

LiveWell Survey Aggregate Report

Report Specifications:

Year:	2010
State:	Nebraska
Community:	Lincoln
Family History Information:	Included
Total Respondent Count:	4
Submissions (2009):	0 respondents (0.0%)
Submissions (2008):	0 respondents (0.0%)
Submissions (2007):	0 respondents (0.0%)

General Health

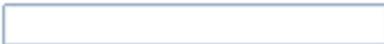
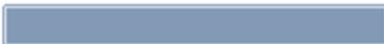
General health

Total Respondents: 4

Excellent		Responses: 2, 50.0%
Very Good		Responses: 2, 50.0%
Good		Responses: 0, 0.0%
Fair		Responses: 0, 0.0%
Poor		Responses: 0, 0.0%

General health is fair or poor

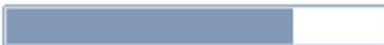
Total Respondents: 4

Yes		Responses: 0, 0.0%
No		Responses: 4, 100.0%

Health Care Access and Utilization

Has health care coverage (including health insurance, prepaid plans such as HMOs, or government plans such as Medicare)

Total Respondents: 4

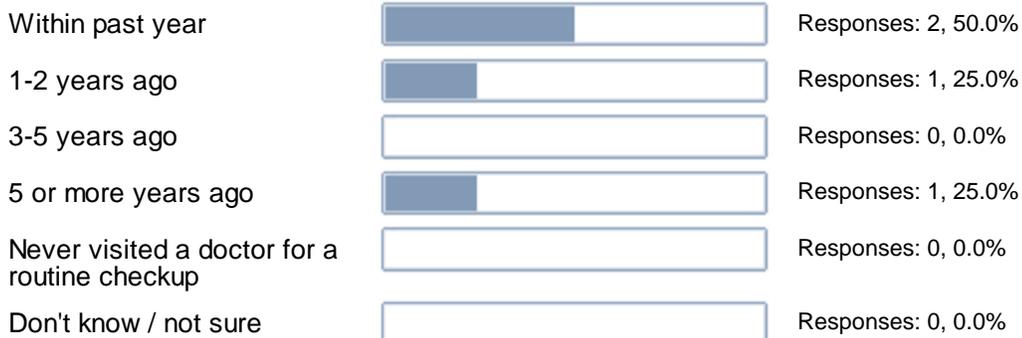
Yes		Responses: 3, 75.0%
No		Responses: 1, 25.0%

Has at least one personal doctor or health care provider

Total Respondents: 4

Yes		Responses: 2, 50.0%
No		Responses: 2, 50.0%

Total Respondents: 4



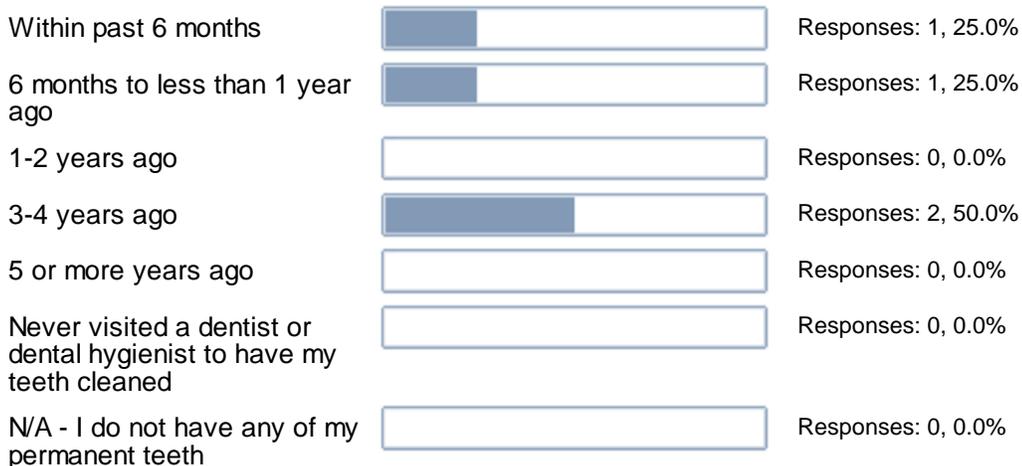
Had routine checkup by a doctor in past two years

Total Respondents: 4



Length since teeth were last cleaned by a dentist or dental hygienist

Total Respondents: 4



Had teeth cleaned by dentist or dental hygienist in the past six months, among those who have some or all of their teeth

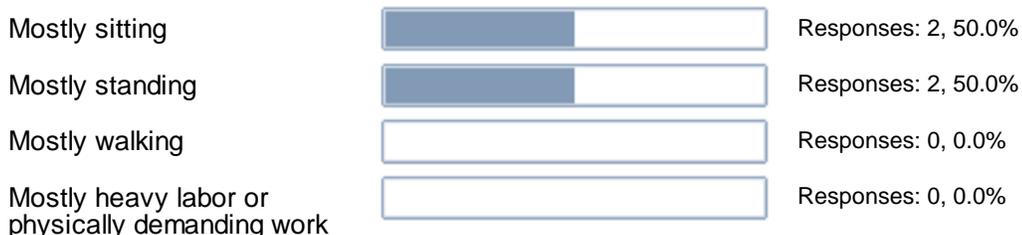
Total Respondents: 4



Physical Activity

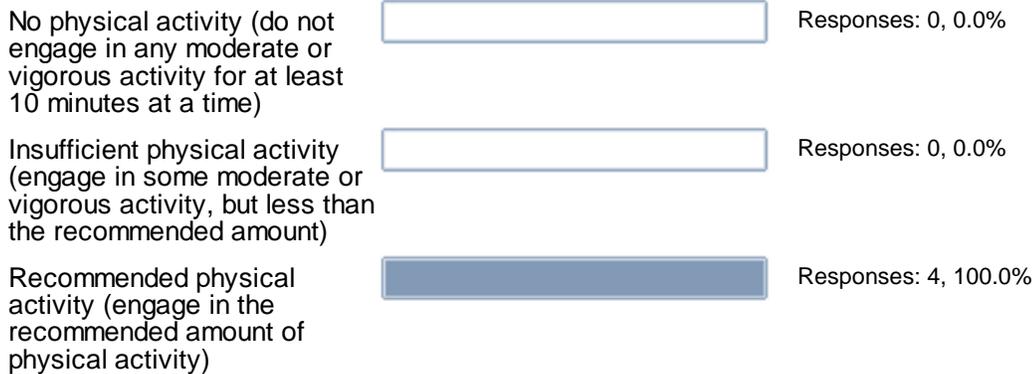
Job consists of...

Total Respondents: 4



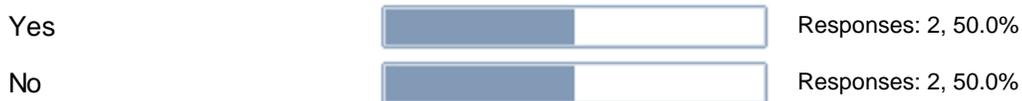
Overall physical activity (including moderate and vigorous activity done when not working)

Total Respondents: 4



Seriously considering increasing physical activity during the next six months

Total Respondents: 4



Nutrition

Consume the recommended amount of fruit per day

Total Respondents: 4



Consume the recommended amount of vegetables per day

Total Respondents: 4



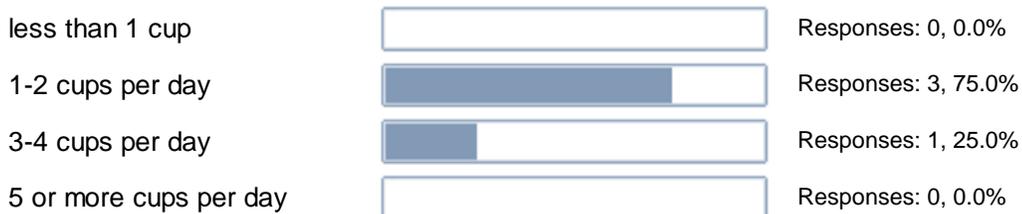
Consume the recommended amount of fruits and vegetables per day

Total Respondents: 4



Cups of fruits and vegetables consumed per day

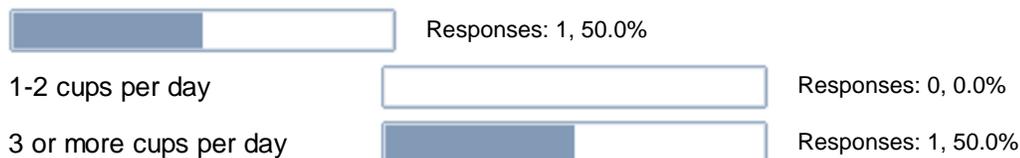
Total Respondents: 4



Total Average: 2.75

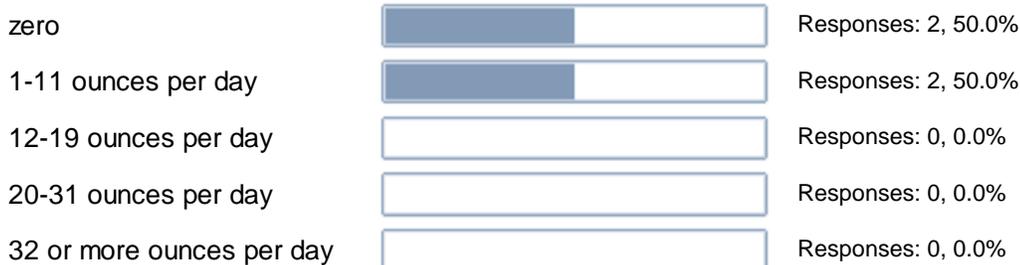
Cups of milk or milk products (milk, yogurt, cheese) consumed per day

