Health Risk Intervention Report

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change. for good.

Group Report for:	sample test report
Report Date:	10/24/2023
Report Criteria:	Start Date: 01/01/2023 End Date: 10/24/2023 first intervention

This report summarizes the **Health Risk Intervention (HRI)** data provided by the **97** members of your organization who have participated during the selected date range.

Stage of change, a focus of our HRI, describes how ready individuals are to take action on health-related behaviors. Knowing where your organization's individuals are can help to maximize your care management strategies and resources. Our research has shown that even individuals in the early stages will participate in, and benefit from, tailored behavior change programs matched to their stage of change.

Stages of Change

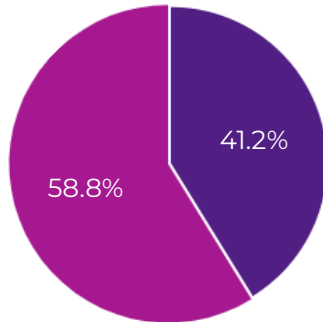|	
Not Ready **Precontemplation (PC)**	Not intending to take action in the next 6 months
Getting Ready **Contemplation (C)**	Intending to take action in the next 6 months
Ready **Preparation (PR)**	Intending to take action in the next 30 days
Making Changes **Action (A)**	Took action less than 6 months ago
Keeping up the Changes **Maintenance (M)**	Has sustained the healthy behavior for over 6 months

Those **AT RISK** are not currently engaging in the behavior at recommended levels.

To ensure confidentiality, results may be masked to indicate too few participants (<10).

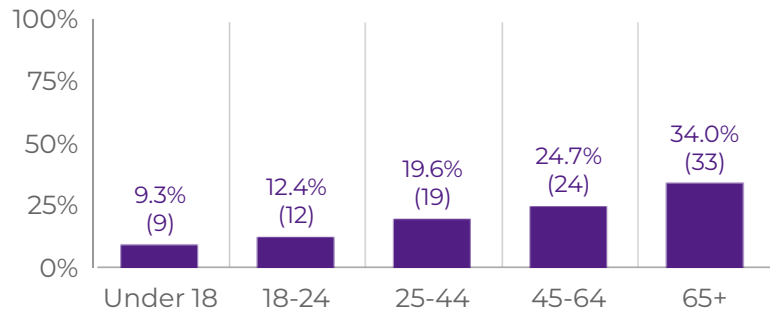**Summary data represents all data available for each item or section of questions.*
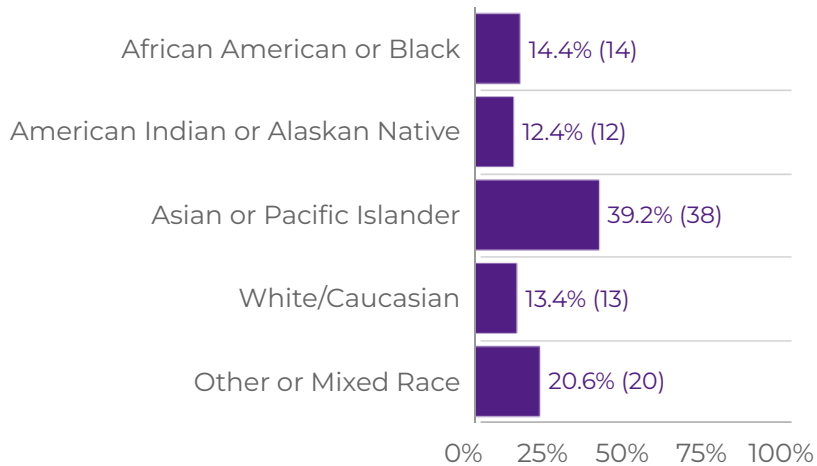
Demographics

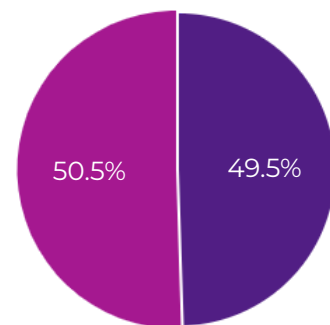## Gender Identity

41.2%

58.8%

- male (40)
- female (57)

Age

9.3% (9)	12.4% (12)	19.6% (19)	24.7% (24)	34.0% (33)
Under 18	18-24	25-44	45-64	65+

The average age of participants is **49.9** years old.

Race

African American or Black — 14.4% (14)

American Indian or Alaskan Native — 12.4% (12)

Asian or Pacific Islander — 39.2% (38)

White/Caucasian — 13.4% (13)

Other or Mixed Race — 20.6% (20)

