

**Johnson County Government  
(Employee Member Group)**

**Blue Cross and Blue Shield of Kansas City**

**Health Risk Appraisal  
Summary Report  
(1st & 2nd Quarter 2006)**



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**The University of Michigan  
Health Management Research Center**

**August 4, 2006**

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# Executive Summary

**Number of HRA Participants: 277**

**Participation Rate: N/A**

## **Demographic Information (p. 4)**

Male Participants: 29.2%

Female Participants: 70.8%

Average Age of Participants: 42.2

**Average Wellness Score (p. 6): 85.0**

## **Risk Status (p. 6)**

Low Risk (0-2 risks): 60.6%

Medium Risk (3-4 risks): 22.4%

High Risk (5+ risks): 17.0%

Average number of risks: 2.4

## **Health Risks Prioritized for an Individual (p. 5)**

The top three prioritized health risks for an individual are:

1. Body Weight, 20.9%
2. Zero Risk Management, 17.7%
3. Physical Activity, 9.7%

## **Health Risks by Prevalence in the Population (p. 5)**

The three most prevalent health risks in the population are:

1. Body Weight, 43.7%
2. Stress, 29.2%
3. Life Satisfaction, 23.8%

## **Health Problems Self-Reported (p. 7)**

The three most prevalent health problems reported by participants are:

1. Allergies, 48.0%
2. High Cholesterol, 22.4%
3. Heartburn/Acid Reflux, 19.1%

## **Preventive Health Services (p. 8)**

The preventive health services with the least compliance are:

Colon Cancer Screen, 49.4%; Rectal Exam, 45.9%; Flu Shot, 42.2%

## **Health Enhancement Changes (p. 9)**

The top three behaviors participants are planning to change during the next six months are:

1. Increase Physical Activity, 90.3% of the participants
2. Lose Weight, 81.2% of the participants
3. Reduce Fat/Cholesterol Intake, 62.5% of the participants

# Glossary

<b>Wellness Score</b>	The wellness score is generated from three major components: mortality risks, health 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.
<b>Risk Status</b>	The 15 risks are listed in the Risk Profile Table and in the Description of High Risk Cuts. The population goal is to reduce the number of those at high risk and increase the number of low risk.
<b>Health Risks Prioritized for an Individual</b>	The list of prioritized risks ranks the risks by percentage of individuals who have that risk as their number one prioritized risk. The number one prioritized risk for each individual is the risk which most influences that person's overall health and prospective medical costs and utilization. The risk order is influenced by the combination of risks for that individual as well as their age and gender. These are the risks which are recommended to be targeted for each individual.
<b>Health Risks by Prevalence in the Population</b>	Health risks as a percent of the population with risk. These are the risks recommended for population-wide programs.
<b>Health Problems Self-Reported</b>	These health problems are listed in order of prevalence reflecting self-report in Section I of this report.
<b>Health Age Index</b>	This index compares the appraised and the achievable age of a participant. The appraised age is a derived age corresponding to a person's health risk. The achievable age is a derived age calculated by modifying all controllable health risks. If the difference between the appraised age and the achievable age is greater than 4, the person is high risk for a future adverse event.
<b>Zero Risk Management</b>	Intervention recommended for zero risk individuals.

# Description of High Risk Cuts

<b>Alcohol</b>	More than 14 drinks per week
<b>Blood Pressure</b>	Systolic greater than 139 mmHg or diastolic greater than 89 mmHg or self-report have high or currently on blood pressure medication or under medical care
<b>Body Weight</b>	Body Mass Index (BMI) equal or greater than 27.5
<b>Cholesterol</b>	Greater than 239 mg/dL
<b>Existing Medical Conditions</b>	Heart disease, Cancer, Diabetes, Stroke, Chronic Bronchitis or Emphysema
<b>Health Age Index</b>	Greater than 4 – See Glossary for description
<b>Illness Days</b>	More than 5 days in the past year
<b>Job Satisfaction</b>	Disagree or strongly disagree
<b>Life Satisfaction</b>	Partly or not satisfied
<b>Medication/Drug for Relaxation</b>	Almost every day or sometimes
<b>Perceived Health</b>	Fair or poor
<b>Physical Activity</b>	Less than one time per week
<b>Safety Belt Use</b>	Less than 100 percent
<b>Smoking</b>	Current cigarette smoker
<b>Stress</b>	S-scale score greater than 18 (based on a composite score from answers to marital status, personal loss, life satisfaction, perception of health, hours of sleep, social ties)