Total Respondents: 2



Average daily soda consumption (in ounces) during the past seven days

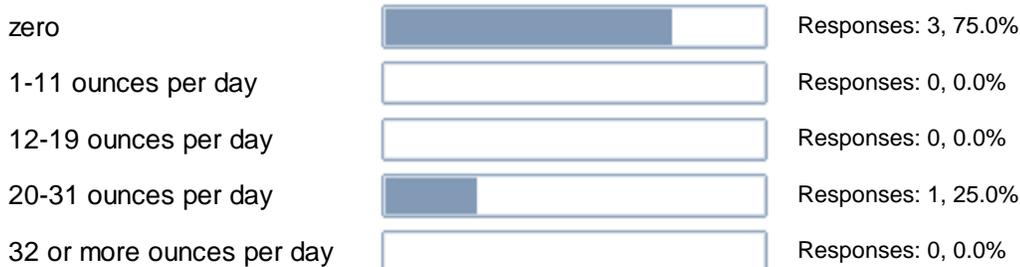
Total Respondents: 4



Total Average: 5.43

Not counting soda or pop, average daily consumption of other sugar sweetened beverages (in ounces) during the past seven days

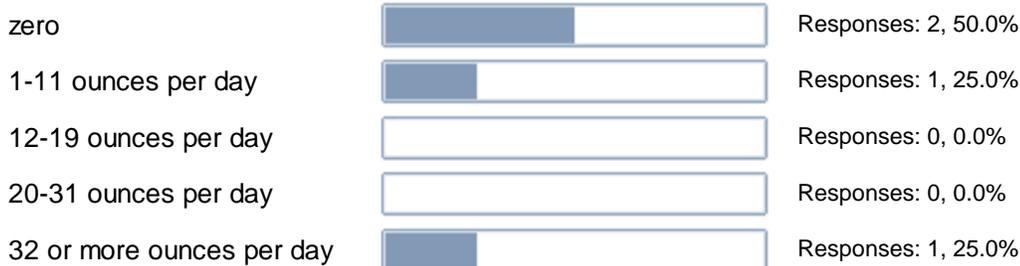
Total Respondents: 4



Total Average: 6.86

Average daily consumption of all sugar sweetened beverages, including soda/pop and other sugar sweetened beverages (in ounces) during the past seven days

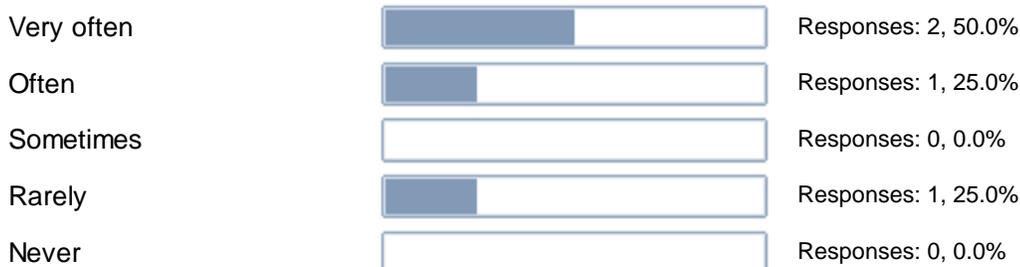
Total Respondents: 4



Total Average: 12.29

How often (on average) foods high in saturated fat or trans fat are eaten

Total Respondents: 4



Rarely or never eat foods high in saturated fat or trans fat

Total Respondents: 4



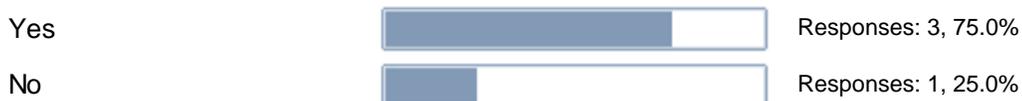
Perception of how healthy their current eating habits are

Total Respondents: 4



Perceive their current eating habits as somewhat or very healthy

Total Respondents: 4



Seriously considering improving eating habits in the next six months

Total Respondents: 4



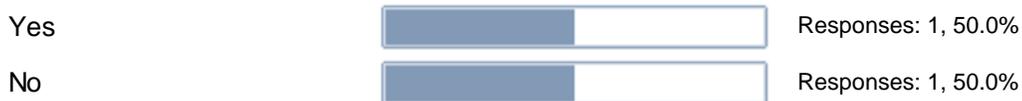
Among those considering improving their eating habits in the next six months, the percentage who would consider eating more fruits and vegetables:

Total Respondents: 2



Among those considering improving their eating habits in the next six months, the percentage who would consider consuming more low-fat dairy products (milk, yogurt):

Total Respondents: 2



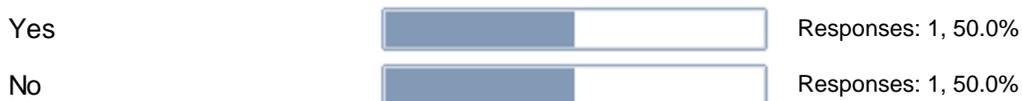
Among those considering improving their eating habits in the next six months, the percentage who would consider eating more whole grain and high fiber foods:

Total Respondents: 2



Among those considering improving their eating habits in the next six months, the percentage who would consider reducing foods high in saturated fat, trans fats, and cholesterol:

Total Respondents: 2



Among those considering improving their eating habits in the next six months, the percentage who would consider reducing foods high in salt (sodium):

Total Respondents: 2



Among those considering improving their eating habits in the next six months, the percentage who would consider reducing foods and drinks with added sugar (candy, desserts, soda):

Total Respondents: 2



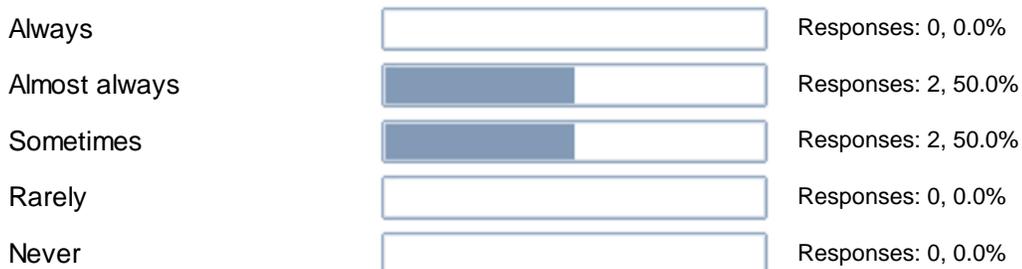
Among those considering improving their eating habits in the next six months, the percentage who would consider eating fewer calories (decrease portions or lower calorie options):

Total Respondents: 2



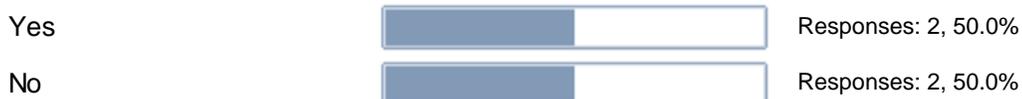
How often meals and snacks are brought to work from home, during an average work week

Total Respondents: 4



Always or almost always bring their meals and snacks to work from home

Total Respondents: 4



Have vending machines available at their worksite

Total Respondents: 4

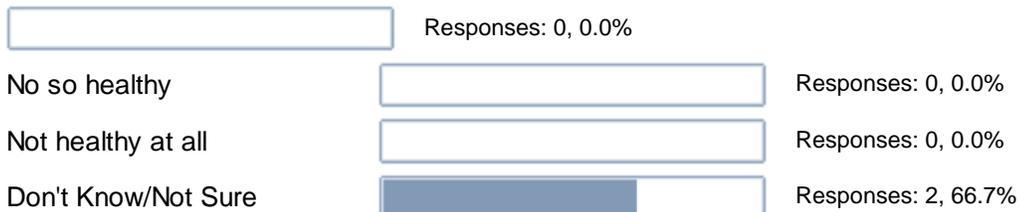


Among those with vending machines at their worksite, the percentage reporting how healthy the foods in the worksite vending machines are

Total Respondents: 3



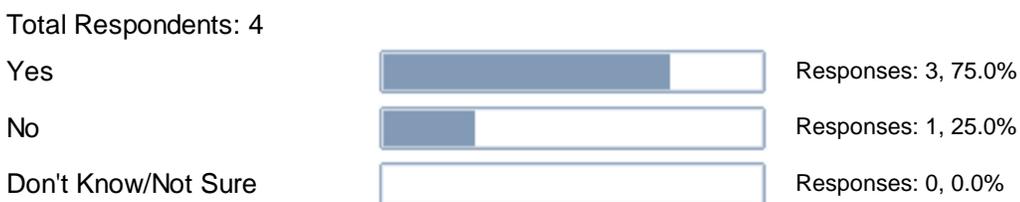
Somewhat healthy



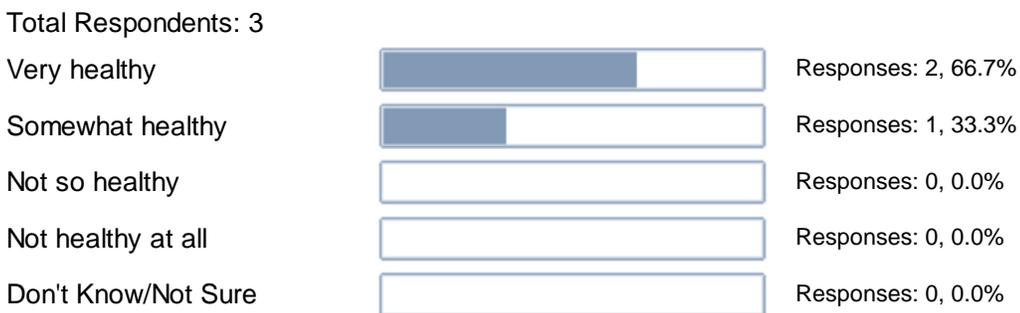
Among those with vending machines at their worksite, the percentage who would like to have healthier foods in the worksite vending machines (excluding those who did not know which foods were available in the vending machines)