0%   25%   50%   75%   100%
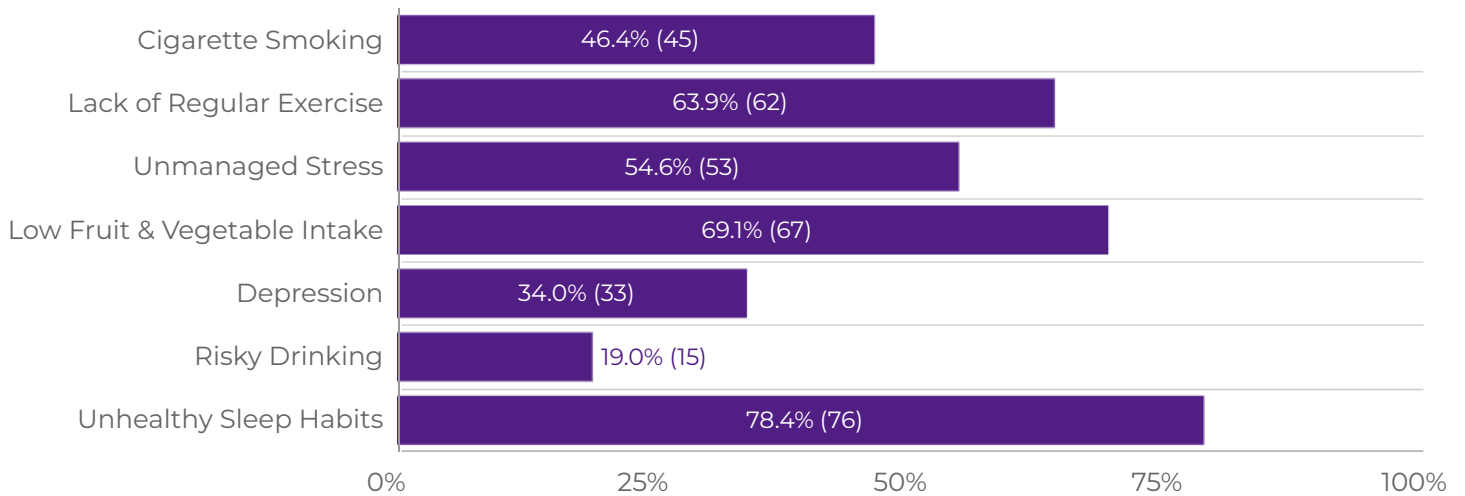
Hispanic Origin

50.5%   49.5%
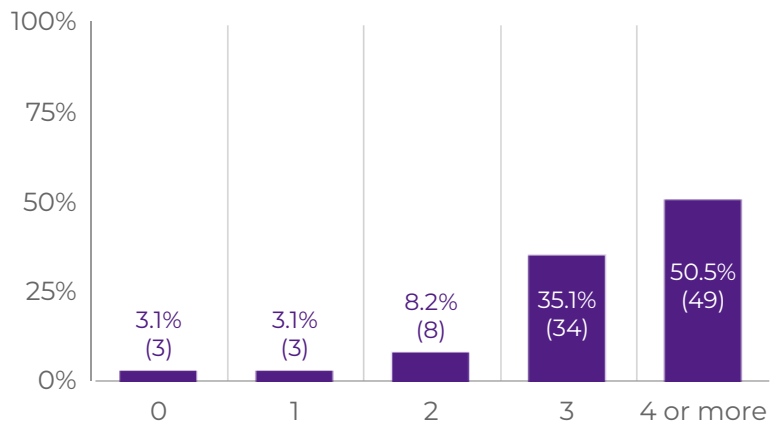
- Hispanic (48)
- Non-Hispanic (49)

Behavior Risks

Behavior risks contribute to the leading causes of sickness and death. Those with multiple risks are more likely to increase health care utilization and decrease productivity.

Prevalence of Behavior Risks

Behavior Risk	Value
Cigarette Smoking	46.4% (45)
Lack of Regular Exercise	63.9% (62)
Unmanaged Stress	54.6% (53)
Low Fruit & Vegetable Intake	69.1% (67)
Depression	34.0% (33)
Risky Drinking	19.0% (15)
Unhealthy Sleep Habits	78.4% (76)

Number of Behavior Risks

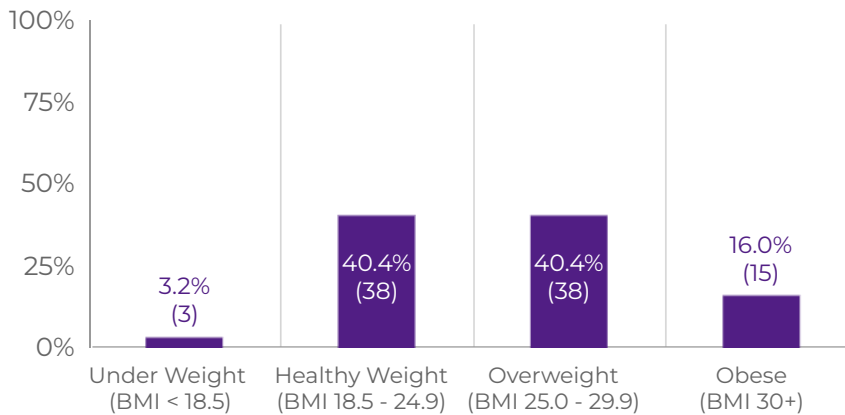| Number	Value
0	3.1% (3)
1	3.1% (3)
2	8.2% (8)
3	35.1% (34)
4 or more	50.5% (49)

On average, participants have **3.6** behavior risks.

Individuals who are pregnant or under 21 are not included in Risky Drinking.

Body Mass Index

Body Mass Index (BMI) is a measure of the relationship between height and weight. It doesn't take into account how much muscle an individual has. It can be used as one of several indicators of an individual's risk for a weight-related illness. Individuals who are **overweight** or **obese**, as classified by the BMI, could be at higher risk for weight-related illnesses such as high blood pressure, high cholesterol, heart disease, and diabetes.

Note: Individuals are not provided with their BMI score or classification within our program.

BMI Categories

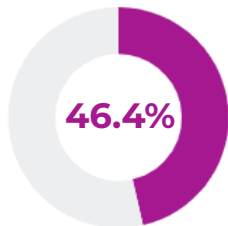| Category	Percentage
Under Weight (BMI < 18.5)	3.2% (3)
Healthy Weight (BMI 18.5 - 24.9)	40.4% (38)
Overweight (BMI 25.0 - 29.9)	40.4% (38)
Obese (BMI 30+)	16.0% (15)

Roughly **56.4%** of participants are overweight or obese.