# Section I

## Executive Summary

**TABLE 1.**  
**DEMOGRAPHIC CHARACTERISTICS**

	HRA Participants	
	Number	Percent
<b>Total Eligible for HRA Participation</b>	N/A	
<b>Total HRA Participation</b>	277	N/A
<b>Gender</b>		
Male	81	29.2%
Female	196	70.8%
No response	0	0.0%
<b>Age</b>		
19-34	85	30.7%
35-44	76	27.4%
45-54	65	23.5%
55+	51	18.4%
No response	0	0.0%
<b>Average Age</b>	42.2	

**TABLE 2.  
RISK PROFILE**

<b>Health Risks by Prevalence in the Population</b>		<b>Health Risks Prioritized for an Individual</b>	
<b>Rank</b>	<b>Percent</b>	<b>Rank</b>	<b>Percent</b>
<b>Body Weight</b>	43.7%	<b>Body Weight</b>	20.9%
<b>Stress</b>	29.2%	<b>Zero Risk Management</b>	17.7%
<b>Life Satisfaction</b>	23.8%	<b>Physical Activity</b>	9.7%
<b>Medication/Drug for Relaxation</b>	22.7%	<b>Stress</b>	9.0%
<b>Safety Belt Use</b>	21.3%	<b>Smoking</b>	8.3%
<b>Blood Pressure</b>	19.9%	<b>Perceived Health</b>	7.2%
<b>Physical Activity</b>	13.7%	<b>Medication/Drug for Relaxation</b>	7.2%
<b>Existing Medical Conditions</b>	13.4%	<b>Existing Medical Conditions</b>	6.9%
<b>Job Satisfaction</b>	13.0%	<b>Blood Pressure</b>	4.3%
<b>Perceived Health</b>	12.6%	<b>Safety Belt Use</b>	4.0%
<b>Illness Days</b>	12.6%	<b>Life Satisfaction</b>	1.8%
<b>Smoking</b>	10.5%	<b>Job Satisfaction</b>	1.4%
<b>Cholesterol</b>	2.9%	<b>Illness Days</b>	0.7%
<b>Health Age Index</b>	2.5%	<b>Alcohol</b>	0.4%
<b>Alcohol</b>	1.8%	<b>Cholesterol</b>	0.4%
		<b>Health Age Index</b>	0.0%

\*Cholesterol may be artificially low as only 44.8% reported a value

**TABLE 3.**  
**OVERALL HEALTH STATUS**

	<b>HRA Participants (N=277)</b>	
	<b>Number</b>	<b>Percent</b>
<b>Overall Risks</b>		
0 risk	49	17.7%
1 risk	54	19.5%
2 risks	65	23.5%
3 risks	39	14.1%
4 risks	23	8.3%
5 risks	23	8.3%
6+ risks	24	8.7%
<b>Risk Levels</b>		
Low (0 - 2 risks)	168	60.6%
Medium (3 - 4 risks)	62	22.4%
High (5+ risks)	47	17.0%
<b>Average Number of Risks</b>	2.4	
<b>Average Wellness Score</b>	85.0	

**TABLE 4.**  
**SELF-REPORTED HEALTH PROBLEMS**

	<b>HRA Participants (N=277)</b>	
	<b>Number</b>	<b>Percent</b>
<b>Allergies</b>	133	48.0%
<b>High Cholesterol</b>	62	22.4%
<b>Heartburn/Acid Reflux</b>	53	19.1%
<b>Back Pain</b>	52	18.8%
<b>Depression</b>	51	18.4%
<b>High Blood Pressure</b>	49	17.7%
<b>Arthritis</b>	44	15.9%
<b>Migraine Headaches</b>	31	11.2%
<b>Chronic Pain</b>	30	10.8%
<b>Other Condition</b>	28	10.1%
<b>Asthma</b>	25	9.0%
<b>Diabetes</b>	18	6.5%
<b>Osteoporosis</b>	12	4.3%
<b>Heart Problems</b>	11	4.0%
<b>Cancer</b>	6	2.2%
<b>Past Stroke</b>	5	1.8%
<b>Chronic Bronchitis/Emphysema</b>	1	0.4%
<b>Females Only</b>	196	
<b>Menopause</b>	49	25.0%