Have a cafeteria, canteen, or snack shop at their worksite



Among those with a cafeteria, canteen, or snack shop at their worksite, the percentage reporting how healthy the foods in the cafeteria, canteen, or snack shop are (not counting vending machines)



Among those with a cafeteria, canteen, or snack shop at their worksite, the percentage who would like to have healthier foods in the cafeteria, canteen, or snack shop at their worksite (excluding those who did not know which foods were available in the cafeteria, canteen, or snack shop)



Perception of how healthy the foods at meetings and events hosted by their company are





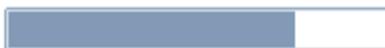
Don't Know/Not Sure



Feel that the foods at meetings and events hosted by their company are somewhat or very healthy

Total Respondents: 4

Yes



No



Would like to have healthier foods at meetings and events hosted by their company

Total Respondents: 4

Yes



No



No Opinion



Body Weight and Weight Loss

BMI categories

Total Respondents: 3

Obese



Overweight



Healthy weight



Underweight



What respondents are currently trying to do about their weight

Total Respondents: 4

Lose weight



Gain weight



Stay the same weight



I am not trying to do anything about my weight



Among those trying to lose weight, the percentage who fasted for 24 hours or more during past 30 days

Total Respondents: 3

Yes



No



Among those trying to lose weight, the percentage who took diet pills, powders, or liquids without a Dr.'s advice during past 30 days

Total Respondents: 3

Yes



No



Among those trying to lose weight, the percentage who vomited or used laxatives during

past 30 days

Total Respondents: 3



Among those trying to lose weight, the percentage who used one or more (of the previous three) high-risk weight loss methods to try and lose weight during the past 30 days

Total Respondents: 3



Among those trying to lose weight, the percentage who exercised to try and lose weight during past 30 days

Total Respondents: 3



Among those trying to lose weight, the percentage who ate less food, fewer calories, or foods low in fat to try and lose weight during past 30 days

Total Respondents: 3



Among those trying to lose weight, the percentage who used both diet and exercise to try and lose weight during past 30 days

Total Respondents: 3

**Tobacco**

Cigarette smoking status

Total Respondents: 4



Among current cigarette smokers, the percentage who tried to quit smoking in the past 12 months

Total Respondents: 2



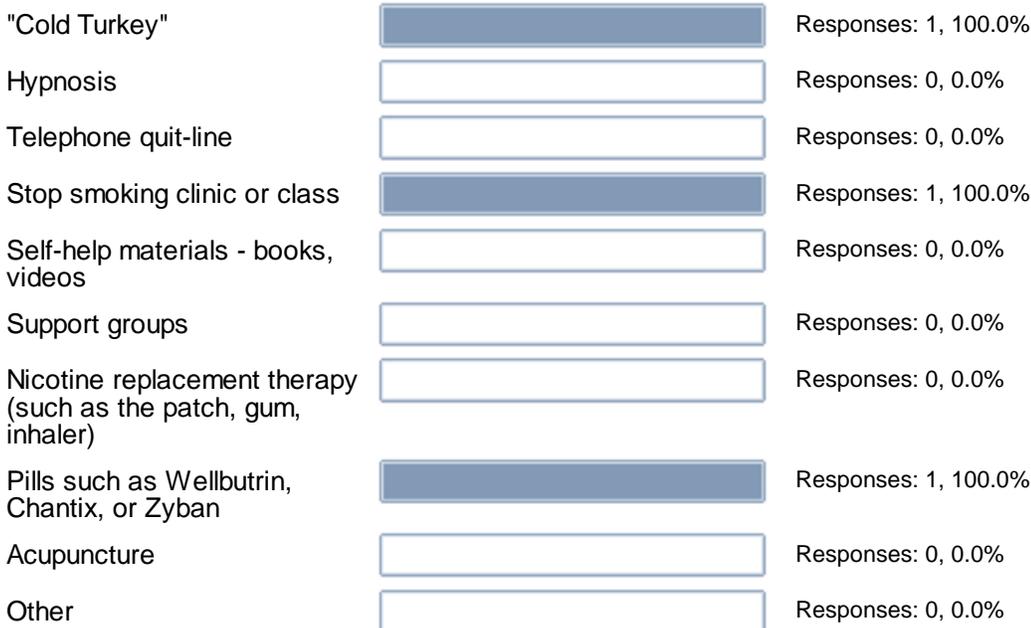
Among current cigarette smokers, the percentage who are seriously considering stopping smoking in the next six months

Total Respondents: 2



Among current cigarette smokers who are seriously considering stopping smoking in the next six months, methods they are likely to try in their next quit attempt

Total Respondents: 1



Smokeless tobacco use (chewing tobacco and snuff)

Total Respondents: 4



Among current smokeless tobacco users, the percentage who tried to quit using smokeless tobacco in the past 12 months

Total Respondents: 1



Among current smokeless tobacco users, the percentage who are seriously considering stopping using smokeless tobacco in the next six months

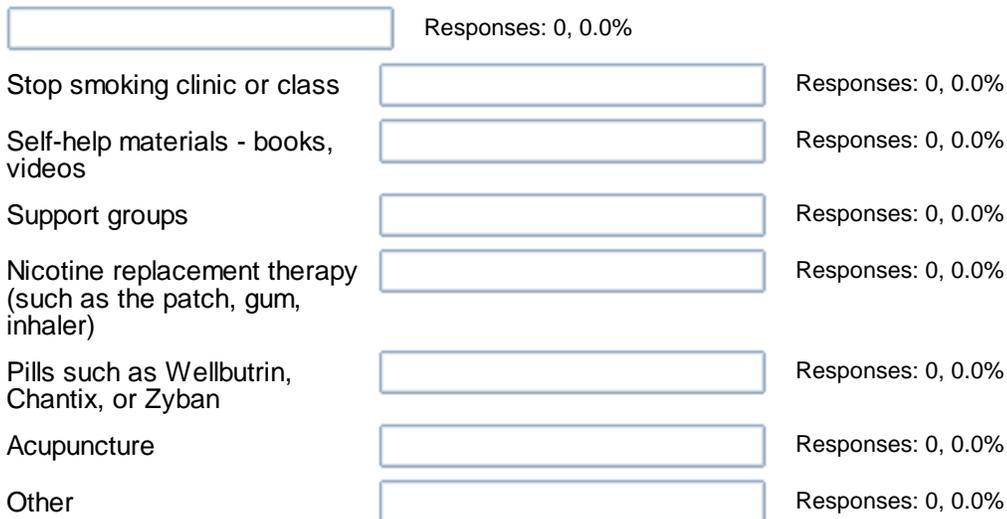
Total Respondents: 1



Among current smokeless tobacco users who are seriously considering stopping using smokeless tobacco in the next six months, methods they are likely to try in their next quit attempt

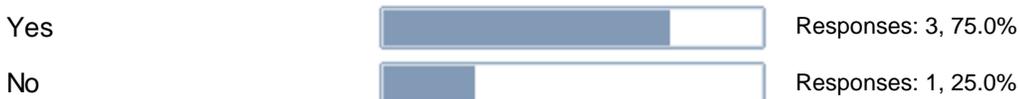
Total Respondents: 1





Current tobacco users (cigarette or smokeless tobacco)

Total Respondents: 4



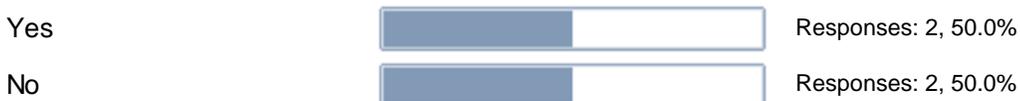
Smoking is allowed inside the home

Total Respondents: 4



Smoking is allowed inside the family vehicle

Total Respondents: 4



Alcohol

Consumed alcohol during the past 30 days

Total Respondents: 4



Exceeded alcohol consumption recommendation during the past 30 days (women drank more than one drink on at least one of the past 30 days while men drank more than two drinks on at least one of the past 30 days)

Total Respondents: 4



Engaged in heavy drinking during the past 30 days (women drank more than 30 drinks during the past month while men drank more than 60 drinks during the past month)

Total Respondents: 4





Binge drank during the past 30 days (women drank 4 or more drinks on an occasion while men drank 5 or more drinks on an occasion)

Total Respondents: 4



Binge drank on more than one occasion during the past 30 days (women drank 4 or more drinks on more than one occasion while men drank 5 or more drinks on an more than one occasion)

Total Respondents: 4



Consumed at least double the drinks in the binge drinking definition on at least one occasion during the past 30 days (reflecting 10 or more drinks among men or eight or more drinks among women during one occasion)

Total Respondents: 4



Drove during the past 30 days after having had perhaps too much to drink

Total Respondents: 4



Among past month alcohol users, the percentage who are seriously considering drinking less alcohol in the next six months

Total Respondents: 4



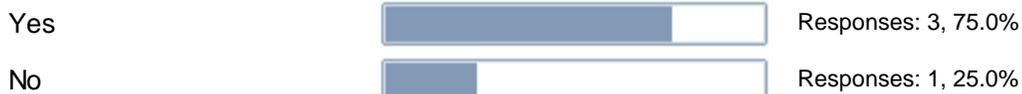
Among past month binge drinkers, the percentage who are seriously considering drinking less alcohol in the next six months

Total Respondents: 4



Believe that people who drink five or more drinks of an alcoholic beverage once or twice a week are at moderate or great risk for harming themselves