Individuals who are pregnant are not included in BMI calculations.

Stage of Change

Behavior risk and corresponding **stage of change** distributions among eight core behaviors are presented below.
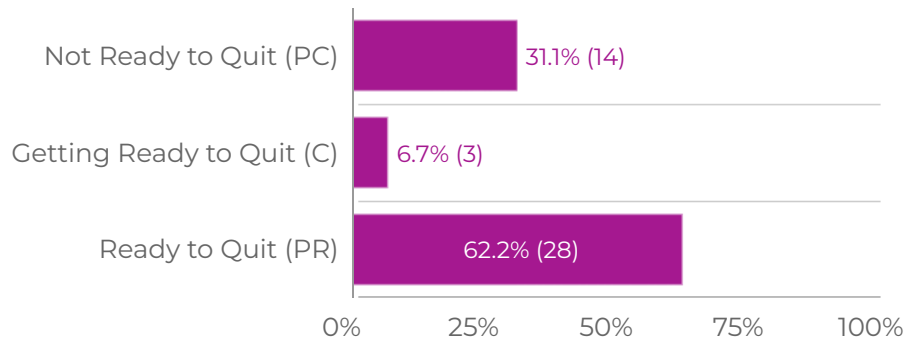
Smoking Cessation

46.4%
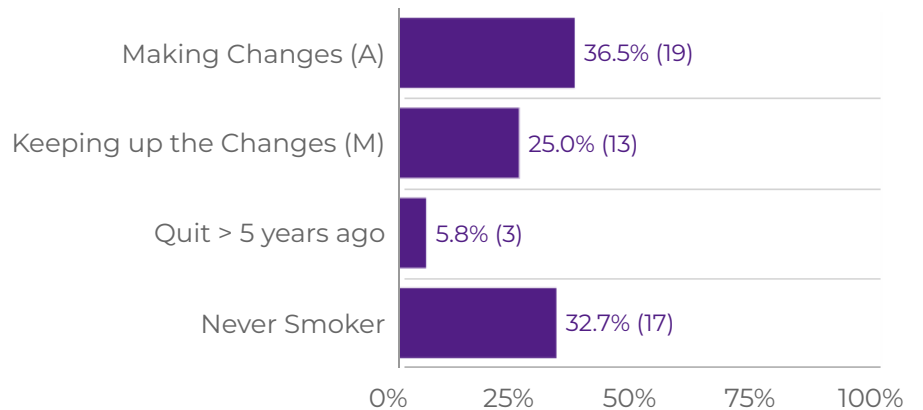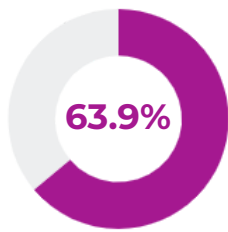
at risk (45)

Of the **46.4%** current smokers:

Stage	%
Not Ready to Quit (PC)	31.1% (14)
Getting Ready to Quit (C)	6.7% (3)
Ready to Quit (PR)	62.2% (28)

0% 25% 50% 75% 100%

53.6%

not at risk (52)

Of the **53.6%** former or non-smokers:

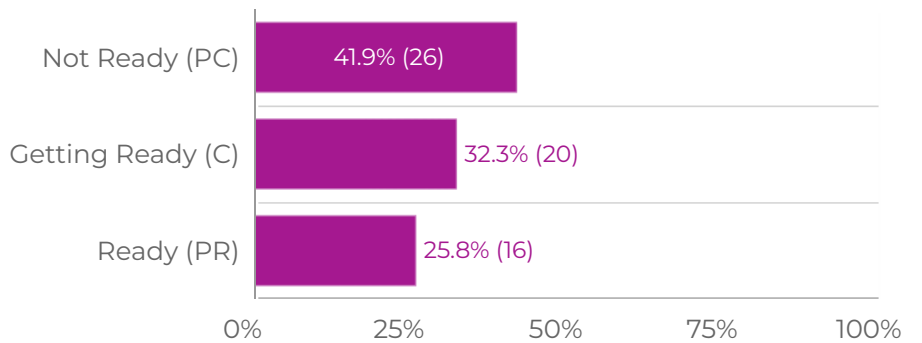| Stage	%
Making Changes (A)	36.5% (19)
Keeping up the Changes (M)	25.0% (13)
Quit > 5 years ago	5.8% (3)
Never Smoker	32.7% (17)

0% 25% 50% 75% 100%

Exercise

Regular moderate exercise means doing **moderate-intensity** activity for at least **150 minutes per week** or **vigorous-intensity** activity for at least **75 minutes per week**, or some equivalent combination.
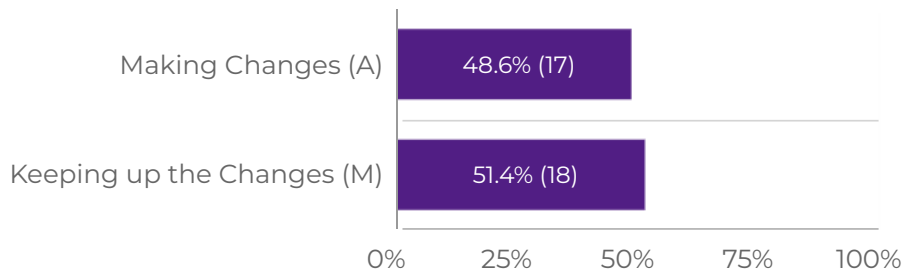
63.9%

■ at risk (62)
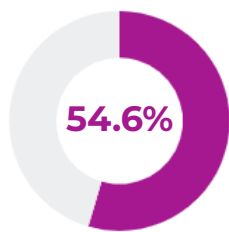
Of the **63.9%** not exercising regularly:

