

Wellness Profile Answers Report

Selection Criteria: Organization is [REDACTED] Profiles taken between 5/26/2008 and 5/26/2009

Total Profile Count for selected population: 2984 (Men: 363, Women: 2621)

| Risk Stratification / Overall Self-Rating | | |
|--|------|-------|
| Overall Controllable Risk Stratification: | | |
| Low Risk (0-2 Risk Factors) | 1764 | 59.1% |
| Moderate Risk (3-4 Risk Factors) | 841 | 28.2% |
| High Risk (5+ Risk Factors) | 349 | 11.7% |
| - No answer selected - | 30 | 1% |

| Controllable Risk Stratification - Count of Risk Factors: | | |
|---|-----|-------|
| 0 Risk Factors | 442 | 14.8% |
| 1 Risk Factors | 663 | 22.2% |
| 2 Risk Factors | 659 | 22.1% |
| 3 Risk Factors | 521 | 17.5% |
| 4 Risk Factors | 320 | 10.7% |
| 5 Risk Factors | 196 | 6.6% |
| 6 Risk Factors | 82 | 2.7% |
| 7 Risk Factors | 48 | 1.6% |
| 8 Risk Factors | 11 | .4% |
| 9 or more Risk Factors | 12 | .4% |
| No Risk Factor Data | 30 | 1% |

| ACSM Exercise Risk Stratification: | | |
|------------------------------------|------|-------|
| Low Risk | 746 | 25% |
| Moderate Risk | 994 | 33.3% |
| High Risk | 1244 | 41.7% |

| In general, compared to other persons your age, would you say your health is: | | |
|---|------|-------|
| Excellent | 747 | 25% |
| Good | 1555 | 52.1% |
| Average | 429 | 14.4% |
| Fair | 88 | 2.9% |
| Poor | 8 | .3% |
| - No answer selected - | 157 | 5.3% |

| Existing Medical Conditions | | |
|---------------------------------------|------|-------|
| Participant suffers from any disease: | | |
| No | 1851 | 62% |
| Yes | 763 | 25.6% |

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| Participant suffers from heart disease: | | |
|---|------|-------|
| No | 2913 | 97.6% |
| Yes | 71 | 2.4% |

| Participant suffers from stroke: | | |
|----------------------------------|------|-------|
| No | 2980 | 99.9% |
| Yes | 4 | .1% |

| Participant suffers from diabetes: | | |
|------------------------------------|------|-------|
| No | 2839 | 95.1% |
| Yes | 145 | 4.9% |

| Participant suffers from a metabolic disorder: | | |
|--|------|-------|
| No | 2802 | 93.9% |
| Yes | 182 | 6.1% |

| Participant suffers from cancer: | | |
|----------------------------------|------|-------|
| No | 2909 | 97.5% |
| Yes | 75 | 2.5% |

| Participant suffers from autoimmune disease: | | |
|--|------|-------|
| No | 2929 | 98.2% |
| Yes | 55 | 1.8% |

| Participant suffers from asthma: | | |
|----------------------------------|------|-------|
| No | 2736 | 91.7% |
| Yes | 248 | 8.3% |

| Participant suffers from pulmonary disease: | | |
|---|------|-------|
| No | 2977 | 99.8% |
| Yes | 7 | .2% |

| Participant suffers from respiratory disease: | | |
|---|------|-------|
| No | 2917 | 97.8% |
| Yes | 67 | 2.2% |

| Participant suffers from peripheral vascular disease: | | |
|---|------|-------|
| No | 2979 | 99.8% |
| Yes | 5 | .2% |

| Participant suffers from arthritis: | | |
|-------------------------------------|------|-------|
| No | 2728 | 91.4% |
| Yes | 256 | 8.6% |

