

Summary of Results

Risk Factor Changes

	Risk Factor	All 2006 Screenings	Employees with 2 Screenings	Pedometer Participant with 2 Screenings
Heart Health	Hypertension	-38.7%	-36.3%	-47.2%
	High cholesterol	-19.1%	-16.5%	-13.2%
	Multiple cardiovascular risks	-26.3%	-34.8%	-42.9%
Weight	Obesity	-14.4%	-14.7%	-20.7%
	Overweight	6.0%	9.8%	10.2%
Diabetes	Diabetes, previously diagnosed	-15.4%	1.6%	20.5%
	Diabetes, newly diagnosed at screening	-59.8%	-68.0%	-100.0%
	Prediabetes	7.1%	12.2%	86.3%
	Diabetes, total	-26.7%	-12.9%	-19.6%
	Elevated diabetes risk score	-13.6%	-5.8%	-13.8%
Well-being/Lifestyle	Inadequate exercise	-24.8%	-21.2%	-23.3%
	Depression	N/A	N/A	N/A
	Smoking	-12.9%	-17.0%	-6.9%
	Excessive Work and Personal Stress	-16.3%	-24.5%	-30.0%
	High risk stress	-15.8%	-23.7%	-15.3%
	Frequent use of medication to relax	N/A	N/A	N/A
	Unsatisfied with life	N/A	N/A	N/A
	Unsatisfied with job	N/A	N/A	N/A
	Illness days > 5 per year	N/A	N/A	N/A
	Overall physical health compromised	N/A	N/A	N/A
Diet	Inadequate fruits and vegetables	0.0%	0.5%	1.0%
	Excessive fat intake	-17.9%	-17.6%	-15.3%
	Inadequate fiber intake	-9.5%	-8.6%	-5.7%
	Inadequate dairy intake	-13.6%	-12.8%	-13.6%
	Excessive intake of sweets	39.7%	29.7%	43.9%
	Excessive alcohol intake	-30.6%	-49.1%	-56.0%
Other	Seat belt use < 90% of time	N/A	N/A	N/A