Total Respondents: 4



Gambling

Ever bet more than intended when gambling

Total Respondents: 4



Bet more than intended when gambling during the past 12 months

Total Respondents: 2



Believe that gambling can be addictive like tobacco, alcohol, and other drugs

Total Respondents: 4



Family History

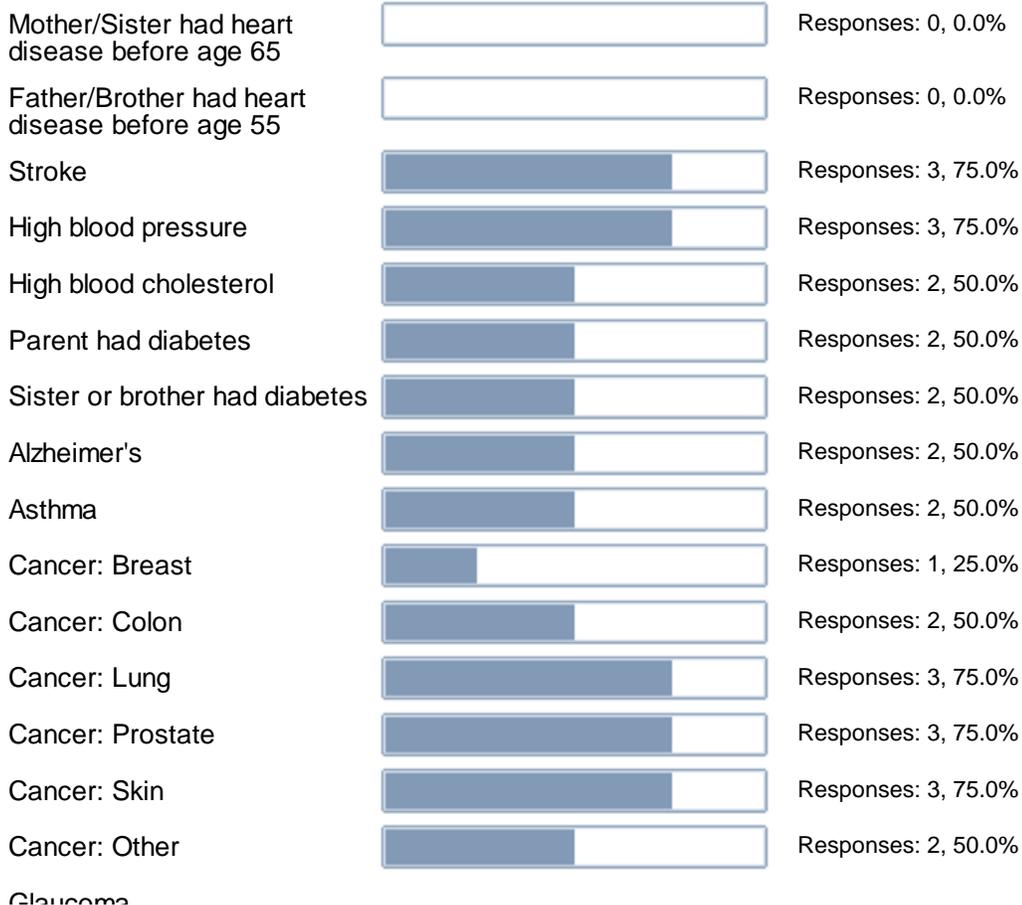
Knew family history of disease

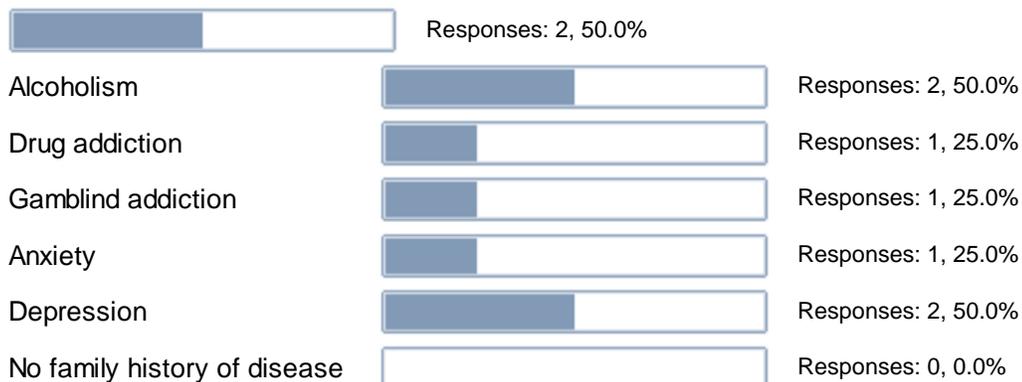
Total Respondents: 4



Among those who were aware of their family history of disease, the health conditions noted for which they have a family history

Total Respondents: 4

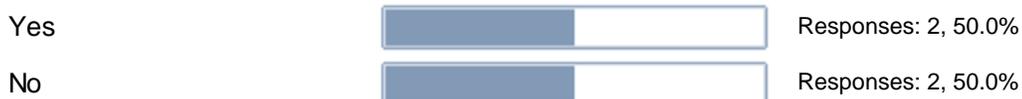




Arthritis

Had symptoms of arthritis during the past 30 days (including pain, aching, or stiffness in or around a joint that does not include back or neck pain)

Total Respondents: 4



Have ever been diagnosed (by a doctor or health professional) with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia

Total Respondents: 4



Asthma

Ever been diagnosed with asthma (by a doctor, nurse, or other health professional)

Total Respondents: 4



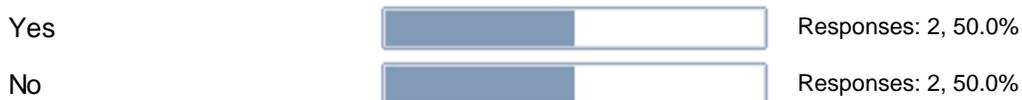
Currently has asthma

Total Respondents: 4



Had asthma symptoms in past 30 days (including cough, wheezing, shortness of breath, chest tightness/phlegm without a cold or respiratory infection)

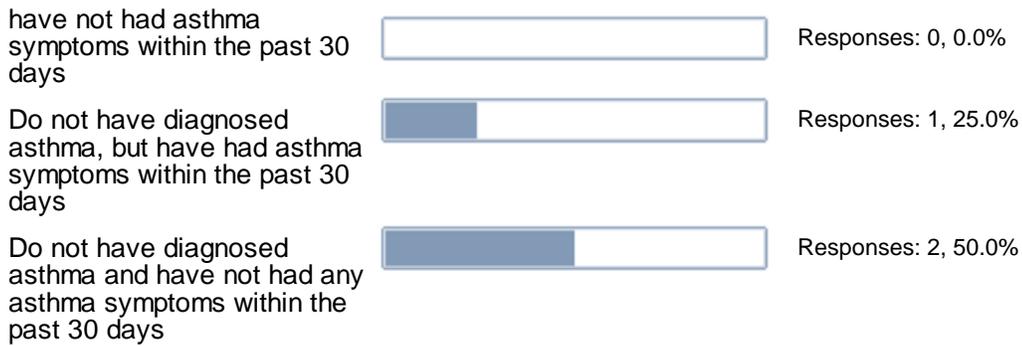
Total Respondents: 4



Asthma diagnosis and symptom categories

Total Respondents: 4

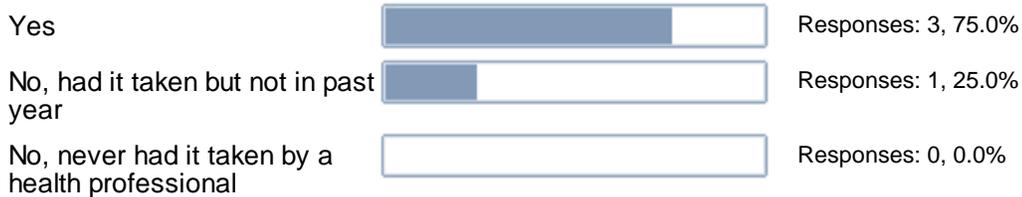




Blood Pressure

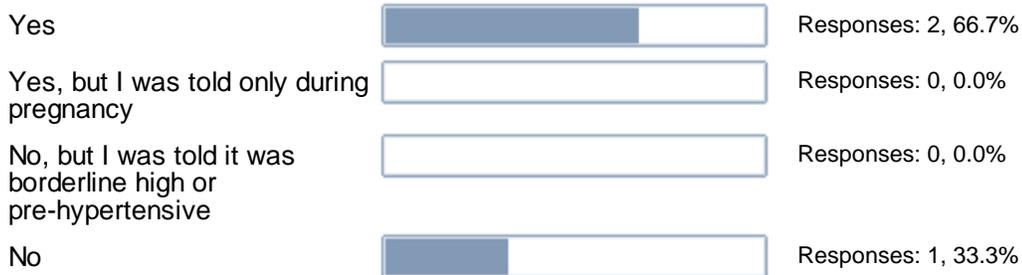
Had a blood pressure screening by a health professional during the past 12 months

Total Respondents: 4



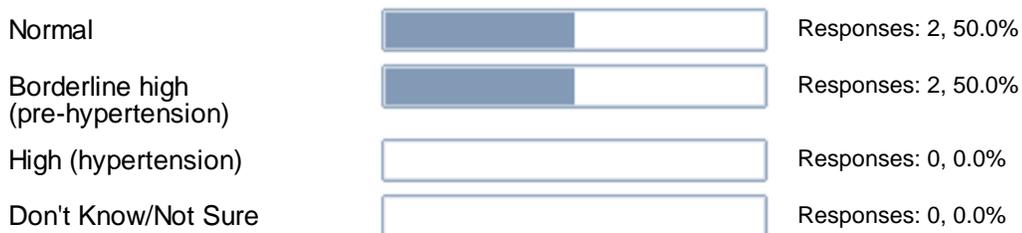
Ever been diagnosed with high blood pressure, among those who have ever had a blood pressure screening