**TABLE 5.**  
**RECOMMENDED PREVENTIVE SERVICES\***

	HRA Participants (N=277)	
	Number	Percent
<b>Blood Pressure Screen</b>		
Age 19 and older	277	
Screen 3 or more years ago	9	3.2%
<b>Cholesterol Screen</b>		
Male age 35 - 65 years old	57	
Screen 5 or more years ago	3	5.3%
Female age 45 - 65 years old	82	
Screen 5 or more years ago	0	0.0%
<b>Colon Cancer Screen</b>		
Age 50 and older	83	
Screen 3 or more years ago	41	49.4%
<b>Flu Shot</b>		
Age 50 and older	83	
Flu shot 1 or more years ago	35	42.2%
<b>Rectal Exam</b>		
Age 40 and older	157	
Exam 2 or more years ago	72	45.9%
<b>Tetanus Shot</b>		
All ages	277	
Never or don't know	72	26.0%
<b>Females Only</b>	196	
<b>Mammography Screen</b>		
Female 40 - 69 years old	111	
Screen 2 or more years ago	20	18.0%
<b>Pap Test Screen</b>		
Female 19 - 65 years old	192	
Screen 3 or more years ago	16	8.3%

\*Guide to Clinical Preventive Services, 2005. AHRQ Publication No. 05-0570, June 2005. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/clinic/pocketgd.htm>.

**TABLE 6.**  
**HEALTH ENHANCEMENT CHANGES\***

	<b>HRA Participants (N=277)</b>	
	<b>Number</b>	<b>Percent</b>
<b>Plan Changes in Next 6 Months</b>		
<b>Increase Physical Activity</b>	250	90.3%
At risk	38	
At risk and planning to change	36	94.7%
<b>Lose Weight</b>	225	81.2%
At risk	121	
At risk and planning to change	119	98.3%
<b>Reduce Alcohol Use</b>	25	9.0%
At risk	5	
At risk and planning to change	3	60.0%
<b>Quit or Cut Down Smoking</b>	22	7.9%
At risk	29	
At risk and planning to change	18	62.1%
<b>Lower Blood Pressure</b>	67	24.2%
At risk	55	
At risk and planning to change	38	69.1%
<b>Lower Cholesterol Level</b>	107	38.6%
At risk	8	
At risk and planning to change	8	100.0%
<b>Cope Better with Stress</b>	158	57.0%
At risk	81	
At risk and planning to change	54	66.7%
<b>Reduce Fat/Cholesterol Intake</b>	173	62.5%

\*The percent in the "At risk and planning to change" row is out of those "At risk".

## Section II

### Detailed Responses

**TABLE 1. DEMOGRAPHIC DISTRIBUTION**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Age</b>		
19 - 34	85	30.7%
35 - 44	76	27.4%
45 - 54	65	23.5%
55+	51	18.4%
No response	0	0.0%
<b>2. Sex</b>		
Male	81	29.2%
Female	196	70.8%
No response	0	0.0%
<b>3. Education</b>		
Some high school	1	0.4%
High school graduate	26	9.4%
Some college	79	28.5%
College graduate	106	38.3%
Post graduate/professional	65	23.5%
No response	0	0.0%
<b>4. Annual Income</b>		
Less than \$35,000	39	14.1%
\$35,000 - \$49,999	53	19.1%
\$50,000 - \$74,999	74	26.7%
\$75,000 - \$99,999	55	19.9%
\$100,000 or more	51	18.4%
No response	5	1.8%
<b>5. Marital Status</b>		
Single (never married)	42	15.2%
Separated	3	1.1%
Divorced	38	13.7%
Married	184	66.4%
Widowed	7	2.5%
Other	3	1.1%
No response	0	0.0%
<b>6. Race</b>		
White (non-Hispanic)	249	89.9%
Black (non-Hispanic)	13	4.7%
Hispanic	7	2.5%
Asian or Pacific Islander	3	1.1%
American Indian/Alaskan Native	1	0.4%
Other	2	0.7%
No response	2	0.7%

**TABLE 2. QUALITY OF LIFE INDICATORS**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Life Satisfaction</b>		
Completely satisfied	27	9.7%
Mostly satisfied	184	66.4%
Partly satisfied	54	19.5%
Not satisfied	12	4.3%
No response	0	0.0%
<b>2. Job Satisfaction</b>		
Agree strongly	65	23.5%
Agree	174	62.8%
Disagree	28	10.1%
Disagree strongly	8	2.9%
No response	2	0.7%
<b>3. Self-Report Physical Health</b>		
Excellent	36	13.0%
Very good	115	41.5%
Good	91	32.9%
Fair	31	11.2%
Poor	4	1.4%
No response	0	0.0%
<b>4. Days of Work Missed Due to Illness</b>		
None	43	15.5%
1 - 2 days	121	43.7%
3 - 5 days	78	28.2%
6 - 10 days	24	8.7%
11 - 15 days	7	2.5%
16 days or more	4	1.4%
No response	0	0.0%
<b>5. Social Support</b>		
Very strong	152	54.9%
About average	106	38.3%
Weaker than average	18	6.5%
Not sure	1	0.4%
No response	0	0.0%