Not Ready (PC)	41.9% (26)
Getting Ready (C)	32.3% (20)
Ready (PR)	25.8% (16)

0% 25% 50% 75% 100%

36.1%

■ not at risk (35)

Of the **36.1%** exercising regularly:

Making Changes (A)	48.6% (17)
Keeping up the Changes (M)	51.4% (18)

0% 25% 50% 75% 100%
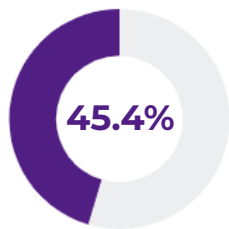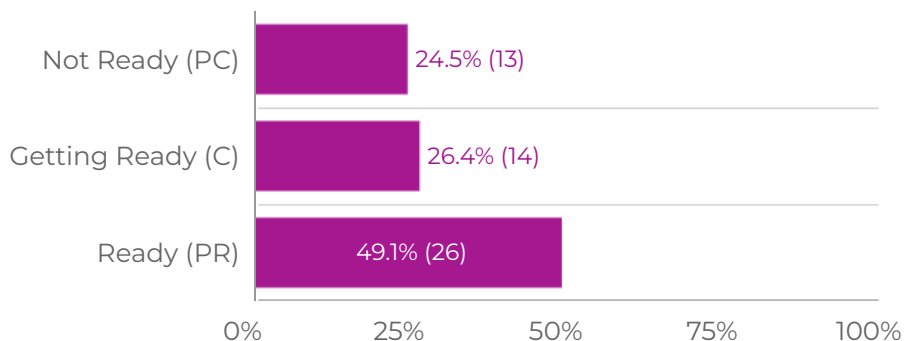
Stress Management

Stress management includes regular relaxation, physical activity, talking with others, and/or making time for social activities.

54.6%

■ at risk (53)

Of the **54.6%** not managing stress:

Category	Value
Not Ready (PC)	24.5% (13)
Getting Ready (C)	26.4% (14)
Ready (PR)	49.1% (26)

0% 25% 50% 75% 100%

45.4%

■ not at risk (44)

Of the **45.4%** managing stress:

Category	Value
Making Changes (A)	31.8% (14)
Keeping up the Changes (M)	38.6% (17)
Have no Stress	29.5% (13)

0% 25% 50% 75% 100%
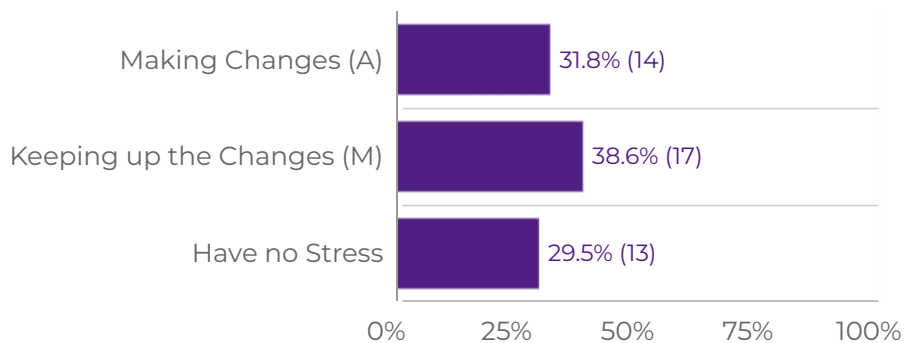
Fruit & Vegetable Intake

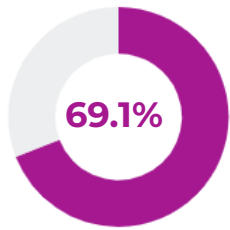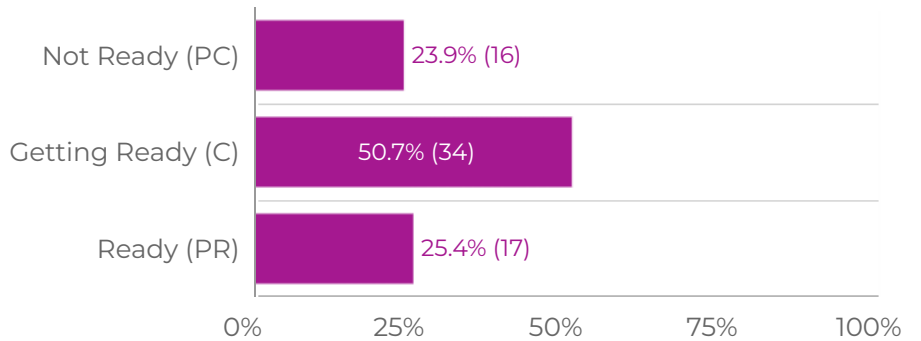Eating enough **fruits and vegetables** is defined as eating **at least 4½ cups** of fruits and vegetables per day.

