

# Health Risk Appraisal Group Profile

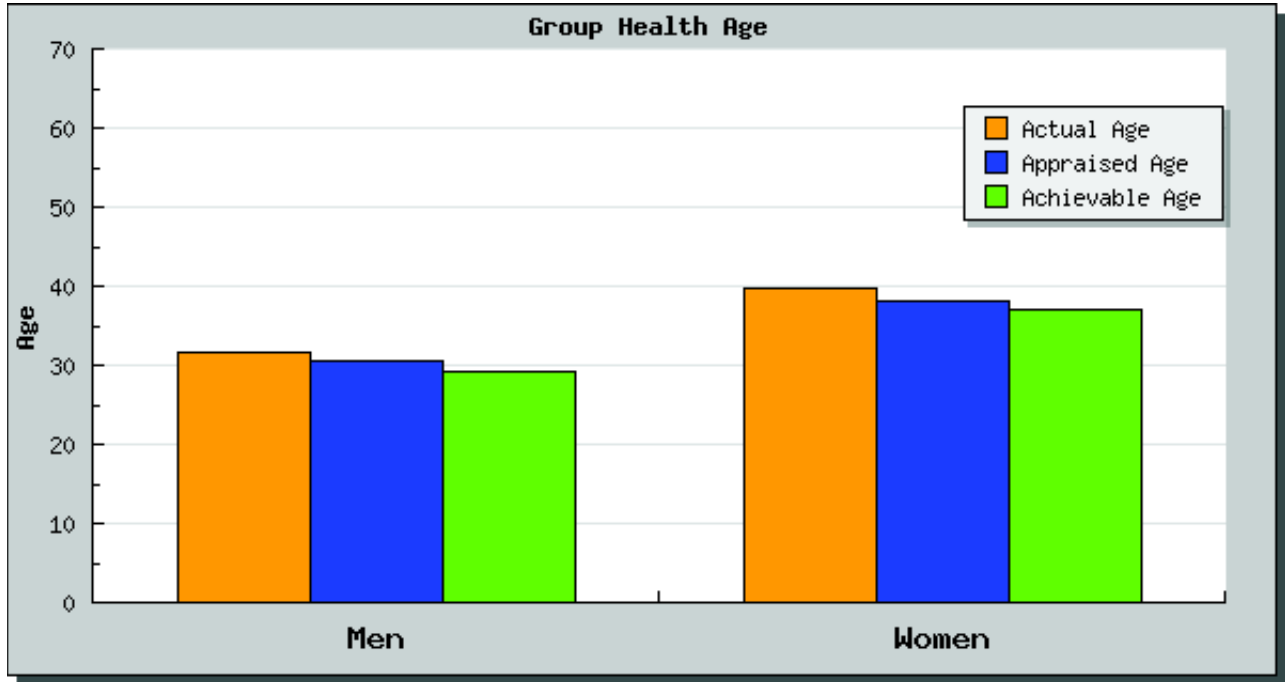
## Group : All Groups

**Introduction** - This confidential group report will provide you with information which you may find helpful in the design & implementation of your wellness program. We encourage you to review & analyze this information carefully. For your convenience, this document has been divided into several sections. These sections are: Age & Gender Demographics; Group Health Age; Major Risks & Modifiable Risk Behaviors; Health Related Issues; Risk Indicators; Quality of Life Indicators; Women's Issues; Men's Issues.

### Age & Gender Demographics

Category	Number	Percentage
Total Number in Group	206	100%
Total Number of Males	107	51.94 %
Total Number of Females	99	48.06%
Age Distribution		
Less than 25	46	22.33%
25 to 39	57	27.67%
40 to 49	53	25.73 %
50 to 59	41	19.9 %
60 or >	9	4.37%

### Group Health Age



The Actual Age portions of the above bar graph represent the average current chronological age of the male and female participants from your group.

The Estimated health age portions of the bar graph are based upon the answers which your group gave to the HRA questions in this assesment. This number tells tells you that the average person in your group has the same risk of dying in the next ten years as an average person of that chronological age. For example, if your group's appraised health age is 59, the average individual in your group has the same risk of dying as someone who is 59 years old. It is desirable for the Estimated Health Age to be lower than the actual age.

The Achievable Health Age indicates the improvements your group can make in their appraised health age through lifestyle modifications. When the appraised health age is higher than the achievable health age, the greater the need to change behaviors && lifestyles which will reduce the risk of death for your group members.