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

	HRA Participants (N=277)	
	Number	Percent
<b>6. Serious Personal Loss</b>		
Two or more	22	7.9%
One	58	20.9%
No	197	71.1%
No response	0	0.0%
<b>7. Feel Tense, Anxious, Depressed</b>		
Often	26	9.4%
Sometimes	117	42.2%
Rarely	116	41.9%
Never	18	6.5%
No response	0	0.0%
<b>8. Stress Effect on Your Health</b>		
A lot	34	12.3%
Some	114	41.2%
Hardly any	97	35.0%
None	32	11.6%
No response	0	0.0%
<b>9. Sleep</b>		
6 hours or less	66	23.8%
7 hours	130	46.9%
8 hours	75	27.1%
9 hours or more	5	1.8%
No response	1	0.4%

**TABLE 3. HEALTH RELATED BEHAVIORS**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Tobacco Use</b>		
<b>Cigarette Smoking</b>		
Still Smoke	29	10.5%
Average cigarettes per day	12.3	
Used to smoke	67	24.2%
Average quit years	12.0	
Average number of cigarettes		
less than 9	30	44.8%
10 - 15	15	22.4%
16 - 19	8	11.9%
20+	14	20.9%
No response	0	0.0%
Never smoked	181	65.3%
No response	0	0.0%
<b>Cigars</b>	8	2.9%
<b>Pipes</b>	5	1.8%
<b>Smokeless Tobacco</b>	3	1.1%
<b>2. Alcohol Drinks</b>		
0	142	51.3%
1 - 7	116	41.9%
8 - 14	14	5.1%
15 - 21	4	1.4%
22 or greater	1	0.4%
No response	0	0.0%
<b>3. Drive Drunk or Ride with Drunk Driver</b>		
0 time last month	260	93.9%
1 or more time(s) last month	16	5.8%
No response	1	0.4%
<b>4. Medication/Drug for Relaxation</b>		
Almost every day	56	20.2%
Sometimes	7	2.5%
Rarely or never	213	76.9%
No response	1	0.4%

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

	HRA Participants (N=277)	
	Number	Percent
<b>5. Safety Belt Usage</b>		
100%	218	78.7%
90 - 99%	38	13.7%
80 - 89%	5	1.8%
Less than 80%	16	5.8%
No response	0	0.0%
<b>6. Drive Speed</b>		
Within 5 mph of speed limit	199	71.8%
6 - 10 mph over the limit	73	26.4%
More than 10 mph over the limit	5	1.8%
No response	0	0.0%
<b>7. Travel</b>		
Sub-compact or compact car	76	27.4%
Mid-size/full-size car/minivan	132	47.7%
Truck/van/SUV	65	23.5%
Motorcycle	1	0.4%
Other	3	1.1%
No response	0	0.0%
<b>8. Drive (Car, truck or van)</b>		
1 - 1,999 miles	42	15.2%
2,000 - 4,999 miles	25	9.0%
5,000 - 9,999 miles	49	17.7%
10,000 - 14,999 miles	81	29.2%
15,000 - 19,999 miles	39	14.1%
20,000 - 29,999 miles	23	8.3%
30,000 miles or more	18	6.5%
Does not drive or ride	0	0.0%
No response	0	0.0%
<b>9. Ride Motorcycle</b>		
1 - 999 miles	122	44.0%
1,000 - 1,999 miles	2	0.7%
2,000 - 2,999 miles	2	0.7%
3,000 - 3,999 miles	1	0.4%
4,000 - 4,999 miles	2	0.7%
5,000 miles or more	1	0.4%
Does not drive or ride	144	52.0%
No response	3	1.1%

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

	HRA Participants (N=277)	
	Number	Percent
<b>10. Physical Activity</b>		
Less than 1 time/week	38	13.7%
1 or 2 times/week	82	29.6%
3 times/week	73	26.4%
4 or more times/week	84	30.3%
No response	0	0.0%
<b>11. Fiber in Diet</b>		
5 - 6 servings a day	50	18.1%
3 - 4 servings a day	126	45.5%
1 - 2 servings a day	94	33.9%
Rarely/never	7	2.5%
No response	0	0.0%
<b>12. Fat/Cholesterol in Diet</b>		
5 - 6 servings a day	7	2.5%
3 - 4 servings a day	79	28.5%
1 - 2 servings a day	165	59.6%
Rarely/never	26	9.4%
No response	0	0.0%

