

Johnson County Government (Employee Non-BCBSKC Group)

Health Risk Appraisal Summary Report (2nd Quarter 2006)



**The University of Michigan
Health Management Research Center
July 11, 2006**

Executive Summary

Number of HRA Participants: 63

Participation Rate: N/A

Demographic Information (p. 4)

Male Participants: 11.1%

Female Participants: 88.9%

Average Age of Participants: 44.8

Average Wellness Score (p. 6): 85.5

Risk Status (p. 6)

Low Risk (0-2 risks): 63.5%

Medium Risk (3-4 risks): 19.0%

High Risk (5+ risks): 17.5%

Average number of risks: 2.2

Health Risks Prioritized for an Individual (p. 5)

The top three prioritized health risks for an individual are:

1. Zero Risk Management, 20.6%
2. Body Weight, 17.5%
3. Medication/Drug for Relaxation, 12.7%

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

The three most prevalent health risks in the population are:

1. Body Weight, 33.3%
2. Stress, 28.6%
3. Blood Pressure, 23.8% and Medication/Drug for Relaxation, 23.8%

Health Problems Self-Reported (p. 7)

The three most prevalent health problems reported by participants are:

1. Allergies, 46.0%
2. Back Pain, 22.2%
2. High Blood Pressure, 22.2%

Preventive Health Services (p. 8)

The preventive health services with the least compliance are:

Colon Cancer Screen, 40.0%; Rectal Exam, 38.1%; Tetanus Shot, 36.5%

Health Enhancement Changes (p. 9)

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

1. Lose Weight, 84.1% of the participants
2. Increase Physical Activity, 77.8% of the participants
3. Cope Better with Stress, 69.8% of the participants

Glossary

Wellness Score	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.
Risk Status	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.
Health Risks Prioritized for an Individual	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.
Health Risks by Prevalence in the Population	Health risks as a percent of the population with risk. These are the risks recommended for population-wide programs.
Health Problems Self-Reported	These health problems are listed in order of prevalence reflecting self-report in Section I of this report.
Health Age Index	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.
Zero Risk Management	Intervention recommended for zero risk individuals.

Description of High Risk Cuts

Alcohol	More than 14 drinks per week
Blood Pressure	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
Body Weight	Body Mass Index (BMI) equal or greater than 27.5
Cholesterol	Greater than 239 mg/dL
Existing Medical Conditions	Heart disease, Cancer, Diabetes, Stroke, Chronic Bronchitis or Emphysema
Health Age Index	Greater than 4 – See Glossary for description
Illness Days	More than 5 days in the past year
Job Satisfaction	Disagree or strongly disagree
Life Satisfaction	Partly or not satisfied
Medication/Drug for Relaxation	Almost every day or sometimes
Perceived Health	Fair or poor
Physical Activity	Less than one time per week
Safety Belt Use	Less than 100 percent
Smoking	Current cigarette smoker
Stress	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
Total Eligible for HRA Participation	N/A	
Total HRA Participation	63	N/A
Gender		
Male	7	11.1%
Female	56	88.9%
No response	0	0.0%
Age		
19-34	16	25.4%
35-44	11	17.5%
45-54	20	31.7%
55+	16	25.4%
No response	0	0.0%
Average Age	44.8	

**TABLE 2.
RISK PROFILE**

Health Risks by Prevalence in the Population		Health Risks Prioritized for an Individual	
Rank	Percent	Rank	Percent
Body Weight	33.3%	Zero Risk Management	20.6%
Stress	28.6%	Body Weight	17.5%
Blood Pressure	23.8%	Medication/Drug for Relaxation	12.7%
Medication/Drug for Relaxation	23.8%	Smoking	9.5%
Safety Belt Use	22.2%	Stress	9.5%
Life Satisfaction	19.0%	Blood Pressure	4.8%
Job Satisfaction	15.9%	Perceived Health	4.8%
Smoking	12.7%	Life Satisfaction	4.8%
Existing Medical Conditions	11.1%	Safety Belt Use	4.8%
Physical Activity	9.5%	Job Satisfaction	4.8%
Illness Days	9.5%	Existing Medical Conditions	3.2%
Perceived Health	6.3%	Physical Activity	3.2%
Cholesterol*	3.2%	Alcohol	0.0%
Health Age Index	3.2%	Cholesterol	0.0%
Alcohol	1.6%	Illness Days	0.0%
		Health Age Index	0.0%