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| | | |
|--|------|-------|
| Participant suffers from allergies: | | |
| No | 2109 | 70.7% |
| Yes | 875 | 29.3% |
| Participant suffers from digestive disorder: | | |
| No | 2868 | 96.1% |
| Yes | 116 | 3.9% |
| Participant suffers from migraines or headaches: | | |
| No | 2680 | 89.8% |
| Yes | 304 | 10.2% |
| Participant suffers from mental disease: | | |
| No | 2969 | 99.5% |
| Yes | 15 | .5% |
| Participant suffers from seizures: | | |
| No | 2965 | 99.4% |
| Yes | 19 | .6% |
| Participant suffers from depression: | | |
| No | 2794 | 93.6% |
| Yes | 190 | 6.4% |
| Participant suffers from anxiety: | | |
| No | 2793 | 93.6% |
| Yes | 191 | 6.4% |
| Participant suffers from neck pain: | | |
| No | 2850 | 95.5% |
| Yes | 134 | 4.5% |
| Participant suffers from back pain: | | |
| No | 2813 | 94.3% |
| Yes | 171 | 5.7% |
| Participant suffers from musculoskeletal problems: | | |
| No | 2890 | 96.8% |
| Yes | 94 | 3.2% |
| Participant has had a recent surgery or hospitalization: | | |
| No | 2810 | 94.2% |
| Yes | 174 | 5.8% |

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| Participant has other reasons for indicating an exercise risk: | | |
|--|------|-------|
| No | 2810 | 94.2% |
| Yes | 136 | 4.6% |
| - No answer selected - | 38 | 1.3% |

| Participant was pregnant at time of assessment: | | |
|---|------|-------|
| No | 2933 | 98.3% |
| Yes | 51 | 1.7% |

Symptoms Suggestive of Cardiovascular Heart Disease

| Participant has one or more high-risk CHD symptoms: | | |
|---|------|-------|
| No | 2837 | 95.1% |
| Yes | 147 | 4.9% |

| Participant experiences chest or other muscular discomfort with light to moderate exertion, excitement or stress: | | |
|---|------|-----|
| No | 2894 | 97% |
| Yes | 90 | 3% |

| Participant has a burning or cramping sensation in your lower legs when walking short distances: | | |
|--|------|-------|
| No | 2939 | 98.5% |
| Yes | 45 | 1.5% |

| Participant experiences dizziness, fainting or blackouts: | | |
|---|------|-------|
| No | 2905 | 97.4% |
| Yes | 79 | 2.6% |

| Participant experiences unreasonable breathlessness or fatigue with usual activities: | | |
|---|------|-------|
| No | 2913 | 97.6% |
| Yes | 71 | 2.4% |

| Participant experiences an abnormally uncomfortable awareness of breathing while reclining or lying down (orthopnea): | | |
|---|------|-------|
| No | 2967 | 99.4% |
| Yes | 17 | .6% |

| Participant experiences rapid throbbing or fluttering of heart (palpitations or tachycardia): | | |
|---|------|-------|
| No | 2752 | 92.2% |
| Yes | 232 | 7.8% |

| Participant has a heart murmur: | | |
|---------------------------------|------|-------|
| No | 2851 | 95.5% |
| Yes | 133 | 4.5% |

| Participant suffers from ankle edema (swelling, perhaps most evident at night): | | |
|---|------|-------|
| No | 2878 | 96.4% |
| Yes | 106 | 3.6% |

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| Participant takes a heart medication (not including blood pressure or cholesterol medication): | | |
|--|------|-------|
| No | 2882 | 96.6% |
| Yes | 102 | 3.4% |

| Blood Chemistry | | |
|---|------|-------|
| Participant has a close blood relative who had a heart attack or heart surgery before age 55 (father or brother) or age 65 (mother or sister) | | |
| No | 2393 | 80.2% |
| Yes | 488 | 16.4% |
| Don't Know | 103 | 3.5% |

| Participants with high cholesterol | | |
|------------------------------------|------|-------|
| No | 1844 | 61.8% |
| Yes | 1054 | 35.3% |
| Don't Know | 56 | 1.9% |
| - No answer selected - | 30 | 1% |

| Participant is currently taking medicine to control cholesterol: | | |
|--|------|-------|
| No | 2649 | 88.8% |
| Yes | 335 | 11.2% |

| HDL ('good') cholesterol measurement status | | |
|---|------|-------|
| Low HDL (High Risk) | 358 | 12% |
| Normal HDL | 1466 | 49.1% |
| High HDL | 814 | 27.3% |
| HDL Status is Unknown | 270 | 9% |
| - No answer selected - | 76 | 2.5% |

| Participants with high LDL cholesterol | | |
|--|------|-------|
| No | 802 | 26.9% |
| Yes | 184 | 6.2% |
| Don't Know | 1708 | 57.2% |
| - No answer selected - | 290 | 9.7% |

| Participants with high triglyceride levels | | |
|--|------|-------|
| No | 1831 | 61.4% |
| Yes | 158 | 5.3% |
| Don't Know | 642 | 21.5% |
| - No answer selected - | 353 | 11.8% |

