

# LiveWell™ Benchmark Report

## Report Specifications:

Year:	2010
Total Company Respondent Count:	221
Total Like Industry Respondent Count:	233
Total Respondent Count:	1688
Submissions (2009):	0 respondents (0.0%)
Submissions (2008):	0 respondents (0.0%)
Submissions (2007):	0 respondents (0.0%)

Health Indicator	LiveWell HRA Survey Results			BRFSS Survey Results				Indicator Description
	Your Company	Like Industry Data	All LiveWell Data	Nebraska 18 & Older Employed	Nebraska 18 & Older All	National 18 & Older Employed	National 18 & Older All	
<b>General health</b>								
General health is fair or poor	2.3%	2.6%	0.4%	7.8% (2009)	13.1% (2009)	8.6% (2009)	15.9% (2009)	Percentage who report that in general their health is fair or poor
<b>Health care access and utilization</b>								
Has health care coverage	90.4%	90.9%	12.6%	90.2% (2009)	87.3% (2009)	88% (2009)	84.6% (2009)	Percentage who report having any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare
Had a routine checkup during the past two years	79.4%	77.8%	10.8%	74.2% (2009)	76.1% (2009)	81.3% (2009)	82.3% (2009)	Percentage who report having visited a doctor for a routine checkup within the past two years.
Had teeth cleaned during the past 12 months	91.8%	90.1%	12.6%	73.5% (2008)	71.3% (2008)	73.3% (2008)	70.2% (2008)	Percentage who report having had their teeth cleaned by a dentist or dental hygienist during the past 12 months
<b>Physical Activity</b>								
Job consists of mostly sitting or standing	89.8%	89.5%	12.3%	63.2% (2009)	61.5% (2009)	66.1% (2009)	65.3% (2009)	Percentage who report that, when they are at work, they do the following: mostly sitting or standing
Job consists of mostly walking	8.8%	9.2%	1.3%	23.9% (2009)	23.3% (2009)	21.9% (2009)	21.6% (2009)	Percentage who report that, when they are at work, they do the following: mostly walking
Job consists of mostly heavy labor or physically demanding work	1.4%	1.3%	0.2%	12.9% (2009)	15.2% (2009)	12% (2009)	13.1% (2009)	Percentage who report that, when they are at work, they do the following: mostly heavy labor or physically demanding work

Engage in the recommended amount of physical activity	78.5%	78.8%	10.9%	70% (2009)	66.4% (2009)	68.7% (2009)	65.5% (2009)	Percentage who report that during an average week they engage in at least 150 minutes of moderate physical activity per week, 75 minutes of vigorous physical activity per week, or an equivalent combination of both moderate and vigorous physical activity per week, outside of work.
<b>Nutrition</b>								
Consume the recommended amount of fruit per day	46.7%	46.7%	6.5%	N/A	N/A	N/A	N/A	Percentage who report eating the recommended amount of fruit during an average day based on their age and gender
Consume the recommended amount of vegetables per day	15.0%	14.7%	2.0%	N/A	N/A	N/A	N/A	Percentage who report eating the recommended amount of vegetables during an average day based on their age and gender
Consume the recommended amount of fruits and vegetables per day	10.7%	10.2%	1.4%	N/A	N/A	N/A	N/A	Percentage who report eating the recommended amount of fruits and vegetables during an average day based on their age and gender
Consume three or more cups of milk or milk products per day	12.6%	12.0%	1.7%	N/A	N/A	N/A	N/A	Percentage who report consuming three or more servings of milk or milk products (cheese and yogurt) during an average day
Drink 12 or fewer oz of sugar sweetened beverages per day (on average)	87.8%	88.0%	12.2%	N/A	N/A	N/A	N/A	Percentage who report consuming an average of 12 or fewer ounces of regular soda/pop or other sugar sweetened beverages per day during the past seven days
Rarely or never eat foods high in saturated fat or trans fat	23.5%	23.1%	3.2%	N/A	N/A	N/A	N/A	Percentage who report rarely or never eating foods that are high in saturated fat or trans-fat during an average day
<b>Body weight and weight loss</b>								
Obese based on BMI	21.5%	20.8%	2.6%	29.5% (2009)	28.1% (2009)	28% (2009)	27.4% (2009)	Percentage with a body mass index (BMI) value of 30.0 or greater based on self-reported height and weight