*Cholesterol may be artificially low as only 46.0% reported a value

TABLE 3.
OVERALL HEALTH STATUS

	HRA Participants (N=63)	
	Number	Percent
Overall Risks		
0 risk	13	20.6%
1 risk	17	27.0%
2 risks	10	15.9%
3 risks	5	7.9%
4 risks	7	11.1%
5 risks	6	9.5%
6+ risks	5	7.9%
Risk Levels		
Low (0 - 2 risks)	40	63.5%
Medium (3 - 4 risks)	12	19.0%
High (5+ risks)	11	17.5%
Average Number of Risks	2.2	
Average Wellness Score	85.5	

TABLE 4.
SELF-REPORTED HEALTH PROBLEMS

	HRA Participants (N=63)	
	Number	Percent
Allergies	29	46.0%
Back Pain	14	22.2%
High Blood Pressure	14	22.2%
Arthritis	13	20.6%
High Cholesterol	13	20.6%
Migraine Headaches	12	19.0%
Depression	8	12.7%
Heartburn/Acid Reflux	8	12.7%
Other Condition	8	12.7%
Chronic Pain	7	11.1%
Asthma	4	6.3%
Diabetes	3	4.8%
Chronic Bronchitis/Emphysema	2	3.2%
Heart Problems	2	3.2%
Cancer	1	1.6%
Osteoporosis	1	1.6%
Past Stroke	1	1.6%
Females Only	56	
Menopause	14	25.0%

TABLE 5.
RECOMMENDED PREVENTIVE SERVICES*

	HRA Participants (N=63)	
	Number	Percent
Blood Pressure Screen		
Age 19 and older	63	
Screen 3 or more years ago	2	3.2%
Cholesterol Screen		
Male age 35 - 65 years old	N/A	
Screen 5 or more years ago	N/A	N/A
Female age 45 - 65 years old	30	
Screen 5 or more years ago	3	10.0%
Colon Cancer Screen		
Age 50 and older	25	
Screen 3 or more years ago	10	40.0%
Flu Shot		
Age 50 and older	25	
Flu shot 1 or more years ago	9	36.0%
Rectal Exam		
Age 40 and older	42	
Exam 2 or more years ago	16	38.1%
Tetanus Shot		
All ages	63	
Never or don't know	23	36.5%
Females Only	56	
Mammography Screen		
Female 40 - 69 years old	36	
Screen 2 or more years ago	6	16.7%
Pap Test Screen		
Female 19 - 65 years older	56	
Screen 3 or more years ago	2	3.6%

*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*

	HRA Participants (N=63)	
	Number	Percent
Plan Changes in Next 6 Months		
Increase Physical Activity	49	77.8%
At risk	6	
At risk and planning to change	4	66.7%
Lose Weight	53	84.1%
At risk	21	
At risk and planning to change	21	100.0%
Reduce Alcohol Use	2	3.2%
At risk	1	
At risk and planning to change	1	100.0%
Quit or Cut Down Smoking	5	7.9%
At risk	8	
At risk and planning to change	5	62.5%
Lower Blood Pressure	14	22.2%
At risk	15	
At risk and planning to change	10	66.7%
Lower Cholesterol Level	18	28.6%
At risk	2	
At risk and planning to change	2	100.0%
Cope Better with Stress	44	69.8%
At risk	18	
At risk and planning to change	15	83.3%
Reduce Fat/Cholesterol Intake	40	63.5%

*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=63)	
	Number	Percent
1. Age		
19 - 34	16	25.4%
35 - 44	11	17.5%
45 - 54	20	31.7%
55+	16	25.4%
No response	0	0.0%
2. Sex		
Male	7	11.1%
Female	56	88.9%
No response	0	0.0%
3. Education		
Some high school	0	0.0%
High school graduate	4	6.3%
Some college	20	31.7%
College graduate	29	46.0%
Post graduate/professional	10	15.9%
No response	0	0.0%
4. Annual Income		
Less than \$35,000	8	12.7%
\$35,000 - \$49,999	6	9.5%
\$50,000 - \$74,999	12	19.0%
\$75,000 - \$99,999	21	33.3%
\$100,000 or more	15	23.8%
No response	1	1.6%
5. Marital Status		
Single (never married)	8	12.7%
Separated	0	0.0%
Divorced	5	7.9%
Married	49	77.8%
Widowed	0	0.0%
Other	1	1.6%
No response	0	0.0%
6. Race		
White (non-Hispanic)	55	87.3%
Black (non-Hispanic)	1	1.6%
Hispanic	4	6.3%
Asian or Pacific Islander	1	1.6%
American Indian/Alaskan Native	0	0.0%
Other	2	3.2%
No response	0	0.0%

