

Question	Answer	Number	Percent*
-----------------	---------------	---------------	-----------------

Alcohol Use

5 drinks or more/one sitting	No	111.00	68.9 %
	Yes	50.00	31.1 %
	BLANK	0.00	0.0 %
Alcoholic drinks/week	= 0	44.00	27.3 %
	between 1 and 4	66.00	41.0 %
	between 5 and 9	41.00	25.5 %
	between 10 and 14	6.00	3.7 %
	between 15 and 19	1.00	0.6 %
	> 19	0.00	0.0 %
	Average	2.93	
	Minimum	0.00	
	Maximum	15.00	
	BLANK	3.00	1.9 %
Drink and drive	=0	154.00	95.7 %
	=1	4.00	2.5 %
	>1	3.00	1.9 %
	Average	0.06	
	Minimum	0.00	
	Maximum	2.00	
	BLANK	0.00	0.0 %

Clinical

Do you know your glucose value	No	76.00	47.2 %
	Yes	85.00	52.8 %
	BLANK	0.00	0.0 %
Evaluated blood pressure range	Average (120/80 - 139/89)	62.00	38.5 %
	Don't Know	2.00	1.2 %
	High (160/100 or higher)	0.00	0.0 %
	Low (below 120/80)	95.00	59.0 %
	Moderate-high (140/90 - 159/99)	2.00	1.2 %
	BLANK	0.00	0.0 %
Evaluated BMI	< 19	3.00	1.9 %
	between 19 and 25	63.00	39.1 %
	between 25 and 30	65.00	40.4 %
	> 30	30.00	18.6 %
	Average	26.15	
	Minimum	17.50	
	Maximum	41.38	
	BLANK	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Evaluated cholesterol	between 1 and 179	50.00	31.1 %
	between 180 and 199	24.00	14.9 %
	between 200 and 239	24.00	14.9 %
	>= 240	4.00	2.5 %
	Average	181.48	
	Minimum	65.00	
	Maximum	321.00	
	BLANK	59.00	36.6 %
Evaluated cholesterol range	181 - 199	35.00	21.7 %
	200 - 239	34.00	21.1 %
	Below 181	80.00	49.7 %
	Don't Know	8.00	5.0 %
	Over 239	4.00	2.5 %
	BLANK	0.00	0.0 %
Evaluated diastolic BP value	between 1 and 80	85.00	52.8 %
	between 81 and 89	14.00	8.7 %
	between 90 and 95	0.00	0.0 %
	> 95	0.00	0.0 %
	Average	73.97	
	Minimum	52.00	
	Maximum	88.00	
	BLANK	62.00	38.5 %
Evaluated glucose	100-125	15.00	9.3 %
	<100	70.00	43.5 %
	>=126	0.00	0.0 %
Evaluated systolic BP value	between 1 and 120	66.00	41.0 %
	between 121 and 139	33.00	20.5 %
	between 140 and 160	0.00	0.0 %
	> 160	0.00	0.0 %
	Average	116.91	
	Minimum	89.00	
	Maximum	138.00	
	BLANK	62.00	38.5 %
Knows LDL and HDL cholesterol values	No	65.00	40.4 %
	Yes	96.00	59.6 %
	BLANK	0.00	0.0 %

Demographic

Education	College Graduate	82.00	50.9 %
-----------	------------------	-------	--------

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Grade School or Less	0.00	0.0 %
	High School Graduate	4.00	2.5 %
	Post Grad/Prof	50.00	31.1 %
	Some College	24.00	14.9 %
	Some High School	1.00	0.6 %
	BLANK	0.00	0.0 %
Ethnicity	African American	16.00	9.9 %
	American Indian	1.00	0.6 %
	Asian	2.00	1.2 %
	Caucasian/White	139.00	86.3 %
	Don't Know	0.00	0.0 %
	Hispanic	2.00	1.2 %
	Multi-Ethnic	0.00	0.0 %
	Other	1.00	0.6 %
	BLANK	0.00	0.0 %
Gender	Female	67.00	41.6 %
	Male	94.00	58.4 %
	BLANK	0.00	0.0 %

Exercise

Cardio exercise minutes/session	< 10	9.00	5.6 %
	between 10 and 14	1.00	0.6 %
	between 15 and 19	1.00	0.6 %
	between 20 and 24	9.00	5.6 %
	between 25 and 29	8.00	5.0 %
	> 29	133.00	82.6 %
	Average	37.75	
	Minimum	0.00	
	Maximum	180.00	
	BLANK	0.00	0.0 %
Cardiovascular exercise/week	=0	6.00	3.7 %
	=1	5.00	3.1 %
	=2	24.00	14.9 %
	=3	40.00	24.8 %
	=4	40.00	24.8 %
	=5	30.00	18.6 %
	=6	10.00	6.2 %
	=7	4.00	2.5 %
	Average	3.59	
	Minimum	0.00	

