Executive Summary
This report will provide a summary of outcomes for the second Annual Health Risk Assessment (HRA) that was conducted at Norwalk Community College (NCC) during the 2016-2017 academic year. The primary aims of this year’s HRA were to continue to identify risk factors associated with our campus population, compare results to the 2016 HRA report, and assist with future programming, screenings and activities associated with the NCC Wellness Committee’s (WC) Workplace Wellness Program (WWP).

Funding Information
No funding was provided.

Overview and Background
The WC continues to function as a standing committee at NCC and reports to our college governance and the executive cabinet of administration. This committee will be entering its’ fifth year of existence at NCC. Committee membership includes representation from most major departments and divisions on campus, as well as, student representation and a member from the Norwalk City Public Health Department. Members of the committee include, but are not limited to, exercise physiologists, registered dieticians, allied health professionals, counselors, human resources generalists, and science faculty. The mission of the WC is, “The Wellness Committee will provide appropriate health and wellness guidelines and recommendations to assist with positive and well informed lifestyle modifications for the NCC campus and associated individuals, while acting as role models.” (approved by executive cabinet, May 2014).

The WC’s WWP has a three-pronged focus including: 1) Health Behavior Modification, 2) Physical Activity Promotion and 3) Nutrition Education.

To support the current and future programmatic needs of the WWP, it was necessary for this committee to administer a second annual HRA on campus. Our target population continues to include the campus community, defined as fulltime/part-time faculty/staff, students, sub-contractors (i.e., Café Employees) and the Lifetime Learners Institute (membership organization for older adults). The primary aims of the HRA was to provide a baseline measurement of our campus community, identify associated risk factors within our target population, use data to assist with future programming, screenings, and wellness activities for our campus, and compare findings with the 2016 HRA.

Implementation and Procedures
Design and Approval
As part of the WC’s annual goals for 2016-2017, Committee Leadership was assigned the task of revising, implementing, and analyzing the second annual HRA by end of the academic year. The NCC Office of Institutional Effectiveness supported this task.
Prior to implementing this year’s HRA, WC Leadership considered the use of two different measurement tools. The first was the University of Michigan’s Health Management Research Center’s Health Risk Assessment Questionnaire, which was used last year. This document is a 55 question inventory that has been validated for use with a similar population to our campus community [1]. The second tool assessed was the American Heart Association’s (AHA) My Life Check®, which is a paid-membership database that allows employees to create a profile and enter health related data. The AHA will use data from this report to generate basic outcomes, which are provided to the employer. After meeting with AHA representatives, the My Life Check® system was unable to meet the needs of the WC for HRA analysis due to limited data retrieval associated with the confidentiality settings of the program. Furthermore, the cost associated with My Life Check® was not feasible with the WC budget.

It was determined that it would be best to implement the University of Michigan’s Health Management Research Center’s Health Risk Assessment again this year, with minor revisions to identify returning participants [1]. Prior to implementing the HRA, WC Leadership met with NCC administration and approval was granted to reissue the HRA. Dean Vanessa Morest, Office of Institutional Effectiveness approved the revised electronic survey in January of 2017.

**Implementation and Administration**

Implementation and administration of the HRA followed the same guidelines as reported in the 2016 HRA summary report, that can be found on the WC web-page for reference: https://norwalk.edu/healthwellness/wellness-committee/.

Once ready for launch, a formal presentation was delivered at the March 1, 2017 All College Staff Meeting informing faculty/staff of the purpose and procedures associated with the HRA. Following the presentation, campus-wide reminders on how to access the survey link and complete the HRA were sent each week for a four-week duration. A column titled, “NCC Wellness Committee to offers second annual Health Risk Assessment” [2] was authored to explain purpose and procedures of the HRA. The HRA SNAP-survey® link was made available via the WC website from March 5, 2017 through May 5, 2017.

**Procedures**

For procedures associated with the HRA, please refer to the 2016 HRA Summary Report, available on the WC’s website.

**Data Analysis**

Once the data collection phase was complete the Office of Institutional Effectiveness aggregated raw data into a spreadsheet that would be used for analysis. The Executive Director of the WC organized the dataset in a MS Excel spreadsheet to generate descriptive statistics, via SPSS version 22.0 software. Data was categorized into four groups: 1) faculty, 2) staff, 3) other and 4) students at two levels, 1) self-reported gender (male and female) and 2) total respondents. Statistical analysis for the “student” category could not be completed due to only one student (n=1) responding. This individual was included for analysis of total respondents. The Office of Institutional Effectives provided a detailed summary report for the entire HRA, which can be found in appendix A of this report.

Out of the 55 question HRA inventory, 17 questions pertaining to the health-related components of fitness [3] were selected for analysis (table 1). These 17 questions provide information about risk factors that are linked to cardiovascular, metabolic, and renal disease and contribute to increased rates of mortality in the United States [4, 5]. Also included for analysis were questions pertaining to physical
activity, diet and lifestyle habits (i.e., stress management), which align with the three primary objectives of the WWP and current health-fitness positions stands [3, 5, 6]

Results

Completion Rate
A total of 25 participants completed the HRA survey including 14 faculty, 7 staff, 3 other, and 1 student. Of the total number of participants, 32% (n=8) were male and 68% (n=17) were female with an average age of 50 (±13) years.

According to the 2016 IPEDS Human Resource Data, the sample of faculty and staff captured in this survey represents 9.6% (n=146) of all fulltime faculty and 7.2% (n=97) of all fulltime staff on campus. In combination, the response rate of this survey represented 10.3% (N=243) of all fulltime employees on campus.

Completion Rate in Comparison to 2016
In comparison to the 2016 HRA there were 39% (n= -16) less respondents with this year’s survey. Total analyzed responses for the 2016 HRA was N=41. When compared categorically, there were 52% (n= -15) less faculty, 42% (n= -5) less staff, 38% (n= -5) less males, and 54% (n= -15) less females. Figure 1 demonstrates the number of participants who completed both the 2016 and 2017 HRA. Due to confidentiality and anonymity of the HRA, no further data analysis was possible to determine percent change or impact of the WWP on health outcomes.

Participant Demographics
Results from table 2 and 3 provide participant characteristics and perspective with regard to cardiovascular health (total cholesterol and blood pressure) and anthropometry (body mass index [BMI], waist circumference, height and weight). All demographic variables are reported as means (± standard deviation) for faculty, staff, other, students (n=1) and the total sample (table 2). Categorical variables in table 3 are reported as proportions for gender and race/origin.

Average body mass index (BMI) of 28.2 (±8.2) kg·m⁻¹ demonstrates that this sample of participants was considered overweight, which is a risk factor for multiple cardiovascular diseases. Accuracy of BMI measures were confirmed with waist circumference (inches), which also classified this population as overweight (table 2) [3]. There is no significant difference (p<0.05) when comparing average BMI and average waist circumference for total participants from the 2016 HRA to the 2017 HRA.