TABLE 2. QUALITY OF LIFE INDICATORS

	HRA Participants (N=63)	
	Number	Percent
1. Life Satisfaction		
Completely satisfied	12	19.0%
Mostly satisfied	39	61.9%
Partly satisfied	11	17.5%
Not satisfied	1	1.6%
No response	0	0.0%
2. Job Satisfaction		
Agree strongly	15	23.8%
Agree	38	60.3%
Disagree	8	12.7%
Disagree strongly	2	3.2%
No response	0	0.0%
3. Self-Report Physical Health		
Excellent	15	23.8%
Very good	23	36.5%
Good	21	33.3%
Fair	3	4.8%
Poor	1	1.6%
No response	0	0.0%
4. Days of Work Missed Due to Illness		
None	12	19.0%
1 - 2 days	26	41.3%
3 - 5 days	19	30.2%
6 - 10 days	3	4.8%
11 - 15 days	1	1.6%
16 days or more	2	3.2%
No response	0	0.0%
5. Social Support		
Very strong	40	63.5%
About average	20	31.7%
Weaker than average	3	4.8%
Not sure	0	0.0%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
6. Serious Personal Loss		
Two or more	8	12.7%
One	18	28.6%
No	37	58.7%
No response	0	0.0%
7. Feel Tense, Anxious, Depressed		
Often	5	7.9%
Sometimes	36	57.1%
Rarely	18	28.6%
Never	4	6.3%
No response	0	0.0%
8. Stress Effect on Your Health		
A lot	8	12.7%
Some	30	47.6%
Hardly any	18	28.6%
None	7	11.1%
No response	0	0.0%
9. Sleep		
6 hours or less	15	23.8%
7 hours	35	55.6%
8 hours	12	19.0%
9 hours or more	1	1.6%
No response	0	0.0%

TABLE 3. HEALTH RELATED BEHAVIORS

	HRA Participants (N=63)	
	Number	Percent
1. Tobacco Use		
Cigarette Smoking		
Still Smoke	8	12.7%
Average cigarettes per day	10.9	
Used to smoke	16	25.4%
Average quit years	13.6	
Average number of cigarettes		
less than 9	10	62.5%
10 - 15	3	18.8%
16 - 19	1	6.3%
20+	2	12.5%
No response	0	0.0%
Never smoked	39	61.9%
No response	0	0.0%
Cigars	0	0.0%
Pipes	1	1.6%
Smokeless Tobacco	0	0.0%
2. Alcohol Drinks		
0	30	47.6%
1 - 7	31	49.2%
8 - 14	1	1.6%
15 - 21	1	1.6%
22 or greater	0	0.0%
No response	0	0.0%
3. Drive Drunk or Ride with Drunk Driver		
0 time last month	58	92.1%
1 or more time(s) last month	5	7.9%
No response	0	0.0%
4. Medication/Drug for Relaxation		
Almost every day	12	19.0%
Sometimes	3	4.8%
Rarely or never	48	76.2%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
5. Safety Belt Usage		
100%	49	77.8%
90 - 99%	7	11.1%
80 - 89%	3	4.8%
Less than 80%	4	6.3%
No response	0	0.0%
6. Drive Speed		
Within 5 mph of speed limit	52	82.5%
6 - 10 mph over the limit	11	17.5%
More than 10 mph over the limit	0	0.0%
No response	0	0.0%
7. Travel		
Sub-compact or compact car	13	20.6%
Mid-size/full-size car/minivan	33	52.4%
Truck/van/SUV	16	25.4%
Motorcycle	0	0.0%
Other	1	1.6%
No response	0	0.0%
8. Drive (Car, truck or van)		
1 - 1,999 miles	15	23.8%
2,000 - 4,999 miles	7	11.1%
5,000 - 9,999 miles	11	17.5%
10,000 - 14,999 miles	18	28.6%
15,000 - 19,999 miles	6	9.5%
20,000 - 29,999 miles	5	7.9%
30,000 miles or more	1	1.6%
Does not drive or ride	0	0.0%
No response	0	0.0%
9. Ride Motorcycle		
1 - 999 miles	33	52.4%
1,000 - 1,999 miles	1	1.6%
2,000 - 2,999 miles	1	1.6%
3,000 - 3,999 miles	0	0.0%
4,000 - 4,999 miles	0	0.0%
5,000 miles or more	0	0.0%
Does not drive or ride	27	42.9%
No response	1	1.6%

