

Year over Year Health Risk Appraisal Summary Report

Demo 2015
Demo 2016
Demo 2017



HEALTH MANAGEMENT
RESEARCH CENTER

April 25, 2017

Executive Summary

Demographic Information (p. 4)

	2015	2016	2017
Male	3 33.3%	2 0.0%	3 33.3%
Female	66.7%	100.0%	66.7%
Average Age	53.3	52.5	53.3

Average Wellness Score (p. 8)

	2015	2016	2017
Average Wellness Score	79.0	91.0	65.0

Risk Status (p. 8)

	2015	2016	2017
Low (0 - 2 risks)	66.7%	50.0%	33.3%
Medium (3 - 4 risks)	0.0%	50.0%	0.0%
High (5+ risks)	33.3%	0.0%	66.7%
Average Number of Risks	6.0	2.0	8.0

Health Risks Prioritized for an Individual (p. 5)

2015		2016		2017	
Existing Medical Conditions	66.7%	Alcohol	50.0%	Existing Medical Conditions	66.7%
Smoking	0.0%	Existing Medical Conditions	50.0%	Smoking	33.3%
Physical Activity	0.0%	Safety Belt Use	0.0%	Physical Activity	0.0%

Health Risks by Prevalence in the population (p. 6)

2015		2016		2017	
Existing Medical Conditions	66.7%	Alcohol	50.0%	Alcohol	66.7%
Life Satisfaction	33.3%	Existing Medical Conditions	50.0%	Blood Pressure	66.7%
Medication/Drug for Relaxation	33.3%	Medication/Drug for Relaxation	50.0%	Body Weight	66.7%

Health Problems Self-Reported (p. 9)

2015		2016		2017	
Allergies	66.7%	Allergies	50.0%	Allergies	66.7%
Heartburn/Acid Reflux	66.7%	Diabetes	50.0%	Depression	66.7%
Migraine Headaches	66.7%	Heartburn/Acid Reflux	50.0%	Diabetes	66.7%

Preventative Health Services Non-Compliance (p. 10)

2015		2016		2017	
Dental Exam	66.7%	Blood Pressure Screen	50.0%	Blood Pressure Screen	66.7%
Flu Shot	66.7%	Dental Exam	50.0%	Dental Exam	66.7%
Tetanus Shot	33.3%	Flu Shot	50.0%	Flu Shot	66.7%

Glossary

Wellness Score

The wellness score is generated from three major components: mortality risks, health risks and preventive services compliance. The mortality risks based on age and gender account for 38% - 44% of the score. The health risks (e.g., smoking, physical activity, body mass index, etc.) account for 50% of the score. Preventive services compliance accounts for the remaining 6% - 12% of the score.

Risk Status

The 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 at low risk.

Health Risks Prioritized for an Individual

The number one prioritized risk for each individual is the risk that 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 his or her 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 are ranked based on those with the highest prevalence in your population. 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 achievable ages of a participant. The appraised age is a derived age corresponding to a person's health risks. The achievable age is a derived age calculated by modifying all health risks. If the difference between the appraised age and the achievable age is greater than 4, the person is considered to be high risk in this index.

Zero Risk Management

Intervention recommended for individuals with zero health risks.

Description of High Risk Cuts

Alcohol	Male: More than 14 drinks per week. Female: More than 7 drinks per week.
Blood Pressure	Systolic greater than 139 mmHg or diastolic greater than 89 mmHg; or self-report high or currently on blood pressure medication or under medical care for blood pressure.
Body Weight	Body Mass Index (BMI) equal to or greater than 27.5 kg/m ²
Cholesterol	Greater than 239 mg/dL
Existing Medical Conditions	Self-reported Heart Problems, cancer, diabetes, past stroke, chronic bronchitis/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	Use 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	Greater than 20 (based on a composite score from answers to marital status, personal loss, life satisfaction, perception of health, hours of sleep, social ties); or selected "a lot" for effect of stress on personal health; or selected "often" for feel tense, anxious, or depressed.

Section 1

Executive Summary

TABLE 1.
DEMOGRAPHIC CHARACTERISTICS

	HRA Participants					
	2015 (N=3)		2016 (N=2)		2017 (N=3)	
	N	%	N	%	N	%
Gender						
Male	1	33.3%	0	0.0%	1	33.3%
Female	2	66.7%	2	100.0%	2	66.7%
No response	0	0.0%	0	0.0%	0	0.0%
Age						
19-34	0	0.0%	0	0.0%	0	0.0%
35-44	0	0.0%	0	0.0%	0	0.0%
45-54	1	33.3%	2	100.0%	1	33.3%
55+	2	66.7%	0	0.0%	2	66.7%
No response	0	0.0%	0	0.0%	0	0.0%
Average Age	53.3		52.5		53.3	

TABLE 2.