Average total cholesterol (mg·dL⁻¹) and blood pressure (mmHg) were below clinical cut-off criteria [3]. As explained in table 2, these results must be interpreted with caution due to a very low response rate to these questions. A large percentage of total respondents indicated that they did not currently know their resting blood pressure [32% (n=8)] or total cholesterol [48% (n=12)]. It is recommended by the American College of Sports Medicine (ACSM) that blood pressure and blood profiles be checked at least once per 3-5 years for adults [3].

Self-Reported Chronic Disease/Conditions Risk
Figure 2 shows the frequency of chronic diseases/conditions that participants self-reported as “had in the past”, “currently have”, “is currently medicated for”, and/or “is under medical care”. The results in figure 2 are reported for chronic disease/conditions that have the highest correlations with poor health-related outcomes [6]. In order of highest to lowest frequencies, results indicate that NCC employees self-reported depression (36%) and high blood pressure (24%) as the most common chronic...
diseases/conditions that they currently have, are medicated for and/or are currently seeking medical care. These results are consistent with the 2016 HRA, with the exception of chronic low back pain and total cholesterol, which were both prevalent chronic condition reported last year. For this year’s HRA, there is a higher reported frequency of depression when compared to the 2016 HRA, even though there were sixteen (n=16) less participants.

Anxiety, Depression and Stress
To support the findings from figure 2, two questions specifically asked about stress, anxiety, and depression and how these conditions have effected each participant’s health over the past year (table 1; Q35 & 36). Results show that 56% (n=14) of participants feel tense, anxious or depressed “often” or “sometimes”. Additionally, 68% (n=17) participants indicated that this sense of tension (stress), anxiety or depression has negatively impacted their health within the past year “a lot” or “some”. A total of 24% (n=6) of all participants indicated that they use both prescription and non-prescription drugs to cope with their stress: “almost every day” or “sometimes”. These findings are consistent and not significantly different with the 2016 HRA results.

Physical Activity
Results for physical activity (PA) (table 1: Q26 & 27) show that 36% (n=9) of participants meet the minimum PA recommendations for moderate intensity, which are 30 minutes of exercise 5 days per week [3]. Although this cohort of respondents more consistently meet moderate intensity exercise, as compared the 2016 HRA results, 64% (n=16) do not meet the PA recommendations.

Consistent with the 2016 HRA results, 52% of participants engage in vigorous (high intensity) physical activity at recommended levels or above PA recommendations, which are 20 minutes per day for 3-4 days of the week [3]. Since exercise history and aerobic fitness levels are not measured with this assessment, it is possible that lower fitness individuals may be perceiving moderate intensity activity as vigorous, which may confound results. Poorer fitness levels are supported with the averages reported for cardiovascular and anthropometric measures (see above). Resistance training (i.e., weight lifting), is not assessed in the HRA and should also be considered in future assessments, due to the positive health outcomes associated with this mode of exercise [3, 6]

Nutrition
Our results indicate that all participants are eating between 1-6 servings of food per day that are high in fiber. In accordance with the USDA’s Choose My Plate Recommendations [7], 72% of all respondents are eating within the recommended servings high-fiber foods, with 4-6 servings per day (table 1: Q23). On the contrary, 32% (n=8) of all participants may be eating foods too high in saturated fat, cholesterol and sodium on a daily basis, with servings reported between 3-4 servings per day (table 1: Q24). It is recommended that total saturated fat and sodium intake to be below 7% of daily caloric allowance and less than 2400mg, respectively for healthy adults [7].

Conclusions
The 2017 HRA clearly demonstrates that the NCC campus community, on average, is classified as overweight with higher rates depression and high blood pressure. The results of this report indicate that NCC employees may not be meeting the general recommendations for blood pressure screenings, blood lab results, and cholesterol checks. Furthermore, stress management continues to have potential negative impacts on general health, which may result in decreases in job productivity of the college. For stress, anxiety and depression management the WC needs to continue to focus on educational programming and screenings as part of the WC WWP.
Although a higher percentage of employees are meeting moderate exercise recommendations for PA, as compared to last year, it is evident that a large percentage of these participants are not meeting the minimum PA recommendations for moderate intensity. Engagement in moderate physical activity should be increased throughout the week. It is well known that increased physical activity throughout the day (i.e., walking every 45 minutes for 2 minutes) is effective for weight/stress management and physical inactivity reduction.

Consistent with last year’s findings, food servings high in saturated fat should be reduced and employees should continue eating foods high in fiber (i.e., fruits and vegetables) on a daily basis. There is mounting evidence that in combination with exercise well-rounded diets low in saturated fat intake and high in fiber are effective for weight management and reduction of cardiovascular disease risk.

Since the return rate for this survey was 10.3%, results should be interpreted with caution. With the highly significant reduction in completion rate, as compared to the 2016 HRA, all results of this survey may not be representative of the entire campus community. This is especially the case for the fulltime staff, students, other group, and questions pertaining to blood pressure and cholesterol.

This HRA analysis has several limitations associated with it. All information is self-reported which may lead to over or underestimations of the results. This is especially the case if a participant did not have their most recent medical information with them when answering the questions. The HRA did not record specific medication or administered doses, which may negatively impact health status, physiologic function and/or laboratory results. Finally, the HRA did not take into consideration exercise history, current fitness level or resistance training for physical activity, as well as protein and sugar intake for nutrition measures. This information must be considered for future HRA assessment and analysis to provide a clearer picture of employee health profiles.

**Future Programming and Directions**
The WC plans to implement the following programming to meet the needs identified by the 2017 HRA summary report:

1. Offer screenings, educational lectures, workshops and materials on cholesterol, blood testing, blood pressure, and depression/stress management.
2. Continue to provide nutrition information, educational programming, and committee recommendations on dietary fat and sodium intake.
3. Provide greater awareness and educational programming regarding physical activity recommendations. Stress the dose-response relationship and benefits associated with moderate versus vigorous intensity exercise and health-related outcomes. Offer multiple opportunities for employees to engage in cardiovascular and resistance training to reduce physical inactivity.
4. Develop a method to track HRA participants and determine health-related outcome changes associated with WWP programming at NCC.
5. Conduct a third-annual follow-up HRA assessment. Have WC leadership give consideration to improved marketing of the survey and possibly incentivize survey completion to improve participation and return rates. This is especially the case for staff, “other” categories, and non-white self-reported race/origin, who had the lowest completion rates associated with this survey.
Acknowledgements
The NCC WC would like to thank the following individuals for their support and assistance with the implementation and analysis of the 2017 HRA.

