Employee Identifier: ABC123

Health Care Access and Utilization

Has health care coverage	
2011	Yes
2010	Yes
2009	

Has at least one personal doctor or health care provider	
2011	Yes
2010	No
2009	

Excellent - The American Academy of Family Physicians (AAFP) believes that a continuous patient-physician relationship is essential to quality health care. People that receive medical care from a primary care provider have many benefits including reduced risk for disease related mortality (death). If you choose to involve another health professional in your care, please keep in mind AAFP also believes that integration of care is essential to optimal health. Individuals are encouraged to have their primary care provider track and monitor all aspects of patient care with various health care providers. (The New Model of Primary Care, AAFP, March 2004)

Last visited a doctor for a routine checkup	
2011	5 or more years ago
2010	Past year
2009	

Routine examinations are important to your personal health. Each individual is different and the risk factors for developing various diseases and conditions may vary. Please schedule an appointment with your medical provider. If you do not have a medical provider, please contact your health insurance company for a list of approved providers. If you do not have insurance or a medical provider, you may be eligible for Medicaid. Please refer to the following website for more information: http://www.cms.hhs.gov/home/medicaid.asp If you are age 65 or older and you do not have health insurance, please refer to the following website for more information on health coverage: http://www.cms.hhs.gov/home/medicare.asp

Had teeth cleaned by a dentist or dental hygienist in the past six months	
2011	Yes
2010	Yes
2009	

Excellent - continue to receive regular dental checkups. In addition, the American Dental Association (ADA) recommends brushing your teeth gently at least twice a day, using fluoride-containing toothpaste with the ADA Seal of Acceptance, and flossing between teeth once a day. In addition, the ADA recommends that if you notice any of the following changes to see your dentist:

- Gums that bleed during brushing and flossing
- Red, swollen, or tender gums
- Gums that have pulled away from your teeth
- Persistent bad breath
- Pus between your teeth and gums
- Loose or separating teeth
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures

(JADA, Vol. 137 April 2006)

Physical Activity

Engage in the recommended amount of physical activity	
2011	Yes
2010	Yes
2009	

Your responses indicate that you meet the current physical activity guidelines of at least 150 minutes of moderate physical activity per week. Physical activity plays a vital role in living a longer, healthier, and happier life. Regular physical activity substantially reduces the risk for high blood pressure, high cholesterol, diabetes, heart disease, stroke, osteoporosis, stress, back pain, and some cancers. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits and medications. A great way to meet your weekly goal is to split it up and accumulate physical activity in 10 minute increments throughout the day. Try to incorporate activities that increase your heart rate daily with muscle strengthening activities at least 2 days a week. Remember to "Be Active Your Way!" and pick activities that easily fit into your lifestyle. Some physical activity is better than none! For more information visit: http://www.cdc.gov/nccdphp/dnpa/

Seriously considering increasing physical activity during the next six months	
2011	No
2010	No
2009	

You indicated that you are not considering increasing your physical activity. The Physical Activity Guidelines for Americans suggests that getting at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity weekly can greatly improve your health outcomes. If you do not currently meet this recommendation, consider adding a 10 minute increment of activity during the day, possibly with a friend or coworker. In addition,

consider a few activities that you enjoy and that fit your lifestyle and schedule. Remember that some physical activity is better than none and even small amounts can give you health benefits! For more information visit: http://www.cdc.gov/nccdphp/dnpa/

Nutrition

Eat the recommended amount of fruit per day	
2011	Yes
2010	No
2009	

By eating a variety of fruits and vegetables every day, you can reduce your risk of chronic disease, such as diabetes, heart disease, stroke, and some cancers. Eating fruits and vegetables can also help you to achieve or maintain a healthy weight. Continue to enjoy a colorful variety of fruits and vegetables (including beans!) for better health and realize that all forms count: fresh, frozen, canned and dried. Use the chart below to determine your recommended daily fruit and vegetable needs. For recipes and tips, visit: http://www.fruitsandveggiesmatter.gov

Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2 ½ cups
31-50	1 ½ cups	2 ½ cups
51+	1 ½ cups	2 cups