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| Participants with impaired fasting glucose or 'pre-diabetes' | | |
|--|------|-------|
| No | 2078 | 69.6% |
| Yes | 373 | 12.5% |
| Don't Know | 200 | 6.7% |
| - No answer selected - | 333 | 11.2% |

| Participant blood chemistry indicates a high risk profile (e.g. high cholesterol, low HDL, high LDL): | | |
|---|------|-------|
| No | 1637 | 54.9% |
| Yes | 1347 | 45.1% |

| Blood pressure status | | |
|---|------|-------|
| Normal | 2387 | 80% |
| Hypertensive (Systolic > 140 or Diastolic > 90) | 509 | 17.1% |
| Unknown | 39 | 1.3% |
| - No answer selected - | 49 | 1.6% |

| Participant takes medicine to control hypertension: | | |
|---|------|-------|
| No | 2419 | 81.1% |
| Yes | 565 | 18.9% |

| Activity Levels and Other Readiness for Exercise Criteria | | |
|--|------|-------|
| Exercise frequency (at least a moderate increase in heart rate for 30 minutes or more) | | |
| Seldom or never | 36 | 1.2% |
| Less than 1 time per week | 244 | 8.2% |
| 1-2 times per week | 348 | 11.7% |
| 3-4 times per week | 830 | 27.8% |
| 5 or more times per week | 1096 | 36.7% |

| Participant is categorized as sedentary: | | |
|--|------|-------|
| No | 1526 | 51.1% |
| Yes | 1458 | 48.9% |

| How long has an active lifestyle been maintained? | | |
|---|-----|-------|
| Not applicable (I am not active) | 980 | 32.8% |
| Less than 1 year | 502 | 16.8% |
| 1-2 years | 336 | 11.3% |
| 2-5 years | 256 | 8.6% |
| More than 5 years | 623 | 20.9% |
| - No answer selected - | 287 | 9.6% |

| Participants who currently smoke or have quit smoking in the last 6 months: | | |
|---|------|-------|
| No | 2614 | 87.6% |
| Yes | 333 | 11.2% |
| - No answer selected - | 37 | 1.2% |

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| Weight Management | | |
|---|------|-------------|
| Population averages for Weight, Height, BMI and Waist | | |
| Weight | | 175 lbs |
| Height | | 65.1 inches |
| BMI | | 29.1 |
| Waist | | 35.1 inches |
| BMI Categorization | | |
| Underweight (BMI < 18.5) | 67 | 2.2% |
| Normal BMI (18.5 <= BMI < 25) | 920 | 30.8% |
| Overweight (25 <= BMI <= 30) | 891 | 29.9% |
| Obese (BMI > 30) | 1102 | 36.9% |
| - No answer selected - | 4 | .1% |
| Participant considers themselves | | |
| Overweight | 1838 | 61.6% |
| Underweight | 35 | 1.2% |
| Just About Right | 1111 | 37.2% |
| Participant has a family history of stroke | | |
| No | 1889 | 63.3% |
| Yes | 892 | 29.9% |
| Don't Know | 146 | 4.9% |
| - No answer selected - | 57 | 1.9% |
| Participant has a family history of cancer | | |
| No | 1120 | 37.5% |
| Yes | 1713 | 57.4% |
| Don't Know | 98 | 3.3% |
| - No answer selected - | 53 | 1.8% |
| Participant has a family history of diabetes | | |
| No | 1309 | 43.9% |
| Yes | 1515 | 50.8% |
| Don't Know | 97 | 3.3% |
| - No answer selected - | 63 | 2.1% |
| Participant has a family history of high cholesterol | | |
| No | 1003 | 33.6% |
| Yes | 1618 | 54.2% |
| Don't Know | 303 | 10.2% |
| - No answer selected - | 60 | 2% |