Dr. David L. Levinson, President
Dr. Vanessa Morest, Dean of Institutional Effectiveness
Mr. Roberto Reyes, Institutional Effectiveness
Wellness Committee Health Risk Assessment (HRA) Sub-Committee
- Ms. Nicole Hafner, Exercise Science Faculty (Current-Chair; Wellness Committee)
- Dr. Paul Gallo, Director of Exercise Science (Executive Director; Wellness Committee)
Table 1: Questions selected for HRA summary report data analysis

<table>
<thead>
<tr>
<th>Question Description</th>
<th>Selection Options/Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Please check employment status:</td>
<td>Faculty; Staff; Students; Other</td>
</tr>
<tr>
<td>2 Did you complete the 2016 HRA Survey?</td>
<td>Yes; No; Cannot Recall</td>
</tr>
<tr>
<td>3 Gender:</td>
<td>Male; Female</td>
</tr>
<tr>
<td>4 Age (at last birthday)</td>
<td>Years</td>
</tr>
<tr>
<td>6 Height without shoes</td>
<td>Inches</td>
</tr>
<tr>
<td>7 Weight</td>
<td>pounds</td>
</tr>
<tr>
<td>8 What pant size do you wear?</td>
<td>inches</td>
</tr>
<tr>
<td>9 What is your blood pressure now?</td>
<td>a. What is your systolic blood pressure now (high number)?; b. What is your diastolic blood pressure now (low number)?; c. Do not know</td>
</tr>
<tr>
<td>11 What is your total cholesterol level? (based on blood test)</td>
<td>Total cholesterol?; Do not know; Have not had blood work in 5 years</td>
</tr>
<tr>
<td>16 How often do you use drugs or medication (including Rx) which affect your mood to help you relax?</td>
<td>Almost every day; sometimes; rarely or never</td>
</tr>
<tr>
<td>23 Each day, how many servings of food do you eat that are high in fiber, such as whole grain bread, high fiber cereal, fresh fruits and/or vegetables?</td>
<td>5-6 servings; 3-4 servings; 1-2 servings; rarely/never</td>
</tr>
<tr>
<td>24 Each day, how many servings of food do you eat that are high in cholesterol or fat such as fatty meat, fried foods, or eggs?</td>
<td>5-6 servings; 3-4 servings; 1-2 servings; rarely/never</td>
</tr>
<tr>
<td>27 In an average week, how many times do you engage in physical activity (that makes you breathe heavy and makes your heart beat fast) for at least 20 minutes?</td>
<td>Less than 1 time per week; 1 or 2 times per week; 3 times per week; 4 or more times per week</td>
</tr>
<tr>
<td>28 How many days per week do you get 30 minutes or more of light to moderate physical activity?</td>
<td>None; 1 day; 2 days; 3-4 days; 5-6 days; 7 days</td>
</tr>
<tr>
<td>35 How often do you feel tense, anxious or depressed?</td>
<td>often; sometimes; rarely; never</td>
</tr>
<tr>
<td>36 During the past year, how much effect has stress had on your health?</td>
<td>A lot; Some; Hardly any; None</td>
</tr>
<tr>
<td>52 Race/Origin:</td>
<td>White (non-Hispanic); Asian or Pacific Islander; Black (non-Hispanic); American Indian; Hispanic; Other</td>
</tr>
</tbody>
</table>

NOTE: Questions taken from the University of Michigan’s Health Management Research Center’s Health Risk Assessment. Ω = questions that are new to the 2017 Survey.
Q2: Did you complete the 2016 HRA Survey?

- Yes: 40%
- No: 32%
- Cannot Recall: 28%

Figure 1: HRA Follow Up from 2016 Survey. The self-reported percentage of recurring participants between the 2016 and 2017 HRA Survey.
<table>
<thead>
<tr>
<th>Table 2: Participant Characteristics</th>
</tr>
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<table>
<thead>
<tr>
<th></th>
<th>Participants (n)</th>
<th>Age (years)</th>
<th>Height (inches)</th>
<th>Weight (pounds)</th>
<th>BMI $^e$ (kg·m$^{-2}$)</th>
<th>Waist $^\Omega$ (in)</th>
<th>Systolic Blood Pressure (mmHg)$^n$</th>
<th>Diastolic Blood Pressure (mmHg)$^n$</th>
<th>Total Cholesterol (mg·dL$^{-1}$)$^n$</th>
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</thead>
<tbody>
<tr>
<td><strong>Faculty</strong></td>
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<td></td>
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</tr>
<tr>
<td>Male</td>
<td>6</td>
<td>56 (6)</td>
<td>67 (4)</td>
<td>190 (40.7)</td>
<td>29.8 (7.7)</td>
<td>34.6 (2.9)</td>
<td>130 (14)</td>
<td>77 (5)</td>
<td>197 (38)</td>
</tr>
<tr>
<td>Female</td>
<td>8</td>
<td>44 (14)</td>
<td>65 (1)</td>
<td>142 (22.5)</td>
<td>23.6 (4.1)</td>
<td>29.1 (3.1)</td>
<td>112 (8)</td>
<td>72 (7)</td>
<td>188 (14)</td>
</tr>
<tr>
<td>Total Faculty</td>
<td>14</td>
<td>50 (12)</td>
<td>66 (3)</td>
<td>163 (40.0)</td>
<td>26.0 (7.0)</td>
<td>31.0 (4.0)</td>
<td>118 (13)</td>
<td>73 (7)</td>
<td>192 (27)</td>
</tr>
<tr>
<td><strong>Staff</strong></td>
<td></td>
<td></td>
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<tr>
<td>Male</td>
<td>2</td>
<td>38 (0)</td>
<td>73 (3)</td>
<td>185 (29.5)</td>
<td>24.8 (5.9)</td>
<td>33.5 (5.9)</td>
<td>128 (0)</td>
<td>82 (0)</td>
<td>189 (0)</td>
</tr>
<tr>
<td>Female</td>
<td>5</td>
<td>50 (11)</td>
<td>66 (4)</td>
<td>235 (75.3)</td>
<td>37.0 (9.4)</td>
<td>29.2 (6.4)</td>
<td>118 (4)</td>
<td>78 (1)</td>
<td>200 (0)</td>
</tr>
<tr>
<td>Total Staff</td>
<td>7</td>
<td>47 (11)</td>
<td>68 (5)</td>
<td>221 (75.0)</td>
<td>34.0 (11.0)</td>
<td>30.0 (6.0)</td>
<td>120 (7)</td>
<td>79 (2)</td>
<td>120 (7)</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>3</td>
<td>63 (7)</td>
<td>66 (1)</td>
<td>151 (21.0)</td>
<td>24.0 (3.0)</td>
<td>30 (4)</td>
<td>119 (2)</td>
<td>62 (2)</td>
<td>Do Not Know</td>
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<tr>
<td>Total &quot;Other&quot;</td>
<td>3</td>
<td>63 (7)</td>
<td>66 (1)</td>
<td>151 (21.0)</td>
<td>24.0 (3.0)</td>
<td>30 (4)</td>
<td>119 (2)</td>
<td>62 (2)</td>
<td>Do Not Know</td>
</tr>
<tr>
<td><strong>Student</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>1</td>
<td>31 (x)</td>
<td>67 (x)</td>
<td>193 (x)</td>
<td>30.0 (x)</td>
<td>32 (x)</td>
<td>120 (x)</td>
<td>80 (x)</td>
<td>Do Not Know</td>
</tr>
<tr>
<td>Total Student</td>
<td>1</td>
<td>31 (x)</td>
<td>67 (x)</td>
<td>193 (x)</td>
<td>30.0 (x)</td>
<td>32 (x)</td>
<td>120 (x)</td>
<td>80 (x)</td>
<td>Do Not Know</td>
</tr>
<tr>
<td><strong>TOTAL PARTICIPANTS</strong></td>
<td>25</td>
<td>50 (13)</td>
<td>67 (4)</td>
<td>179 (55)</td>
<td>28.2 (8.2)</td>
<td>31.0 (4.6)</td>
<td>119 (11)</td>
<td>74 (7)</td>
<td>193 (24)</td>
</tr>
</tbody>
</table>