Eat the recommended amount of vegetables per day	
2011	No
2010	No
2009	

By eating a variety of fruits and vegetables every day, you can reduce your risk of chronic disease, such as diabetes, heart disease, stroke, and some cancers. Eating fruits and vegetables can also help you to achieve or maintain a healthy weight. Continue to enjoy a colorful variety of fruits and vegetables (including beans!) for better health and realize that all forms count: fresh, frozen, canned and dried. Use the chart below to determine your recommended daily fruit and vegetable needs. For recipes and tips, visit: http://www.fruitsandveggiesmatter.gov

Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2 ½ cups
31-50	1 ½ cups	2 ½ cups
51+	1 ½ cups	2 cups

Consume three or more cups of milk or milk products (milk, cheese, yogurt) per day	
2011	No
2010	No
2009	

Consuming three cups of low-fat/fat-free milk or milk products (1 cup yogurt or milk, 1 ½ ounces hard cheese) can help you maintain healthy bones and is an important part of a nutritious diet. Selecting fat-free or low fat versions, such as skim or 1% milk, fat-free or low-fat yogurt and reduced-fat cheese will help you maximize the nutrition from milk and milk products while avoiding unnecessary saturated fat and extra calories. For more information, visit: http://www.MyPyramid.gov

If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of milk is to choose lactose-reduced or low-lactose alternatives within the milk group, such as hard cheese, yogurt, or lactase-treated milk, or to consume the enzyme lactase before consuming milk products.

Drank regular soda/pop or other sugar sweetened beverages during the past seven days	
2011	No
2010	No
2009	

If you consume regular soda/pop or other sugar sweetened beverages it may be time to re-think your drink! Drinking regular soda/pop and other sugar sweetened beverages, such as sports beverages, lemonade, and sweetened coffees, can add additional calories with few or no nutrients. These additional calories from sugar sweetened beverages and soda may contribute to weight gain or make it challenging to lose weight. A 20 oz bottle of regular cola contains 2.5 eight ounce servings, which adds up to 250 calories and more than 16 teaspoons of sugar (67.5 grams) in one bottle! Here are some tips to help you reduce or eliminate the sugar sweetened beverages in your diet:

- When thirsty, think water first. When eating out or at home, order or serve water with meals instead of beverages that contain added sugar. For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Avoid "stocking the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the refrigerator.
- Make water more exciting by drinking carbonated water or adding slices of lemon, lime, watermelon, or cucumber, which add flavor with few calories.
- Choose "diet" beverages sweetened with artificial sweeteners instead of sugar-sweetened drinks.

Click here to learn more: http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf

Eat foods that are high in saturated fat or trans-fat	
2011	Rarely
2010	Rarely
2009	

Good job eating a diet low in saturated and trans fat! A diet low in saturated and trans fat lowers your risk of heart disease, stroke and some cancers! Keep saturated and trans fat low in your diet by comparing the Nutrition Facts labels on the package of meats, dairy and processed foods to find products lower in saturated and trans fats. Continue to select lean meats and poultry, trim visible fat, and choose low-fat or fat-free milk or milk products. Instead of frying,

decrease your saturated and trans fat by baking, broiling, or grilling. Fish and plant-based oils, such as olive, canola, and flaxseed are important sources of healthy dietary fat. Aim to include a small amount of avocados, almonds, walnuts, and other nuts and seeds in your weekly diet. For more information on healthy fats, visit: http://www.MyPyramid.gov

Feel that your current eating habits are...	
2011	Somewhat healthy
2010	Somewhat healthy
2009	
You responded that your eating habits were "somewhat healthy." Small steps in improving your diet can offer many health benefits. To learn more about the small steps you can take to improve your eating habits, visit: http://www.smallstep.gov Diets rich in fruits, vegetables, whole grains, low-fat dairy, beans, lean meats, and low in sodium, saturated/trans fats and cholesterol can help protect your health and lower your risk of chronic diseases. If you are interested in learning about how your eating habits compare to the Dietary Guideline recommendations, visit: http://www.MyPyramid.gov	