**TABLE 4. PHYSIOLOGICAL MEASUREMENTS**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Blood Pressure (BP)</b>		
<b>Don't Know BP</b>	91	32.9%
Not sure	90	98.9%
No response	1	1.1%
<b>Know BP</b>	186	67.1%
Systolic		
Less than 120 mmHg	75	40.3%
120 - 139 mmHg	104	55.9%
140 mmHg or above	7	3.8%
Diastolic		
Less than 80 mmHg	107	57.5%
80 - 89 mmHg	72	38.7%
90 mmHg or above	7	3.8%
<b>2. Total Cholesterol</b>		
<b>Don't Know Cholesterol</b>	153	55.2%
Not sure	151	98.7%
No response	2	1.3%
<b>Know Cholesterol</b>	124	44.8%
Less than 200 mg/dL	89	71.8%
200 - 239 mg/dL	27	21.8%
240 mg/dL or greater	8	6.5%
<b>3. HDL Cholesterol</b>		
<b>Don't Know HDL</b>	207	74.7%
Good/normal	112	54.1%
Bad	9	4.3%
Not sure	83	40.1%
No response	3	1.4%
<b>Know HDL</b>	70	25.3%
Less than 40 mg/dL	13	18.6%
40 - 59 mg/dL	30	42.9%
60 mg/dL or above	27	38.6%
<b>4. Weight - by Body Mass Index</b>		
<b>Everyone</b>	277	
Not reporting weight or height	0	0.0%
Less than 18.5	3	1.1%
18.5 - 24.9	105	37.9%
25.0 - 27.4	48	17.3%
27.5 - 29.9	28	10.1%
30 - 34.9	49	17.7%
35 - 39.9	25	9.0%
40 or greater	19	6.9%

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

	HRA Participants (N=277)	
	Number	Percent
<b>4. Weight - by Body Mass Index (Cont'd)</b>		
<b>Males Only</b>	81	
Not reporting weight or height	0	0.0%
Less than 18.5	0	0.0%
18.5 - 24.9	28	34.6%
25.0 - 27.4	23	28.4%
27.5 - 29.9	8	9.9%
30 - 34.9	15	18.5%
35 - 39.9	5	6.2%
40 or greater	2	2.5%
<b>Females Only</b>	196	
Not reporting weight or height	0	0.0%
Less than 18.5	3	1.5%
18.5 - 24.9	77	39.3%
25.0 - 27.4	25	12.8%
27.5 - 29.9	20	10.2%
30 - 34.9	34	17.3%
35 - 39.9	20	10.2%
40 or greater	17	8.7%
<b>Females Only</b>	196	
<b>5. Age at Menarche</b>		
Younger than 12	26	13.3%
12	62	31.6%
13	61	31.1%
14 or older	46	23.5%
No response	1	0.5%
<b>6. Age at First Birth</b>		
Younger than 20	22	11.2%
20 - 24	57	29.1%
25 - 29	36	18.4%
30 or older	24	12.2%
Does not apply	57	29.1%
No response	0	0.0%
<b>7. Pregnant</b>		
Yes	0	0.0%
No	191	97.4%
Does not apply	5	2.6%
No response	0	0.0%

**TABLE 5. PRESENTEEISM**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Physical Health or Emotional Problems Make it Difficult to Do the Following:</b>		
<b>Work Required Hours</b>		
All of the time	12	4.3%
Most of the time	8	2.9%
Half of the time	1	0.4%
Some of the time	37	13.4%
None of the time	213	76.9%
Does not apply	5	1.8%
No response	1	0.4%
<b>Start on Your Job</b>		
All of the time	16	5.8%
Most of the time	12	4.3%
Half of the time	2	0.7%
Some of the time	26	9.4%
None of the time	215	77.6%
Does not apply	5	1.8%
No response	1	0.4%
<b>Repeat the Same Hand Motions</b>		
All of the time	8	2.9%
Most of the time	12	4.3%
Half of the time	9	3.2%
Some of the time	23	8.3%
None of the time	178	64.3%
Does not apply	46	16.6%
No response	1	0.4%
<b>Use Your Equipment</b>		
All of the time	14	5.1%
Most of the time	16	5.8%
Half of the time	2	0.7%
Some of the time	24	8.7%
None of the time	213	76.9%
Does not apply	7	2.5%
No response	1	0.4%
<b>Concentrate</b>		
All of the time	11	4.0%
Most of the time	19	6.9%
Half of the time	11	4.0%
Some of the time	87	31.4%
None of the time	146	52.7%
Does not apply	2	0.7%
No response	1	0.4%

