

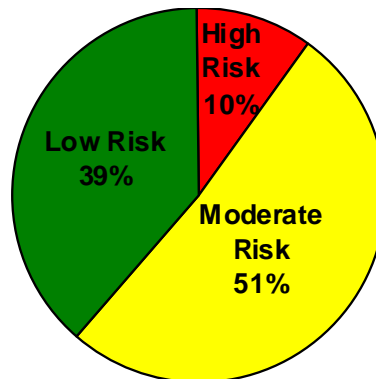


WOOD COUNTY HEALTH RISK ASSESSMENT KEY FINDINGS 2009



-RISK LEVELS-

(The higher the risk level, the more individual risk factors an individual has.)



188 Employees Participated
(22% participation rate)

STRENGTHS:

- 23% of smokers have quit and many current smokers are ready to quit within the next 6 months
- 56% exercise at least 3 times each week
- 76% have good triglycerides levels (high triglycerides puts an individual at higher risk for heart disease)
- Women and Men are up to date with gender specific screenings
- 44% are ready to make changes to their diet
- 55% are ready to be more physically active
- 51% are ready to lose weight
- 46% would like to meet with a health coach

AREAS FOR IMPROVEMENT:

- 65% are overweight or obese
- 87% need to improve their diet by eating more fruits, vegetables, whole grains, and less high fat foods
- 73% have abnormal blood pressure
- 67% have abnormal LDL "bad" cholesterol
- 10% have pre-diabetes
- 82% report living a stressful life
- 61% have had recent back pain
- 37% do not use sunscreen regularly
- 14% do not have a physician

Now that the HRAs are complete, Wood County will move on to the next phase of the Wellness Program. Programs are being developed and implemented to address the Areas for Improvement. These will primarily focus on:

- Physical activity and healthy food opportunities to aid in weight control and improve overall health
- Tobacco cessation
- Programs and offerings to improve risk factors for heart disease and diabetes
- Educational campaign to increase knowledge and motivate healthy behavior change
- Stress management programs
- Individual health coaching/motivational interviewing sessions

Wood County will strive for high participation in all wellness programs and periodic evaluation to know how we are doing on the group's wellness journey.

If you are interested in viewing the full report or would like to go over your individual results, please contact the Wood County on-site Wellness Coordinator - Tara Marciniak at...
P: 715-421-8428, or E: tmarciniak@co.wood.wi.us



Healthy Workers Mean Healthy Business

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