Total Respondents: 3



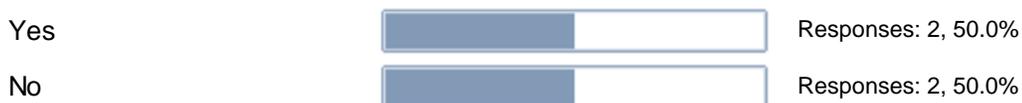
Blood pressure category at last screening, among those who have ever had a blood pressure screening

Total Respondents: 4



Knew blood pressure numbers from last screening, among those who have ever had a blood pressure screening

Total Respondents: 4



Blood Cholesterol

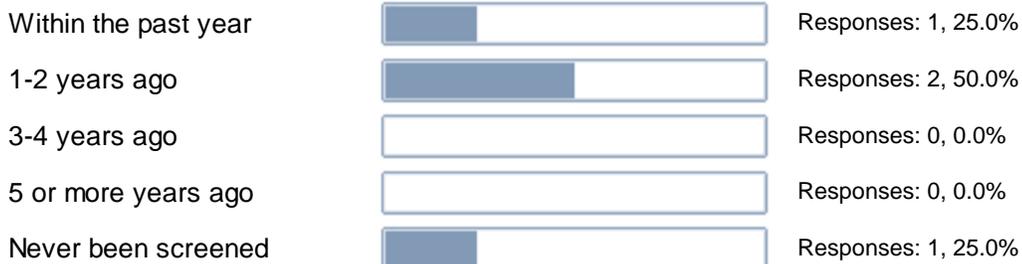
Had a blood cholesterol screening within the past five years

Total Respondents: 4



Length since last blood cholesterol screening

Total Respondents: 4



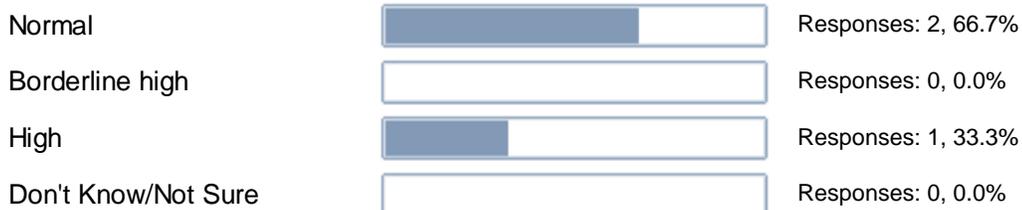
Ever been diagnosed with high total cholesterol, among those who have ever had their cholesterol checked

Total Respondents: 3



Total cholesterol category at last screening, among those who have ever had their cholesterol checked

Total Respondents: 3



Knew total cholesterol number from last screening, among those who have ever had their cholesterol checked

Total Respondents: 3



Heart Disease and Stroke

Ever been diagnosed with coronary heart disease

Total Respondents: 4



Ever had a heart attack

Total Respondents: 4





Ever had a stroke

Total Respondents: 4



Has diagnosed coronary heart disease or has had a heart attack or stroke

Total Respondents: 4



Diabetes

Has diagnosed diabetes

Total Respondents: 4



Among those with diabetes, the percentage who saw a health professional for diabetes during the past year

Total Respondents: 0



Among those with diabetes, the percentage who had their A1C checked by a health professional during the past year

Total Respondents: 0



Among those with diabetes, the percentage who had their feet checked by a health professional during the past year

Total Respondents: 0



Among those with diabetes, the percentage who had their eyes checked by a health professional during the past year

Total Respondents: 0



Among those who do not have diagnosed diabetes or pre-diabetes, current risk for developing diabetes

Total Respondents: 4



Cancer Screening

The percentage of eligible women who had a mammogram within the past two years (includes women 40 and older who have not had a complete mastectomy as well as women under 40 with a family history of breast cancer)

Total Respondents: 2



The percentage of eligible women who had a clinical breast exam within the past two years (includes women 40 and older who have not had a complete mastectomy as well as women under 40 with a family history of breast cancer)

Total Respondents: 2



The percentage of eligible women who received a breast cancer screening (either a mammogram or clinical breast exam) within the past two years (includes women 40 and older who have not had a complete mastectomy as well as women under 40 with a family history of breast cancer)

Total Respondents: 0



Among women, had a Pap test for cancer of the cervix within the past three years (excluding women who have had a hysterectomy for a reason other than cervical cancer)

Total Respondents: 2



The percentage of eligible respondents who have ever had a sigmoidoscopy or colonoscopy (includes persons 50 and older as well as persons under 50 who have a family history of colon cancer)

Total Respondents: 2



The percentage of eligible respondents who met the guidelines for colorectal cancer screening (includes persons 50 and older as well as persons under 50 who have a family history of colon cancer)

Total Respondents: 1





The percentage of eligible respondents who have had a colonoscopy during the past 10 years (includes persons 50 and older as well as persons under 50 who have a family history of colon cancer)

Total Respondents: 1



Injury

Had a fall during the past 3 months (from a ladder, on stairs, or caused by slipping, tripping, or stumbling)

Total Respondents: 4



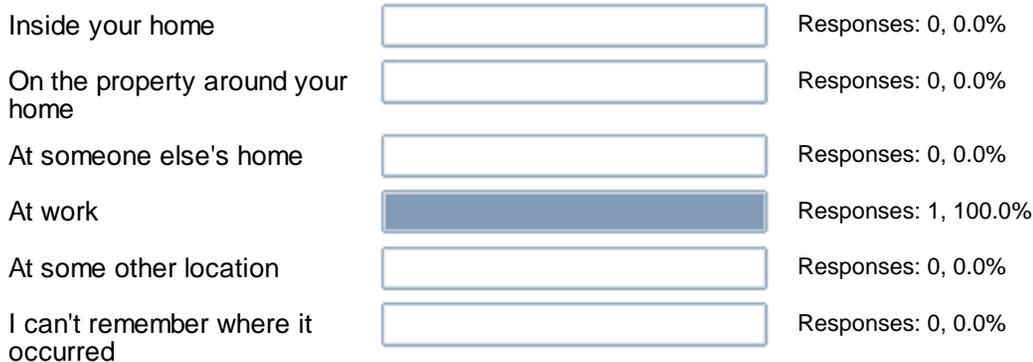
Injured by fall during the past 3 months (that caused limited activities for at least a day or caused the individual to see a Dr.)

Total Respondents: 4



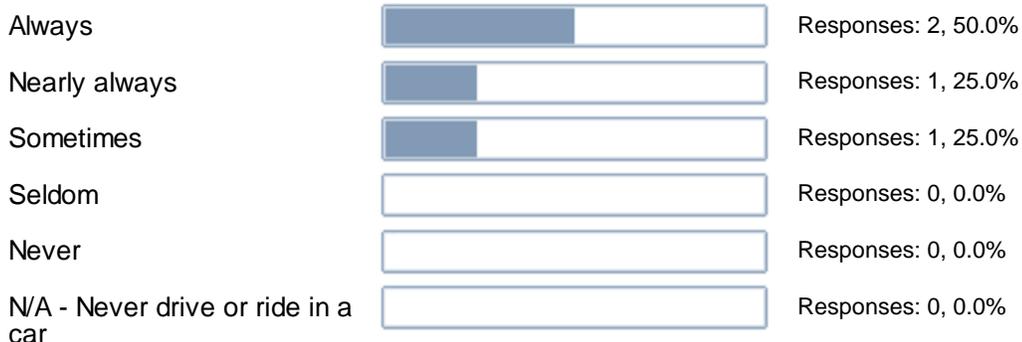
Location of last fall, among those who fell during the past 3 months

Total Respondents: 1



How often seatbelts are used when driving or riding in a car

Total Respondents: 4



Always or nearly always use a seatbelt when driving or riding in a car

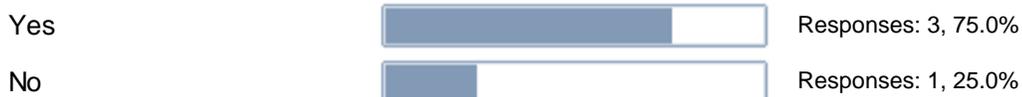
Total Respondents: 4



Flu and Pneumonia Vaccination

Had a seasonal flu vaccination within the past year

Total Respondents: 4



Received the seasonal flu vaccine at work, among those who received a seasonal flu vaccine during the past 12 months

Total Respondents: 3



Pregnancy

Current pregnancy status among women 18-44 years old

Total Respondents: 1



Among those who are pregnant or planning to become pregnant in the next few years, the percentage reporting that they are considering or would consider breastfeeding their baby

Total Respondents: 0



Among those who are pregnant or planning to become pregnant in the next few years, how likely they would be to use a location to breastfeed or pump/express their breast milk if one were available

Total Respondents: 0



Trimester when prenatal care began, among women who are currently pregnant

Total Respondents: 0



Responses: 0, 0.0%

Have not begun prenatal care Responses: 0, 0.0%

Used alcohol during pregnancy, among women who are currently pregnant

Total Respondents: 0

Yes Responses: 0, 0.0%

No Responses: 0, 0.0%

Smoked cigarettes during pregnancy, among women who are currently pregnant

Total Respondents: 0

Yes Responses: 0, 0.0%

No Responses: 0, 0.0%

Stress

Average stress at work, based on a 10-point scale ranging from 0=not at all stressed to 10=extremely stressed

