	1.2%	Cholesterol	0.0%
Cholesterol	1.2%	Illness Days	0.0%
		Health Age Index	0.0%

TABLE 2. (Cont'd)

RISK PROFILE

HRA Participants		
	Number	Percent
Overall Risks		
0 risk	17	20.2%
1 risk	27	32.1%
2 risks	11	13.1%
3 risks	13	15.5%
4 risks	8	9.5%
5 risks	3	3.6%
6+ risks	5	6.0%
Risk Levels		
Low (0-2 risks)	55	65.5%
Medium (3-4 risks)	21	25.0%
High (5+ risks)	8	9.5%
Average Risk	2.0	
Average Wellness Score	84.6	

TABLE 3.
SELF-REPORTED HEALTH PROBLEMS

HRA Participants		
	Number	Percent
Allergies	30	35.7%
Arthritis	7	8.3%
Asthma	10	11.9%
Back pain	16	19.0%
Cancer	0	0.0%
Chronic bronchitis/ emphysema	1	1.2%
Chronic pain	7	8.3%
Depression	6	7.1%
Diabetes	0	0.0%
Heart problems	2	2.4%
Heartburn/acid reflux	10	11.9%
High blood pressure	16	19.0%
High cholesterol	12	14.3%
Menopause*	9	17.6%
Migraine headaches	5	6.0%
Osteoporosis	5	6.0%
Stroke	1	1.2%
Other condition	6	7.1%

* Females only

TABLE 4.
PREVENTIVE SERVICES/SCREENING NEEDED

HRA Participants		
	Number	Percent
Colon Cancer Screen		
Age 50 and older	19	
Screen 3 or more years ago	11	57.9%
Rectal Exam		
Age 40 and older	46	
Exam 2 or more years ago	13	28.3%
Tetanus Shot		
All ages	84	
5 or more years ago	32	38.1%
Flu Shot		
Age 65 and older	0	
Flu shot 1 or more years ago	0	0.0%
Mammography Screen		
Female 50-69 years old	12	
Screen 2 or more years ago	1	8.3%
Pap Test Screen		
Female 19 years and older	51	
Screen 3 or more years ago	1	2.0%
Blood Pressure Screen		
Age 21 and older	84	
Screen 3 or more years ago	3	3.6%
Don't know blood pressure	1	1.2%
Cholesterol Screen		
Age 35-65	63	
Screen 5 or more years ago	8	12.7%
Don't know cholesterol	4	6.3%

Section II

Detailed Responses

TABLE 1. DEMOGRAPHIC DISTRIBUTION

	COMPANY X	
	Number	Percent
1. Age		
19-34	21	25.0%
35-44	25	29.8%
45-54	29	34.5%
55-64	9	10.7%
65+	0	0.0%
No response	0	0.0%
2. Sex		
Male	33	39.3%
Female	51	60.7%
No response	0	0.0%
3. Education		
Some high school	0	0.0%
High school graduate	12	14.3%
Some college	21	25.0%
College graduate	33	39.3%
Post graduate/professional	12	14.3%
No response	6	7.1%
4. Annual Income		
Less than \$35,000	5	6.0%
\$35,000 - \$49,000	12	14.3%
\$50,000 - \$74,000	27	32.1%
\$75,000 - \$99,000	21	25.0%
\$100,000 or more	11	13.1%
No response	8	9.5%
5. Marital Status		
Single (never married)	10	11.9%
Separated	1	1.2%
Divorced	11	13.1%
Married	57	67.9%
Widowed	1	1.2%
Other	0	0.0%
No response	4	4.8%
6. Race		
White (non-Hispanic)	69	82.1%
Black (non-Hispanic)	0	0.0%
Hispanic	6	7.1%
Asian or Pacific Islander	3	3.6%
American Indian/Alaskan Native	0	0.0%
Other	1	1.2%
No response	5	6.0%