Overweight or obese based on BMI	57.6%	56.4%	7.2%	67.4% (2009)	64.8% (2009)	65.8% (2009)	63.6% (2009)	Percentage with a body mass index (BMI) value of 25.0 or greater based on self-reported height and weight
Currently trying to lose weight	58.3%	58.3%	8.1%	N/A	N/A	N/A	N/A	Percentage who report that they are currently trying to lose weight
<b>Tobacco</b>								
Current cigarette smoker	6.4%	8.3%	1.1%	17.7% (2009)	16.7% (2009)	17.6% (2009)	18.1% (2009)	Percentage who report that they currently smoke cigarettes every day or on some days
Current smokeless tobacco user	0.9%	2.6%	0.4%	5.4% (2009)	4.7% (2009)	4.2% (2009)	3.6% (2009)	Percentage who report that they current use smokeless tobacco products (chewing tobacco, snuff, or snus) every day or on some days
<b>Alcohol</b>								
Consumed alcohol during the past 30 days	68.9%	70.1%	9.6%	67.8% (2009)	59.1% (2009)	60.3% (2009)	52.2% (2009)	Percentage who report having had at least one drink of an alcoholic beverage such as beer, wine, a malt beverage, or liquor during the past 30 days
Binge drank during the past 30 days	13.4%	15.3%	2.1%	22.7% (2009)	17.9% (2009)	18.8% (2009)	15.2% (2009)	Percentage who report having four or more drinks for women and five or more drinks for men on at least one occasion during the past 30 days
Drove after having too much to drink during the past 30 days	0.0%	0.0%	0.0%	5.1% (2008)	3.9% (2008)	2.5% (2008)	2% (2008)	Percentage who report that they drove after having had perhaps too much to drink during the past 30 days
<b>Gambling</b>								
Ever bet more than intended when gambling	4.6%	4.3%	0.6%	N/A	N/A	N/A	N/A	Percentage who report that they have ever bet more than they intended when gambling
Bet more than intended when gambling during the past 12 months	0.5%	0.4%	0.1%	N/A	N/A	N/A	N/A	Percentage who reoport that they bet more than they intended on gambling during the past 12 months
<b>Arthritis</b>								

Had arthritis symptoms during the past 30 days	39.3%	39.4%	5.4%	N/A	N/A	N/A	N/A	Percentage who report having symptoms of pain, aching, or stiffness in or around a joint during the past 30 days
Ever diagnosed with arthritis	16.4%	16.4%	2.3%	18.5% (2009)	25.9% (2009)	18% (2009)	26% (2009)	Percentage who report having ever been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
<b>Asthma</b>								
Ever diagnosed with asthma	8.2%	8.2%	1.1%	10.9% (2009)	11.4% (2009)	12.5% (2009)	13.4% (2009)	Percentage who report having ever been told by a doctor, nurse, or other health professional that they had asthma
Currently has asthma	3.7%	3.5%	0.5%	7% (2009)	7.6% (2009)	7.4% (2009)	8.5% (2009)	Percentage who report that they currently have asthma
<b>Blood Pressure</b>								
Blood pressure screened by health professional during the past 12 months	88.5%	87.8%	12.1%	N/A	N/A	N/A	N/A	Percentage who report having had their blood pressure taken by a doctor, nurse, or other health professional during the past 12 months
Ever diagnosed with high blood pressure	17.6%	16.9%	1.5%	21.6% (2009)	27.1% (2009)	22.1% (2009)	29.2% (2009)	Percentage who report having ever been told by a doctor, nurse, or other health professional that they had high blood pressure, among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: Normal	49.0%	49.5%	6.8%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (normal) - less than 120 systolic and less than 80 diastolic or were told by a health professional that their blood pressure was normal; among those ever screened for blood pressure by a health professional

Blood pressure category at last screening: Borderline high	45.6%	44.9%	6.2%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (borderline high) - between 120-139 systolic or 80-89 diastolic or were told by a health professional that their blood pressure was borderline high; among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: High	4.9%	5.1%	0.7%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (high) - 140 or greater systolic or 90 or greater diastolic or were told by a health professional that their blood pressure was high; among those ever screened for blood pressure by a health professional
Blood pressure category at last screening: Don't know/not sure	0.5%	0.5%	0.1%	N/A	N/A	N/A	N/A	Percentage who report that during their last blood pressure screening they had a blood pressure reading of: (unknown); among those ever screened for blood pressure by a health professional
<b>Blood Cholesterol</b>								
Cholesterol screened during the past five years	84.1%	83.1%	11.7%	73.2% (2009)	73.9% (2009)	77.5% (2009)	77.4% (2009)	Percentage who report having had their blood cholesterol checked within the past five years
Ever diagnosed with high total cholesterol	24.2%	24.7%	3.4%	33% (2009)	37.4% (2009)	32.8% (2009)	38.1% (2009)	Percentage who report having ever been told by a doctor, nurse, or other health professional that their total cholesterol was high; among those ever screened for cholesterol