Total Respondents: 4

Average Stress Average: 6.75

Average stress level at work, categorically based on a 10-point scale ranging from 0=not at all stressed to 10=extremely stressed

Total Respondents: 4

Very high (value of 9-10) Responses: 1, 25.0%

High (value of 7-8) Responses: 2, 50.0%

Moderate (value of 4-6) Responses: 0, 0.0%

Low (value of 0-3) Responses: 1, 25.0%

Average stress at home, based on a 10-point scale ranging from 0=not at all stressed to 10=extremely stressed

Total Respondents: 4

Average Stress Average: 3.50

Average stress level at home, categorically based on a 10-point scale ranging from 0=not at all stressed to 10=extremely stressed

Total Respondents: 4

Very high (value of 9-10) Responses: 0, 0.0%

High (value of 7-8) Responses: 0, 0.0%

Moderate (value of 4-6) Responses: 1, 25.0%

Low (value of 0-3) Responses: 3, 75.0%

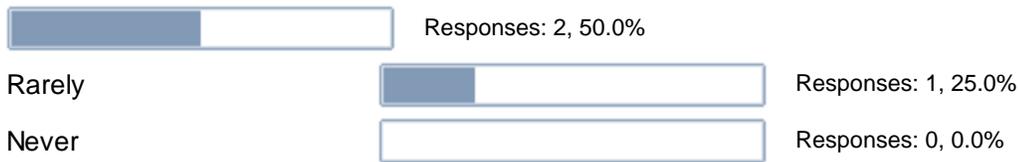
How often employees come to work feeling well rested

Total Respondents: 4

Always Responses: 0, 0.0%

Usually Responses: 1, 25.0%

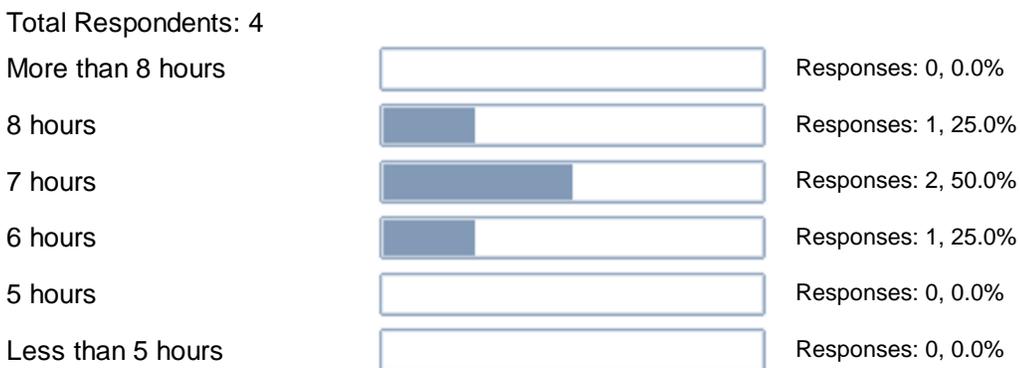
Sometimes



Always or Usually come to work feeling well rested



Average hours of sleep per day

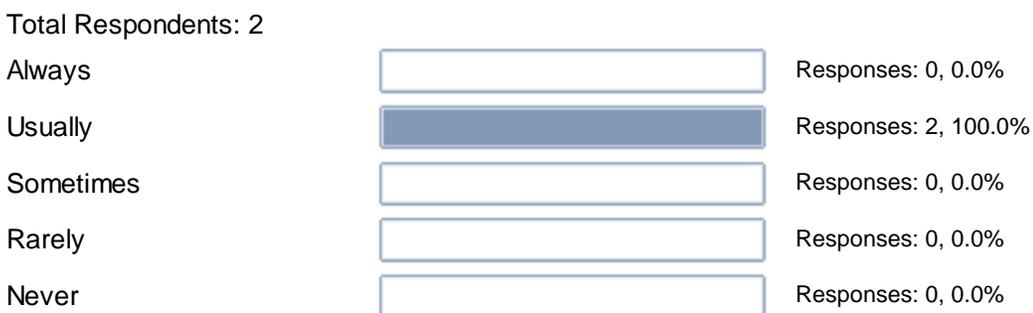


Average eight hours of sleep or more per day



Depression and Anxiety

How often respondents get the social and emotional support they need



Rarely or never get the social and emotional support they need



How satisfied respondents are with their life





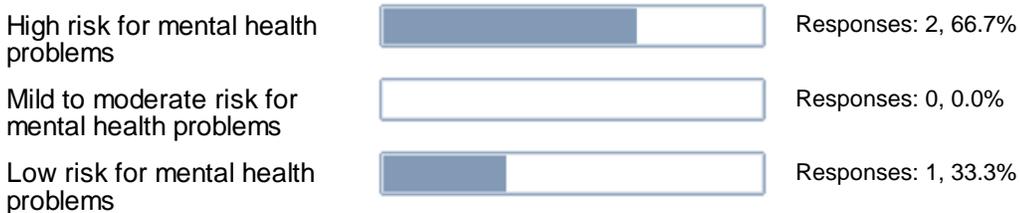
The percentage of respondents who are dissatisfied or very dissatisfied with their life

Total Respondents: 1



Level of risk for mental health problems

Total Respondents: 3



A mental health condition or emotional problem kept them from doing their work or other usual activities at least once during the past 30 days

Total Respondents: 4



Currently taking medicine or receiving treatment from a doctor or other health professional for a mental health condition or emotional problem

Total Respondents: 2



Risk Factors for Heart Disease and Stroke

Number of risk factors for heart disease and stroke (out of seven)

Total Respondents: 1



Has three or more risk factors for heart disease and stroke (out of seven)

Total Respondents: 1



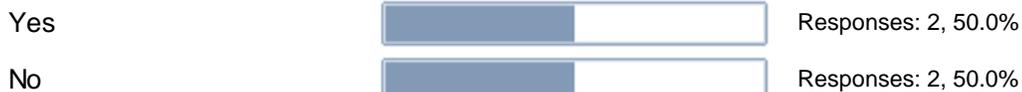


Responses: 0, 0.0%

Reasons for Missed Work

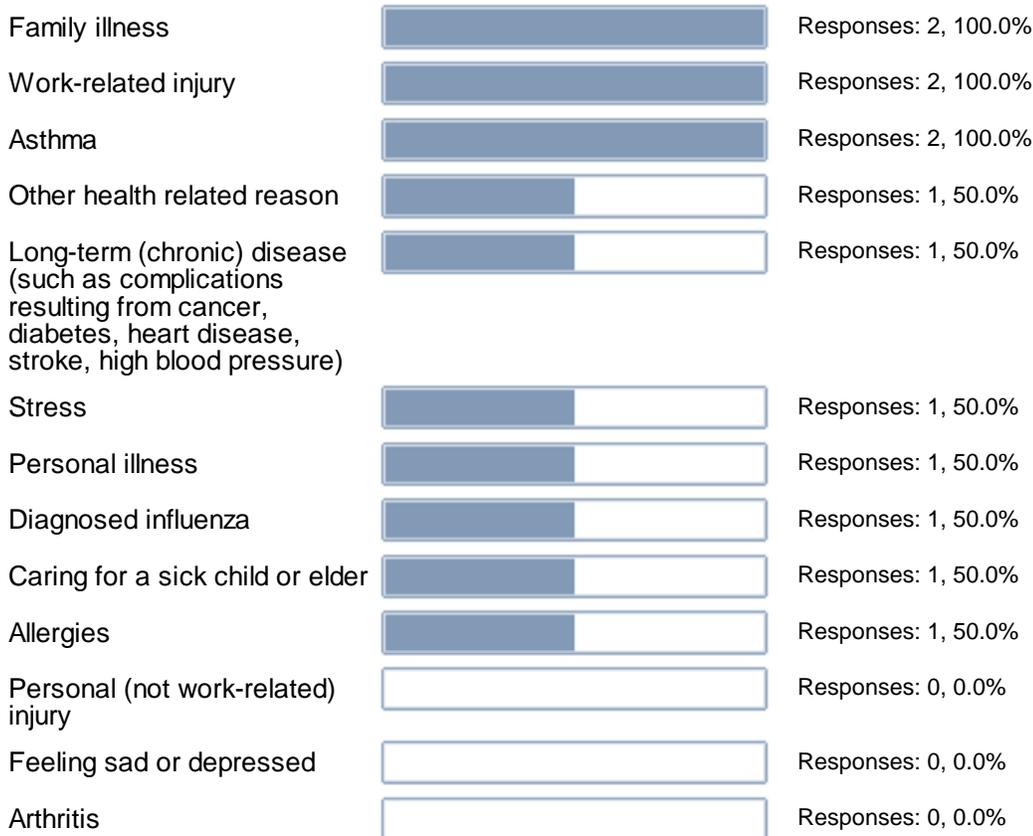
Missed work for a health-related reason during the past year

Total Respondents: 4



Among those who missed work for a health-related reason during the past year, reasons that caused work to be missed

