

Health Risk Assessment Findings

Uniform Medical Plan Members January 1, 2007 – December 31, 2007



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Report prepared by:
Allen Cheadle
Lydia Andris
Health Promotion Research Center
University of Washington
Seattle, WA

I. Introduction

This report presents baseline results for the Uniform Health Plan's (UMP) online Health Risk Assessment (HRA) completed by member employees from the 2006 and 2007. The HRA is a key part of "Health Counts" - a voluntary UMP program begun in July 2006. Key features of Health Counts include:

- An online Health Risk Assessment that collects data on the health and lifestyles of UMP enrollees, while providing feedback to participants that encourages healthy behaviors.
- A customized "score card" that lists activities participants can complete to earn points.
- A \$30 premium rebate reward that is mailed to participants once they have accumulated 100 points.

The ultimate goal of Health Counts is to decrease the prevalence of chronic disease such as diabetes, heart disease and cancers among UMP's enrollee population. Shorter-term objectives are to bring about lasting behavior change among participants.

The following sections: (1) describe the characteristics of HRA respondents to date and compare them to the overall Washington state population; (2) show the numbers of respondents earning Health Counts points, by scorecard item; (3) show the distribution of high-risk health behaviors among HRA respondents; (4) compare risk behaviors of HRA respondents to those from a survey of all Washington state residents; and (5) present tables showing all of the HRA measures, by age and gender.

The main purpose for this report is to educate agency wellness coordinators and senior leaders on the format and future data that will be available on an annual basis. The number of employees who completed the HRA during this time frame was so small that one cannot be sure that the rest of the employee population would have similar results. However, agencies and institutions are encouraged to consider how they will use this data in their strategic planning processes for employee health and wellness. Agencies and institutions who have a 30% or greater completion rate will receive results for their group of employees which will be useful in program planning.

II. HRA Respondent Characteristics

Table 1. Personal/Demographic Characteristics

| <i>Variable</i> | <i>HRA</i> | <i>Census (>18 years)</i> |
|--|------------------|----------------------------------|
| Sample size | 16,458 | 4,380,378 |
| Gender | | |
| Male | 33% | 49% |
| Female | 67% | 51% |
| Age Group | | |
| 18-24 years | 2% | 13% |
| 25-44 years | 29% | 41% |
| 45-64 years | 53% | 31% |
| 65+ years | 16% | 15% |
| Marital Status | | |
| Married or unmarried couple | 76% ¹ | 53% ² |
| Race | | |
| White | 87% | 82% |
| Latino/Hispanic | 2% | 6% |
| Black or African American | 1% | 3% |
| Asian/Pacific Islander/Hawaiian Native | 6% | 6% |
| American Indian/Alaskan Native | 0% | 1% |
| Multi-ethnic | 3% | 2% |
| Other | 1% | 0% |
| Education | | |
| College or graduate degree | 71% | 36% |
| Annual Household Income | | |
| < \$35,000 | 10% | 37% |
| \$35,000-75,000 | 47% | 39% |
| \$75,000 + | 43% | 24% |

Notes:

1 - HRA category includes both those married (70%) and unmarried couples (6%)

2 - Census married = 15+ years, married, spouse present

3 - Employment rate = Civilian employed divided by civilian population

III. High Risk Conditions and Behaviors

Table 2 shows results for variables identified as "high-risk conditions and behaviors", i.e., those with potential for more serious health consequences and resulting increases in health care costs.

Table 2. High-risk Conditions and Behaviors, by Gender and Age

| <i>Measure</i> | <i>High risk definition</i> | <i>All</i> | <i>Gender</i> | |
|--|--|------------|---------------|----------|
| | | | <i>M</i> | <i>F</i> |
| Sample size | | 16,458 | 5,477 | 10,915 |
| Blood Pressure | Higher than 139/89 | 20% | 20% | 20% |
| Body Weight | BMI greater than 27.5 | 30% | 32% | 29% |
| Existing Medical Problem | Heart diagnosis, diabetes, cancer, or stroke | 10% | 13% | 9% |
| Too sick to perform activities of daily living | More than 5 days per month | 7% | 6% | 8% |
| Health status | Fair or Poor | 3% | 3% | 4% |
| Smoking | Any Smoker | 3% | 3% | 4% |
| Number of risks | | | | |
| None | | 54% | 53% | 54% |
| 1 high risk | | 32% | 33% | 31% |
| 2 high risks | | 10% | 11% | 10% |
| 3 or more high risks | | 3% | 3% | 4% |

IV. Comparing HRA Respondents to the Washington State Population

Table 3 compares selected baseline HRA measures to the overall Washington State population, as measured by the Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance Survey (BRFSS). Most of the BRFSS data came from 2006, the most recent survey wave for which data are publicly available; those only available in 2005 were diet, physical activity and chronic health conditions.