69.1%

■ at risk (67)

Of the **69.1%** not eating at least 4½ cups of fruits and vegetables per day:

Stage	Percentage
Not Ready (PC)	23.9% (16)
Getting Ready (C)	50.7% (34)
Ready (PR)	25.4% (17)

0%   25%   50%   75%   100%

30.9%

■ not at risk (30)

Of the **30.9%** eating at least 4½ cups of fruits and vegetables per day:

Stage	Percentage
Making Changes (A)	50.0% (15)
Keeping up the Changes (M)	50.0% (15)

0%   25%   50%   75%   100%
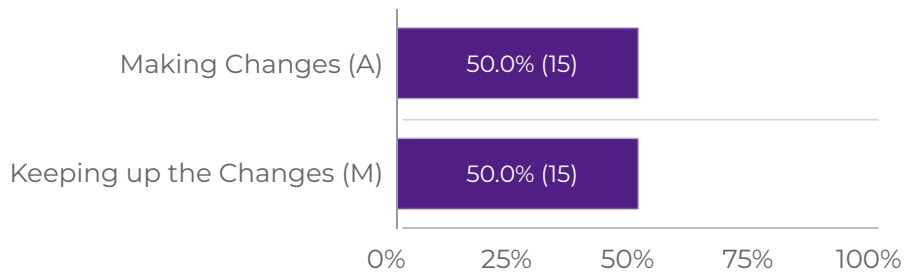
Depression Prevention

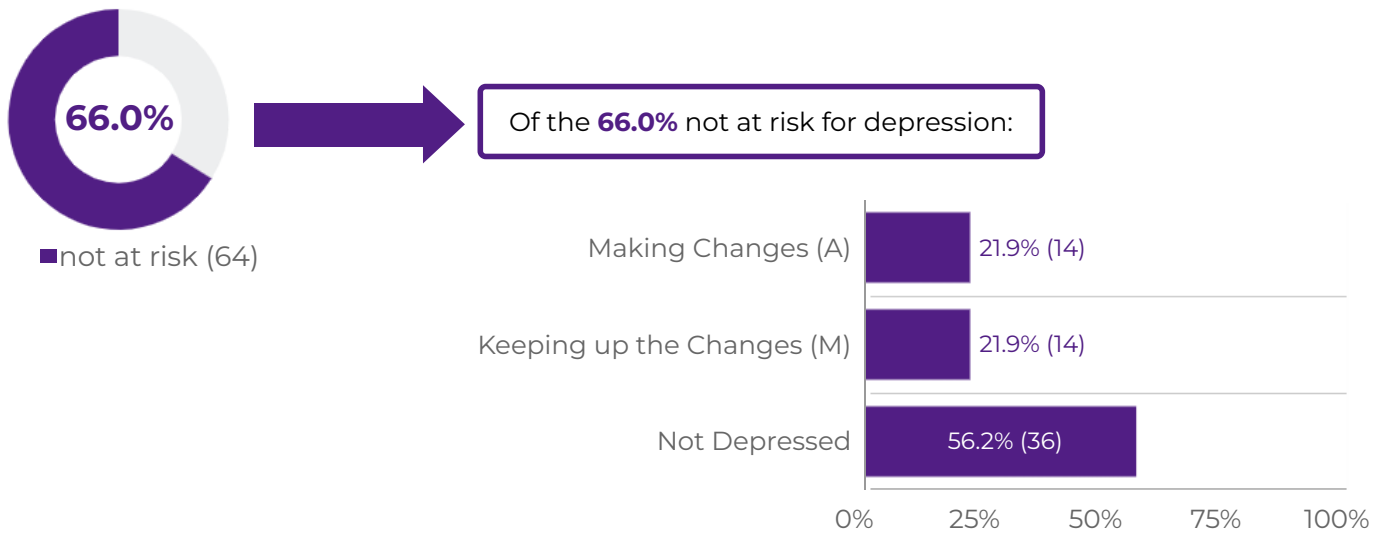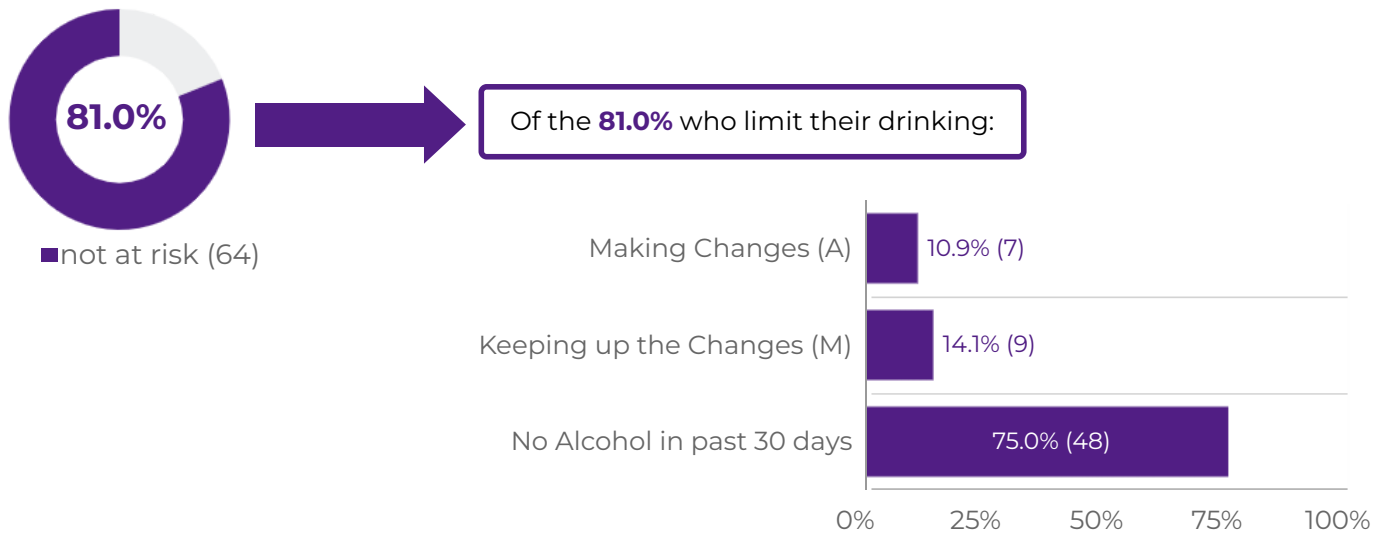**Depression prevention** means using effective methods to keep depression from occurring, or if it does occur, to keep it as mild and brief as possible. Individuals who may be experiencing at least mild symptoms of depression and are not practicing depression prevention are considered to be **at risk**.