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

	HRA Participants (N=63)	
	Number	Percent
10. Physical Activity		
Less than 1 time/week	6	9.5%
1 or 2 times/week	20	31.7%
3 times/week	14	22.2%
4 or more times/week	23	36.5%
No response	0	0.0%
11. Fiber in Diet		
5 - 6 servings a day	17	27.0%
3 - 4 servings a day	32	50.8%
1 - 2 servings a day	14	22.2%
Rarely/never	0	0.0%
No response	0	0.0%
12. Fat/Cholesterol in Diet		
5 - 6 servings a day	1	1.6%
3 - 4 servings a day	14	22.2%
1 - 2 servings a day	41	65.1%
Rarely/never	7	11.1%
No response	0	0.0%

TABLE 4. PHYSIOLOGICAL MEASUREMENTS

	HRA Participants (N=63)	
	Number	Percent
1. Blood Pressure (BP)		
Don't Know BP	19	30.2%
Not sure	19	100.0%
No response	0	0.0%
Know BP	44	69.8%
Systolic		
Less than 120 mmHg	23	52.3%
120 - 139 mmHg	19	43.2%
140 mmHg or above	2	4.5%
Diastolic		
Less than 80 mmHg	29	65.9%
80 - 89 mmHg	13	29.5%
90 mmHg or above	2	4.5%
2. Total Cholesterol		
Don't Know Cholesterol	34	54.0%
Not sure	34	100.0%
No response	0	0.0%
Know Cholesterol	29	46.0%
Less than 200 mg/dL	22	75.9%
200 - 239 mg/dL	5	17.2%
240 mg/dL or greater	2	6.9%
3. HDL Cholesterol		
Don't Know HDL	51	81.0%
Good/normal	29	56.9%
Bad	4	7.8%
Not sure	18	35.3%
No response	0	0.0%
Know HDL	12	19.0%
Less than 40 mg/dL	3	25.0%
40 - 59 mg/dL	3	25.0%
60 mg/dL or above	6	50.0%
4. Weight - by Body Mass Index		
Everyone	63	
Not reporting weight or height	0	0.0%
Less than 18.5	0	0.0%
18.5 - 27.4	22	34.9%
27.5 - 29.9	20	31.7%
30 - 34.9	11	17.5%
35 - 39.9	5	7.9%
40 or greater	2	3.2%

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

	HRA Participants (N=63)	
	Number	Percent
4. Weight - by Body Mass Index (Cont'd)		
Males Only	7	
Not reporting weight or height	0	0.0%
Less than 18.5	0	0.0%
18.5 - 27.4	4	57.1%
27.5 - 29.9	0	0.0%
30 - 34.9	2	28.6%
35 - 39.9	1	14.3%
40 or greater	0	0.0%
Females Only	56	
Not reporting weight or height	0	0.0%
Less than 18.5	0	0.0%
18.5 - 27.4	18	32.1%
27.5 - 29.9	20	35.7%
30 - 34.9	9	16.1%
35 - 39.9	4	7.1%
40 or greater	2	3.6%
Females Only	56	
5. Age at Menarche		
Younger than 12	8	14.3%
12	17	30.4%
13	17	30.4%
14 or older	14	25.0%
No response	0	0.0%
6. Age at First Birth		
Younger than 20	6	10.7%
20 - 24	13	23.2%
25 - 29	17	30.4%
30 or older	4	7.1%
Does not apply	16	28.6%
No response	0	0.0%
7. Pregnant		
Yes	2	3.6%
No	53	94.6%
Does not apply	0	0.0%
No response	1	1.8%