Seriously considering improving your eating habits during the next six months	
2011	No
2010	No
2009	
You may not be interested or ready to change your eating habits now - or already have very healthy eating habits. If you change your mind or want more information, check out this one-stop, easy-to-use resource that brings together nutrition science and expertise to help you make smart choices from every food group, find balance between food and physical activity, and get the most out of the calories you consume: http://www.health.gov/dietaryguidelines /dga2005/healthieryou/contents.htm	

Bring meals and snacks to work from home	
2011	Almost always
2010	Almost always
2009	
Preparing foods from home allows you to select healthy foods and appropriate portions for your needs. Fill your lunch sack with fruits and vegetables, whole grains, lean meats, and fat-free or low-fat milk or milk products. When selecting fruits and vegetables, think color and variety. Be creative. Add fruit to a salad or load your deli sandwich with leafy greens, cucumber and sprouts. For more nutrition information visit: http://www.MyPyramid.gov	

Body Weight and Weight Loss

Body Mass Index (BMI) Category	
2011	BMI: (20.6), Category: Healthy
2010	BMI: (20.6), Category: Healthy
2009	
Congratulations, your BMI (which measures your weight compared to your height) indicates that your weight is within the healthy range for adults of your height. Maintaining a healthy weight may reduce the risk of chronic diseases associated with overweight and obesity. For information about BMI and tips for maintaining a healthy weight, visit the CDC website at: http://www.cdc.gov/healthyweight/index.html	

Currently trying to lose weight	
2011	Yes
2010	Yes
2009	
To be successful at losing weight, you need to adopt a new lifestyle. This means making changes such as eating healthy foods, being more physically active, and learning how to change behaviors. The Surgeon General's Healthy Weight Advice for Consumers makes the following general recommendations: • Aim for a healthy weight. People who need to lose weight should do so gradually, at a rate of one-half to two pounds per week. • Be active. The safest and most effective way to lose weight is to reduce calories and increase physical activity. • Eat well. Select sensible portion sizes and follow the Dietary Guidelines for Americans, http://www.MyPyramid.gov. To learn more about healthy weight loss, visit: http://www.cdc.gov/healthyweight/losing_weight/index.html	

Used one or more high-risk weight loss methods to try and lose weight during the past 30 days	
2011	No
2010	No
2009	

Used both diet and exercise to try and lose weight during the past 30 days	
2011	Yes
2010	Yes
2009	
Congratulations on using both diet and exercise to try and lose weight. Physical activity, along with a healthy diet, plays an important role in the prevention of overweight and obesity. In order to maintain a stable weight, balance your calories with your physical activity. To determine your nutritional needs, visit: http://www.MyPyramid.gov. Be sure to eat from all of the food groups and select whole grains, a variety of fruits and vegetables, lean meats, and fat-free or low fat milk products. Strive to get at least 150 minutes of moderate or 75 minutes of vigorous physical activity per week to achieve weight loss or maintenance. For some, 150 minutes of activity may not be enough to lose weight or maintain weight loss. Combined with balancing your calories, you	

should gradually increase minutes or intensity of activity per week. Being active for a longer time or doing more vigorous activities can provide even greater health benefits. Some people may need to accomplish at least 300 minutes or more activity per week to attain a healthy weight. Also, try to include at least 2 days of muscle strengthening activities per week. Remember to "Be Active Your Way!" Pick activities that easily fit into your lifestyle. http://www.cdc.gov/healthyweight/physical_activity/index.html
To learn more about healthy weight loss, visit: http://www.cdc.gov/healthyweight/losing_weight/index.html

Tobacco

Current cigarette smoker	
2011	Yes
2010	Yes
2009	
You answered that you are currently a smoker. There are many good reasons to stop smoking including that you will live longer and live better. Quitting will lower your chance of having a heart attack, stroke, or cancer. No matter what your age, you will immediately start to recognize health benefits when you quit smoking. More information is available at QuitNow.ne.gov or you can call the Nebraska Tobacco Quitline at 1-800-Quit-Now (1-800-784-8669).	