**TABLE 5. PRESENTEEISM  
(Cont'd)**

	HRA Participants (N=277)	
	Number	Percent
<b>Help Other People</b>		
All of the time	9	3.2%
Most of the time	9	3.2%
Half of the time	3	1.1%
Some of the time	35	12.6%
None of the time	208	75.1%
Does not apply	13	4.7%
No response	0	0.0%
<b>Do the Required Work</b>		
All of the time	19	6.9%
Most of the time	17	6.1%
Half of the time	3	1.1%
Some of the time	33	11.9%
None of the time	200	72.2%
Does not apply	4	1.4%
No response	1	0.4%
<b>Feel Capable</b>		
All of the time	21	7.6%
Most of the time	26	9.4%
Half of the time	4	1.4%
Some of the time	58	20.9%
None of the time	162	58.5%
Does not apply	5	1.8%
No response	1	0.4%
<b>2. Health Problems Affect Productivity</b>		
No health problems	130	46.9%
None of the time	85	30.7%
Some of the time	59	21.3%
Most of the time	3	1.1%
All of the time	0	0.0%
No response	0	0.0%
<b>3. Family Care</b>		
Zero hours	223	80.5%
One or more hours	54	19.5%
Average number of hours	9.8	
No response	0	0.0%

**TABLE 6. FAMILY MEDICAL HISTORY**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Family Medical History</b>		
<b>Heart Problems</b>		
Yes	161	58.1%
No	95	34.3%
I'm not sure	20	7.2%
No response	1	0.4%
<b>Cancer</b>		
Yes	157	56.7%
No	103	37.2%
I'm not sure	16	5.8%
No response	1	0.4%
<b>Diabetes</b>		
Yes	132	47.7%
No	133	48.0%
I'm not sure	10	3.6%
No response	2	0.7%
<b>High Blood Pressure</b>		
Yes	184	66.4%
No	75	27.1%
I'm not sure	17	6.1%
No response	1	0.4%
<b>High Cholesterol</b>		
Yes	144	52.0%
No	80	28.9%
I'm not sure	51	18.4%
No response	2	0.7%
<b>Females Only</b>	196	
<b>2. Breast Cancer</b>		
None	164	83.7%
1	21	10.7%
2 or more	6	3.1%
Don't know	4	2.0%
No response	1	0.5%

**TABLE 7. HEALTH PROBLEMS SELF-REPORTED**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Allergies</b>		
Never	101	36.5%
In the past	45	16.2%
Have currently	131	47.3%
Taking medication	81	29.2%
Under medical care	27	9.7%
No response	0	0.0%
<b>2. Arthritis</b>		
Never	225	81.2%
In the past	7	2.5%
Have currently	44	15.9%
Taking medication	14	5.1%
Under medical care	7	2.5%
No response	0	0.0%
<b>3. Asthma</b>		
Never	225	81.2%
In the past	28	10.1%
Have currently	23	8.3%
Taking medication	18	6.5%
Under medical care	14	5.1%
No response	0	0.0%
<b>4. Back Pain</b>		
Never	114	41.2%
In the past	115	41.5%
Have currently	47	17.0%
Taking medication	9	3.2%
Under medical care	10	3.6%
No response	0	0.0%
<b>5. Cancer</b>		
Never	256	92.4%
In the past	20	7.2%
Have currently	0	0.0%
Taking medication	4	1.4%
Under medical care	4	1.4%
No response	0	0.0%
<b>6. Chronic Bronchitis/Emphysema</b>		
Never	250	90.3%
In the past	25	9.0%
Have currently	1	0.4%
Taking medication	1	0.4%
Under medical care	1	0.4%
No response	0	0.0%

**TABLE 7. HEALTH PROBLEMS SELF-REPORTED  
(Cont'd)**

	HRA Participants (N=277)	
	Number	Percent
<b>7. Chronic Pain</b>		
Never	229	82.7%
In the past	19	6.9%
Have currently	28	10.1%
Taking medication	12	4.3%
Under medical care	10	3.6%
No response	0	0.0%
<b>8. Depression</b>		
Never	165	59.6%
In the past	67	24.2%
Have currently	44	15.9%
Taking medication	37	13.4%
Under medical care	27	9.7%
No response	0	0.0%
<b>9. Diabetes</b>		
Never	256	92.4%
In the past	2	0.7%
Have currently	18	6.5%
Taking medication	12	4.3%
Under medical care	13	4.7%
No response	0	0.0%
<b>10. Heart Problems</b>		
Never	260	93.9%
In the past	7	2.5%
Have currently	9	3.2%
Taking medication	8	2.9%
Under medical care	6	2.2%
No response	0	0.0%
<b>11. Heartburn or Acid Reflux</b>		
Never	159	57.4%
In the past	70	25.3%
Have currently	46	16.6%
Taking medication	38	13.7%
Under medical care	16	5.8%
No response	0	0.0%
<b>12. High Blood Pressure</b>		
Never	207	74.7%
In the past	27	9.7%
Have currently	43	15.5%
Taking medication	36	13.0%
Under medical care	27	9.7%
No response	0	0.0%