TABLE 5. PRESENTEEISM

	HRA Participants (N=63)	
	Number	Percent
1. Physical Health or Emotional Problems Make it Difficult to Do the Following:		
Work Required Hours		
All of the time	3	4.8%
Most of the time	0	0.0%
Half of the time	1	1.6%
Some of the time	6	9.5%
None of the time	52	82.5%
Does not apply	1	1.6%
No response	0	0.0%
Start on Your Job		
All of the time	4	6.3%
Most of the time	2	3.2%
Half of the time	0	0.0%
Some of the time	3	4.8%
None of the time	54	85.7%
Does not apply	0	0.0%
No response	0	0.0%
Repeat the Same Hand Motions		
All of the time	2	3.2%
Most of the time	1	1.6%
Half of the time	2	3.2%
Some of the time	8	12.7%
None of the time	37	58.7%
Does not apply	13	20.6%
No response	0	0.0%
Use Your Equipment		
All of the time	5	7.9%
Most of the time	2	3.2%
Half of the time	1	1.6%
Some of the time	5	7.9%
None of the time	50	79.4%
Does not apply	0	0.0%
No response	0	0.0%
Concentrate		
All of the time	1	1.6%
Most of the time	5	7.9%
Half of the time	1	1.6%
Some of the time	22	34.9%
None of the time	34	54.0%
Does not apply	0	0.0%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
Help Other People		
All of the time	1	1.6%
Most of the time	1	1.6%
Half of the time	0	0.0%
Some of the time	11	17.5%
None of the time	49	77.8%
Does not apply	1	1.6%
No response	0	0.0%
Do the Required Work		
All of the time	4	6.3%
Most of the time	3	4.8%
Half of the time	0	0.0%
Some of the time	3	4.8%
None of the time	53	84.1%
Does not apply	0	0.0%
No response	0	0.0%
Feel Capable		
All of the time	3	4.8%
Most of the time	5	7.9%
Half of the time	0	0.0%
Some of the time	12	19.0%
None of the time	43	68.3%
Does not apply	0	0.0%
No response	0	0.0%
2. Health Problems Affect Productivity		
No health problems	30	47.6%
None of the time	21	33.3%
Some of the time	12	19.0%
Most of the time	0	0.0%
All of the time	0	0.0%
No response	0	0.0%
3. Family Care		
Zero hours	55	87.3%
One or more hours	8	12.7%
Average number of hours	6.6	
No response	0	0.0%

TABLE 6. FAMILY MEDICAL HISTORY

	HRA Participants (N=63)	
	Number	Percent
1. Family Medical History		
Heart Problems		
Yes	36	57.1%
No	23	36.5%
I'm not sure	4	6.3%
No response	0	0.0%
Cancer		
Yes	41	65.1%
No	18	28.6%
I'm not sure	4	6.3%
No response	0	0.0%
Diabetes		
Yes	31	49.2%
No	30	47.6%
I'm not sure	2	3.2%
No response	0	0.0%
High Blood Pressure		
Yes	45	71.4%
No	14	22.2%
I'm not sure	4	6.3%
No response	0	0.0%
High Cholesterol		
Yes	35	55.6%
No	18	28.6%
I'm not sure	10	15.9%
No response	0	0.0%
Females Only	56	
2. Breast Cancer		
None	45	80.4%
1	4	7.1%
2 or more	5	8.9%
Don't know	2	3.6%
No response	0	0.0%