Table 3. HRA/BRFSS Comparisons

| <i>Variable</i> | <i>HRA</i> | <i>BRFSS</i> | <i>p-value</i> |
|--|------------|--------------|----------------|
| Sample size - 2005 BRFSS data | 16,458 | 23,276 | |
| Sample size - 2006 BRFSS data | 16,458 | 23,738 | |
| Five-a-Day - Fruit and Vegetable consumption | | | |
| Eating 5+ fruits and vegetables seven days per week ¹ | 26% | 25% | .53 |
| Overweight/Obesity | | | <.01 |
| BMI* < 25 - Normal Weight | 49% | 39% | |
| BMI* 25-29.9 Overweight | 32% | 37% | |
| BMI 30+ Obese | 19% | 24% | |
| Physical activity | | | |
| Moderate activity 5 days/week 30 minutes per occasion or vigorous 3 days/week 20 minutes/occasion ^{1,2} | 63% | 55% | <.01 |
| Tobacco Use | | | |
| Ever smoked cigarettes (<i>at least 5 packs</i>) | 32% | 43% | <.01 |
| Currently smoking cigarettes | 3% | 17% | <.01 |
| Preventive Screenings/Procedures | | | |
| Flu shot, past year | 50% | 32% | <.01 |
| Pneumonia vaccine, ever (<i>65+ years old</i>) | 71% | 69% | .46 |
| Sigmoidoscopy and/or colonoscopy, ever (<i>50+ years old</i>) | 80% | 64% | <.01 |
| FOBT, past 2 years (<i>50+ years old</i>) | 47% | 32% | <.01 |
| PAP test, past 3 years (<i>50+ years old</i>) | 93% | 69% | <.01 |
| Mammogram, past 2 years (<i>40+ years old</i>) | 90% | 76% | <.01 |
| Health Status | | | |
| Fair or poor health status | 3% | 14% | <.01 |
| Chronic Conditions - Ever Diagnosed | | | |
| Arthritis ¹ | 21% | 29% | <.01 |
| Asthma ¹ | 7% | 9% | <.01 |
| Cardiovascular Disease ¹ | 5% | 4% | <.01 |
| Diabetes ¹ | 5% | 6% | <.01 |
| Blood Pressure ¹ | 19% | 24% | <.01 |
| High Cholesterol ¹ | 14% | 23% | <.01 |

Notes:

1 - 2005 HRA/BRFSS comparison

2 - Physical activity data from the HRA only available in 2007

V. Summary Results for All HRA Questions

This section presents results from HRA questions that were not mentioned in earlier tables (and in some cases repeats them with a slightly different definition). Table 4 shows results from a question asking about location of physical activity.

Table 4. Physical Activity Location

| <i>Variable</i> | <i>All</i> | <i>Gender</i> | |
|--|------------|---------------|----------|
| | | <i>M</i> | <i>F</i> |
| Sample size | 16,458 | 5,477 | 10,915 |
| Where do most of physical activity:¹ | | | |
| Home | 64% | 62% | 66% |
| Neighborhood/parks | 51% | 48% | 53% |
| Gym | 35% | 34% | 36% |
| Workplace | 22% | 22% | 21% |
| Other | 17% | 20% | 16% |

Notes:

1 - Physical activity data from the HRA only available in 2007

Table 5 shows more complete information about preventive screenings.

Table 5. Preventive Screenings/Immunizations

| <i>Variable</i> | <i>All</i> | <i>Gender</i> | |
|---|------------|---------------|----------|
| | | <i>M</i> | <i>F</i> |
| Sample size | 16,458 | 5,477 | 10,915 |
| Preventive care visit, past year | 80% | 74% | 84% |
| Flexible Sigmoidoscopy, past 2 years (<i>50+ years old</i>) | 3% | 4% | 3% |
| FOBT, past 2 years (<i>50+ years old</i>) | 26% | 29% | 24% |
| Colonoscopy, past 10 years (<i>50+ years old</i>) | 68% | 70% | 67% |
| Flu shot, past year | 50% | 52% | 49% |
| Pneumonia shot, past 10 years (<i>65+ years old</i>) | 69% | 68% | 70% |
| PAP screening, past 3 years (<i>Women 18-65 years old</i>) | 93% | - | 93% |
| Mammogram, past 2 years (<i>Women 40+ years old</i>) | 90% | - | 90% |

Table 6 shows rates of chronic illnesses reported on the HRA.

Table 6. Prevalence of Medical Conditions & Incidence of treatment

| <i>Variable</i> | <i>All</i> | <i>Gender</i> | |
|------------------------------|------------|---------------|----------|
| | | <i>M</i> | <i>F</i> |
| Sample size | 16,458 | 5,477 | 10,915 |
| Allergies | 34% | 28% | 37% |
| Arthritis | 22% | 17% | 24% |
| Asthma | 7% | 5% | 7% |
| Cancer | 1% | 2% | 1% |
| Chronic Bronchitis/Emphysema | 1% | 1% | 1% |
| Depression | 11% | 7% | 13% |
| Diabetes | 5% | 6% | 4% |
| Heart problems | 5% | 8% | 4% |
| High Blood Pressure | 19% | 23% | 17% |
| High Cholesterol | 23% | 27% | 21% |

Table 7 shows results from a question asking about location of flu shots.

Table 7. Flu Shot Location

| <i>Variable</i> | <i>All</i> | <i>Gender</i> | |
|---|------------|---------------|----------|
| | | <i>M</i> | <i>F</i> |
| Percent who got their flu shot at: | | | |
| Doctors office or HMO | 37% | 39% | 36% |
| Hospital or ER | 3% | 2% | 3% |
| Local health dept clinic | 5% | 5% | 5% |
| Other Community health clinic | 4% | 5% | 4% |
| Recreation, senior or community center | 2% | 2% | 2% |
| Store (supermarket, drug store) | 22% | 22% | 22% |
| Workplace | 25% | 21% | 27% |
| Other | 2% | 2% | 2% |