**TABLE 7. HEALTH PROBLEMS SELF-REPORTED  
(Cont'd)**

	HRA Participants (N=277)	
	Number	Percent
<b>13. High Cholesterol</b>		
Never	182	65.7%
In the past	50	18.1%
Have currently	44	15.9%
Taking medication	34	12.3%
Under medical care	18	6.5%
No response	0	0.0%
<b>14. Menopause (Females Only)</b>		
Never	126	64.3%
In the past	25	12.8%
Have currently	44	22.4%
Taking medication	16	8.2%
Under medical care	13	6.6%
No response	0	0.0%
<b>15. Migraine Headaches</b>		
Never	189	68.2%
In the past	61	22.0%
Have currently	26	9.4%
Taking medication	16	5.8%
Under medical care	6	2.2%
No response	0	0.0%
<b>16. Osteoporosis</b>		
Never	264	95.3%
In the past	1	0.4%
Have currently	11	4.0%
Taking medication	4	1.4%
Under medical care	4	1.4%
No response	0	0.0%
<b>17. Stroke</b>		
Never	271	97.8%
In the past	5	1.8%
Have currently	0	0.0%
Taking medication	1	0.4%
Under medical care	0	0.0%
No response	0	0.0%
<b>18. Other Condition</b>		
Never	215	77.6%
In the past	8	2.9%
Have currently	27	9.7%
Taking medication	20	7.2%
Under medical care	12	4.3%
No response	0	0.0%

**TABLE 8. PHYSICAL EXAMINATIONS**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Colon Cancer Screen</b>		
Less than 1 year ago	29	10.5%
1 - 2 years ago	31	11.2%
2 - 3 years ago	9	3.2%
3 - 4 years ago	9	3.2%
5 - 6 years ago	6	2.2%
7 or more years ago	8	2.9%
Never	176	63.5%
Don't know	8	2.9%
No response	1	0.4%
<b>2. Rectal Exam</b>		
Less than 1 year ago	58	20.9%
1 - 2 years ago	37	13.4%
2 - 3 years ago	11	4.0%
3 - 4 years ago	8	2.9%
5 - 6 years ago	7	2.5%
7 or more years ago	8	2.9%
Never	136	49.1%
Don't know	11	4.0%
No response	1	0.4%
<b>3. Flu Shot</b>		
Less than 1 year ago	104	37.5%
1 - 2 years ago	31	11.2%
2 - 3 years ago	22	7.9%
3 - 4 years ago	9	3.2%
5 - 6 years ago	8	2.9%
7 or more years ago	14	5.1%
Never	85	30.7%
Don't know	4	1.4%
No response	0	0.0%
<b>4. Tetanus Shot</b>		
Less than 1 year ago	68	24.5%
1 - 2 years ago	40	14.4%
2 - 3 years ago	37	13.4%
3 - 4 years ago	31	11.2%
5 - 6 years ago	29	10.5%
7 or more years ago	38	13.7%
Never	3	1.1%
Don't know	31	11.2%
No response	0	0.0%

**TABLE 8. PHYSICAL EXAMINATIONS  
(Cont'd)**

	HRA Participants (N=277)	
	Number	Percent
<b>5. Blood Pressure</b>		
Less than 1 year ago	244	88.1%
1 - 2 years ago	24	8.7%
2 - 3 years ago	2	0.7%
3 - 4 years ago	0	0.0%
5 - 6 years ago	0	0.0%
7 or more years ago	0	0.0%
Never	4	1.4%
Don't know	3	1.1%
No response	0	0.0%
<b>6. Cholesterol</b>		
Less than 1 year ago	189	68.2%
1 - 2 years ago	48	17.3%
2 - 3 years ago	6	2.2%
3 - 4 years ago	1	0.4%
5 - 6 years ago	4	1.4%
7 or more years ago	0	0.0%
Never	15	5.4%
Don't know	14	5.1%
No response	0	0.0%
<b>7. Females Only</b>	196	
<b>Pap Test</b>		
Less than 1 year ago	127	64.8%
1 - 2 years ago	45	23.0%
2 - 3 years ago	7	3.6%
3 - 4 years ago	9	4.6%
5 - 6 years ago	3	1.5%
7 or more years ago	3	1.5%
Never	1	0.5%
Don't know	1	0.5%
No response	0	0.0%
<b>8. Mammogram</b>		
Less than 1 year ago	75	38.3%
1 - 2 years ago	30	15.3%
2 - 3 years ago	17	8.7%
3 - 4 years ago	1	0.5%
5 - 6 years ago	3	1.5%
7 or more years ago	3	1.5%
Never	66	33.7%
Don't know	0	0.0%
No response	1	0.5%