In the following table, the appraised Health Age && the Achievable health Age have been more narrowly defined in terms of the age && sex of your group's participants.

#### GROUP HEALTH AGE

Age Category	Men	Women
<b>Less than 35 Years Old</b>		
Number of people in category	48	37
% of population in category	23.3	17.96
Avg Appraised Health Age	11.08	24.92
Avg Achievable Health Age	10.54	24.22
<b>35 to 44 Years Old</b>		
Number of people in category	24	20
% of population in category	11.65	9.71
Avg Appraised Health Age	40.67	39
Avg Achievable Health Age	38.08	37.8
<b>45 to 59 Years Old</b>		
Number of people in category	29	39
% of population in category	14.08	18.93
Avg Appraised Health Age	47.62	48.36
Avg Achievable Health Age	46.45	47.03
<b>60 years old &amp;&amp; above</b>		
Number of people in category	6	3
% of population in category	2.91	1.46
Avg Appraised Health Age	65.33	58.67
Avg Achievable Health Age	65.33	58.67

**Health Related Issues**

The remainder of this report consists of several tables && charts which describe your group in terms of demographics, health related issues, && men's && women's health issues. The charts && graphs are designed to present your group's degree of risks reflected by the extent to which your group members engage in behaviors which may increase or decrease their risks of death && disease.

By making positive lifestyle choices, one can successfully modify the following risk factors: cardiovascular exercise; body weight, diastolic blood pressure; cigarette smoking; total blood cholesterol; && a high fat, high cholesterol diet.

**Group Demographics**

(Total Number = 206 )	Number	% of Total
<b>1. Sex</b>		
a. Males	107	51.94
b. Females	99	48.06
<b>2. Race</b>		
a. White	193	93.69
b. Black	9	4.37
c. Hispanic	2	0.97
d. Asian	1	0.49
e. American Indian	1	0.49
f. Other	0	0
<b>3. Age</b>		
a. Under 25	46	22.33
b. 25 - 39	57	27.67
c. 40 - 49	53	25.73
d. 50 - 59	41	19.9
e. 60 & up	9	4.37

**Health Related Issues**

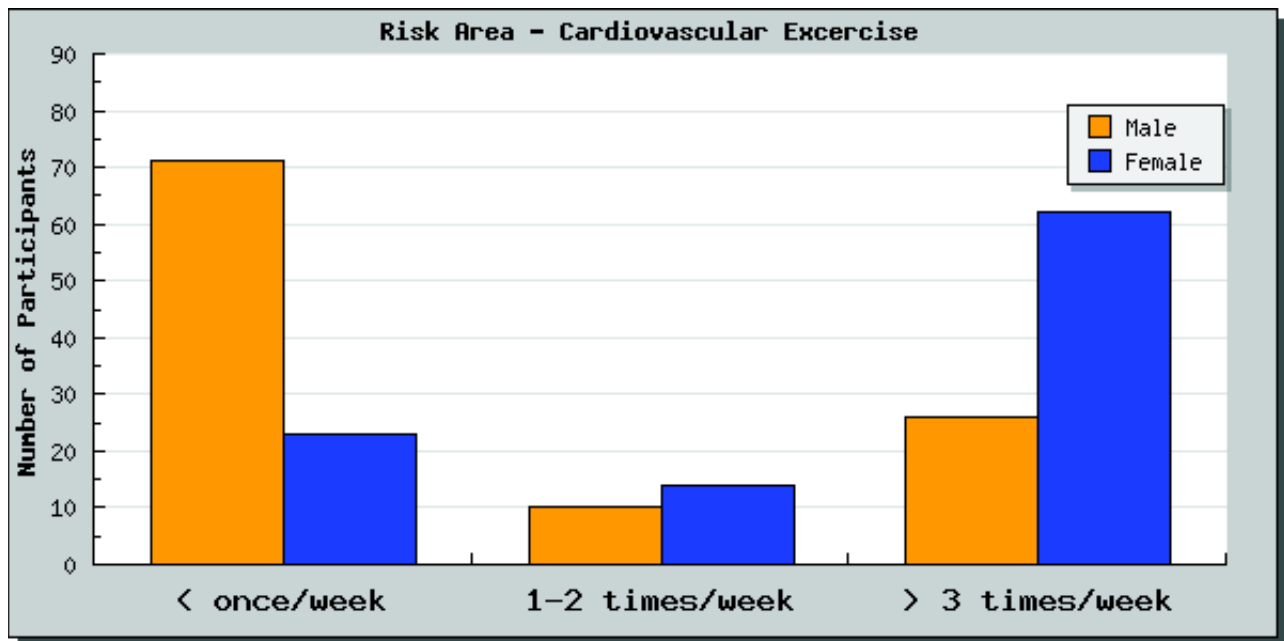
(Total Number = 206 )	Number	% of Total
<b>1. Body Weight</b>		
a. Normal Weight	57	28
b. Underweight	36	17
c. 0 - 9% Overweight	52	25
d. 10 - 20% Overweight	29	14
e. More than 20% Overweight	32	16
<b>2. Blood Pressure</b>		
a. Normal Systolic (140 or less)	122	59