TABLE 2. QUALITY OF LIFE INDICATORS

	COMPANY X	
	Number	Percent
1. Life Satisfaction		
Completely satisfied	12	14.3%
Mostly satisfied	51	60.7%
Partly satisfied	17	20.2%
Not satisfied	1	1.2%
No response	3	3.6%
2. Job Satisfaction		
Agree strongly	15	17.9%
Agree	55	65.5%
Disagree	9	10.7%
Disagree strongly	1	1.2%
No response	4	4.8%
3. Self-Report Physical Health		
Excellent	9	10.7%
Very Good	42	50.0%
Good	28	33.3%
Fair	3	3.6%
Poor	0	0.0%
No response	2	2.4%
4. Days Work Missed Due to Illness		
None	26	31.0%
1-2 days	36	42.9%
3-5 days	13	15.5%
6-10 days	2	2.4%
11-15 days	0	0.0%
16 days or more	4	4.8%
No response	3	3.6%
5. Social Support		
Very Strong	46	54.8%
About average	33	39.3%
Weaker than average	3	3.6%
Not sure	0	0.0%
No response	2	2.4%

**TABLE 2. QUALITY OF LIFE INDICATORS
(Cont'd)**

	COMPANY X	
	Number	Percent
6. Serious Personal Loss		
Two or more	3	3.6%
One	20	23.8%
No	58	69.0%
No response	3	3.6%
7. Feel Tense, Anxious, Depressed		
Often	6	7.1%
Sometimes	46	54.8%
Rarely	27	32.1%
Never	3	3.6%
No response	2	2.4%
8. Stress Effect on your Health		
A lot	6	7.1%
Some	33	39.3%
Hardly any	28	33.3%
None	15	17.9%
No response	2	2.4%
9. Sleep		
6 hours or less	19	22.6%
7 hours	36	42.9%
8 hours	27	32.1%
9 hours or more	0	0.0%
No response	2	2.4%

TABLE 3. HEALTH RELATED BEHAVIORS

	COMPANY X	
	Number	Percent
1. Smoke Cigarettes		
Smokers	8	9.5%
Ex-smokers	27	32.1%
Non-smokers	48	57.1%
No response	1	1.2%
Smoke Cigars	0	0.0%
Smoke Pipes	0	0.0%
Smokeless Tobacco Users	0	0.0%
2. Alcohol Drinks		
0	36	42.9%
1-7	45	53.6%
8 to 14	1	1.2%
15-21	1	1.2%
22 or greater	0	0.0%
No response	1	1.2%
Ride with Drunk Driver	2	2.4%
No response	3	3.6%
3. Drug Usage		
Almost everyday	9	10.7%
Sometimes	4	4.8%
Rarely or never	68	81.0%
No response	3	3.6%
4. Safety Belt Usage		
100%	59	70.2%
90 - 99%	14	16.7%
80 - 89%	2	2.4%
less than 80%	8	9.5%
No response	1	1.2%
5. Drive Speed		
Within 5 mph of speed limit	44	52.4%
6-10 mph over	34	40.5%
More than 10 mph	5	6.0%
No response	1	1.2%

**TABLE 3. HEALTH RELATED BEHAVIORS
(Cont'd)**

	COMPANY X	
	Number	Percent
6. Drive (Car, truck or van)		
Less than 2,000 miles	9	10.7%
2 - 5,000 miles	2	2.4%
6 - 10,000 miles	20	23.8%
11-15,000 miles	29	34.5%
16-20,000 miles	10	11.9%
21 - 30,000 miles	11	13.1%
More than 30,000 miles	2	2.4%
Does not apply	0	0.0%
No response	1	1.2%
7. Ride Motorcycle		
Less than 1,000 miles	3	3.6%
1,000 miles	1	1.2%
2,000 miles	1	1.2%
3,000 miles	1	1.2%
4,000 miles	0	0.0%
More than 4,000 miles	1	1.2%
Does not apply	62	73.8%
No response	15	17.9%
8. Travel		
Sub-compact or compact car	22	26.2%
Mid-size/full-size car/mini-van	44	52.4%
Truck/full-size van/SUV	15	17.9%
Motorcycle	0	0.0%
Other	2	2.4%
No response	1	1.2%
9. Physical Activity		
Less than 1 time/week	12	14.3%
1 or 2 times/week	18	21.4%
3 times/week	29	34.5%
4 or more times/week	24	28.6%
No response	1	1.2%
10. Fiber in Diet		
5-6 servings a day	15	17.9%
3-4 servings a day	28	33.3%
1-2 servings a day	38	45.2%
Rarely/never	2	2.4%
No response	1	1.2%
11. Fat/Cholesterol in Diet		
5-6 servings a day	2	2.4%
3-4 servings a day	10	11.9%
1-2 servings a day	61	72.6%
Rarely/never	10	11.9%
No response	1	1.2%