TABLE 7. HEALTH PROBLEMS SELF-REPORTED

	HRA Participants (N=63)	
	Number	Percent
1. Allergies		
Never	26	41.3%
In the past	10	15.9%
Have currently	27	42.9%
Taking medication	11	17.5%
Under medical care	9	14.3%
No response	0	0.0%
2. Arthritis		
Never	47	74.6%
In the past	3	4.8%
Have currently	13	20.6%
Taking medication	5	7.9%
Under medical care	4	6.3%
No response	0	0.0%
3. Asthma		
Never	54	85.7%
In the past	5	7.9%
Have currently	4	6.3%
Taking medication	4	6.3%
Under medical care	2	3.2%
No response	0	0.0%
4. Back Pain		
Never	24	38.1%
In the past	26	41.3%
Have currently	13	20.6%
Taking medication	4	6.3%
Under medical care	2	3.2%
No response	0	0.0%
5. Cancer		
Never	59	93.7%
In the past	4	6.3%
Have currently	0	0.0%
Taking medication	0	0.0%
Under medical care	1	1.6%
No response	0	0.0%
6. Chronic Bronchitis/Emphysema		
Never	50	79.4%
In the past	11	17.5%
Have currently	2	3.2%
Taking medication	1	1.6%
Under medical care	2	3.2%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
7. Chronic Pain		
Never	49	77.8%
In the past	7	11.1%
Have currently	7	11.1%
Taking medication	2	3.2%
Under medical care	4	6.3%
No response	0	0.0%
8. Depression		
Never	44	69.8%
In the past	13	20.6%
Have currently	6	9.5%
Taking medication	2	3.2%
Under medical care	3	4.8%
No response	0	0.0%
9. Diabetes		
Never	59	93.7%
In the past	2	3.2%
Have currently	2	3.2%
Taking medication	3	4.8%
Under medical care	2	3.2%
No response	0	0.0%
10. Heart Problems		
Never	60	95.2%
In the past	1	1.6%
Have currently	2	3.2%
Taking medication	2	3.2%
Under medical care	2	3.2%
No response	0	0.0%
11. Heartburn or Acid Reflux		
Never	40	63.5%
In the past	16	25.4%
Have currently	7	11.1%
Taking medication	7	11.1%
Under medical care	4	6.3%
No response	0	0.0%
12. High Blood Pressure		
Never	47	74.6%
In the past	4	6.3%
Have currently	12	19.0%
Taking medication	12	19.0%
Under medical care	8	12.7%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
13. High Cholesterol		
Never	43	68.3%
In the past	10	15.9%
Have currently	10	15.9%
Taking medication	10	15.9%
Under medical care	5	7.9%
No response	0	0.0%
14. Menopause (Females Only)		
Never	33	58.9%
In the past	10	17.9%
Have currently	13	23.2%
Taking medication	4	7.1%
Under medical care	3	5.4%
No response	0	0.0%
15. Migraine Headaches		
Never	34	54.0%
In the past	19	30.2%
Have currently	10	15.9%
Taking medication	10	15.9%
Under medical care	4	6.3%
No response	0	0.0%
16. Osteoporosis		
Never	62	98.4%
In the past	0	0.0%
Have currently	1	1.6%
Taking medication	1	1.6%
Under medical care	1	1.6%
No response	0	0.0%
17. Stroke		
Never	62	98.4%
In the past	1	1.6%
Have currently	0	0.0%
Taking medication	0	0.0%
Under medical care	0	0.0%
No response	0	0.0%
18. Other Condition		
Never	46	73.0%
In the past	2	3.2%
Have currently	8	12.7%
Taking medication	5	7.9%
Under medical care	6	9.5%
No response	0	0.0%

TABLE 8. PHYSICAL EXAMINATIONS

	HRA Participants (N=63)	
	Number	Percent
1. Colon Cancer Screen		
Less than 1 year ago	7	11.1%
1 - 2 years ago	7	11.1%
2 - 3 years ago	7	11.1%
3 - 4 years ago	2	3.2%
5 - 6 years ago	3	4.8%
7 or more years ago	1	1.6%
Never	35	55.6%
Don't know	1	1.6%
No response	0	0.0%
2. Rectal Exam		
Less than 1 year ago	20	31.7%
1 - 2 years ago	10	15.9%
2 - 3 years ago	5	7.9%
3 - 4 years ago	1	1.6%
5 - 6 years ago	1	1.6%
7 or more years ago	4	6.3%
Never	21	33.3%
Don't know	1	1.6%
No response	0	0.0%
3. Flu Shot		
Less than 1 year ago	27	42.9%
1 - 2 years ago	7	11.1%
2 - 3 years ago	4	6.3%
3 - 4 years ago	2	3.2%
5 - 6 years ago	0	0.0%
7 or more years ago	4	6.3%
Never	17	27.0%
Don't know	2	3.2%
No response	0	0.0%
4. Tetanus Shot		
Less than 1 year ago	10	15.9%
1 - 2 years ago	5	7.9%
2 - 3 years ago	6	9.5%
3 - 4 years ago	9	14.3%
5 - 6 years ago	10	15.9%
7 or more years ago	14	22.2%
Never	2	3.2%
Don't know	7	11.1%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
5. Blood Pressure		
Less than 1 year ago	61	96.8%
1 - 2 years ago	0	0.0%
2 - 3 years ago	1	1.6%
3 - 4 years ago	0	0.0%
5 - 6 years ago	0	0.0%
7 or more years ago	0	0.0%
Never	1	1.6%
Don't know	0	0.0%
No response	0	0.0%
6. Cholesterol		
Less than 1 year ago	41	65.1%
1 - 2 years ago	9	14.3%
2 - 3 years ago	3	4.8%
3 - 4 years ago	1	1.6%
5 - 6 years ago	0	0.0%
7 or more years ago	1	1.6%
Never	5	7.9%
Don't know	3	4.8%
No response	0	0.0%
7. Females Only	56	
Pap Test		
Less than 1 year ago	41	73.2%
1 - 2 years ago	12	21.4%
2 - 3 years ago	1	1.8%
3 - 4 years ago	0	0.0%
5 - 6 years ago	0	0.0%
7 or more years ago	0	0.0%
Never	2	3.6%
Don't know	0	0.0%
No response	0	0.0%
8. Mammogram		
Less than 1 year ago	23	41.1%
1 - 2 years ago	10	17.9%
2 - 3 years ago	0	0.0%
3 - 4 years ago	3	5.4%
5 - 6 years ago	1	1.8%
7 or more years ago	1	1.8%
Never	18	32.1%
Don't know	0	0.0%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
9. Breast Exam by Health Professional		
Less than 1 year ago	43	76.8%
1 - 2 years ago	11	19.6%
2 - 3 years ago	0	0.0%
3 - 4 years ago	1	1.8%
5 - 6 years ago	0	0.0%
7 or more years ago	0	0.0%
Never	1	1.8%
Don't know	0	0.0%
No response	0	0.0%
10. Hysterectomy		
Yes	13	23.2%
No	42	75.0%
I'm not sure	1	1.8%
No response	0	0.0%
11. Breast Self-Exam		
Monthly	26	46.4%
Once every few months	19	33.9%
Rarely/never	11	19.6%
No response	0	0.0%
Males Only		
	7	
12. Self-Exam Testicles		
Monthly	1	14.3%
Once every few months	0	0.0%
Rarely/never	6	85.7%
No response	0	0.0%
13. Prostate Exam		
Less than 1 year ago	6	85.7%
1 - 2 years ago	0	0.0%
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	1	14.3%
Don't know	0	0.0%
No response	0	0.0%