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| Participant has a family history of high blood pressure | | |
|---|------|-------|
| No | 721 | 24.2% |
| Yes | 2050 | 68.7% |
| Don't Know | 164 | 5.5% |
| - No answer selected - | 49 | 1.6% |

| Use of Medical Facilities | | |
|--|------|-------|
| Participant last saw a doctor for a physical | | |
| Within the Last 6 Months | 1248 | 41.8% |
| 6-12 Months Ago | 847 | 28.4% |
| 1-2 Years Ago | 462 | 15.5% |
| 2+ Years Ago | 306 | 10.3% |
| Never | 60 | 2% |
| - No answer selected - | 61 | 2% |

| Participant last saw a dentist for a checkup | | |
|--|------|-------|
| Within the Last 6 Months | 1775 | 59.5% |
| 6-12 Months Ago | 624 | 20.9% |
| 1-2 Years Ago | 298 | 10% |
| 2+ Years Ago | 212 | 7.1% |
| Never | 13 | .4% |
| - No answer selected - | 62 | 2.1% |

| Participant last had blood pressure checked | | |
|---|------|------|
| Within the Last 6 Months | 2625 | 88% |
| 6-12 Months Ago | 235 | 7.9% |
| 1-2 Years Ago | 51 | 1.7% |
| 2+ Years Ago | 11 | .4% |
| Never | 4 | .1% |
| - No answer selected - | 58 | 1.9% |

| Participant last had cholesterol checked | | |
|--|------|-------|
| Within the Last 6 Months | 1899 | 63.6% |
| 6-12 Months Ago | 592 | 19.8% |
| 1-2 Years Ago | 244 | 8.2% |
| 2+ Years Ago | 91 | 3% |
| Never | 93 | 3.1% |
| - No answer selected - | 65 | 2.2% |

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| Participant last had a pap smear (percentage is only women) | | |
|---|-----|-------|
| Within the Last 6 Months | 994 | 33.3% |
| 6-12 Months Ago | 979 | 32.8% |
| 1-2 Years Ago | 378 | 12.7% |
| 2+ Years Ago | 159 | 5.3% |
| Never | 31 | 1% |
| - No answer selected - | 443 | 16.9% |

| Participant last had a mammogram (percentage is only women) | | |
|---|-----|-------|
| Within the Last 6 Months | 650 | 21.8% |
| 6-12 Months Ago | 519 | 17.4% |
| 1-2 Years Ago | 266 | 8.9% |
| 2+ Years Ago | 139 | 4.7% |
| Never | 955 | 32% |
| - No answer selected - | 455 | 17.4% |

| Participant last had a prostate exam (percentage is only men) | | |
|---|------|--------|
| Within the Last 6 Months | 60 | 2% |
| 6-12 Months Ago | 48 | 1.6% |
| 1-2 Years Ago | 42 | 1.4% |
| 2+ Years Ago | 36 | 1.2% |
| Never | 187 | 6.3% |
| - No answer selected - | 2611 | 719.3% |

| Participant last had a colonoscopy | | |
|------------------------------------|------|-------|
| Within the Last 6 Months | 94 | 3.2% |
| 6-12 Months Ago | 75 | 2.5% |
| 1-2 Years Ago | 139 | 4.7% |
| 2+ Years Ago | 236 | 7.9% |
| Never | 273 | 9.1% |
| - No answer selected - | 2167 | 72.6% |

| Participant practices monthly breast self-exam: | | |
|---|------|-------|
| No | 515 | 17.3% |
| Yes | 2044 | 68.5% |
| - No answer selected - | 425 | 14.2% |

| Physician visits in the past 12 months | | |
|--|------|-------|
| No Visits | 358 | 12% |
| 1-2 Visits | 1764 | 59.1% |
| 3-5 Visits | 654 | 21.9% |
| 6-9 Visits | 104 | 3.5% |
| 10 or More | 77 | 2.6% |

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| | | |
|------------------------|----|-----|
| - No answer selected - | 27 | .9% |
|------------------------|----|-----|

| Hospital admissions in the past 12 months | | |
|---|------|-------|
| None | 2676 | 89.7% |
| Once | 243 | 8.1% |
| Twice | 24 | .8% |
| Three Times | 10 | .3% |
| 4 Times or More | 4 | .1% |
| - No answer selected - | 27 | .9% |

| Emergency room admissions in the past 12 months | | |
|---|------|-------|
| None | 2465 | 82.6% |
| Once | 387 | 13% |
| Twice | 83 | 2.8% |
| Three Times | 18 | .6% |
| 4 Times or More | 4 | .1% |
| - No answer selected - | 27 | .9% |

Personal Safety

| Seat belt use | | |
|-------------------------|------|------|
| All or most of the time | 2864 | 96% |
| Some of the time | 66 | 2.2% |
| Once in awhile | 8 | .3% |
| Rarely or never | 8 | .3% |
| - No answer selected - | 38 | 1.3% |