HEALTH RISKS PRIORITIZED FOR AN INDIVIDUAL

	HRA Participants		
	2015 (N=3) %	2016 (N=2) %	2017 (N=3) %
Existing Medical Conditions	66.7%	50.0%	66.7%
Smoking	0.0%	0.0%	33.3%
Physical Activity	0.0%	0.0%	0.0%
Body Weight	0.0%	0.0%	0.0%
Blood Pressure	0.0%	0.0%	0.0%
Perceived Health	0.0%	0.0%	0.0%
Stress	0.0%	0.0%	0.0%
Alcohol	0.0%	50.0%	0.0%
Cholesterol	0.0%	0.0%	0.0%
Life Satisfaction	0.0%	0.0%	0.0%
Safety Belt Use	0.0%	0.0%	0.0%
Medication/Drug for Relaxation	0.0%	0.0%	0.0%

TABLE 3.

HEALTH RISKS BY PREVALENCE IN THE POPULATION

	HRA Participants		
	2015 (N=3) %	2016 (N=2) %	2017 (N=3) %
Existing Medical Conditions	66.7%	50.0%	66.7%
Life Satisfaction	33.3%	0.0%	66.7%
Perceived Health	33.3%	0.0%	66.7%
Medication/Drug for Relaxation	33.3%	50.0%	66.7%
Safety Belt Use	33.3%	50.0%	66.7%
Stress	33.3%	0.0%	66.7%
Body Weight	33.3%	0.0%	66.7%
Alcohol	33.3%	50.0%	66.7%
Blood Pressure	33.3%	0.0%	66.7%
Cholesterol	33.3%	0.0%	66.7%
Smoking	33.3%	0.0%	66.7%
Physical Activity	0.0%	0.0%	66.7%