Participant data was self-reported and presented as mean (±standard deviation). When noted as “X” standard deviation could not be calculated due to low number of participants for that sub-category.

$^e$ Body mass index (BMI) calculated as body mass (kg) divided by height in meters-squared.

$^\Omega$ Waist circumference was measured by asking for pant sizes. Female pant sizes were converted to inches via Brooks, et al. conversion chart.

$^n$ Data for these questions must be interpreted with caution due to low number of responses: % of sub-group who “Do Not Know” 1) blood pressure: 58% staff and 2) cholesterol: 50% faculty and 29% staff (total participants = 28% and 67%, who do not know their blood pressure and total cholesterol, respectively).
**Table 3: Categorical data for Participant Demographics**

<table>
<thead>
<tr>
<th>Faculty (n=14)</th>
<th>Variable</th>
<th>Participants (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
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<td>6</td>
<td>43</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>8</td>
<td>57</td>
</tr>
<tr>
<td>Race/Origin</td>
<td>White</td>
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<td>100</td>
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<table>
<thead>
<tr>
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<th>Variable</th>
<th>Participants (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
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<tr>
<td></td>
<td>Female</td>
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<tr>
<td>Race/Origin</td>
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<tr>
<td></td>
<td>Black</td>
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<td>29</td>
</tr>
<tr>
<td></td>
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<table>
<thead>
<tr>
<th>Other (n=3)</th>
<th>Variable</th>
<th>Participants (n)</th>
<th>Percentage (%)</th>
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<tr>
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<td>3</td>
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</tr>
<tr>
<td>Race/Origin</td>
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<table>
<thead>
<tr>
<th>Student (n=1)</th>
<th>Variable</th>
<th>Participants (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
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<td>100</td>
</tr>
<tr>
<td>Race/Origin</td>
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<td>100</td>
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</table>

<table>
<thead>
<tr>
<th>Total (n=41)</th>
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<th>Participants (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
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<td>32</td>
</tr>
<tr>
<td></td>
<td>Female</td>
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<td>52</td>
</tr>
<tr>
<td>Race/Origin</td>
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</tr>
<tr>
<td></td>
<td>Hispanic</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

*Categorical variables reported in frequency and percentage for gender and race/origin for: 1) faculty, 2) staff, 3) Other, 4) Student and 5) combined group totals.*
Figure 2: Self-reported chronic disease/conditions for combined faculty/staff, other and student (N=25). Data retrieved from question 41a of the University of Michigan’s Health Management Research Center’s Health Risk Assessment.
References
7. USDA. USDA Choose My Plate.gov 2016 [cited 2017 July 14].
Appendix A

Health and Wellness Committee
Aggregate Summary Report
Provided by Office of Institutional Effectiveness.
Health and Wellness Committee

This report was generated on 05/26/17, giving the results for 25 respondents. A filter of 'All Respondents' has been applied to the data.

The following charts are restricted to the top 12 codes. Lists are restricted to the most recent 100 rows.

**Please check one:**

- NCC Faculty (14) 56%
- NCC Staff (7) 28%
- NCC Student (1) 4%
- Other (3) 12%

**Did you complete the 2016 HRA survey?**

- Yes (10) 40%
- No (8) 32%
- Cannot recall (7) 28%

**Gender:**

- Male (8) 32%
- Female (17) 68%

**Age (At last birthday):**

- 38 30 50
- 61 41 31
- 51 64
- 59 57
- 59 66
- 38 60
- 56 31
- 55 73
- 33 27
- 54 48
- 56 52
Are you pregnant?

Yes (If Yes, complete questionnaire based on your health condition and lifestyle before pregnancy). (-)
No (17) 100%

Height without shoes (ft. and in.):

5'10"
5
6
5'6"
5'11"
5' 6"
5 ft. 10 in.
5'4"
5ft 5 in
5' 2"
5'5"
5 ft, 2 in
5 foot 6 inches
5'6"
5' 4"
5ft 9in
5' 8"
5'6"
5'5"
5ft 8 in
5'3"
5' 11"
6 ft 4 in
5 ft. 9 in.
5.7

Weight (Pounds):

<table>
<thead>
<tr>
<th>Weight (Pounds)</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>214</td>
<td>160</td>
<td>175</td>
<td>307</td>
</tr>
<tr>
<td>140</td>
<td>160</td>
<td>185</td>
<td>270</td>
</tr>
<tr>
<td>185</td>
<td>250</td>
<td>125</td>
<td>200</td>
</tr>
<tr>
<td>160</td>
<td>128</td>
<td>145</td>
<td>193</td>
</tr>
<tr>
<td>323</td>
<td>137</td>
<td>152</td>
<td></td>
</tr>
<tr>
<td>155</td>
<td>138</td>
<td>180</td>
<td></td>
</tr>
<tr>
<td>160 pounds</td>
<td>124</td>
<td>102</td>
<td></td>
</tr>
<tr>
<td>Pant Size</td>
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<td>36</td>
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<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35/34</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 women</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>31</td>
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<td></td>
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<tr>
<td>33</td>
<td></td>
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<tr>
<td>12</td>
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<td></td>
<td></td>
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<tr>
<td>20</td>
<td></td>
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<td></td>
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<tr>
<td>4 or 6</td>
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<td></td>
<td></td>
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<tr>
<td>8</td>
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<td></td>
<td></td>
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<tr>
<td>6</td>
<td></td>
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<tr>
<td>6 or 8</td>
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<td></td>
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<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>37</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4</td>
<td></td>
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<td></td>
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<tr>
<td>6</td>
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<tr>
<td>12</td>
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<td>0</td>
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<td>22W</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>39</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>34 (\text{w}); 32 (\text{l})</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Health and Wellness Committee