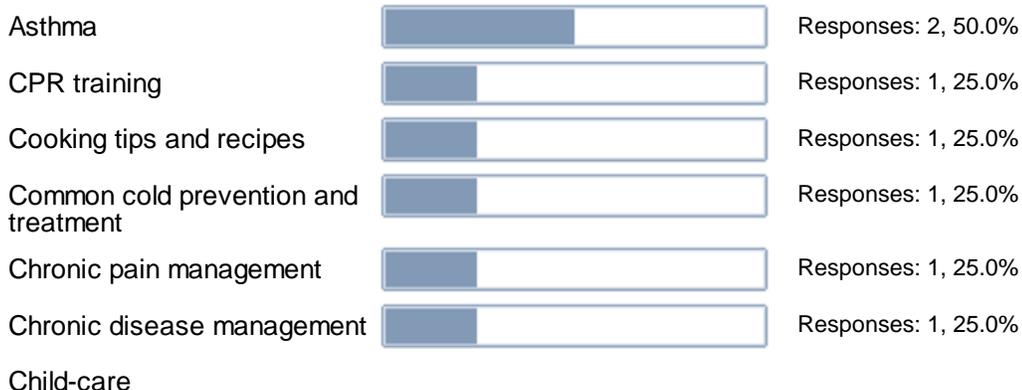
Total Respondents: 2

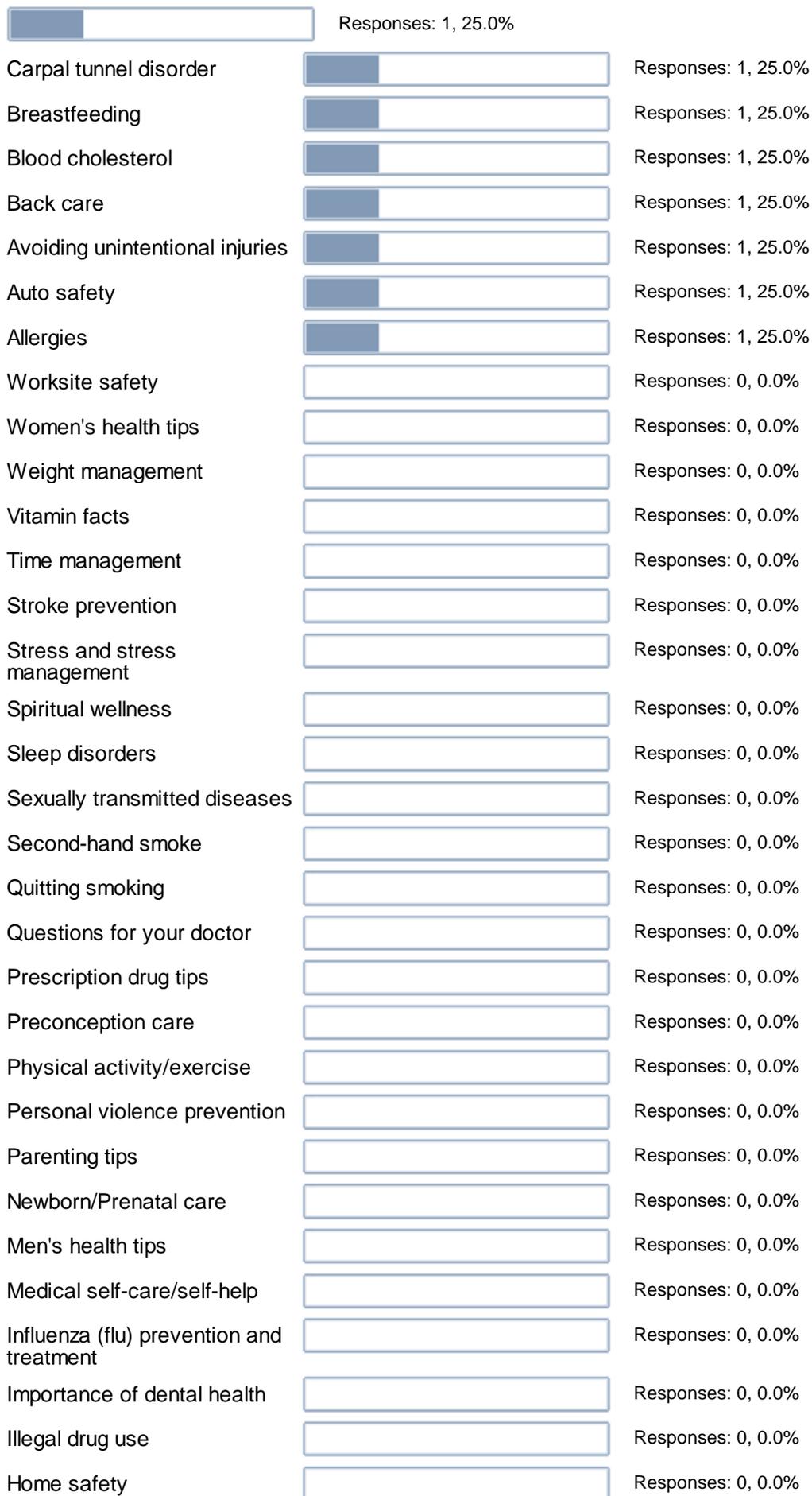


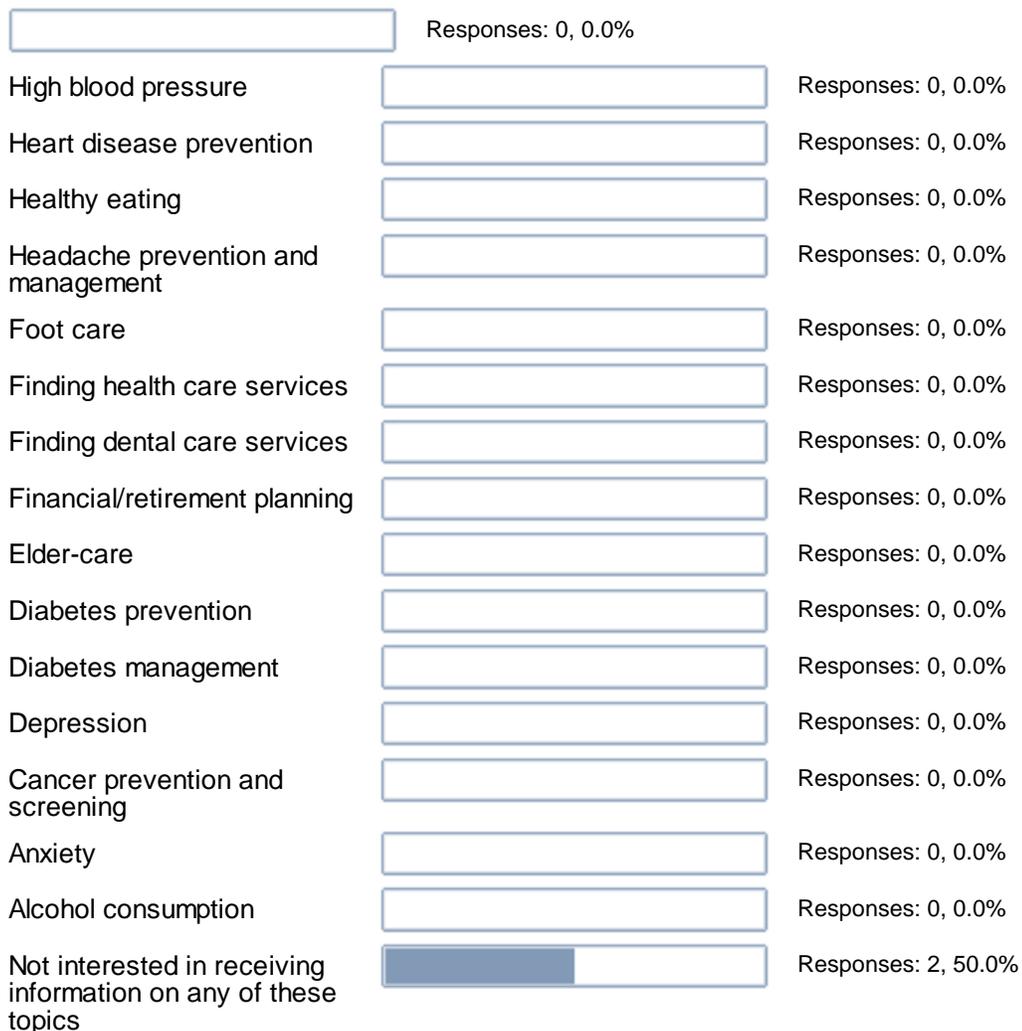
Health Needs and Interests

Topics that employees are most interested in receiving more information on

Total Respondents: 4

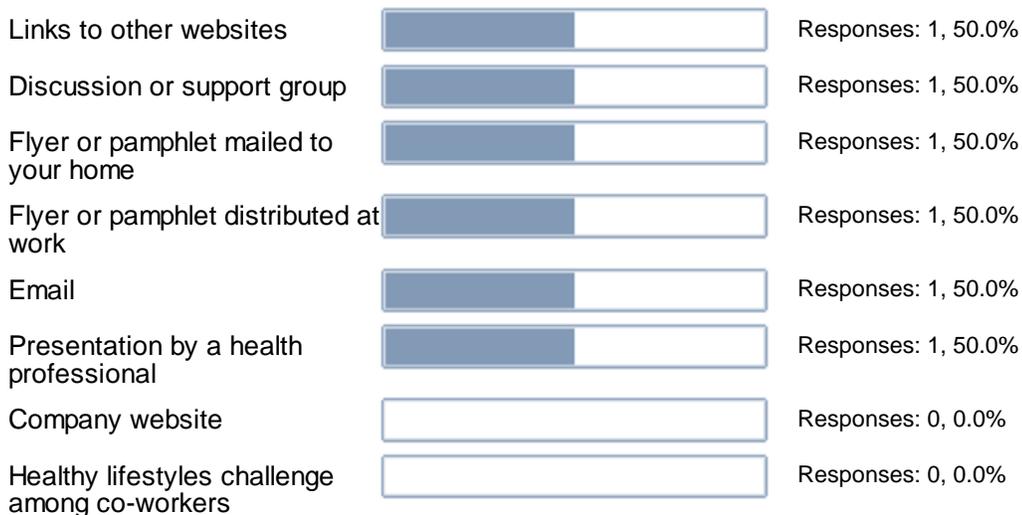






How employees would like to receive information on health topics of interest.