Tried to quit smoking in past 12 months	
2011	No
2010	No
2009	
Quitting is hard because nicotine is a very addictive drug. In the upcoming year, consider making a commitment to quit using tobacco products. Consider using the Nebraska Tobacco Quitline, a telephone cessation counseling support service available to adult Nebraskans. The toll-free number is 1-800-QUIT-NOW (1-800-784-8669) and/or visit http://QuitNow.ne.gov to find out about cessation programs in your area and frequently asked questions about quitting the use of tobacco products.	

Seriously considering stopping smoking in the next six months	
2011	No
2010	No
2009	

Current smokeless tobacco user	
2011	No
2010	No
2009	
Congratulations on not using chewing tobacco or snuff. Avoiding the use of these products as well as all tobacco products, including exposure to secondhand smoke, will help you live a longer life with less risk of developing serious health problems such as heart disease, stroke, and cancer.	

Smoking is allowed within your home	
2011	No
2010	No
2009	
Congratulations for adopting smoke-free rules for all areas in your home. Adopting smoke-free rules for all areas in your home will reduce the exposure to secondhand smoke for you and others. Secondhand smoke is a health hazard and contains carcinogens that can cause cancer and other chronic health problems. Evidence has shown that there is no safe level of exposure to secondhand smoke. In addition, smoking materials are the leading cause of fire related deaths in the country. Adoption of smoke-free rules for all areas in your home ensures the health and safety of all persons living in your home.	

Smoking is allowed within your family vehicle	
2011	Yes, but not when children 17 and younger are inside
2010	Yes, but not when children 17 and younger are inside
2009	
You answered that smoking inside your family vehicle is allowed at all times or only when children 17 and younger are not present. There are many good reasons to make your family vehicle smoke-free at all times. Secondhand smoke is a health hazard and contains carcinogens that can cause cancer and other chronic health problems. Evidence has shown that there is no safe level of exposure to secondhand smoke. In vehicles, secondhand smoke is concentrated in a small space and can reach very high levels in a short period of time. Making your vehicle completely smoke-free ensures the health and safety of all persons that ride in your family vehicle.	

Alcohol

Drank alcohol during the past 30 days	
2011	Yes
2010	Yes
2009	

Exceeded alcohol consumption recommendation for women during the past 30 days (drank more than one drink in a day, on any of the past 30 days)	
2011	Yes
2010	Yes
2009	

Binge drank during the past 30 days (drank 4 or more drinks on at least one occasion)	
2011	Yes
2010	Yes
2009	

The largest number of drinks you had on any occasion during the past 30 days	
2011	5
2010	5
2009	

You indicated that during the past 30 days you exceeded the alcohol consumption guidelines by drinking 4 or more drinks on at least one occasion, which is defined a binge drinking for women. The Dietary Guidelines for Americans recommend that persons 21 and older drink only in moderation, defined as no more than 1 drink per day for women and no more than 2 drinks per day for men. However, if you are pregnant, operating machinery, using certain medications, or have a family history of alcoholism, it is best to abstain from consuming alcohol. Drinking more than the recommended amount of alcohol puts you at risk for numerous health problems including chronic diseases (such as liver cirrhosis and high blood pressure), increases your risk for unintentional injuries (such as motor-vehicle crashes), can lead to alcohol dependence, can result in violent behavior against yourself or others, and in pregnant women it can harm the developing fetus. As a result, it is important that all adults work toward making certain their alcohol use falls within the guidelines. If you have tried to stay within the guidelines but find it difficult, assistance can be found through talking to your medical professional or your Employee Assistance Program.

Drove during the past 30 days after having had perhaps too much to drink	
2011	No
2010	No
2009	