34.0%

■ at risk (33)

Of the **34.0%** at risk for depression:

Not Ready (PC)	42.4% (14)
Getting Ready (C)	27.3% (9)
Ready (PR)	30.3% (10)

0%   25%   50%   75%   100%

66.0%

■ not at risk (64)

Of the **66.0%** not at risk for depression:

Making Changes (A)	21.9% (14)
Keeping up the Changes (M)	21.9% (14)
Not Depressed	56.2% (36)

0%   25%   50%   75%   100%
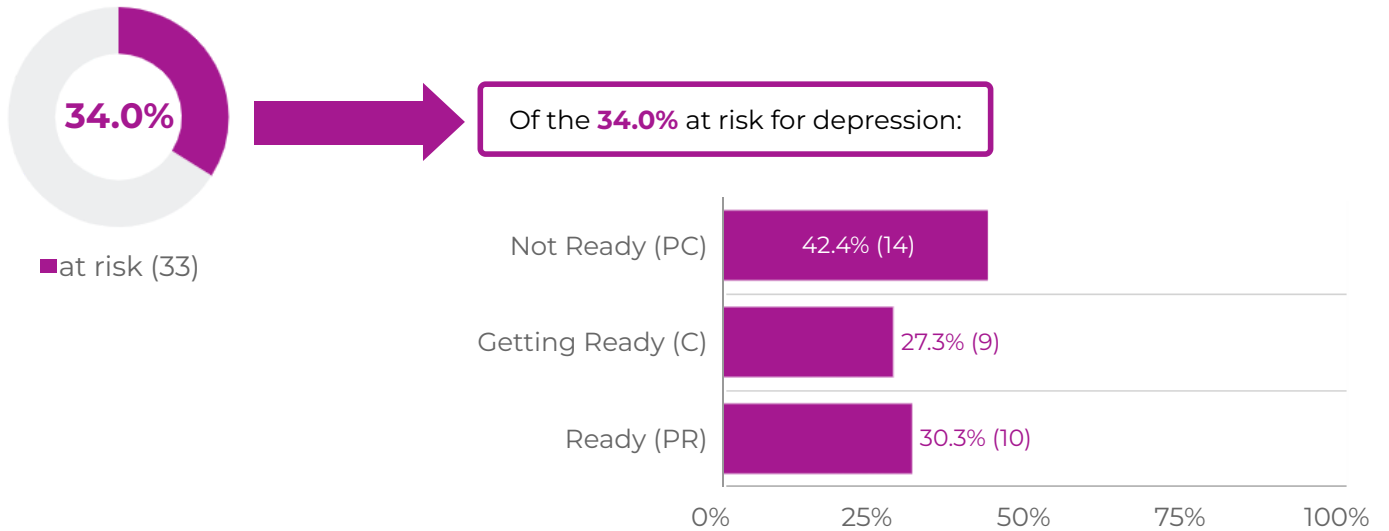
Responsible Drinking

Responsible drinking is defined as limiting drinking to 2 drinks or less in a day for men and 1 drink or less in a day for women. Drinking less is better for health than drinking more.
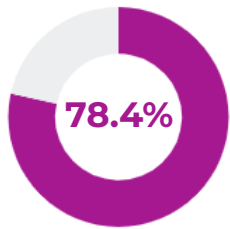
Note: This definition reflects the recent revisions by the National Institute of Health's national alcohol guidelines. The daily drink limit is now lower than it was previously. We updated our system in 2022 to reflect those revised guidelines. Therefore, you may see an increased percentage at risk among your population as compared to prior years.

19.0%

■ at risk (15)

Of the **19.0%** not limiting their drinking:

Not Ready (PC)	0.0%
Getting Ready (C)	26.7% (4)
Ready (PR)	73.3% (11)

0%   25%   50%   75%   100%

81.0%

■ not at risk (64)

Of the **81.0%** who limit their drinking:

Making Changes (A)	10.9% (7)
Keeping up the Changes (M)	14.1% (9)
No Alcohol in past 30 days	75.0% (48)