Total Respondents: 2



Workplace Culture

Average rating of how supportive employees think their company is, based on a 5-point scale ranging from 1=strongly disagree to 5=strongly agree.

Total Respondents: 4

My company is generally a Average: 4.25

supportive place to work	improving the health of employees	Average: 3.75
My company encourages employees to balance work, rest, and play	Average: 4.50	
My company encourages employees to live healthy lives	Average: 4.25	
My company is supportive when personal needs arise	Average: 4.50	
Company Subtotal	Average: 4.25	

Average rating of how supportive employees think their supervisor is, based on a 5-point scale ranging from 1=strongly disagree to 5=strongly agree.

Total Respondents: 4

My supervisor cares about me as a person	Average: 3.50
My supervisor listens to my thoughts and ideas	Average: 4.00
My supervisor would support my participation in worksite wellness activities	Average: 4.00
Supervisor Subtotal	Average: 3.83

Average rating of how supportive employees think their co-workers are, based on a 5-point scale ranging from 1=strongly disagree to 5=strongly agree.

Total Respondents: 4

My co-workers care about me as a person	Average: 3.75
My co-workers encourage me to live a healthy life	Average: 2.75
Co-workers Subtotal	Average: 3.25

Average rating for how supportive employees think the overall company, supervisor, and co-workers are across all 10 measures combined, based on a 5-point scale ranging from 1=strongly disagree to 5=strongly agree.

Total Respondents: 4

Grand Total	Average: 3.93
-------------	---------------

Employee Attitudes toward Worksite Wellness

Willing to share the cost of worksite wellness activities with the company.

Total Respondents: 4

Yes		Responses: 2, 50.0%
No		Responses: 2, 50.0%

Would prefer to participate in worksite wellness activities during the following times.

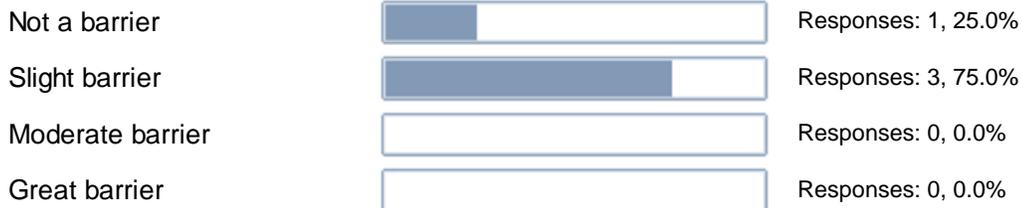
Total Respondents: 4

Before work		Responses: 0, 0.0%
During lunch		Responses: 1, 25.0%
After work		Responses: 3, 75.0%
No preference		

Responses: 0, 0.0%

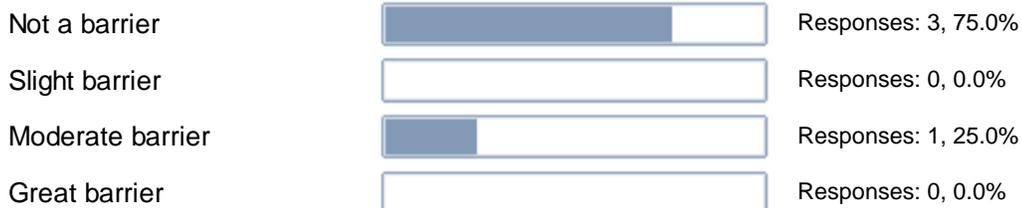
How much of a barrier 'cost of participation' is to participation in worksite wellness activities

Total Respondents: 4



How much of a barrier 'not enough free time' is to participation in worksite wellness activities

Total Respondents: 4



How much of a barrier 'personal interest' is to participation in worksite wellness activities

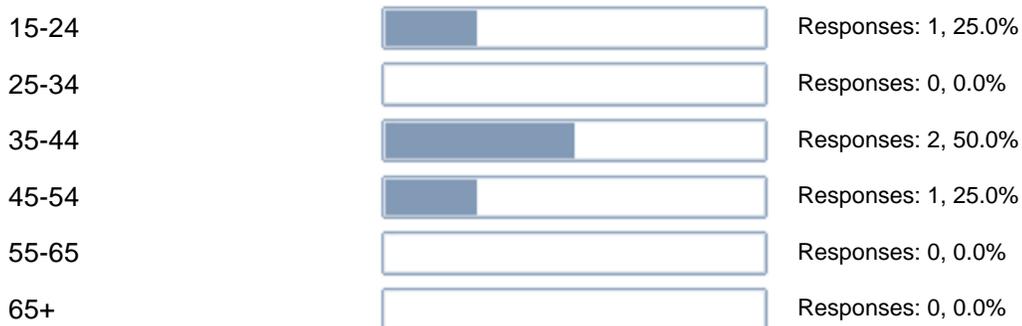
Total Respondents: 4



Demographics of Responding Employees

Age

Total Respondents: 4



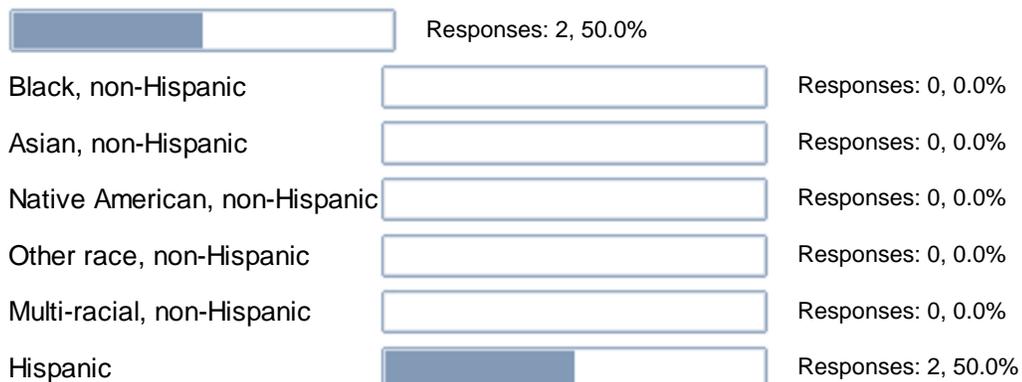
Gender

Total Respondents: 4



Race/Ethnicity

Total Respondents: 4



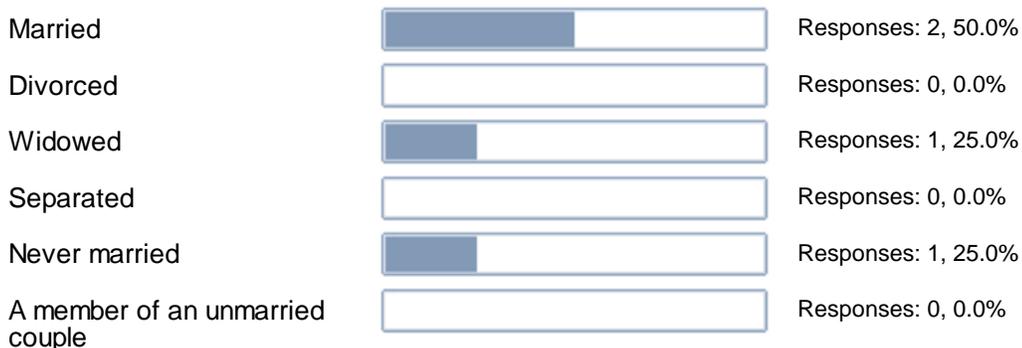
Race/Ethnicity

Total Respondents: 4



Current marital status

Total Respondents: 4



Highest level of education completed

Total Respondents: 4



High school grad / GED or higher education

Total Respondents: 4



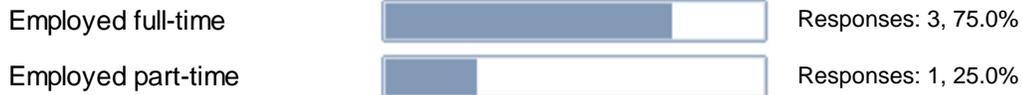
College grad or higher education

Total Respondents: 4



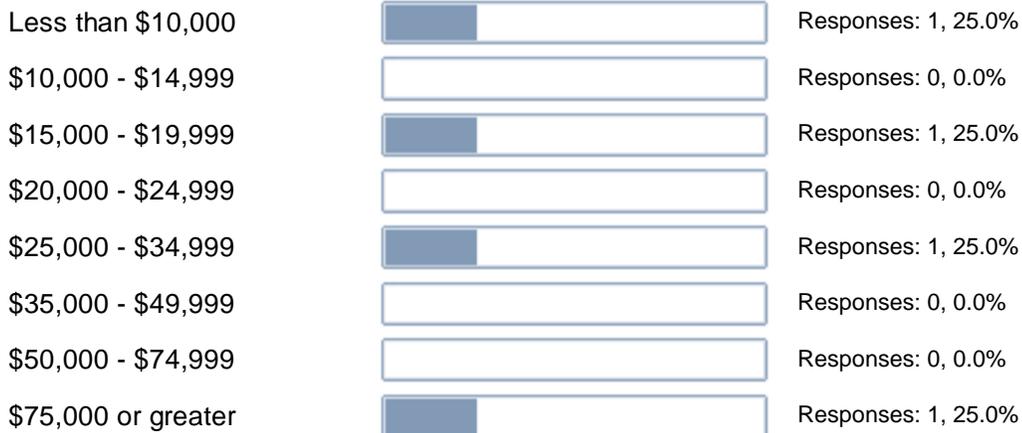
Current employment status

Total Respondents: 4



Annual household income from all sources

Total Respondents: 4



Household income less than \$35,000 per year

Total Respondents: 4



Average number of children under 18 living in household

Total Respondents: 4

Children Average: 6.00

Current supervisory status

Total Respondents: 4