What is your blood pressure now? (high number = systolic, low number = diastolic)
(What is your systolic blood pressure now? (high number = systolic))

128
110
120
130
100
114
121
120
106
117
130
129
110
110
117
110
112
150
12
**What is your blood pressure now? (high number = systolic, low number = diastolic)**

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>82</td>
<td>1</td>
</tr>
<tr>
<td>70</td>
<td>3</td>
</tr>
<tr>
<td>79</td>
<td>1</td>
</tr>
<tr>
<td>85</td>
<td>2</td>
</tr>
<tr>
<td>60</td>
<td>1</td>
</tr>
<tr>
<td>76</td>
<td>1</td>
</tr>
<tr>
<td>78</td>
<td>1</td>
</tr>
<tr>
<td>70</td>
<td>2</td>
</tr>
<tr>
<td>60</td>
<td>1</td>
</tr>
<tr>
<td>76</td>
<td>1</td>
</tr>
<tr>
<td>85</td>
<td>1</td>
</tr>
<tr>
<td>65</td>
<td>1</td>
</tr>
<tr>
<td>75</td>
<td>1</td>
</tr>
<tr>
<td>64</td>
<td>1</td>
</tr>
<tr>
<td>70</td>
<td>2</td>
</tr>
<tr>
<td>78</td>
<td>1</td>
</tr>
<tr>
<td>80</td>
<td>1</td>
</tr>
<tr>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

**Do Not Know: ()**

---

**What is your HDL cholesterol level? (based on a blood test)**

<table>
<thead>
<tr>
<th>HDL Cholesterol</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>55</td>
<td>1</td>
</tr>
<tr>
<td>90</td>
<td>1</td>
</tr>
<tr>
<td>54</td>
<td>1</td>
</tr>
<tr>
<td>178</td>
<td>1</td>
</tr>
<tr>
<td>64</td>
<td>1</td>
</tr>
<tr>
<td>74</td>
<td>1</td>
</tr>
<tr>
<td>55</td>
<td>1</td>
</tr>
<tr>
<td>Dr. says OK don't remember the number</td>
<td>1</td>
</tr>
<tr>
<td>90</td>
<td>1</td>
</tr>
<tr>
<td>56</td>
<td>1</td>
</tr>
</tbody>
</table>
Do Not Know: 100%

Have not had blood work completed in last 5 years:

What is your total cholesterol level? (based on a blood test)

200 239 204 170 185 210
Dr says OK don't remember the number 188 189 148

Do Not Know: 100%

Have not had blood work completed in last 5 years:

Cigarette Smoking: How would you describe your cigarette smoking habits?

Still smoke (-) 32%
Used to smoke (8) 32%
Never smoked (17) 68%
**Used to smoke: How many years has it been since you smoked cigarettes on a fairly regular basis?**

- 15
- 15
- 40 years
- 35
- 30
- 20
- 12

**Used to smoke: What was the average number of cigarettes per day that you smoked in the 2 years before you quit?**

- Less than 9 (3): 38%
- 10-15 (1): 13%
- 16-19 (2): 25%
- 20 or more (2): 25%

**Other forms of tobacco: (Do you smoke or use pipes?)**

- Yes (-)
- No (25): 100%

**Other forms of tobacco: (Do you smoke or use cigars?)**

- Yes (-)
- No (25): 100%

**Other forms of tobacco: (Do you use any form of smokeless tobacco?)**

- Yes (-)
- No (25): 100%
Health and Wellness Committee

How often do you use drugs or medication (including prescription drugs) which affect your mood or help you to relax?

- Almost everyday (4) 17%
- Sometimes (2) 8%
- Rarely or never (18) 75%

How many drinks of alcoholic beverages do you have in a typical week? (One drink = one beer, glass of wine, shot of liquor or mixed drink.)

<table>
<thead>
<tr>
<th>0-1</th>
<th>5</th>
<th>3</th>
<th>0</th>
<th>0</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>8</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>0-1</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3 or 4</td>
<td>0</td>
<td>14</td>
<td>0</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>1-2</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>almost never</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
How many times in the last month did you drive or ride when the driver had perhaps too much to drink?

0
1
0
0
0
0
0
0
Never
0
0
0
0
0
never
0
never
0
None
0
0
0
0
0
0
0
0

Car, truck, van or SUV?

1 - 1,999 (3)  12%
2,000 - 4,999 (2)  8%
5,000 - 9,999 (4)  16%
10,000 - 14,999 (9)  36%
15,000 - 19,999 (5)  20%
20,000 - 29,999 (2)  8%
30,000 miles or more (-)
Do not drive or ride (-)
Motorcycle:

1 - 999 (1) 4%
1,000 - 1,999 (-)
2,000 - 2,999 (-)
3,000 - 3,999 (-)
4,000 - 4,999 (-)
5,000 miles or more (-)
Do not drive or ride (23) 96%

What percent of the time do you usually buckle your safety belt when driving or riding?

100% (23) 92%
90 - 99% (1) 4%
80 - 89% (1) 4%
less than 80% (-)

On the average, how close to the speed limit do you usually drive?

Within 5 mph of the speed limit (8) 33%
6 - 10 mph over the limit (11) 46%
More than 10 mph over the limit (5) 21%

On a typical day how do you usually travel?