Diet

| 'How often do you eat breakfast?' | | |
|-----------------------------------|------|-------|
| Almost every day | 2125 | 71.2% |
| Sometimes | 613 | 20.5% |
| Rarely or never | 193 | 6.5% |
| - No answer selected - | 53 | 1.8% |

| 'On average, how many servings of fruit do you eat per day?' | | |
|--|------|-------|
| None | 139 | 4.7% |
| 1 | 934 | 31.3% |
| 2 | 1025 | 34.3% |
| 3 | 618 | 20.7% |
| 4 | 222 | 7.4% |
| - No answer selected - | 46 | 1.5% |

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| 'On average, how many servings of vegetables do you eat per day?' | | |
|---|------|-------|
| None | 61 | 2% |
| 1-2 | 1511 | 50.6% |
| 3 | 844 | 28.3% |
| 4 | 362 | 12.1% |
| 5 | 159 | 5.3% |
| - No answer selected - | 47 | 1.6% |

| 'On average, how many servings of bread, cereal, rice or pasta do you eat per day?' | | |
|---|------|-------|
| None | 66 | 2.2% |
| 1-3 | 1921 | 64.4% |
| 4-6 | 827 | 27.7% |
| 7-9 | 99 | 3.3% |
| 10 or more | 13 | .4% |
| - No answer selected - | 58 | 1.9% |

| 'When you use grain and cereal products, do you emphasize:' | | |
|---|------|-------|
| Whole grain, high fiber | 1773 | 59.4% |
| A mixture of whole grain and refined | 1041 | 34.9% |
| Refined, low fiber | 98 | 3.3% |
| - No answer selected - | 72 | 2.4% |

| 'On average, how many servings of red meat (not lean) do you eat per day?' | | |
|--|------|-------|
| None | 850 | 28.5% |
| 1 | 1578 | 52.9% |
| 2 | 404 | 13.5% |
| 3 | 84 | 2.8% |
| 4 | 13 | .4% |
| - No answer selected - | 55 | 1.8% |

| 'On average, how many servings of fish, poultry, lean meat, cooked dry beans, peanut butter, or nuts do you eat per day?' | | |
|---|------|-------|
| None | 84 | 2.8% |
| 1 | 1215 | 40.7% |
| 2 | 1118 | 37.5% |
| 3 | 436 | 14.6% |
| 4 | 86 | 2.9% |
| - No answer selected - | 45 | 1.5% |

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| 'On average, how many servings of dairy products do you eat per day?' | | |
|---|------|-------|
| None | 169 | 5.7% |
| 1 | 982 | 32.9% |
| 2 | 1144 | 38.3% |
| 3 | 544 | 18.2% |
| 4 | 118 | 4% |
| - No answer selected - | 27 | .9% |

| 'When you use dairy products, do you emphasize:' | | |
|--|------|-------|
| Regular (full fat) | 411 | 13.8% |
| Low-fat | 1767 | 59.2% |
| Non-fat | 743 | 24.9% |
| - No answer selected - | 63 | 2.1% |

| 'How would you characterize your intake of fats and oils?' | | |
|--|------|-------|
| High | 184 | 6.2% |
| Moderate | 1395 | 46.7% |
| Low | 1359 | 45.5% |
| - No answer selected - | 46 | 1.5% |

| Nutrition Status (0-33) | | |
|-------------------------|------|-------|
| < 18 Poor | 82 | 2.7% |
| 16-20 Fair | 655 | 22% |
| 21-25 Good | 1332 | 44.6% |
| > 25 Very Good | 809 | 27.1% |

| Participants completing the nutrition questions and receiving a score | | |
|---|------|-------|
| Completed the nutrition questions | 2878 | 96.4% |
| Did not complete the nutrition questions | 79 | 2.6% |
| - No answer selected - | 27 | .9% |

| Substance Use / Abuse | | |
|--------------------------------------|------|-------|
| Tobacco Use Breakdown | | |
| Never smoked | 2035 | 68.2% |
| Quit smoking two or more years ago | 505 | 16.9% |
| Quit smoking less than two years ago | 144 | 4.8% |
| Currently smoke | 239 | 8% |
| Use chewing tobacco | 3 | .1% |
| Smoke and use chewing tobacco | 2 | .1% |
| Smoke pipe or cigar only | 12 | .4% |
| - No answer selected - | 44 | 1.5% |