b. High Systolic (above 140)	7	3
c. Normal Diastolic (90 or less)	122	59
d. High Diastolic (Above 90)	7	3
c. Unknown Blood Pressure	77	37
<b>3. Total Cholesterol</b>		
a. < 200 (ok)	42	20
b. 200 - 239 (borderline)	48	23
b. > 240 (high)	4	2
c. Unknown total cholesterol	112	54
<b>4. Diabetes</b>		
a. Yes	6	3%
b. No	200	97
<b>5. Exercise Levels (at least 20 minutes without stopping)</b>		
a. Less than 1 time/week	94	46%
b. 1 or 2 times/week	24	12%
c. At least 3 times/week	88	43%
<b>6. Seatbelt Usage</b>		
a. Nonusers (0% of the time)	2	2%
b. Occasional users (1 - 79% of the time)	3	1%
c. Regular Users (> 80% of the time)	201	98%
<b>7. Speeding</b>		
a. < 5mph over	148	72%
b. 6 to 10mph over	53	26%
c. 11-15mph over	4	2%
d. > 15mph over	1	0%
<b>8. Rode with Intoxicated Driver</b>		
a. Yes within last month	11	5%
a. No within last month	195	95%
<b>9. Tobacco Use</b>		
a. Nonsmokers	180	87 %
b. Exsmokers	21	10 %
c. Smokers	5	2%
<b>10. Alcohol Use</b>		
a. < 7 drinks / week	192	93%
b. 7 - 24 drinks/week	13	6%
c. > 25 drinks/week	1	0%



### Analysis of Major Risk Areas

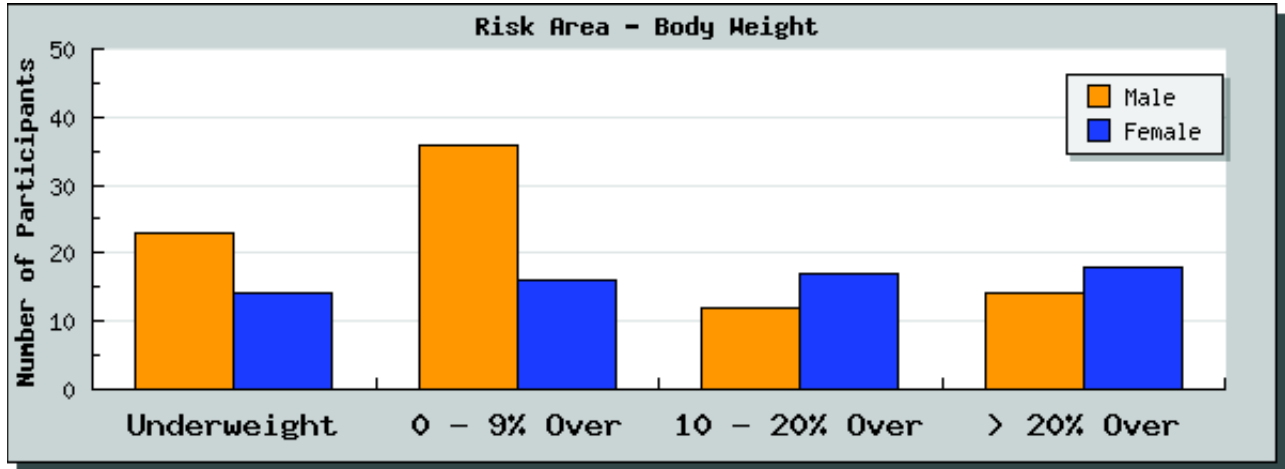
Cardiovascular Exercise				
	Men		Women	
	N	%	N	%
<b>Less than 35 years Old;</b>				
Less than once/week;	42	20.39	11	5.34
1-2 times/week;	3	1.46	7	3.4
3 times/week or more;	3	1.46	19	9.22
<b>35 - 44 years old;</b>				
Less than once/week;	14	6.8	4	1.94
1-2 times/week;	3	1.46	0	0
3 times/week or more;	7	3.4	16	7.77
<b>45 - 59 years old;</b>				
Less than once/week;	12	5.83	8	3.88
1-2 times/week;	4	1.94	7	3.4
3 times/week or more;	13	6.31	24	11.65
<b>60 years old &amp;&amp; above;</b>				
Less than once/week;	3	1.46	0	0
1-2 times/week;	0	0	0	0
3 times/week or more;	3	1.46	3	1.46