TABLE 4. PHYSIOLOGICAL MEASUREMENTS

	COMPANY X	
	Number	Percent
1. Blood Pressure (BP)		
Don't Know BP	50	59.5%
Not sure	49	98.0%
No response	1	2.0%
Know BP	34	40.5%
Systolic > 139	2	5.9%
Diastolic > 89	1	2.9%
2. Total Cholesterol		
Don't Know Cholesterol	61	72.6%
Not sure	60	98.4%
No response	1	1.6%
Know Cholesterol	23	27.4%
Less than 200 mg/dl	12	52.2%
200 to 239 mg/dl	10	43.5%
240 mg/dl or greater	1	4.3%
3. HDL Cholesterol		
Don't Know HDL	74	88.1%
Good/Normal	23	31.1%
Bad	0	0.0%
Not sure	47	63.5%
No response	4	5.4%
Know HDL	10	11.9%
Less than 40 mg/dl	0	0.0%
40-59 mg/dl	7	70.0%
60 mg/dl or above	3	30.0%
4. Body Mass Index		
Everyone		
Not reporting weight or height	2	2.4%
Less than 18.5	1	1.2%
18.5-27.4	51	60.7%
27.5-29.9	16	19.0%
30-34.9	7	8.3%
35-39.9	5	6.0%
Greater than or equal to 40	2	2.4%

**TABLE 4. PHYSIOLOGICAL MEASUREMENTS
(cont'd)**

	COMPANY X	
	Number	Percent
Males Only		
Not reporting weight or height	0	0.0%
Less than 18.5	0	0.0%
18.5-27.4	17	51.5%
27.5-29.9	9	27.3%
30-34.9	4	12.1%
35-39.9	2	6.1%
Greater than or equal to 40	1	3.0%
Females Only		
Not reporting weight or height	2	3.9%
Less than 18.5	1	2.0%
18.5-27.4	34	66.7%
27.5-29.9	7	13.7%
30-34.9	3	5.9%
35-39.9	3	5.9%
Greater than or equal to 40	1	2.0%
Females Only		
5. Age at Menarche		
Younger than 12	15	29.4%
12	19	37.3%
13	14	27.5%
14 or older	2	3.9%
No response	1	2.0%
6. Age at First Birth		
Younger than 20	5	9.8%
20-24	13	25.5%
25-29	9	17.6%
30 or older	10	19.6%
No response	13	25.5%
7. Pregnant		
Yes	1	2.0%
No	49	96.1%
Does not apply	1	2.0%
No response	0	0.0%

TABLE 5. FAMILY HISTORY

	COMPANY X	
	Number	Percent
Family Medical History		
1. Heart Problems		
Yes	40	47.6%
No	34	40.5%
I'm not sure	5	6.0%
No response	5	6.0%
2. Cancer		
Yes	43	51.2%
No	36	42.9%
I'm not sure	1	1.2%
No response	4	4.8%
3. Diabetes		
Yes	32	38.1%
No	44	52.4%
I'm not sure	2	2.4%
No response	6	7.1%
4. High Blood Pressure		
Yes	47	56.0%
No	28	33.3%
I'm not sure	3	3.6%
No response	6	7.1%
5. High Cholesterol		
Yes	37	44.0%
No	29	34.5%
I'm not sure	11	13.1%
No response	7	8.3%
Females Only		
6. Breast Cancer		
None	41	80.4%
1	6	11.8%
2 or more	3	5.9%
Don't know	0	0.0%
No response	1	2.0%

