

Participants At Risk

An individual's risk level is also a useful predictor of future health problems and related health care and productivity-loss costs. Risk level categories were created below so Kansas State Research & Extension could see how their population fits within these categories. It will be important for Kansas State Research & Extension to monitor the migration of risks among their population overtime. For example, are the percentages of participants in the low and moderate risk levels increasing while the percentages of those in the high risk levels decreasing? This migration scenario may suggest the interventions that have been implemented by Kansas State Research & Extension are effective in reducing the population's health risks.

Based on their responses to the 33 risk factor items covered in the Wellstream PHA, the overall risk level for each participant was determined. The following table indicates the percentages of Kansas State Research & Extension's PHA participants who were determined to be at risk for these conditions.

Non-Modifiable Risk Factors



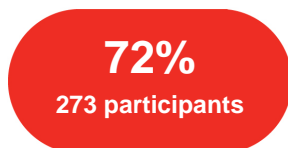
Modifiable Risk Factors



Current tobacco use



Exposure to second-hand smoke



Inadequate exercise



Stress Often or always a problem



Not at all satisfied with work and/or personal life



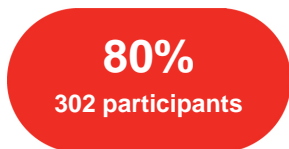
Sad or depressed for 2 weeks or longer



Half or more high-fat foods consumed



Less than 5 servings/day of high-fiber foods



Less than 5 servings/day of fruits and vegetables



Heavy alcohol use



BMI too low



BMI too high



Borderline high or high blood pressure



Borderline high or high cholesterol



Borderline high or high LDL cholesterol



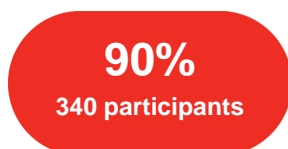
Mid-range or low HDL cholesterol



Borderline high or high triglycerides



High blood sugar or high A-1C



Severely sunburned once or more



Sun protection not used



Seat belts not always used



No working smoke detector



Has not had all age/gender appropriate preventive health screenings