Sub-compact or compact car (8) 32%
Mid-size or full-size car, or minivan (8) 32%
Truck, van, full-size van or SUV (9) 36%
Motorcycle (-)
Other (-)
**Each day, how many servings of food do you eat that are high in fiber, such as whole grain bread, high fiber cereal, fresh fruits or vegetables? (serving size: 1 slice bread, 1/2 c vegetables, 1 medium fruit, 3/4 c cereal).**

<table>
<thead>
<tr>
<th>Servings a Day</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 6 servings a day</td>
<td>8%</td>
</tr>
<tr>
<td>3 - 4 servings a day</td>
<td>56%</td>
</tr>
<tr>
<td>1 - 2 servings a day</td>
<td>36%</td>
</tr>
<tr>
<td>Rarely/never</td>
<td>-</td>
</tr>
</tbody>
</table>

**Each day, how many servings of food do you eat that are high in cholesterol or fat such as fatty meat, cheese, fried foods or eggs? (serving size: 3 1/2 oz meat, 1 egg, 1 oz/slice of cheese)**

<table>
<thead>
<tr>
<th>Servings a Day</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 6 servings a day</td>
<td>-</td>
</tr>
<tr>
<td>3 - 4 servings a day</td>
<td>32%</td>
</tr>
<tr>
<td>1 - 2 servings a day</td>
<td>48%</td>
</tr>
<tr>
<td>Rarely/never</td>
<td>20%</td>
</tr>
</tbody>
</table>

**How often do you floss your teeth?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyday</td>
<td>24%</td>
</tr>
<tr>
<td>Almost everyday</td>
<td>8%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>56%</td>
</tr>
<tr>
<td>Rarely or never</td>
<td>8%</td>
</tr>
<tr>
<td>Does not apply</td>
<td>4%</td>
</tr>
</tbody>
</table>

**When in the sun, do you protect your skin by using sunscreen at SPF 15 or above and by wearing adequate clothing?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>All the time</td>
<td>12%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>32%</td>
</tr>
<tr>
<td>Some of the time</td>
<td>36%</td>
</tr>
<tr>
<td>Rarely of never</td>
<td>20%</td>
</tr>
</tbody>
</table>
In the average week, how many times do you engage in physical activity (exercise or work which is hard enough to make you breathe heavily and make your heart beat faster) and is done for at least 20 minutes? Examples include running, brisk walking or heavy labor, (e.g., chopping, lifting, digging, etc.).

- Less than 1 time per week (7) 28%
- 1 or 2 times per week (5) 20%
- 3 times per week (6) 24%
- 4 or more times per week (7) 28%

How many days per week do you get 30 minutes or more (for at least 10 minutes at a time) of light to moderate physical activity? Examples include walking, mowing (push mower), slow cycling.

- None (5) 20%
- 1 day (2) 8%
- 2 days (2) 8%
- 3 or 4 days (7) 28%
- 5 or 6 days (7) 28%
- 7 days (2) 8%

In general, how satisfied are you with your life (include personal and professional aspects)?

- Completely satisfied (5) 20%
- Mostly satisfied (14) 56%
- Partly satisfied (5) 20%
- Not satisfied (1) 4%
In general, how satisfied are you with your job?

- Completely satisfied (2) 8%
- Mostly satisfied (17) 68%
- Partly satisfied (6) 24%
- Not satisfied (-)

In general, how strong are your social ties with your family and/or friends?

- Very strong (13) 52%
- About average (10) 40%
- Weaker than average (2) 8%
- Not sure (-)

Considering your age, how would you describe your overall physical health?

- Excellent (7) 28%
- Very Good (8) 32%
- Good (7) 28%
- Fair (2) 8%
- Poor (1) 4%

How many hours of sleep do you usually get at night?

- 5 hours or less (1) 4%
- 6 hours (5) 20%
- 7 hours (6) 24%
- 8 hours (10) 40%
- 9 hours or more (3) 12%
Have you suffered a personal loss or misfortune in the past year? (For example: a job loss, disability, divorce, separation, jail term, or the death of someone close to you)

- Yes, two or more serious losses (2) - 8%
- Yes, one serious loss (3) - 12%
- No (20) - 80%

How often do you feel tense, anxious, or depressed?

- Often (4) - 16%
- Sometimes (10) - 40%
- Rarely (10) - 40%
- Never (1) - 4%

During the past year, how much effect has stress had on your health?

- A lot (4) - 16%
- Some (13) - 52%
- Hardly any (6) - 24%
- None (2) - 8%

In the past year, how many days of work have you missed due to personal illness?

- 0 (11) - 46%
- 1 - 2 days (7) - 29%
- 3 - 5 days (4) - 17%
- 6 - 10 days (1) - 4%
- 11 - 15 days (-) -
- 16 days or more (-) -
- Does not apply (1) - 4%
During the past 4 weeks how much did your health problems affect your productivity while you were working?

- No health problems (11) 44%
- None of the time (10) 40%
- Some of the time (4) 16%
- Most of the time (-)
- All of the time (-)
- Does not apply (-)

In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Work required number of hours)

- All the time (100%) (1) 4%
- Most of the time (1)
- Half of the time (50%) (-)
- Some of the time (3) 13%
- None of the time (0%) (17) 74%
- Does not apply to my job (1) 4%

In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Start on your job as soon as you arrived at work)

- All the time (100%) (2) 9%
- Most of the time (-)
- Half of the time (50%) (-)
- Some of the time (2) 9%
- None of the time (0%) (18) 82%
- Does not apply to my job (-)
In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Use your equipment (i.e., phone, pen, keyboard, computer mouse))

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>9%</td>
<td>All the time (100%)</td>
<td>(2)</td>
</tr>
<tr>
<td>4%</td>
<td>Half of the time (50%)</td>
<td>(-)</td>
</tr>
<tr>
<td>87%</td>
<td>None of the time (0%)</td>
<td>(20)</td>
</tr>
<tr>
<td>52%</td>
<td>Does not apply to my job</td>
<td>(-)</td>
</tr>
</tbody>
</table>

In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Concentrate on your work)

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>9%</td>
<td>All the time (100%)</td>
<td>(2)</td>
</tr>
<tr>
<td>39%</td>
<td>Some of the time (9)</td>
<td></td>
</tr>
<tr>
<td>52%</td>
<td>None of the time (0%)</td>
<td>(12)</td>
</tr>
<tr>
<td></td>
<td>Does not apply to my job</td>
<td>(-)</td>
</tr>
</tbody>
</table>
In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Help other people get work done)

- All the time (100%) (2) 9%
- Most of the time (-)
- Half of the time (50%) (-)
- Some of the time (4) 17%
- None of the time (0%) (16) 70%
- Does not apply to my job (1) 4%

In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Do the required amount of work on your job)

- All the time (100%) (-)
- Most of the time (2) 9%
- Half of the time (50%) (-)
- Some of the time (3) 13%
- None of the time (0%) (18) 78%
- Does not apply to my job (-)
Health and Wellness Committee

In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to do the following? Mark the "Does Not Apply to My Job" box only if the question describes something that is not part of your job. (Feel you have done what you are capable of doing)

- All the time (100%) (2) 9%
- Most of the time (1) 5%
- Half of the time (50%) (-)
- Some of the time (3) 14%
- None of the time (0%) (16) 73%
- Does not apply to my job (-)

How many hours did you take off from work over the past 2 weeks to take care of sick children, adults or elders? (This might include children to doctor's appointments, staying home with a sick child or parent or calling doctors or health insurance companies). (Child)

- 0 hours (18) 75%
- 1 -4 hours (4) 17%
- 5 -8 hours (2) 8%
- 9 - 16 hours (-)
- 17 or more hours (-)