TABLE 6. SELF-REPORTED HEALTH PROBLEMS

	COMPANY X	
	Number	Percent
1. Allergies		
Never	39	46.4%
In the past	14	16.7%
Have currently	28	33.3%
Taking medication	15	17.9%
Under medical care	11	13.1%
No response	3	3.6%
2. Arthritis		
Never	72	85.7%
In the past	2	2.4%
Have currently	7	8.3%
Taking medication	5	6.0%
Under medical care	4	4.8%
No response	3	3.6%
3. Asthma		
Never	67	79.8%
In the past	3	3.6%
Have currently	7	8.3%
Taking medication	8	9.5%
Under medical care	8	9.5%
No response	7	8.3%
4. Back Pain		
Never	35	41.7%
In the past	29	34.5%
Have currently	15	17.9%
Taking medication	1	1.2%
Under medical care	2	2.4%
No response	5	6.0%
5. Cancer		
Never	80	95.2%
In the past	0	0.0%
Have currently	0	0.0%
Taking medication	0	0.0%
Under medical care	0	0.0%
No response	4	4.8%

**TABLE 6 SELF-REPORTED HEALTH PROBLEMS
(cont'd)**

	COMPANY X	
	Number	Percent
6. Chronic Bronchitis/Emphysema		
Never	74	88.1%
In the past	5	6.0%
Have currently	0	0.0%
Taking medication	0	0.0%
Under medical care	1	1.2%
No response	5	6.0%
7. Chronic Pain		
Never	67	79.8%
In the past	6	7.1%
Have currently	7	8.3%
Taking medication	3	3.6%
Under medical care	4	4.8%
No response	4	4.8%
8. Depression		
Never	61	72.6%
In the past	16	19.0%
Have currently	3	3.6%
Taking medication	6	7.1%
Under medical care	5	6.0%
No response	4	4.8%
9. Diabetes		
Never	80	95.2%
In the past	0	0.0%
Have currently	0	0.0%
Taking medication	0	0.0%
Under medical care	0	0.0%
No response	4	4.8%
10. Heart problems		
Never	75	89.3%
In the past	3	3.6%
Have currently	2	2.4%
Taking medication	0	0.0%
Under medical care	2	2.4%
No response	4	4.8%

**TABLE 6 SELF-REPORTED HEALTH PROBLEMS
(cont'd)**

	COMPANY X	
	Number	Percent
11. Heartburn or acid reflux		
Never	61	72.6%
In the past	14	16.7%
Have currently	7	8.3%
Taking medication	5	6.0%
Under medical care	3	3.6%
No response	2	2.4%
12. High blood pressure		
Never	60	71.4%
In the past	5	6.0%
Have currently	16	19.0%
Taking medication	15	17.9%
Under medical care	12	14.3%
No response	3	3.6%
13. High cholesterol		
Never	62	73.8%
In the past	8	9.5%
Have currently	12	14.3%
Taking medication	7	8.3%
Under medical care	8	9.5%
No response	2	2.4%
14. Menopause*		
Never	34	40.5%
In the past	4	4.8%
Have currently	9	10.7%
Taking medication	2	2.4%
Under medical care	3	3.6%
No response	4	4.8%

* Females only

**TABLE 6 SELF-REPORTED HEALTH PROBLEMS
(cont'd)**

	COMPANY X	
	Number	Percent
15. Migraine headaches		
Never	62	73.8%
In the past	13	15.5%
Have currently	5	6.0%
Taking medication	1	1.2%
Under medical care	2	2.4%
No response	4	4.8%
16. Osteoporosis		
Never	73	86.9%
In the past	1	1.2%
Have currently	5	6.0%
Taking medication	3	3.6%
Under medical care	3	3.6%
No response	5	6.0%
17. Stroke		
Never	79	94.0%
In the past	1	1.2%
Have currently	0	0.0%
Taking medication	0	0.0%
Under medical care	0	0.0%
No response	4	4.8%
18. Other condition		
Never	64	76.2%
In the past	3	3.6%
Have currently	6	7.1%
Taking medication	3	3.6%
Under medical care	2	2.4%
No response	11	13.1%