0%   25%   50%   75%   100%
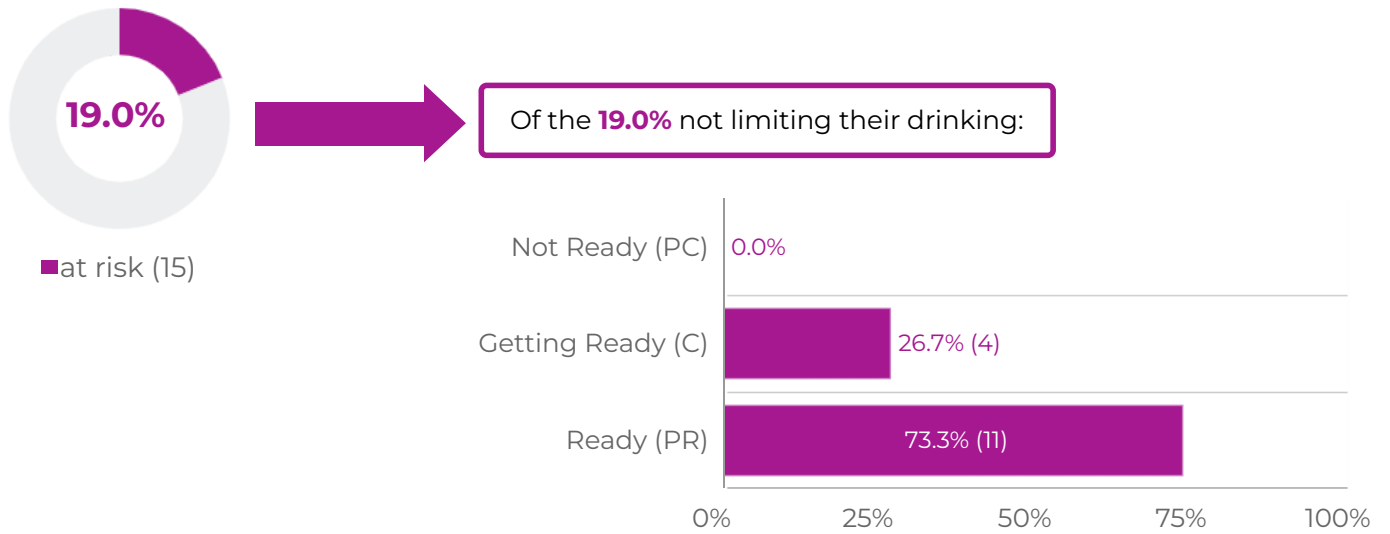
Individuals who are pregnant or under 21 years old are not included as there is no safe level of drinking for these populations.
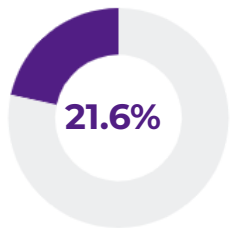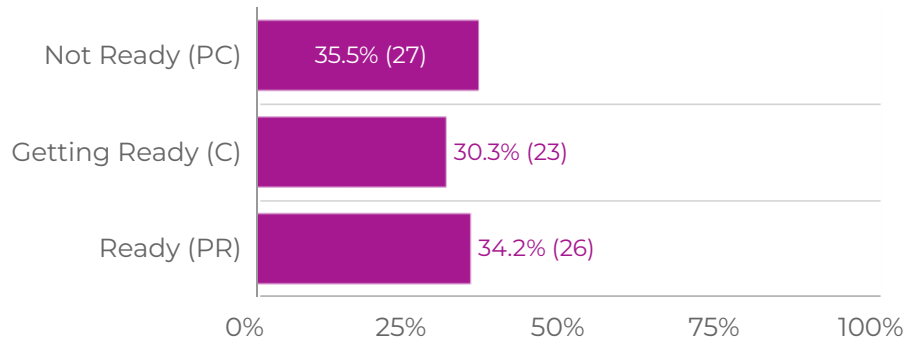
Sleep Habits

Having **good sleep habits** primarily means getting at least 7 hours of sleep a night.

78.4%

■ at risk (76)

Of the **78.4%** who do not have good sleep habits:

Not Ready (PC)	35.5% (27)
Getting Ready (C)	30.3% (23)
Ready (PR)	34.2% (26)

0%　25%　50%　75%　100%

21.6%

■ not at risk (21)

Of the **21.6%** with good sleep habits:

Making Changes (A)	42.9% (9)
Keeping up the Changes (M)	57.1% (12)

0%　25%　50%　75%　100%
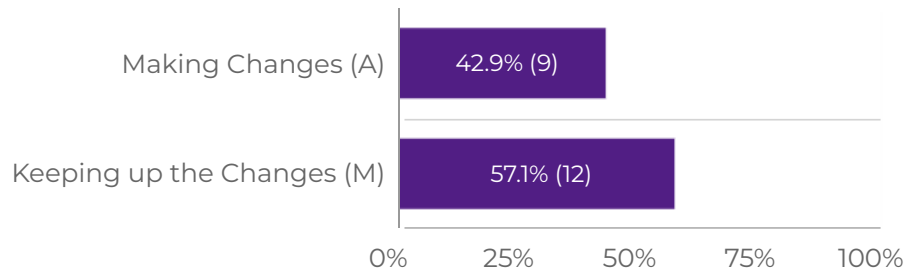
Sleep Problems

Sleep problems have an adverse impact on an individual's health, well-being, and productivity and is linked to the onset of diseases such as diabetes, cardiovascular disease, obesity, and depression. Approximately 40 million Americans a year experience chronic, long-term **sleep disorders**. An additional 20 million experience occasional sleep problems.
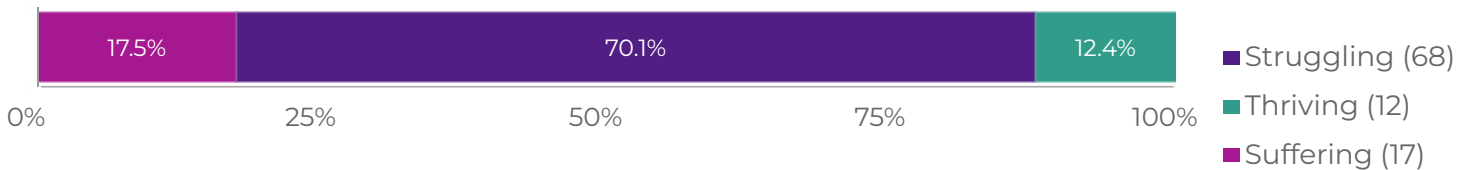
Roughly **58.8%** of participants are experiencing a sleep problem.