Percent High Risk

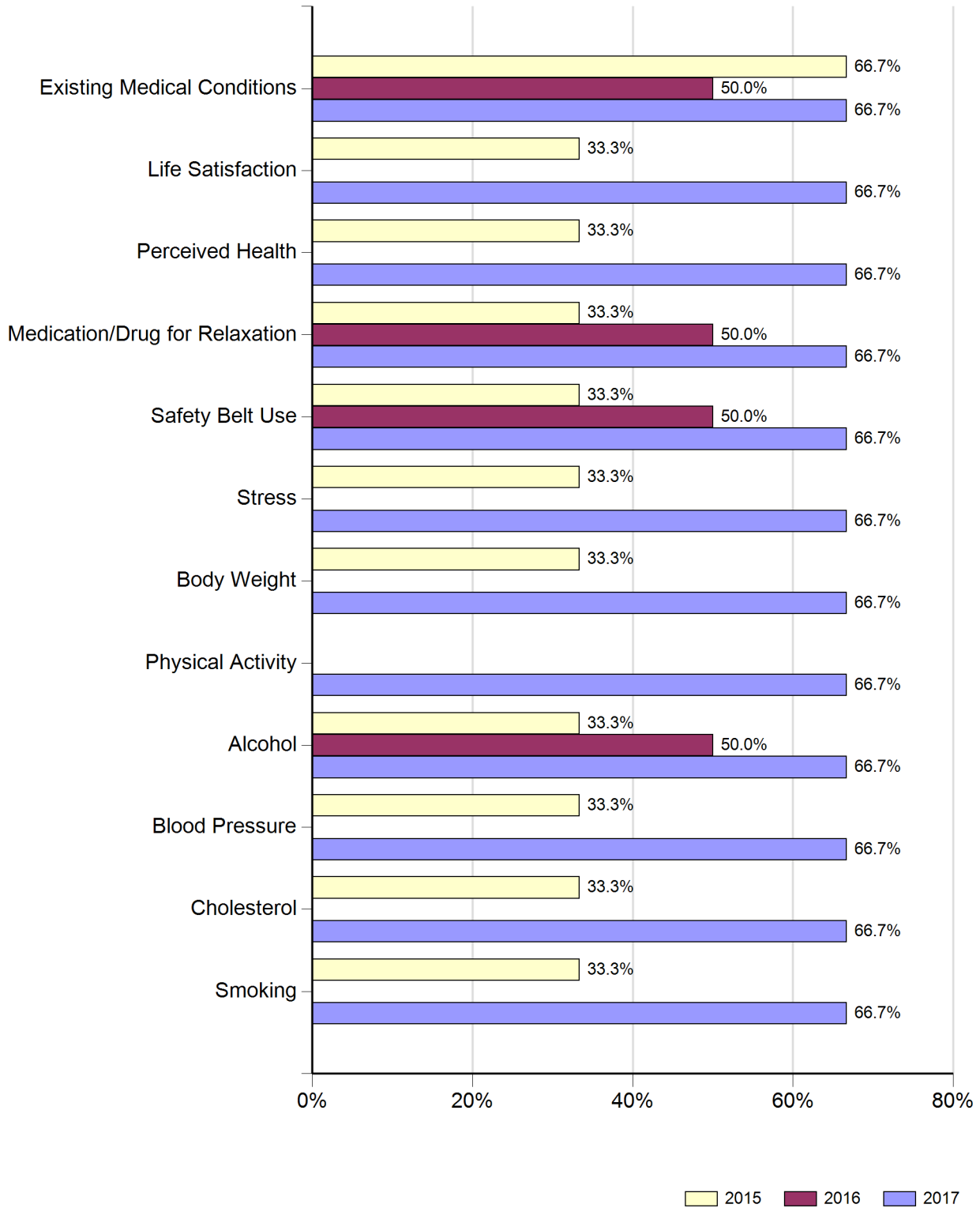


TABLE 4.
OVERALL HEALTH STATUS

	HRA Participants					
	2015 (N=3)		2016 (N=2)		2017 (N=3)	
	N	%	N	%	N	%
Overall Risks						
0 risks	1	33.3%	0	0.0%	0	0.0%
1 risk	1	33.3%	1	50.0%	1	33.3%
2 risks	0	0.0%	0	0.0%	0	0.0%
3 risks	0	0.0%	1	50.0%	0	0.0%
4 risks	0	0.0%	0	0.0%	0	0.0%
5 risks	0	0.0%	0	0.0%	0	0.0%
6+ risks	1	33.3%	0	0.0%	2	66.7%
Risk Levels						
Low (0 - 2 risks)	2	66.7%	1	50.0%	1	33.3%
Medium (3 - 4 risks)	0	0.0%	1	50.0%	0	0.0%
High (5+ risks)	1	33.3%	0	0.0%	2	66.7%
Average Number of Risks	6.0		2.0		8.0	
Average Wellness Score	79.0		91.0		65.0	

TABLE 5.

HEALTH PROBLEMS SELF REPORTED

	HRA Participants					
	2015 (N=3)		2016 (N=2)		2017 (N=3)	
	N	%	N	%	N	%
Allergies	2	66.7%	1	50.0%	2	66.7%
Heartburn/Acid Reflux	2	66.7%	1	50.0%	2	66.7%
Migraine Headaches	2	66.7%	1	50.0%	2	66.7%
Diabetes	2	66.7%	1	50.0%	2	66.7%
Heart Problems	1	33.3%			1	33.3%
Osteoporosis	1	33.3%			1	33.3%
Other Condition	1	33.3%				
Chronic Pain	1	33.3%			1	33.3%
Sleep Disorder	1	33.3%			1	33.3%
Past Stroke	1	33.3%			1	33.3%
Thyroid Disease	1	33.3%			1	33.3%
High Blood Pressure	1	33.3%			2	66.7%
High Cholesterol	1	33.3%			1	33.3%
Menopause (Female only)	1	50.0%				
Arthritis	1	33.3%			1	33.3%
Asthma	1	33.3%			1	33.3%
Back Pain	1	33.3%			1	33.3%
Chronic Bronchitis	1	33.3%			1	33.3%
Cancer	1	33.3%			1	33.3%
Depression	1	33.3%			2	66.7%

TABLE 6.