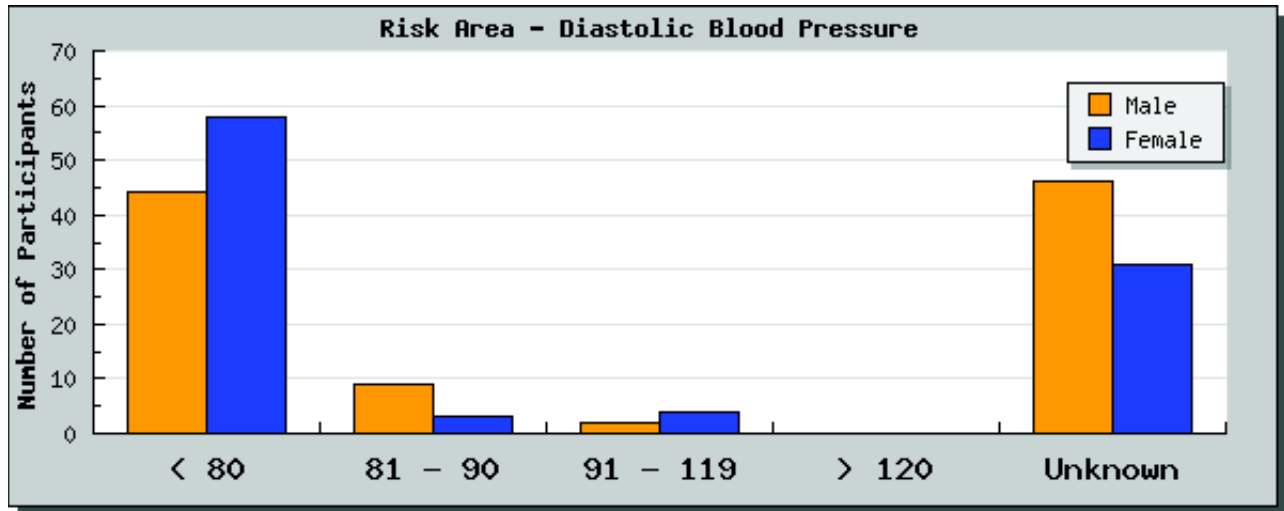




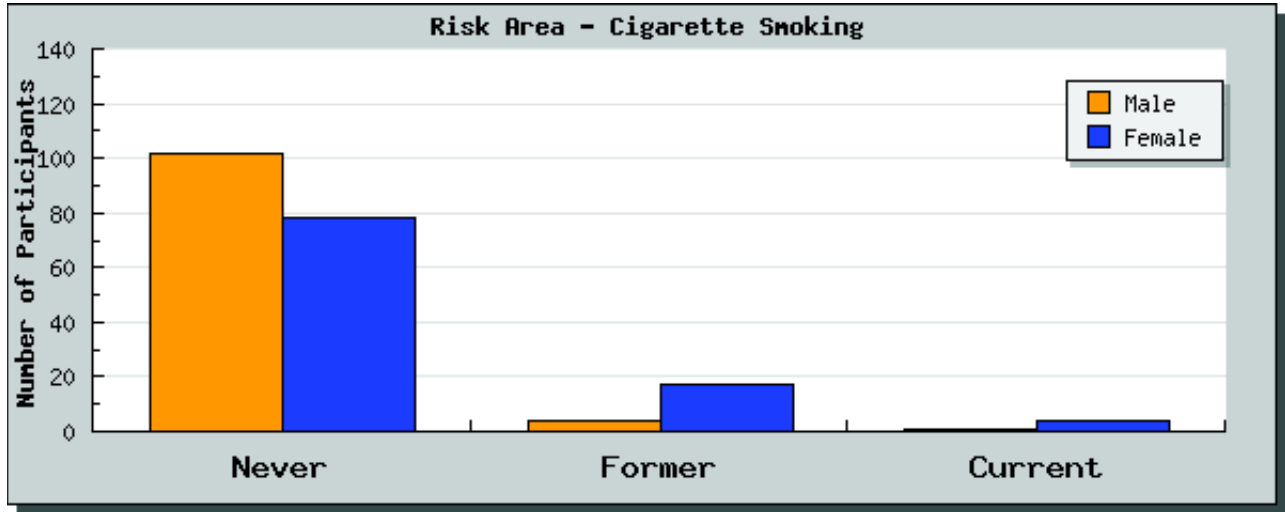
<b>Body Weight</b>				
	<b>Men</b>		<b>Women</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
<b>Less than 35 years Old;</b>				
Normal Weight;	3	1.46	12	5.83
Underweight;	13	6.31	8	3.88
0 - 9% overweight;	29	14.08	6	2.91
10-20% overweight;	3	1.46	6	2.91
More than 20% overweight;	0	0	5	2.43
<b>35 - 44 years old;</b>				
Normal Weight;	10	4.85	9	4.37
Underweight;	4	1.94	1	0.49
0 - 9% overweight;	1	0.49	2	0.97
10-20% overweight;	5	2.43	3	1.46
More than 20% overweight;	4	1.94	5	2.43
<b>45 - 59 years old;</b>				
Normal Weight;	9	4.37	12	5.83
Underweight;	5	2.43	4	1.94
0 - 9% overweight;	6	2.91	8	3.88
10-20% overweight;	4	1.94	7	3.4
More than 20% overweight;	5	2.43	8	3.88
<b>60 years old &amp;&amp; above;</b>				
Normal Weight;	0	0	2	0.97
Underweight;	1	0.49	0	0
0 - 9% overweight;	0	0	0	0