TABLE 9. HEALTH ENHANCEMENT CHANGES

	HRA Participants (N=63)	
	Number	Percent
1. Plan Changes in Next 6 Months		
Increase Physical Activity		
Yes	49	77.8%
No	4	6.3%
Don't know	5	7.9%
Not needed	5	7.9%
No response	0	0.0%
Lose Weight		
Yes	53	84.1%
No	3	4.8%
Don't know	1	1.6%
Not needed	6	9.5%
No response	0	0.0%
Reduce Alcohol Use		
Yes	2	3.2%
No	20	31.7%
Don't know	1	1.6%
Not needed	40	63.5%
No response	0	0.0%
Quit or Cut Down Smoking		
Yes	5	7.9%
No	9	14.3%
Don't know	0	0.0%
Not needed	49	77.8%
No response	0	0.0%
Reduce Fat/Cholesterol Intake		
Yes	40	63.5%
No	7	11.1%
Don't know	7	11.1%
Not needed	9	14.3%
No response	0	0.0%
Lower Blood Pressure		
Yes	14	22.2%
No	9	14.3%
Don't know	7	11.1%
Not needed	33	52.4%
No response	0	0.0%

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

	HRA Participants (N=63)	
	Number	Percent
Lower Cholesterol Level		
Yes	18	28.6%
No	11	17.5%
Don't know	9	14.3%
Not needed	25	39.7%
No response	0	0.0%
Cope Better With Stress		
Yes	44	69.8%
No	4	6.3%
Don't know	2	3.2%
Not needed	13	20.6%
No response	0	0.0%
2. Participate in Program		
Yes	53	84.1%
No	1	1.6%
I'm not sure	9	14.3%
No response	0	0.0%
3. Follow-up Information		
Yes	20	31.7%
No	27	42.9%
I'm not sure	16	25.4%
No response	0	0.0%

TABLE 10. ADDITIONAL INFORMATION

	HRA Participants (N=63)	
	Number	Percent
1. Visit to Doctor/Clinic (past year)		
0	3	4.8%
1 - 2	35	55.6%
3 - 5	15	23.8%
6 or more	10	15.9%
No response	0	0.0%
2. Visit Emergency Room (past year)		
0	53	84.1%
1 - 2	7	11.1%
3 - 5	2	3.2%
6 or more	1	1.6%
No response	0	0.0%
3. Hospital Overnight (past year)		
0	56	88.9%
1 - 2	5	7.9%
3 - 5	1	1.6%
6 or more	1	1.6%
No response	0	0.0%