41.2%	34.0%	24.7%

0%   25%   50%   75%   100%

■ Yes (33)

■ Yes, discussed w/ health care provider (24)

■ No (40)
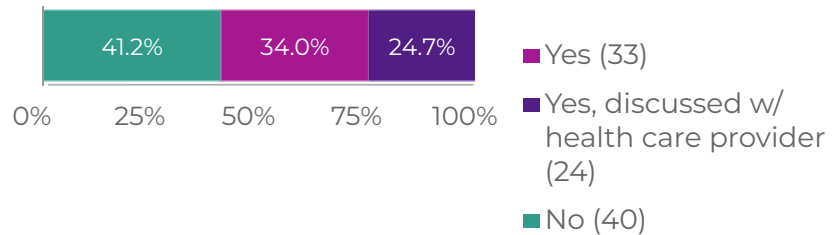
Well-being

Well-being

Participants completed the **Cantril Self-Anchoring Striving Scale**, a widely used well-being scale. Based on responses, overall **well-being** is categorized in three ways:

Well-being		
Thriving	• Well-being is strong, consistent, and progressing
Struggling	• Well-being is moderate or inconsistent
Suffering	• Well-being is at high risk

17.5%	70.1%	12.4%

0%   25%   50%   75%   100%

- Struggling (68)
- Thriving (12)
- Suffering (17)

Workforce Belonging

Employed participants completed the **Inclusive Organizational Well-being Assessment - Belonging (IOWA-B)**, a measure that assesses an individual's sense of belonging at work. Scores range from 0-100, with higher scores indicating a higher sense of belonging.
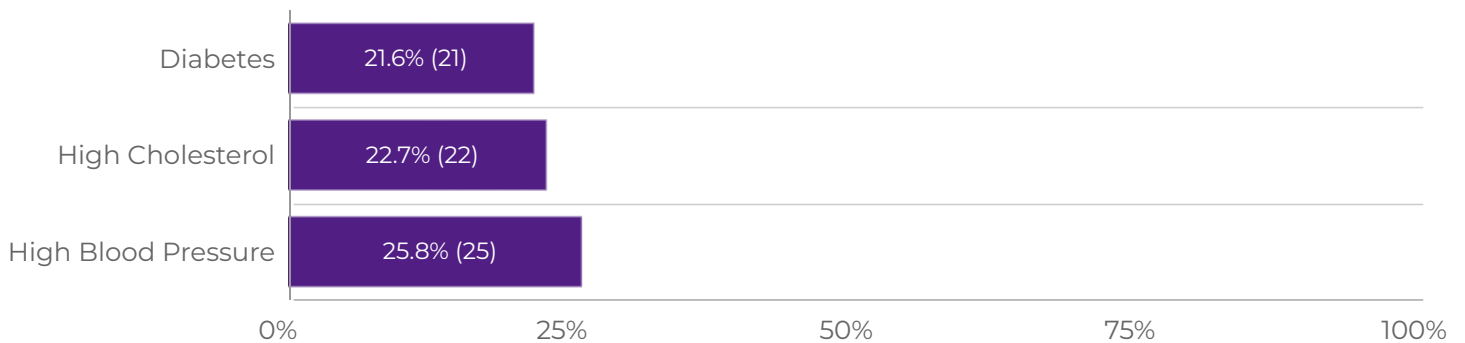
50.7
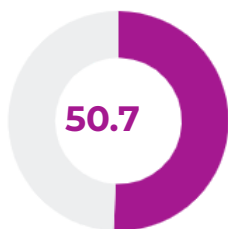
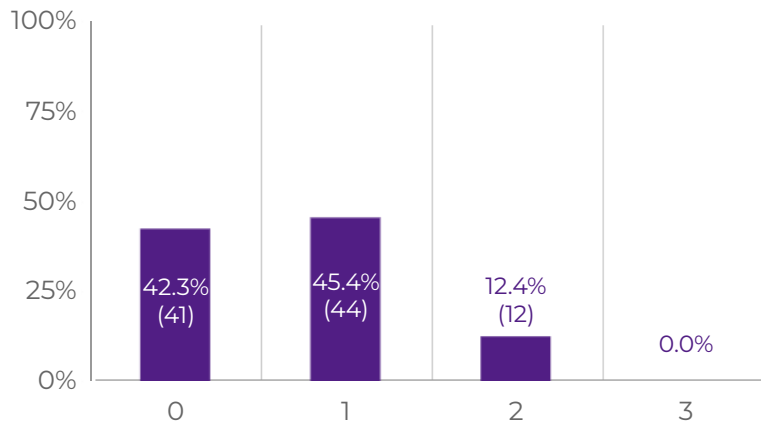The average belonging score was **50.7** out of 100.

Chronic Conditions

Chronic conditions are long-term illnesses or impairments that can have a significant impact on a person's life. Many **chronic conditions** can be managed by health behavior change programs to minimize the severity and impact of symptoms.

Prevalence of Conditions

Condition	Value
Diabetes	21.6% (21)
High Cholesterol	22.7% (22)
High Blood Pressure	25.8% (25)

0%　25%　50%　75%　100%

Number of Conditions

Number	Value
0	42.3% (41)
1	45.4% (44)
2	12.4% (12)
3	0.0%

On average, participants have **0.7** chronic conditions.

Health Care

Individuals are recommended to be **screened** or **immunized** based on various criteria such as gender, age, specific risk factors, or other benchmarks established by the US Preventive Service Task Force Guidelines.

The figures below represent proportions **among those recommended** to receive each preventive health service.

Health Screening & Immunization

Service	Value
Cholesterol Screening	37.5% (18)
Blood Pressure Screening	47.7% (42)
Diabetes Screening	26.9% (7)
Colorectal Screening	29.3% (12)
Hepatitis C Screening	42.9% (36)
Flu Shot	55.7% (54)
Pneumonia Shot	42.4% (14)
Mammogram	37.0% (10)
Cervical Cancer Screening	36.1% (13)