TABLE 7. PHYSICAL EXAMINATIONS

	COMPANY X	
	Number	Percent
1. Rectal Exam		
Less than 1 year ago	31	36.9%
1-2 years ago	8	9.5%
2-3 years ago	3	3.6%
3-4 years ago	4	4.8%
5-6 years ago	3	3.6%
7 or more years ago	7	8.3%
Never	23	27.4%
Don't know	3	3.6%
No response	2	2.4%
2. Colon Cancer Screen		
Less than 1 year ago	8	9.5%
1-2 years ago	5	6.0%
2-3 years ago	1	1.2%
3-4 years ago	0	0.0%
5-6 years ago	0	0.0%
7 or more years ago	2	2.4%
Never	62	73.8%
Don't know	4	4.8%
No response	2	2.4%
3. Tetanus Shot		
Less than 1 year ago	4	4.8%
1-2 years ago	9	10.7%
2-3 years ago	4	4.8%
3-4 years ago	8	9.5%
5-6 years ago	10	11.9%
7 or more years ago	11	13.1%
Never	6	7.1%
Don't know	26	31.0%
No response	6	7.1%
4. Flu Shot		
Less than 1 year ago	21	25.0%
1-2 years ago	7	8.3%
2-3 years ago	1	1.2%
3-4 years ago	1	1.2%
5-6 years ago	3	3.6%
7 or more years ago	3	3.6%
Never	37	44.0%
Don't know	5	6.0%
No response	6	7.1%

**TABLE 7 PHYSICAL EXAMINATIONS
(cont'd)**

	COMPANY X	
	Number	Percent
5. Blood Pressure		
Less than 1 year ago	73	86.9%
1-2 years ago	6	7.1%
2-3 years ago	1	1.2%
3-4 years ago	0	0.0%
5-6 years ago	0	0.0%
7 or more years ago	0	0.0%
Never	1	1.2%
Don't know	1	1.2%
No response	2	2.4%
6. Cholesterol		
Less than 1 year ago	60	71.4%
1-2 years ago	12	14.3%
2-3 years ago	0	0.0%
3-4 years ago	0	0.0%
5-6 years ago	0	0.0%
7 or more years ago	2	2.4%
Never	4	4.8%
Don't know	4	4.8%
No response	2	2.4%
Females Only		
7. Breast Self-Exam		
Monthly	17	33.3%
Once every few months	18	35.3%
Rarely/never	15	29.4%
No response	1	2.0%
8. Breast Exam by Physician		
Less than 1 year ago	43	84.3%
1-2 years ago	6	11.8%
2-3 years ago	0	0.0%
3-4 years ago	0	0.0%
5-6 years ago	1	2.0%
7 or more years ago	0	0.0%
Never	0	0.0%
Don't know	0	0.0%
No response	1	2.0%

**TABLE 7 PHYSICAL EXAMINATIONS
(cont'd)**

	COMPANY X	
	Number	Percent
9. Last Mammogram		
Less than 1 year ago	20	39.2%
1-2 years ago	6	11.8%
2-3 years ago	2	3.9%
3-4 years ago	0	0.0%
5-6 years ago	0	0.0%
7 or more years ago	2	3.9%
Never	20	39.2%
Don't know	0	0.0%
No response	1	2.0%
10. Pap Test		
Less than 1 year ago	42	82.4%
1-2 years ago	7	13.7%
2-3 years ago	0	0.0%
3-4 years ago	0	0.0%
5-6 years ago	1	2.0%
7 or more years ago	0	0.0%
Never	0	0.0%
Don't know	0	0.0%
No response	1	2.0%
11. Hysterectomy		
Yes	5	9.8%
No	45	88.2%
I'm not sure	0	0.0%
No response	1	2.0%
Males Only		
12. Self-exam Testicles		
Monthly	6	18.2%
Once every few months	5	15.2%
Rarely/never	22	66.7%
No response	0	0.0%
13. Prostate Exam		
Less than 1 year ago	12	36.4%
1-2 years ago	3	9.1%
2-3 years ago	0	0.0%
3-4 years ago	0	0.0%
5-6 years ago	0	0.0%
7 or more years ago	0	0.0%
Never	16	48.5%
Don't know	1	3.0%
No response	1	3.0%