Great job for not driving under the influence of alcohol (DUI). DUI is a serious threat to public safety that places the driver, passengers, and other innocent bystanders at high risk for motor vehicle-related injury and death. Research has shown that even low to moderate alcohol consumption can result in some impairment when driving, especially when tired and/or taking prescription or over-the-counter medications. As a result, it is best to avoid driving after drinking and riding with a driver who has been drinking. In addition to the health-risks of DUI, the legal consequences are quite severe. A driver faces both criminal and administrative sanctions that result in the loss of driving privileges. For a first criminal DUI conviction in the State of Nebraska the minimum penalty is 7 days in jail, a 6 months license suspension, and a $400 fine. If the individual is determined to be eligible for probation, their license would still be suspended for 60 days and they would pay the $400 fine. In addition, they may be required to have an ignition interlock devise installed on their vehicle, at their own expense, for a period of four months or longer after their license has been reinstated. The penalties can be much more severe than those listed, especially if the individual's blood alcohol concentration (BAC) is at or above 0.15 or it is a repeat DUI offense. In addition, if convicted of DUI the individual may have to pay for an alcohol assessment and could be ordered to attend an alcohol treatment program at their own expense.

Seriously considering drinking less alcohol during the next six months	
2011	No
2010	No
2009	

Gambling

Bet more than you intended when gambling during the past 12 months	
2011	No
2010	No
2009	

Congratulations! If you choose to gamble, remember to play it safe! Gambling responsibly includes setting limits on time played and money spent, not betting more than you can afford, playing for fun, not for money - expect to lose. Signs of problem gambling can include preoccupation with gambling, reliving gambling experiences, or thinking of ways to get money to gamble or even the need to gamble with a larger pot of money in order to achieve the desired level of excitement. For more information go to http://www.playitsafenebraska.com or visit the Gamblers Assistance Program's web site at http://www.hhs.state.ne.us/beh/gam/gam.htm

Believe that gambling can be addictive like tobacco, alcohol, and other drugs	
2011	Yes
2010	Yes
2009	

You are correct! Gambling addictions similar to other addictive behaviors are characterized by a number of features to include an intense desire to satisfy a need (perhaps gambling more money than a person can afford), a loss of control over the substance or behavior (borrowing money to gamble), compulsive thoughts about the substance or behavior, and engaging in the behavior despite negative consequences. Further studies show that alcohol intake was associated with greater spending on gambling activities and with gambling problems. If you choose to gamble, remember to play it safe! Gambling responsibly includes setting limits on time played and money spent, not betting more than you can afford, playing for fun, not for money - expect to lose. For more information go to http://www.playitsafenebraska.com or visit the Gamblers Assistance Program's web site at http://www.hhs.state.ne.us/beh/gam/gam.htm

Family History

Conditions for which you noted a family history of disease	

2011	• Cancer
	  ○ Prostate
	  ○ Skin
	  ○ Other type of Cancer
	• Alcoholism
	• Depression

2010	• Cancer
	  ○ Prostate
	  ○ Other type of Cancer
	• Depression

2009	
Many major illnesses/diseases have a hereditary component. For example, approximately five percent of people with colon cancer have inherited it from a blood relative. In addition, children of alcoholics are three to four times more likely to become addicted to alcohol or other drugs than children who's parents are not alcoholics. Family history can play a role in high blood pressure, diabetes, some cancers, and certain psychiatric disorders. This does not always mean that if a blood relative has a particular disease or condition that you are destined to inherit it, but it may mean that you are at an increased risk of developing health complications. It is important to know your family health history. The Mayo Clinic recommends developing a family tree with details such as cause of death, age at the time of death, note the age of the family member when they were first diagnosed (if known), and their lifestyle habits. Mayo also recommends that you share this family health tree with your physician to help you identify potential risks.	

Arthritis

Had symptoms of pain, aching, or stiffness in or around a joint during the past 30 days	
2011	No
2010	No
2009	

Have been told by a doctor or health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia	
2011	No
2010	No
2009	

Asthma

Current asthma status	
2011	Do not have diagnosed asthma and have not had any asthma symptoms within the past 30 days
2010	Do not have diagnosed asthma and have not had any asthma symptoms within the past 30 days
2009	
Asthma and allergies currently strike one out of four Americans. Being aware of the symptoms of asthma as well as obtaining prompt medical treatment for severe colds and bronchitis will help you to continue to have healthy lungs and decrease your chances for asthma.	

Blood Pressure

Had a blood pressure screening by a health professional during the past 12 months	
2011	Yes
2010	Yes
2009	
Congratulations! Continuing to monitor your blood pressure is helping keep your risk for cardiovascular disease under control. Without monitoring your blood pressure on a regular basis, you may not know you have it until after you have experienced serious consequences. Keep up the good work!	