10-20% overweight;	0	0	1	0.49
More than 20% overweight;	5	2.43	0	0



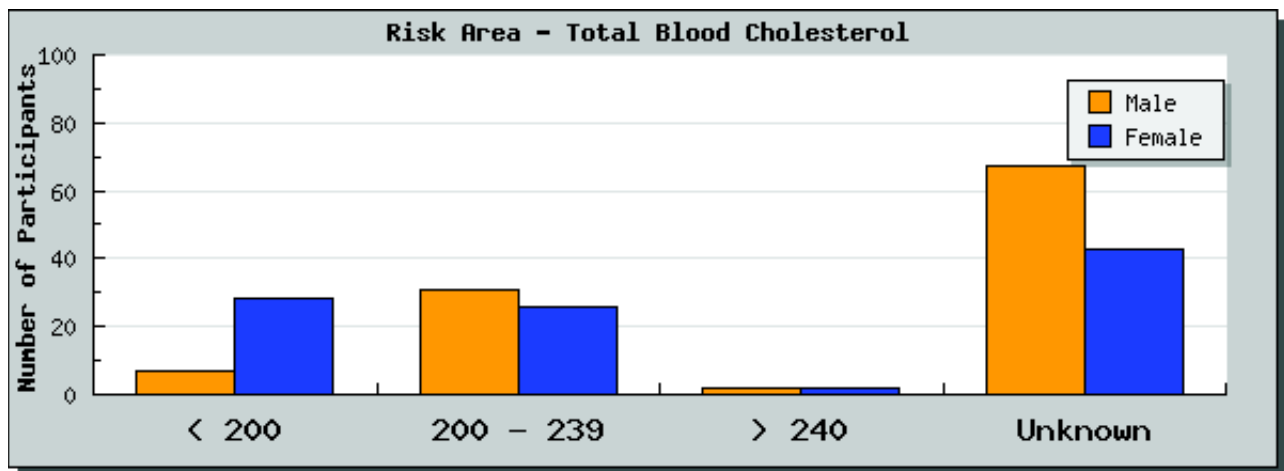
<b>Diastolic Blood Pressure</b>				
	<b>Men</b>		<b>Women</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
<b>Less than 35 years Old;</b>				
80 mmHg or less	25	25	20	20
81 - 90 mmHg	4	1.94	2	0.97
91-120 mmHg;	0	0	2	0.97
Above 120 mmHg	0	0	0	0
Unknown	19	9.22	13	9.22
<b>35 - 44 years old;</b>				
80 mmHg or less	4	1.94	10	4.85
81 - 90 mmHg	5	2.43	0	0
91-119 mmHg;	0	0	0	0
Above 120 mmHg	0	0	0	0
Unknown	15	7.28	10	4.85
<b>45 - 59 years old;</b>				
80 mmHg or less	15	7.28	28	13.59
81 - 90 mmHg	0	0	1	0.49
91-119 mmHg;	2	0.97	2	0.97
Above 120 mmHg	0	0	0	0
Unknown	12	5.83	8	3.88
<b>60 years old &amp;&amp; above;</b>				
80 mmHg or less	3	1.46	3	1.46
81 - 90 mmHg	2	0.97	0	0.97
91-119 mmHg;	1	0.49	0	0.49
Above 120 mmHg	0	0	0	0
Unknown	0	0	0	0