TABLE 8. HEALTH ENHANCEMENT CHANGES

	COMPANY X	
	Number	Percent
Plan Changes in Next 6 Months		
1. Increase Physical Activity		
Yes	71	84.5%
No	4	4.8%
Don't Know	2	2.4%
Didn't need to change	7	8.3%
No response	0	0.0%
2. Lose Weight		
Yes	60	71.4%
No	10	11.9%
Don't Know	3	3.6%
Didn't need to change	11	13.1%
No response	0	0.0%
3. Reduce Alcohol Use		
Yes	5	6.0%
No	10	11.9%
Don't Know	1	1.2%
Didn't need to change	65	77.4%
No response	3	3.6%
4. Quit or Cut Down smoking		
Yes	9	10.7%
No	2	2.4%
Don't Know	0	0.0%
Didn't need to change	70	83.3%
No response	3	3.6%
5. Reduce Fat/Cholesterol Intake		
Yes	39	46.4%
No	5	6.0%
Don't Know	9	10.7%
Didn't need to change	29	34.5%
No response	2	2.4%
6. Lower Blood Pressure		
Yes	20	23.8%
No	2	2.4%
Don't Know	7	8.3%
Didn't need to change	52	61.9%
No response	3	3.6%

**TABLE 8. HEALTH ENHANCEMENT CHANGES
(cont'd)**

	COMPANY X	
	Number	Percent
7. Lower Cholesterol Level		
Yes	23	27.4%
No	2	2.4%
Don't Know	8	9.5%
Didn't need to change	49	58.3%
No response	2	2.4%
8. Cope better With Stress		
Yes	38	45.2%
No	4	4.8%
Don't Know	7	8.3%
Didn't need to change	32	38.1%
No response	3	3.6%
9. Participate in Program		
Yes	64	76.2%
No	2	2.4%
I'm not sure	18	21.4%
No response	0	0.0%
10. Follow-up Information		
Yes	53	63.1%
No	5	6.0%
I'm not sure	26	31.0%
No response	0	0.0%

TABLE 9. ADDITIONAL INFORMATION

	COMPANY X	
	Number	Percent
1. Visit to doctor/clinic (past year)		
0	3	3.6%
1-2	53	63.1%
3-5	17	20.2%
6 or more	10	11.9%
No response	1	1.2%
2. Visit Emergency Room (past year)		
0	68	81.0%
1-2	13	15.5%
3-5	2	2.4%
6 or more	0	0.0%
No response	1	1.2%
3. Hospital Overnight (past year)		
0	77	91.7%
1-2	6	7.1%
3-5	0	0.0%
6 or more	0	0.0%
No response	1	1.2%
4. Used 1-800 # for Medical Advice		
0	80	95.2%
1-2	3	3.6%
3-5	0	0.0%
6 or more	0	0.0%
No response	1	1.2%
5. Used a Self-Care Book		
0	66	78.6%
1-2	10	11.9%
3-5	5	6.0%
6 or more	2	2.4%
No response	1	1.2%
6. Alternative Medicine Treatment		
0	75	89.3%
1-2	4	4.8%
3-5	1	1.2%
6 or more	3	3.6%
No response	1	1.2%

**TABLE 9. ADDITIONAL INFORMATION
(cont'd)**

	COMPANY X	
	Number	Percent
7. Health problems affect productivity		
No health problems	44	52.4%
None of the time	22	26.2%
Some of the time	14	16.7%
Most of the time	0	0.0%
All of the time	0	0.0%
No response	4	4.8%
8. Family care		
0 hours	68	81.0%
One or more hours	13	15.5%
Average number of hours	2	2.4%
No response	1	1.2%