Blood pressure category at last screening	
2011	Normal
2010	Normal
2009	

Medical guidelines state that a normal blood pressure for most adults is less than 120/80. Knowing your blood pressure numbers and writing them down will help you to compare your numbers from year to year. Having your blood pressure checked annually is a helpful way for you to keep your risk of cardiovascular disease under control.

Blood Cholesterol

Had cholesterol checked within the past five years	
2011	Yes
2010	Yes
2009	
Congratulations! Having your blood cholesterol levels tested regularly is helping you keep your risk of cardiovascular disease under control. However, research shows that having your total cholesterol tested is not enough to determine your risk. One out of every five heart attack victims has a total cholesterol level in the normal range, below 200 mg/dl. To better determine your risk for heart disease, you need to have a fasting lipid analysis that determines your LDL, HDL and triglyceride levels. At your next visit, ask your healthcare provider if it is time to perform a full lipid analysis.	

Total cholesterol category at last screening	
2011	Normal
2010	Normal
2009	
Guidelines state that a normal total cholesterol number is less than 200mg/dl. Knowing your cholesterol numbers and writing them down will help you compare your numbers from year to year. Having your cholesterol checked at least every five years, more frequently if it is high, will help you keep your risk of cardiovascular disease under control.	

Heart Disease & Stroke

Ever told by health professional that you had heart disease or that you have had a heart attack or stroke	
2011	No
2010	No
2009	
While you reported that you do not have heart disease and have not had a heart attack or stroke, you or someone close to you could experience this later in life. Knowing your risk factors and keeping them under control is a helpful way for you to reduce your risk for cardiovascular disease. In the event of a heart attack or stroke, knowing the signs and symptoms and calling 9-1-1 can help save your life or the life of someone close to you. For more information on the signs and symptoms of heart attack and stroke visit the following websites: http://www.cdc.gov/HeartDisease/signs_symptoms.htm, http://www.cdc.gov/Stroke/signs_symptoms.htm.	

Diabetes

Have diabetes	
2011	No, and at low-risk for developing
2010	No, and at low-risk for developing
2009	
You may not have diabetes now, but may have it in the future. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole grain foods. If you have high cholesterol, high blood pressure, or if you are Hispanic/Latino, Asian, Black/African American, or a Pacific Islander, talk to your health care provider about your risk for diabetes. From time to time it would be wise to recheck your risk level.	

Cancer Screening

Had a Pap test within the past three years	
2011	Unknown based on survey response
2010	Yes
2009	

Injury and Injury Prevention

Injured by a fall during the past 3 months (that caused limited activities for at least a day or caused you to see a Doctor)	
2011	No
2010	No
2009	
To avoid future falls, make sure your home and workplace are free of fall hazards.	

Seatbelt use when driving or riding in a car	
2011	High
2010	High
2009	

Great job for always wearing your seatbelt! Safety belts reduce the risk of death or serious injury in a crash by 45 - 50%.

Flu and Pneumonia Vaccination

Had a seasonal flu vaccination within the past year	
2011	No
2010	No
2009	

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year. To determine whether you are considered a high risk individual, please call your medical provider or visit http://www.cdc.gov/flu A few people should avoid flu vaccination due to potential complications. Please refer to http://www.cdc.gov/flu for more information.

Ever had a pneumonia vaccination	
2011	No
2010	No
2009	

Pneumococcal disease is a serious disease that causes much sickness and death. In fact, pneumococcal disease kills more people in the United States each year than all other vaccine preventable diseases combined. The following individuals should get vaccinated.

- All adults 65 years of age or older
- Anyone over 2 years of age who has a long-term health problem.