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| Alcohol Use Breakdown | | |
|-----------------------------------|------|-------|
| Never use alcohol | 921 | 30.9% |
| Less than 1 drink per week | 1228 | 41.2% |
| 1-6 drinks per week | 694 | 23.3% |
| 1-2 per day / 7-14 per week | 90 | 3% |
| More than 2 per day / 14 per week | 11 | .4% |
| - No answer selected - | 40 | 1.3% |

| Binge Drinking / Consuming 5 or more drinks on one occasion: times in the last month. | | |
|---|------|-------|
| None | 2443 | 81.9% |
| Once | 285 | 9.6% |
| Twice | 130 | 4.4% |
| Three to five times | 75 | 2.5% |
| Six times or more | 10 | .3% |
| - No answer selected - | 41 | 1.4% |

| Use of medications or other drugs to relax. | | |
|---|------|-------|
| Seldom or never | 10 | .3% |
| Less than once a week | 2713 | 90.9% |
| 1-3 times per week | 110 | 3.7% |
| 4+ times per week | 63 | 2.1% |
| - No answer selected - | 33 | 1.1% |

| Psychological Social and Spiritual | | |
|---|------|-------|
| 'How have you been feeling, in general, during the past month?' | | |
| In excellent spirits | 547 | 18.3% |
| In very good spirits | 919 | 30.8% |
| In good spirits mostly | 1013 | 33.9% |
| I've been up and down in spirits | 408 | 13.7% |
| In low spirits mostly | 38 | 1.3% |
| In very low spirits | 9 | .3% |
| - No answer selected - | 50 | 1.7% |

| Overall life satisfaction | | |
|---------------------------|------|-------|
| Not Satisfied | 30 | 1% |
| Partly Satisfied | 359 | 12% |
| Mostly Satisfied | 1628 | 54.6% |
| Very Satisfied | 919 | 30.8% |
| - No answer selected - | 48 | 1.6% |

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| Overall satisfaction with work or school | | |
|--|------|-------|
| Not Satisfied | 51 | 1.7% |
| Partly Satisfied | 364 | 12.2% |
| Mostly Satisfied | 1651 | 55.3% |
| Very Satisfied | 867 | 29.1% |
| - No answer selected - | 51 | 1.7% |

| Stress experienced over the last month | | |
|--|------|-------|
| A lot | 410 | 13.7% |
| A moderate amount | 1420 | 47.6% |
| Relatively little | 899 | 30.1% |
| Almost none | 195 | 6.5% |
| - No answer selected - | 60 | 2% |

| Self-rated effect of stress on health | | |
|---------------------------------------|------|-------|
| Hardly any or none | 1543 | 51.7% |
| Some | 1179 | 39.5% |
| A lot | 204 | 6.8% |
| - No answer selected - | 58 | 1.9% |

| Hours of sleep in a 24-hour period | | |
|------------------------------------|------|-------|
| Less than 5 | 94 | 3.2% |
| 5 to 6.9 | 1298 | 43.5% |
| 7 to 9 | 1505 | 50.4% |
| More than 9 | 36 | 1.2% |
| - No answer selected - | 51 | 1.7% |

| 'How often do you get insufficient rest so that you are unable to function efficiently?' | | |
|--|------|-------|
| Less than weekly | 1927 | 64.6% |
| Usually 1 night per week | 601 | 20.1% |
| 2 or 3 nights per week | 308 | 10.3% |
| 4 or more nights per week | 94 | 3.2% |
| - No answer selected - | 54 | 1.8% |

| Friends and relatives with whom one feels close | | |
|---|------|-------|
| 10 or more | 558 | 18.7% |
| 5 to 9 | 1113 | 37.3% |
| 1 to 4 | 1235 | 41.4% |
| None | 23 | .8% |
| - No answer selected - | 55 | 1.8% |