Total cholesterol category at last screening: Normal	67.9%	67.2%	9.3%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (normal) - less than 200 mg/dL or were told by a health professional that their total cholesterol was normal; among those ever screened for cholesterol
Total cholesterol category at last screening: Borderline high	25.1%	25.6%	3.5%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (borderline high) - 200-239 mg/dL or were told by a health professional that their total cholesterol was borderline high; among those ever screened for cholesterol
Total cholesterol category at last screening: High	4.3%	4.6%	0.6%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (high) - 240 mg/dL or greater or were told by a health professional that their total cholesterol was high; among those ever screened for cholesterol
Total cholesterol category at last screening: Don't know/not sure	2.7%	2.6%	0.4%	N/A	N/A	N/A	N/A	Percentage who report that during their last cholesterol screening they had a total cholesterol reading of: (unknown); among those ever screened for cholesterol
<b>Heart Disease and Stroke</b>								
Has coronary heart disease or has had a heart attack or stroke	4.5%	4.3%	0.6%	3% (2009)	6.7% (2009)	3% (2009)	7.3% (2009)	Percentage who report having ever been told by a doctor, nurse, or other health professional that they have coronary heart disease or that they have had a heart attack, also called myocardial infarction, or a stroke
<b>Diabetes</b>								
Ever diagnosed with diabetes	5.0%	4.8%	0.7%	4.6% (2009)	7.5% (2009)	5.6% (2009)	9% (2009)	Percentage who report having ever been told by a doctor, nurse, or other health professional that they have diabetes

<b>Cancer Screening</b>								
Women 40 and older who had a mammogram during the past two years	84.2%	85.5%	8.3%	75.4% (2008)	72.7% (2008)	78.3% (2008)	76.7% (2008)	Percentage of women aged 40 and older who report having had a mammogram (for detecting breast cancer) during the past two years
Women 40 and older who had a mammogram or clinical breast exam during the past two years	94.5%	94.8%	8.8%	84.1% (2008)	82.4% (2008)	88.1% (2008)	85.7% (2008)	Percentage of women aged 40 and older who report having had a mammogram or a clinical breast exam (for detecting breast cancer) during the past two years
Women 18 and older who had a pap test during the past three years	100.0%	100.0%	0.2%	88.3% (2008)	83.8% (2008)	87.9% (2008)	83% (2008)	Percentage of women aged 18 and older who report having had a pap test (for detecting cancer of the cervix) during the past three years
Persons 50 and older who have ever had a colonoscopy or sigmoidoscopy	67.1%	66.7%	9.5%	53.4% (2008)	58.6% (2008)	57.1% (2008)	62.6% (2008)	Percentage of persons 50 and older who report having ever had a sigmoidoscopy or colonoscopy (for detecting colorectal cancer)
Persons 50 and older who met the basic guidelines for colorectal cancer screening	69.6%	69.1%	9.7%	N/A	N/A	N/A	N/A	Percentage of persons 50 and older who report having had a blood stool test during the past year, a sigmoidoscopy exam during the past five years, or a colonoscopy exam during the past 10 years
<b>Injury</b>								
Injured due to a fall during the past three months	1.4%	1.3%	0.2%	N/A	N/A	N/A	N/A	Percentage who report being injured due to a fall during the past three months that caused them to limit their regular activities for at least a day or to go see a doctor
Always or nearly always use a seatbelt	97.7%	97.0%	13.4%	N/A	N/A	N/A	N/A	Percentage who report that they always or nearly always use seatbelts when driving or riding in a car
<b>Flu and pneumonia vaccination</b>								