To determine if you are a candidate for this vaccination, please call your medical provider or visit http://www.cdc.gov/nip/vaccines/vdpvac/pneumo/default.htm

Pregnancy

Pregnancy status	
2011	Not pregnant and not planning to become pregnant within the next few years
2010	Not pregnant and not planning to become pregnant within the next few years
2009	

Stress

Work stress	
2011	High
2010	High
2009	

You have indicated that you are highly or very highly stressed at work. Stress may be caused by both positive and negative events. It's your personal response to situations and circumstances that determines your reaction to stress. Severe stress can have a physical response. Stress can increase heart rate, breathing, blood pressure, blood sugar, and blood flow to your large muscles and brain. Unfortunately, stress can lead to illness and aggravate existing health problems. Other areas that are possibly affected by stress include increased risk for cardiovascular disease, asthma, gastrointestinal problems, chronic pain, and mental health disorders. Many people with high levels of stress have benefited from professional help. A professional can assist you with further assessing the sources of your stress and help you to develop the most effective strategies to reduce your stress. Contacting your company's Employee Assistance Program or your primary care physician can be a good start to addressing the issues. They can provide you guidance and if necessary connect you with a professional mental health counselor in your community. Tips To Reduce Workplace Stress:

- Eat regular balanced meals
- Get adequate sleep
- Exercise (set an appointment in your planner and keep it)
- Develop friendships at work and outside the office to share thoughts and feelings
- Limit activities with negative friends
- Take time off as permitted
- Take short breaks as permitted
- Create realistic timelines
- Throw away all the unnecessary papers on your desk
- Set limits - learn to say "no"
- Choose your battles wisely
- Spend time in a hobby or stress outlet

Home stress	
2011	Low
2010	Moderate
2009	

You have indicated that you have low to moderate levels of stress at home. Because prolonged stress can have serious health consequences, make a conscious effort to maintain a low level of stress at home. High levels of stress can increase heart rate, breathing, blood pressure, blood sugar, and blood flow to your large muscles and brain and ultimately lead to increased risk for cardiovascular disease, asthma, gastrointestinal problems, chronic pain, and mental health disorders. Tips To Reduce Daily and Home Stress:

- Eat regular balanced meals
- Get adequate sleep
- Exercise (set an appointment and keep it)

- Practice relaxation breathing
- Take time each day for yourself and do something relaxing
- Develop friendships to share thoughts and feelings.
- Limit activities with negative friends
- Set limits - learn to say "no"
- Choose your battles wisely
- Spend time in a hobby or stress outlet
- Seek help from a mental health professional

Hours of sleep that you get during an average day	
2011	7 hours
2010	7 hours
2009	

Sleep is an active state that is very important for physical and psychological restoration of the body and mind. However, more than 100 million Americans of all ages fail to get a good night's rest on a regular basis. If you are experiencing problems with your sleep, please talk to your physician about your concerns. If your sleep problems are interfering with your daily activities, then it is reasonable for you to inquire about a referral to a sleep specialist. Rules for better sleep:

- Sleep only as much as you need.
- Get up at the same time each day.
- Engage in regular exercise.
- Limit loud noises.
- Limit caffeine during the evening hours.
- Limit alcohol.
- Do not smoke.
- A cool sleep environment seems to be best for a good night's sleep.
- Don't go to bed hungry. A very light snack at bedtime may be slightly beneficial to your sleep.

If you have trouble sleeping, an occasional sleeping pill will likely help in that it will reduce the length of time it takes to fall asleep. It may surprise you to know that some sleeping medications result in poorer quality sleep. Medication-induced sleep can be shallow and unrefreshing. At any rate, the long term use of sleeping pills is ineffective and not recommended for insomniacs.

If you find yourself feeling angry and frustrated because you cannot sleep, the worst thing you can do is try harder and harder to make yourself fall asleep. If you are still awake after 20 minutes or so, try turning on the light and doing something quiet and different, like reading a book. (BryanLGH Medical Center)

Mental Health

Mental Health Problems	
2011	Unknown based on survey response
2010	Unknown based on survey response
2009	

Risk Factors for Disease

Risk Factors for Heart Disease and Stroke: Physical Activity	
2011	Sufficient (Reduced Risk)
2010	Sufficient (Reduced Risk)
2009	

Risk Factors for Heart Disease and Stroke: Fruit and Vegetable Consumption	
2011	Insufficient (Increased Risk)
2010	Insufficient (Increased Risk)
2009	

