

# Wellness Profile Executive Summary

Selection Criteria: Organization is [REDACTED] HRAs taken between 5/26/2008 and 5/26/2009. Newest HRAs only.

## Population Summary Data

<b>Count: 2984</b>	<b>Females: 2621 (88%)</b>	<b>Males: 363 (12%)</b>
<b>% Participation: 83%</b>	<b>Female: 84%</b>	<b>Male: 82%</b>

Note: there are 3579 participants in the selected population.

## Age Breakdown for Wellness Profile Participants

Age Decile	Count
10-19	5
20-29	554
30-39	655
40-49	806
50-59	720
60-69	223
70-79	18
80+	3

**Average Age: 42**

## Controllable Risk Breakdown

Risk Category	Count
Low Risk (0-2 risks)	1764 (59%)
Moderate Risk (3-4 risks)	841 (28%)
High Risk (5+ risks)	349 (12%)

**Average # Risk Factors: 2.3**

'Controllable Risk' is a mixed measure of lifestyle, medical and psychosocial factors that seeks to predict a participant's prospects for disease and/or disability. It is also known as 'Edington Risk Stratification.'

## Exercise Risk Breakdown

Exercise Risk	Count
Low (Exercise generally safe)	746 (25%)
Moderate Risk (Moderate exercise generally)	994 (33%)
High Risk (PCF Required)	1244 (42%)

'Exercise Risk' is a medically-based measure of cardiovascular risk for a participant who decides to initiate a program of exercise. Participants with moderate or high risk should consult with a physician before starting a program of exercise or increased activity. This measure is defined by the American College of Sports Medicine.

## Self Rating of Health

Poor	Fair	Average	Good	Excellent
8 (0%)	88 (3%)	429 (14%)	1555 (52%)	747 (25%)

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## Medical Condition Frequency in Population

The top eight medical conditions reported in your population are:

Condition	Frequency
Obesity	990 (33%)
Allergies	875 (29%)
Migraines or Headaches	304 (10%)
Arthritis	256 (9%)
Asthma	248 (8%)
Anxiety	191 (8%)
Depression	190 (8%)
Metabolic Disease	182 (8%)

## Heart Disease Frequency in Population

71 participants suffer from heart disease.
147 (5%) participants suffer from CHD symptoms but do not report heart disease.
1980 (66%) have a family history of heart disease but do not exhibit symptoms of the disease.

## Risk Factors

The top eight controllable risk factors are:

Risk Factor	Count (Percent)
Body Mass Index > 27.5	1506 (50%)
Sedentary Lifestyle	1458 (49%)
Hypertension	509 (17%)
Low Levels of Work Satisfaction	433 (15%)
High Levels of Stress	410 (14%)
Low Levels of Life Satisfaction	404 (14%)
HDL Values < 40	358 (14%)
Smoking/Tobacco Use	356 (14%)

## Readiness for Change

Desired Change X Number of Participants Planning Change:

Desired Change	Count (Percent)
Dietary Improvements	1505 (50%)
Weight Reduction	1413 (47%)
Increased Activity and/or Exercise	1346 (45%)
Stop Smoking	148 (5%)
Reduce Alcohol Consumption	58 (2%)