How many hours did you take off from work over the past 2 weeks to take care of sick children, adults or elders? (This might include children to doctor's appointments, staying home with a sick child or parent or calling doctors or health insurance companies). (Adult)

- 0 hours (19) 86%
- 1 -4 hours (2) 9%
- 5 -8 hours (-)
- 9 - 16 hours (1) 5%
- 17 or more hours (-)
How many hours did you take off from work over the past 2 weeks to take care of sick children, adults or elders? (This might include children to doctor's appointments, staying home with a sick child or parent or calling doctors or health insurance companies). (Elder)

- 0 hours (21) 100%
- 1 - 4 hours (-)
- 5 - 8 hours (-)
- 9 - 16 hours (-)
- 17 or more hours (-)

Do you have: (Allergies)
- Never (10) 40%
- In the past (6) 24%
- Have currently (6) 24%
- Taking medication (2) 8%
- Under medical care (1) 4%

Do you have: (Arthritis)
- Never (18) 78%
- In the past (-)
- Have currently (4) 17%
- Taking medication (-)
- Under medical care (1) 4%
Do you have: (Asthma)

- Never (22): 96%
- In the past (1): 4%
- Currently (-): 0%
- Taking medication (-): 0%
- Under medical care (-): 0%

Do you have: (Back Pain)

- Never (9): 38%
- In the past (6): 25%
- Currently (7): 29%
- Taking medication (1): 4%
- Under medical care (1): 4%

Do you have: (Cancer)

- Never (22): 96%
- In the past (1): 4%
- Currently (-): 0%
- Taking medication (-): 0%
- Under medical care (-): 0%

Do you have: (Chronic bronchitis/emphysema)

- Never (22): 96%
- In the past (1): 4%
- Currently (-): 0%
- Taking medication (-): 0%
- Under medical care (-): 0%
Do you have: (Chronic pain)

Never (18) 78%
In the past (1) 4%
Have currently (1) 4%
Taking medication (-)
Under medical care (3) 13%

Do you have: (Depression)

Never (15) 63%
In the past (6) 25%
Have currently (-)
Taking medication (3) 13%
Under medical care (-)

Do you have: (Diabetes)

Never (21) 88%
In the past (-)
Have currently (-)
Taking medication (1) 4%
Under medical care (2) 8%

Do you have: (Heart problems)

Never (21) 91%
In the past (2) 9%
Have currently (-)
Taking medication (-)
Under medical care (-)
Do you have: (Heartburn or acid reflux)

Never (15) - 63%
In the past (5) - 21%
Have currently (1) - 4%
Taking medication (2) - 8%
Under medical care (1) - 4%

Do you have: (High blood pressure)

Never (16) - 67%
In the past (2) - 8%
Have currently (1) - 4%
Taking medication (3) - 13%
Under medical care (2) - 8%

Do you have: (High cholesterol)

Never (16) - 70%
In the past (5) - 22%
Have currently (-)
Taking medication (1) - 4%
Under medical care (1) - 4%

Do you have: (Menopause (women only))

Never (11) - 55%
In the past (5) - 25%
Have currently (4) - 20%
Taking medication (-)
Under medical care (-)
Do you have: (Migraine headaches)

- Never (16): 67%
- In the past (5): 21%
- Have currently (2): 8%
- Taking medication (1): 4%
- Under medical care (-)

Do you have: (Osteoporosis)

- Never (22): 96%
- In the past (1): 4%
- Have currently (-)
- Taking medication (-)
- Under medical care (-)

Do you have: (Sleep disorder)

- Never (21): 91%
- In the past (-)
- Have currently (1): 4%
- Taking medication (1): 4%
- Under medical care (-)

Do you have: (Stroke)

- Never (23): 100%
- In the past (-)
- Have currently (-)
- Taking medication (-)
- Under medical care (-)
**Do you have: (Thyroid disease)**

- Never (18): 78%
- In the past (-):
- Have currently (-):
  - Taking medication (3): 13%
  - Under medical care (2): 9%

**Do you have: (Other condition)**

- Never (18): 78%
- In the past (1): 4%
- Have currently (-):
  - Taking medication (3): 13%
  - Under medical care (1): 4%

**Please mark all natural family members who have had any of the following medical conditions: (High blood pressure)**

- Mother (6): 35%
- Father (11): 65%
- Grandparents (7): 41%
- Brother/sister (6): 35%
- Don't know (2): 12%
Please mark all natural family members who have had any of the following medical conditions: (Heart problems)

- Mother (1): 8%
- Father (6): 50%
- Grandparents (5): 42%
- Brother/sister (2): 17%
- Don't know (2): 17%

Please mark all natural family members who have had any of the following medical conditions: (Diabetes)

- Mother (4): 31%
- Father (3): 23%
- Grandparents (5): 39%
- Brother/sister (2): 15%
- Don't know (3): 23%

Please mark all natural family members who have had any of the following medical conditions: (Cancer)

- Mother (4): 33%
- Father (4): 33%
- Grandparents (5): 42%
- Brother/sister (2): 17%
- Don't know (1): 8%
Please mark all natural family members who have had any of the following medical conditions: (High cholesterol)

- Mother (5): 28%
- Father (10): 56%
- Grandparents (4): 22%
- Brother/sister (5): 28%
- Don't know (4): 22%

When was the last time you had these preventive services or health screenings? (Colon cancer screen)

- less than 1 year (4): 16%
- 1 -2 years ago (6): 24%
- 2 - 3 years ago (2): 8%
- 3 - 4 years ago (1): 4%
- 5 - 6 years ago (2): 8%
- 7 or more years ago (1): 4%
- Never (8): 32%
- Don't know (1): 4%

When was the last time you had these preventive services or health screenings? (Rectal exam)

- less than 1 year (8): 32%
- 1 -2 years ago (4): 16%
- 2 - 3 years ago (1): 4%
- 3 - 4 years ago (1): 4%
- 5 - 6 years ago (1): 4%
- 7 or more years ago (1): 4%
- Never (7): 28%
- Don't know (2): 8%
When was the last time you had these preventive services or health screenings? (Flu shot)

- less than 1 year (14) 58%
- 1 - 2 years ago (3) 13%
- 2 - 3 years ago (-)
- 3 - 4 years ago (-)
- 5 - 6 years ago (-)
- 7 or more years ago (-)
- Never (7) 29%
- Don't know (-)

When was the last time you had these preventive services or health screenings? (Tetanus shot)