**TABLE 8. PHYSICAL EXAMINATIONS  
(Cont'd)**

	HRA Participants (N=277)	
	Number	Percent
<b>9. Breast Exam by Health Professional</b>		
Less than 1 year ago	135	68.9%
1 - 2 years ago	38	19.4%
2 - 3 years ago	9	4.6%
3 - 4 years ago	6	3.1%
5 - 6 years ago	1	0.5%
7 or more years ago	3	1.5%
Never	1	0.5%
Don't know	3	1.5%
No response	0	0.0%
<b>10. Hysterectomy</b>		
Yes	38	19.4%
No	156	79.6%
I'm not sure	2	1.0%
No response	0	0.0%
<b>11. Breast Self-Exam</b>		
Monthly	71	36.2%
Once every few months	73	37.2%
Rarely/never	52	26.5%
No response	0	0.0%
<b>Males Only</b>		
	81	
<b>12. Self-Exam Testicles</b>		
Monthly	22	27.2%
Once every few months	26	32.1%
Rarely/never	32	39.5%
No response	1	1.2%
<b>13. Prostate Exam</b>		
Less than 1 year ago	19	23.5%
1 - 2 years ago	13	16.0%
2 - 3 years ago	6	7.4%
3 - 4 years ago	4	4.9%
5 - 6 years ago	4	4.9%
7 or more years ago	2	2.5%
Never	32	39.5%
Don't know	1	1.2%
No response	0	0.0%

**TABLE 9. HEALTH ENHANCEMENT CHANGES**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Plan Changes in Next 6 Months</b>		
<b>Increase Physical Activity</b>		
Yes	250	90.3%
No	7	2.5%
Don't know	5	1.8%
Not needed	15	5.4%
No response	0	0.0%
<b>Lose Weight</b>		
Yes	225	81.2%
No	18	6.5%
Don't know	8	2.9%
Not needed	26	9.4%
No response	0	0.0%
<b>Reduce Alcohol Use</b>		
Yes	25	9.0%
No	51	18.4%
Don't know	8	2.9%
Not needed	193	69.7%
No response	0	0.0%
<b>Quit or Cut Down Smoking</b>		
Yes	22	7.9%
No	12	4.3%
Don't know	10	3.6%
Not needed	232	83.8%
No response	1	0.4%
<b>Reduce Fat/Cholesterol Intake</b>		
Yes	173	62.5%
No	21	7.6%
Don't know	41	14.8%
Not needed	41	14.8%
No response	1	0.4%
<b>Lower Blood Pressure</b>		
Yes	67	24.2%
No	15	5.4%
Don't know	33	11.9%
Not needed	161	58.1%
No response	1	0.4%

**TABLE 9. HEALTH ENHANCEMENT CHANGES  
(Cont'd)**

	HRA Participants (N=277)	
	Number	Percent
<b>Lower Cholesterol Level</b>		
Yes	107	38.6%
No	13	4.7%
Don't know	42	15.2%
Not needed	115	41.5%
No response	0	0.0%
<b>Cope Better With Stress</b>		
Yes	158	57.0%
No	8	2.9%
Don't know	39	14.1%
Not needed	72	26.0%
No response	0	0.0%
<b>2. Participate in Program</b>		
Yes	221	79.8%
No	6	2.2%
I'm not sure	49	17.7%
No response	1	0.4%
<b>3. Follow-up Information</b>		
Yes	98	35.4%
No	133	48.0%
I'm not sure	46	16.6%
No response	0	0.0%

**TABLE 10. ADDITIONAL INFORMATION**

	HRA Participants (N=277)	
	Number	Percent
<b>1. Visit to Doctor/Clinic (past year)</b>		
0	23	8.3%
1 - 2	126	45.5%
3 - 5	92	33.2%
6 or more	36	13.0%
No response	0	0.0%
<b>2. Visit Emergency Room (past year)</b>		
0	251	90.6%
1 - 2	25	9.0%
3 - 5	1	0.4%
6 or more	0	0.0%
No response	0	0.0%
<b>3. Hospital Overnight (past year)</b>		
0	263	94.9%
1 - 2	13	4.7%
3 - 5	1	0.4%
6 or more	0	0.0%
No response	0	0.0%