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| Strength of social ties with family and friends | | |
|---|------|-------|
| Very strong | 1822 | 61.1% |
| About average | 986 | 33% |
| Weaker than average | 124 | 4.2% |
| - No answer selected - | 52 | 1.7% |

| Self-rated spiritual health | | |
|-----------------------------|------|-------|
| Good to excellent | 2595 | 87% |
| Fair to poor | 322 | 10.8% |
| Very poor | 14 | .5% |
| - No answer selected - | 53 | 1.8% |

| Readiness for Change | | |
|--|------|-------|
| Readiness for change: increased exercise and/or activity | | |
| Presently active | 1142 | 38.3% |
| Ready to commit to change | 1346 | 45.1% |
| Thinking about change but not ready to commit | 303 | 10.2% |
| Not seriously considering change | 83 | 2.8% |
| - No answer selected - | 110 | 3.7% |

| Among participants indicating a readiness for change, the following barriers were chosen: | | |
|---|-----|-------|
| I have no time | 963 | 32.3% |
| Friends and family are not supportive | 65 | 2.2% |
| I don't know where to start | 456 | 15.3% |
| I lack room, resources or equipment | 317 | 10.6% |
| I find exercise unpleasant | 295 | 9.9% |
| I worry that I am not medically able | 78 | 2.6% |
| I find 'gyms' intimidating | 277 | 9.3% |
| I feel somewhat embarrassed | 269 | 9% |
| I am recovering from an injury | 110 | 3.7% |
| Other | 297 | 10% |

| Readiness for change: weight management / loss | | |
|--|------|-------|
| Presently at a healthy weight | 1046 | 35.1% |
| Ready to commit to change | 1413 | 47.4% |
| Thinking about change but not ready to commit | 269 | 9% |
| Not seriously considering change | 108 | 3.6% |
| - No answer selected - | 148 | 5% |

Wellness Profile Answers Report

| Among participants indicating a readiness for change, the following barriers were chosen: | | |
|---|-----|-------|
| Lack of knowledge about weight management | 379 | 12.7% |
| Lack of access to low-calorie or healthy foods | 287 | 9.6% |
| Family or social group won't like or support a change | 108 | 3.6% |
| Lack of access to exercise opportunities | 485 | 16.3% |
| Eating helps me cope with stress so restricting foods could make my life more stressful | 428 | 14.3% |

| Readiness for change: improved diet | | |
|---|------|-------|
| Presently enjoy a healthy diet | 971 | 32.5% |
| Ready to commit to change | 1505 | 50.4% |
| Thinking about change but not ready to commit | 238 | 8% |
| Not seriously considering change | 107 | 3.6% |
| - No answer selected - | 163 | 5.5% |

| Among participants indicating a readiness for change, the following barriers were chosen: | | |
|---|------|-------|
| Lack of knowledge about diet | 368 | 12.3% |
| Time needed to prepare healthy foods | 1030 | 34.5% |
| Family or friends won't support a change in diet | 110 | 3.7% |
| I don't like most 'healthy' foods | 227 | 7.6% |
| 'Healthy' foods are too expensive | 545 | 18.3% |
| Other reasons | 290 | 9.7% |

| Readiness for change: stop smoking or other use of tobacco | | |
|--|------|-------|
| Presently active | 2603 | 87.2% |
| Ready to commit to change | 148 | 5% |
| Thinking about change but not ready to commit | 78 | 2.6% |
| Not seriously considering change | 18 | .6% |
| - No answer selected - | 137 | 4.6% |

| Among participants indicating a readiness for change, the following barriers were chosen: | | |
|---|-----|------|
| I don't know where to begin | 35 | 1.2% |
| Smoking helps me cope with stress | 105 | 3.5% |
| My friends or family smoke | 58 | 1.9% |
| I'm afraid that I'll gain weight | 69 | 2.3% |
| It is difficult to avoid the temptation | 98 | 3.3% |
| Other reasons make it difficult to quit smoking | 47 | 1.6% |

| Readiness for change: reduce or stop drinking alcohol | | |
|---|------|-------|
| Presently active | 2689 | 90.1% |
| Ready to commit to change | 58 | 1.9% |
| Thinking about change but not ready to commit | 42 | 1.4% |
| Not seriously considering change | 55 | 1.8% |
| - No answer selected - | 140 | 4.7% |

Wellness Profile Answers Report

| Among participants indicating a readiness for change, the following barriers were chosen: | | |
|---|----|------|
| I don't know where to begin | 5 | .2% |
| It is difficult to avoid the temptation to drink | 13 | .4% |
| Alcohol is a part of many of my social situations | 46 | 1.5% |
| Friends would treat me as an 'alcoholic' with a problem if I stopped | 0 | % |
| Alcohol helps me cope with stress so giving it up could make my life more stressful | 16 | .5% |
| Other reasons make it difficult to stop or reduce drinking | 16 | .5% |