- less than 1 year (2) 8%
- 1 - 2 years ago (4) 17%
- 2 - 3 years ago (5) 21%
- 3 - 4 years ago (1) 4%
- 5 - 6 years ago (5) 21%
- 7 or more years ago (3) 13%
- Never (1) 4%
- Don't know (3) 13%
### When was the last time you had these preventive services or health screenings? (Blood pressure)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 year</td>
<td>88%</td>
</tr>
<tr>
<td>1 - 2 years ago</td>
<td>12%</td>
</tr>
<tr>
<td>2 - 3 years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>3 - 4 years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>5 - 6 years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>7 or more years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>Never</td>
<td>(-)</td>
</tr>
<tr>
<td>Don't know</td>
<td>(-)</td>
</tr>
</tbody>
</table>

### When was the last time you had these preventive services or health screenings? (Cholesterol)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 year</td>
<td>80%</td>
</tr>
<tr>
<td>1 - 2 years ago</td>
<td>16%</td>
</tr>
<tr>
<td>2 - 3 years ago</td>
<td>4%</td>
</tr>
<tr>
<td>3 - 4 years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>5 - 6 years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>7 or more years ago</td>
<td>(-)</td>
</tr>
<tr>
<td>Never</td>
<td>(-)</td>
</tr>
<tr>
<td>Don't know</td>
<td>(-)</td>
</tr>
</tbody>
</table>
When was the last time you had these preventive services or health screenings? (Dental exam)

- less than 1 year: 92% (23)
- 1 - 2 years ago: 4% (1)
- 2 - 3 years ago: (-)
- 3 - 4 years ago: (-)
- 5 - 6 years ago: (-)
- 7 or more years ago: (-)
- Never: (-)
- Don't know: 4% (1)

When was the last time you had these preventive services or health screenings? (Pap test)

- less than 1 year: 44% (10)
- 1 - 2 years ago: 13% (3)
- 2 - 3 years ago: 9% (2)
- 3 - 4 years ago: (-)
- 5 - 6 years ago: 4% (1)
- 7 or more years ago: 9% (2)
- Never: 22% (5)
- Don't know: (-)
When was the last time you had these preventive services or health screenings? (Mammogram)

<table>
<thead>
<tr>
<th>Interval</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>less than 1 year</td>
<td>10</td>
<td>44%</td>
</tr>
<tr>
<td>1 - 2 years ago</td>
<td>1</td>
<td>4%</td>
</tr>
<tr>
<td>2 - 3 years ago</td>
<td>1</td>
<td>4%</td>
</tr>
<tr>
<td>3 - 4 years ago</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>5 - 6 years ago</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>7 or more years ago</td>
<td>1</td>
<td>4%</td>
</tr>
<tr>
<td>Never</td>
<td>9</td>
<td>39%</td>
</tr>
<tr>
<td>Don't know</td>
<td>1</td>
<td>4%</td>
</tr>
</tbody>
</table>

When was the last time you had these preventive services or health screenings? (Breast exam by Physician or nurse)

<table>
<thead>
<tr>
<th>Interval</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>less than 1 year</td>
<td>13</td>
<td>59%</td>
</tr>
<tr>
<td>1 - 2 years ago</td>
<td>2</td>
<td>9%</td>
</tr>
<tr>
<td>2 - 3 years ago</td>
<td>1</td>
<td>5%</td>
</tr>
<tr>
<td>3 - 4 years ago</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>5 - 6 years ago</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>7 or more years ago</td>
<td>1</td>
<td>5%</td>
</tr>
<tr>
<td>Never</td>
<td>5</td>
<td>23%</td>
</tr>
<tr>
<td>Don't know</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
When was the last time you had these preventive services or health screenings? (Prostate exam (For Men Only))

- less than 1 year (3) 30%
- 1 - 2 years ago (2) 20%
- 2 - 3 years ago (1) 10%
- 3 - 4 years ago (-)
- 5 - 6 years ago (-)
- 7 or more years ago (-)
- Never (4) 40%
- Don't know (-)

In the past 12 months, how many times have you: (Visited a physician's office or clinic)

- 0 (1) 4%
- 1 - 2 (14) 56%
- 3 - 5 (7) 28%
- 6 or more (3) 12%

In the past 12 months, how many times have you: (Gone to the emergency room)

- 0 (21) 84%
- 1 - 2 (3) 12%
- 3 - 5 (1) 4%
- 6 or more (-)

In the past 12 months, how many times have you: (Stayed overnight in a hospital)

- 0 (24) 96%
- 1 - 2 (1) 4%
- 3 - 5 (-)
- 6 or more (-)
How many women in your natural family (mother and sisters only) have had breast cancer?

- None (14) 82%
- 1 (2) 12%
- 2 or more (1) 6%
- Don't know (-)

Have you had a hysterectomy operation?

- Yes (2) 12%
- No (15) 88%
- I'm not sure (-)

At what age did you have your first menstrual period?

- Younger than 12 (3) 18%
- 12 (4) 24%
- 13 (8) 47%
- 14 or older (2) 12%

How old were you when your first child was born?

- Younger than 20 (1) 6%
- 20 - 24 (1) 6%
- 25 - 29 (5) 29%
- 30 or older (5) 29%
- Does not apply (5) 29%
How often do you examine your breasts for lumps?

- Monthly (4) 24%
- Once every few months (6) 35%
- Rarely or never (7) 41%

How often do you examine your testicles for lumps?

- Monthly (2) 29%
- Once every few months (3) 43%
- Rarely or never (2) 29%

Current Marital Status:

- Single (never married) (4) 16%
- Separated (1) 4%
- Divorced (3) 12%
- Married (15) 60%
- Widowed (1) 4%
- Other (1) 4%

Race/Origin:

- White (non-Hispanic origin) (22) 88%
- Asian or Pacific Islander (-)
- Black (non-Hispanic origin) (2) 8%
- American Indian / Alaskan Native (-)
- Hispanic (1) 4%
- Other (-)
Expected household income this year:

- Less than 35,000: 4%
- 35,000 - 49,999: 8%
- 50,000 - 74,999: 8%
- 75,000 - 99,999: 13%
- 100,000 or more: 67%

In the next six months, are you planning to make any changes to keep yourself healthy or improve your health? (check all that apply)

- Increase physical activity: 76%
- Lose weight: 76%
- Reduce alcohol use: 5%
- Quit or cut down smoking: 5%
- Reduce fat/cholesterol intake: 19%
- Lower blood pressure: 5%
- Lower cholesterol level: 5%
- Cope better with stress: 52%

In the next 6 months, would you participate in a program that would help you enhance your overall health?

- Yes: 44%
- No: 8%
- I'm not sure: 48%
If you would like follow-up information for services on campus or to enhance your health, please check yes below. (If interested, you must contact the Pitney Bowes Foundation Wellness Center). Hours of operation are Monday through Thursday 8am - 6pm and Friday 8am - 12pm.

Yes (6) 25%
No (18) 75%