<b>Tobacco Use</b>				
	<b>Men</b>		<b>Women</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
<b>Less than 35 years Old;</b>				
Never Smoked	47	22.82	34	16.5
Former Smokers	1	0.49	1	0.49
Current Smokers	0	0	2	0.97
<b>35 - 44 years old;</b>				
Never Smoked	23	11.17	13	6.31
Former Smokers	0	0	5	2.43
Current Smokers	1	0.49	2	0.97
<b>45 - 59 years old;</b>				
Never Smoked	26	12.62	29	14.08
Former Smokers	3	1.46	10	4.85
Current Smokers	0	0	0	0
<b>60 years old &amp;&amp; above;</b>				
Never Smoked	6	2.91	2	0.97
Former Smokers	0	0	1	0.49
Current Smokers	0	0	0	0
<b>Tobacco: Methods of Delivery</b>				
	<b>Men</b>		<b>Women</b>	
	<b>Nbr/Day</b>		<b>Nbr/Day</b>	
Number of Cigars	10		5	
Number of Pipes	10		0	
Number of Smokeless	13		0	
Number of Cigarettes	6		25	



<b>Total Blood Cholesterol</b>				
	<b>Men</b>		<b>Women</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
<b>Less than 35 years Old;</b>				
Below 200 mg/dl	0	0	7	3.4
200 - 239 mg/dl	28	13.59	17	8.25
Above 240 mg/dl	0	0	0	0
Don't know cholesterol level	20	9.71	13	6.31
<b>35 - 44 years old;</b>				
Below 200 mg/dl	5	2.43	8	3.88
200 - 239 mg/dl	2	0.97	1	0.49
Above 240 mg/dl	0	0	0	0
Don't know cholesterol level	17	8.25	11	5.34
<b>45 - 59 years old;</b>				
Below 200 mg/dl	0	0	12	5.83
200 - 239 mg/dl	0	0	7	3.4
Above 240 mg/dl	0	0	2	0.97
Don't know cholesterol level	29	14.08	18	8.74
<b>60 years old &amp;&amp; above;</b>				
Below 200 mg/dl	2	0.97	1	0.49
200 - 239 mg/dl	1	0.49	1	0.49
Above 240 mg/dl	2	0.97	0	0
Don't know cholesterol level	1	0.49	1	0.49



**Women's Health Issues**

<b>(Total Number = 99)</b>	<b>Number</b>	<b>% of Total</b>
<b>1. Family Members with Breast Cancer</b>		
a. None	91	92
b. one	7	7
c. two	1	1
d. three	0	0
e. four	0	0
<b>2. Breast Self-Exam Frequency</b>		
a. Monthly	39	39
b. Once every few months.	25	25
c. Rarely or never	35	35
<b>3. Physician/Nurse Breast Exam - last</b>		
a. 1 year ago or less	85	86
b. 2 years ago	7	7
c. 3 or more years ago	5	5
d. Never	2	2
<b>4. Breast X-ray (mammogram) Frequency (&gt; 39 yrs).</b>		
a. 1 year ago or less	44	83
b. 2 years ago	2	4
c. 3 or more years ago	4	8
d. Never	3	6
<b>5. Pap Smear Frequency.</b>		
a. 1 year ago or less	82	83
b. 2 years ago	8	8
c. 3 or more years ago	7	7
d. Never	2	2
<b>6. Hysterectomy.</b>		
a. Yes	22	22
b. No	77	78

**Men's Health Issues**

<b>(Total Number = 50)</b>	<b>Number</b>	<b>% of Total</b>
<b>1. Rectal or Prostate Exam Frequency (&gt; 39 yrs)</b>		



8/26/2009

HRA Group Profile

a. 1 year ago or less	38	76
b. 2 years ago	4	8
c. 3 or more years ago	2	4
d. Never	6	12

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