Had a seasonal flu vaccination during the past 12 months	47.7%	48.7%	6.7%	45.8% (2009)	42.3% (2009)	35.3% (2009)	38.8% (2009)	Percentage who report having had a seasonal flu shot (injected into their arm) or a seasonal flu vaccine (called FluMist™) sprayed in their nose during the past 12 months
<b>Stress</b>								
Average stress at work from 0 (not at all stressed) to 10 (extremely stressed)	4.2	4.2	4.7	N/A	N/A	N/A	N/A	Average (or mean) value for their average amount of stress at work (self-reported), based on a 10 point scale ranging from 0=not at all stressed to 10=extremely stressed
Average stress at home from 0 (not at all stressed) to 10 (extremely stressed)	3.4	3.4	3.5	N/A	N/A	N/A	N/A	Average (or mean) value for their average amount of stress at home (self-reported), based on a 10 point scale ranging from 0=not at all stressed to 10=extremely stressed
Always or usually come to work feeling well rested	62.9%	63.1%	8.6%	N/A	N/A	N/A	N/A	Percentage who report that they always or usually come to work feeling well rested
<b>Life Satisfaction</b>								
Rarely or never get the social and emotional support they need	7.3%	6.9%	1.0%	4.6% (2009)	6.9% (2009)	6.2% (2009)	8.4% (2009)	Percentage who report that they rarely or never get the social and emotional support they need from family, friends, work, and other sources
Dissatisfied with their life	9.2%	8.7%	1.2%	2.1% (2009)	4% (2009)	3.8% (2009)	5.9% (2009)	Percentage who report that they are dissatisfied or very dissatisfied with their life
<b>Mental Illness</b>								
High risk for mental health problems	4.2%	4.0%	0.5%	1% (2009)	2.4% (2009)	N/A	N/A	Percentage who report answers to six questions measuring risk for serious psychological distress (based on the Kessler 6 (K6) instrument) that generate a score of 13 or higher, suggesting high risk for mental health problems

Currently taking medication or receiving treatment for a mental health condition or emotional problem	11.5%	11.4%	1.6%	7.5% (2009)	8.5% (2009)	N/A	N/A	Percentage who report that they are now taking medication or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem
<b>Workplace culture</b>								
Average rating for how supportive employees think their company is	4.4	4.4	4.1	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their company is across five measures related to general support, health commitment, health encouragement, work/life balance, and personal needs; based on a five-point scale ranging from strongly disagree to strongly agree
Average rating for how supportive employees think their supervisor is	4.4	4.4	4.2	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their supervisor is across three measures related to caring, listening, and support; based on a five-point scale ranging from strongly disagree to strongly agree
Average rating for how supportive employees think their co-workers are	4.0	4.0	4.0	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their co-workers are across two measures related to caring and encouragement; based on a five-point scale ranging from strongly disagree to strongly agree
Average rating for how supportive employees think the overall company, supervisor, and co-workers are	4.3	4.3	4.1	N/A	N/A	N/A	N/A	Average (or mean) value for how supportive they feel their company is across the 10 measures related to support from their company, supervisor, and co-workers; based on a five-point scale ranging from strongly disagree to strongly agree
<b>Demographics of responding employees</b>								
Average age (mean)	44.6	44.5	43.1	N/A	N/A	N/A	N/A	

% Female	40.9%	40.9%	5.7%	46.8% (2009)	51% (2009)	47% (2009)	51.3% (2009)	
% Male	59.1%	59.1%	8.2%	53.2% (2009)	49% (2009)	53% (2009)	48.7% (2009)	
% White, non-Hispanic	89.7%	89.8%	12.2%	89.9% (2009)	89.4% (2009)	69.8% (2009)	69.3% (2009)	
% Minority	10.3%	10.2%	1.4%	10.1% (2009)	10.6% (2009)	30.2% (2009)	30.7% (2009)	
% Married	73.3%	72.5%	10.0%	N/A	N/A	N/A	N/A	
% High school grad/GED or higher education	100.0%	100.0%	13.7%	96.9% (2009)	93.3% (2009)	93.3% (2009)	89.4% (2009)	
% College grad or high education	62.6%	60.6%	8.3%	42% (2009)	34.1% (2009)	42.3% (2009)	34.6% (2009)	
% Employed full-time	96.7%	96.5%	13.3%	N/A	N/A	N/A	N/A	
% Household income less than \$35,000 per year	11.8%	11.2%	1.5%	21.7% (2009)	32.8% (2009)	24.1% (2009)	36.7% (2009)	
% Currently pregnant or planning to become pregnant in the next few years (women 18-44 years)	45.9%	44.7%	3.1%	N/A	N/A	N/A	N/A	