RECOMMENDED PREVENTATIVE SERVICES*

	HRA Participants					
	2015 (N=3)		2016 (N=2)		2017 (N=3)	
	N	%	N	%	N	%
Blood Pressure Screen						
Age 18 and older	3		2		3	
Screen 2 or more years ago	1	33.3%	1	50.0%	2	66.7%
Cholesterol Screen						
Male age 35 and older	1		0		1	
Screen 5 or more years ago	1	100.0%	0	0.0%	1	100.0%
Female age 45 and older	2		2		2	
Screen 5 or more years ago	0	0.0%	0	0.0%	1	50.0%
Colon Cancer Screen						
Age 50 to 75	3		2		3	
Screen 5 or more years ago	1	33.3%	0	0.0%	2	66.7%
Dental Exam**						
All ages	3		2		3	
Exam 1 or more years ago	2	66.7%	1	50.0%	2	66.7%
Flu Shot						
All ages	3		2		3	
Flu shot 1 or more years ago	2	66.7%	1	50.0%	2	66.7%
Tetanus Shot						
All ages	3		2		3	
Never or don't know	1	33.3%	0	0.0%	2	66.7%
Females Only						
Mammography Screen						
Females age 50 to 74	2		2		2	
Screen 2 or more years ago	0	0.0%	1	50.0%	1	50.0%
Pap Test Screen						
Female 21-65 years old	2		2		2	
Screen 3 or more years ago	0	0.0%	0	0.0%	1	50.0%

*Guide to Clinical Preventive Services

** Guidelines for the frequency of preventive dental care are not included in the current Guide to Clinical Preventive Services

TABLE 7.
HEALTH ENHANCEMENT CHANGES*

	HRA Participants					
	2015 (N=3)		2016 (N=2)		2017 (N=3)	
	N	%	N	%	N	%
Plan Changes in Next 6 Months						
Increase Physical Activity	2	66.7%	1	50.0%	1	33.3%
At risk	0		0		2	
At risk and planning to change	0	0.0%	0	0.0%	0	0.0%
Lose Weight	2	66.7%	1	50.0%	1	33.3%
At risk	1		0		2	
At risk and planning to change	1	100.0%	0	0.0%	0	0.0%
Reduce Alcohol Use	2	66.7%	1	50.0%	1	33.3%
At risk	1		1		2	
At risk and planning to change	1	100.0%	0	0.0%	0	0.0%
Quit or Cut Down Smoking	2	66.7%	1	50.0%	1	33.3%
At risk	1		0		2	
At risk and planning to change	1	100.0%	0	0.0%	0	0.0%
Lower Blood Pressure	2	66.7%	1	50.0%	1	33.3%
At risk	1		0		2	
At risk and planning to change	1	100.0%	0	0.0%	0	0.0%
Lower Cholesterol Level	2	66.7%	1	50.0%	1	33.3%
At risk	1		0		2	
At risk and planning to change	1	100.0%	0	0.0%	0	0.0%
Cope Better with Stress	2	66.7%	1	50.0%	1	33.3%
At risk	1		0		2	
At risk and planning to change	1	100.0%	0	0.0%	0	0.0%
Reduce Fat/Cholesterol Intake	2	66.7%	1	50.0%	1	33.3%

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

TABLE 8.

SCREENING AND LAB DATA

	HRA Participants					
	2015 (N=3)		2016 (N=2)		2017 (N=3)	
	N	%	N	%	N	%
BMI	3		2		3	
Obese (BMI>=30)	1	33.3%	0	0.0%	2	66.7%
Overweight (25<=BMI<30)	0	0.0%	0	0.0%	0	0.0%
At risk (27.5<=BMI<30)	0	0.0%	0	0.0%	0	0.0%
Non-Risk (25<=BMI<27.5)	0	0.0%	0	0.0%	0	0.0%
Normal Weight (18.5<=BMI<25)	2	66.7%	2	100.0%	1	33.3%
Under Weight (BMI<18.5)	0	0.0%	0	0.0%	0	0.0%
Blood Pressure	3		2		3	
Greater than 139 mmHg systolic and/or 89 mmHg diastolic	1	33.3%	0	0.0%	2	66.7%
Cholesterol	3		2		3	
Greater than 239 mg/dL	1	33.3%	0	0.0%	2	66.7%
HDL Cholesterol	3		2		3	
Male less than 40 mg/dL	1	33.3%	0	0.0%	1	33.3%
Female less than 50 mg/dL	0	0.0%	0	0.0%	1	33.3%
LDL Cholesterol	3		2		3	
Greater than 159 mg/dL	1	33.3%	0	0.0%	2	66.7%
Triglycerides	3		2		3	
Greater than 199 mg/dL	1	33.3%	0	0.0%	2	66.7%
Glucose						
Fasting	3		2		3	
Greater than 110 mg/dL or less than 70 mg/dL	1	33.3%	1	50.0%	2	66.7%