Risk Factors for Heart Disease and Stroke: Saturated Fat Consumption	
2011	Low (Reduced Risk)
2010	Low (Reduced Risk)
2009	

Risk Factors for Heart Disease and Stroke: Cigarette Smoking	
2011	Current Smoker (Increased Risk)
2010	Current Smoker (Increased Risk)
2009	

Risk Factors for Heart Disease and Stroke: Body Weight (based on BMI)

2011	Healthy Weight (Reduced Risk)
2010	Healthy Weight (Reduced Risk)
2009	

Risk Factors for Heart Disease and Stroke: Blood Pressure	
2011	Normal (Reduced Risk)
2010	Normal (Reduced Risk)
2009	

Risk Factors for Heart Disease and Stroke: Blood Cholesterol	
2011	Normal (Reduced Risk)
2010	Normal (Reduced Risk)
2009	

Risk Factors for Heart Disease and Stroke: Have Diabetes	
2011	No (Reduced Risk)
2010	No (Reduced Risk)
2009	

Risk Factors for Heart Disease and Stroke: Have Heart Disease or Previously had a Heart Attack or Stroke	
2011	No (Reduced Risk)
2010	No (Reduced Risk)
2009	

Heart disease and stroke are the first and third leading causes of death in the United States. There are many factors that contribute to heart disease and stroke, called risk factors, some of which you can control on your own, including exercise, diet, and smoking. Multiple risk factors, opposed to having just one or two, place an individual at increased risk for developing heart disease and stroke. As a result, it is important that you try and engage in healthy behaviors that lower your risk for heart disease, stroke, and other health conditions. If you are at increased risk for several of the heart disease and stroke risk factors listed above you might consider discussing this with your doctor or health professional. In addition to the risk factors listed above, other factors such as family history, age, race/ethnicity, and gender also affect your risk for heart disease and stroke. For more information on each of these risk factors please refer back to the appropriate sections of this report. In addition, the following web-sites contain further information on heart disease and stroke risk:
http://www.strokeassociation.org
http://www.americanheart.org
http://www.cdc.gov/DHDSP/

Non-Modifiable Risk Factors for Disease	
2011	
2010	
2009	

Family History
Common health conditions such as cancer, diabetes, and heart disease often times will run in a family. For example: If a mother has breast cancer, her daughter is more likely to have breast cancer as well. This does not necessarily mean that the daughter will have breast cancer in her lifetime; simply that she is at a higher risk for the disease.
Age
Age can be a factor in health risk. As people age, the risk for many diseases including breast, colon, and prostate cancer, heart disease, and Type II Diabetes increases significantly. Of course, just because people age does not mean that they will develop these diseases, however it does put them at a much higher risk. It is very important to discuss your age and health risk with your doctor of health professional to make sure you are receiving the correct screenings at the appropriate age.
Race/Ethnicity
Ethnicity can be a significant risk factor to your health status. Globally, different ethnicities and populations have greater genetic tendencies toward certain conditions and diseases. Some disease is genetic and unavoidable for specific populations, but in many cases conditions such as cardiovascular disease are a product of both genetics and environment. Just because you are of Mexican-American heritage does not mean that you will have cardiovascular disease or that it is not preventable. According to the American Heart Association, however, the Mexican-American population is at a much higher risk for cardiovascular disease.
Gender
Due to the differences in male and female biology, each sex is at risk for different types of health issues. For example, men are more prone to heart attacks (American Heart Association) while women are more prone to breast cancer. However, women do have heart attacks, and men can have breast cancer. Of course, simply because you are a male does not mean you are going to have a heart attack, and because you are female it does not mean you will have breast cancer. However, it is vital to recognize these health risk differences between men and women and take these into account when thinking about your health. Again, it is important to discuss your non-modifiable risk factors with your doctor or health professional and to make sure you are getting screened at the appropriate times. Your doctor can provide you with more information on nonmodifiable risk factors. In addition, the following web-sites contain further information on non-modifiable risk:
http://www.mplsheart.com
http://www.cancer.org
http://www.strokeassociation.org
http://www.americanheart.org