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Maximum	7.00	
	BLANK	2.00	1.2 %
Strength exercise/week	=0	34.00	21.1 %
	=1	17.00	10.6 %
	=2	50.00	31.1 %
	=3	31.00	19.3 %
	=4	14.00	8.7 %
	=5	10.00	6.2 %
	=6	3.00	1.9 %
	=7	0.00	0.0 %
	Average	2.09	
	Minimum	0.00	
	Maximum	6.00	
	BLANK	2.00	1.2 %
	Strength training minutes per session	< 10	43.00
between 10 and 14		2.00	1.2 %
between 15 and 19		9.00	5.6 %
between 20 and 24		22.00	13.7 %
between 25 and 29		5.00	3.1 %
> 29		80.00	49.7 %
Average		28.45	
Minimum		0.00	
Maximum		480.00	
BLANK		0.00	0.0 %
Stretch exer/wk (Old HM)	=1	15.00	9.3 %
	=2	21.00	13.0 %
	=3	26.00	16.1 %
	=4	13.00	8.1 %
	=5	23.00	14.3 %
	=6	13.00	8.1 %
	=7	7.00	4.3 %
	Average	2.66	
	Minimum	0.00	
	Maximum	7.00	
	BLANK	43.00	26.7 %
Stretching minutes per session	< 10	72.00	44.7 %
	between 10 and 14	41.00	25.5 %
	between 15 and 19	14.00	8.7 %
	between 20 and 24	14.00	8.7 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	between 25 and 29	1.00	0.6 %
	> 29	19.00	11.8 %
	Average	12.11	
	Minimum	0.00	
	Maximum	90.00	
	BLANK	0.00	0.0 %

Feedback

Mode audio tapes	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Mode community programs	No	143.00	88.8 %
	Yes	18.00	11.2 %
	BLANK	0.00	0.0 %
Mode computer	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Mode faxed info	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Mode health advice line	No	124.00	77.0 %
	Yes	37.00	23.0 %
	BLANK	0.00	0.0 %
Mode internet	No	34.00	21.1 %
	Yes	127.00	78.9 %
	BLANK	0.00	0.0 %
Mode newsletters	No	74.00	46.0 %
	Yes	87.00	54.0 %
	BLANK	0.00	0.0 %
Mode personal counseling	No	113.00	70.2 %
	Yes	48.00	29.8 %
	BLANK	0.00	0.0 %
Mode printed materials	No	51.00	31.7 %
	Yes	110.00	68.3 %
	BLANK	0.00	0.0 %
Mode self-help books	No	101.00	62.7 %
	Yes	60.00	37.3 %
	BLANK	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Mode support groups	No	149.00	92.5 %
	Yes	12.00	7.5 %
	BLANK	0.00	0.0 %
Mode video materials	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Mode worksite programs	No	119.00	73.9 %
	Yes	42.00	26.1 %
	BLANK	0.00	0.0 %
QA easy to understand	Agree	94.00	58.4 %
	Disagree	1.00	0.6 %
	Neutral	18.00	11.2 %
	Strongly Agree	42.00	26.1 %
	Strongly Disagree	6.00	3.7 %
	BLANK	0.00	0.0 %
	QA minutes to complete	between 0 and 10	37.00
	between 11 and 20	107.00	66.5 %
	between 21 and 30	15.00	9.3 %
	>=31	2.00	1.2 %
	Average	15.84	
	Minimum	1.00	
	Maximum	45.00	
	BLANK	0.00	0.0 %
QA simple to complete	Agree	99.00	61.5 %
	Disagree	3.00	1.9 %
	Neutral	21.00	13.0 %
	Strongly Agree	32.00	19.9 %
	Strongly Disagree	6.00	3.7 %
	BLANK	0.00	0.0 %
QA think about health	Agree	81.00	50.3 %
	Disagree	5.00	3.1 %
	Neutral	29.00	18.0 %
	Strongly Agree	38.00	23.6 %
	Strongly Disagree	8.00	5.0 %
	BLANK	0.00	0.0 %

Lifestyle Choices

Alcohol stage	Have been <6 months	7.00	4.3 %
	Have been >6 months	4.00	2.5 %
	No Need	103.00	64.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

	No Plans	35.00 21.7 %
	Plan to in 6 months	6.00 3.7 %
	Plan to next month	6.00 3.7 %
	BLANK	0.00 0.0 %
Cardiovascular exercise stage	Have been <6 months	20.00 12.4 %
	Have been >6 months	28.00 17.4 %
	No Need	48.00 29.8 %
	No Plans	17.00 10.6 %
	Plan to in 6 months	20.00 12.4 %
	Plan to next month	28.00 17.4 %
	BLANK	0.00 0.0 %
Difficulty sitting, standing, or staying in one position	A slight bit of the time	0.00 0.0 %
	All of the Time	114.00 70.8 %
	Does not apply to my job	22.00 13.7 %
	Most of the time	13.00 8.1 %
	None of the time	7.00 4.3 %
	Some of the time	5.00 3.1 %
	BLANK	0.00 0.0 %
Fat intake stage	Have been <6 months	22.00 13.7 %
	Have been >6 months	18.00 11.2 %
	No Need	48.00 29.8 %
	No Plans	28.00 17.4 %
	Plan to in 6 months	19.00 11.8 %
	Plan to next month	26.00 16.1 %
	BLANK	0.00 0.0 %
Finish your work on time	Difficult some of the time	3.00 1.9 %
	Does not apply to my job	27.00 16.8 %
	Difficult a slight bit of the time	16.00 9.9 %
	Difficult all of the time	0.00 0.0 %
	Difficult most of the time	0.00 0.0 %
	Difficult none of the time	115.00 71.4 %
	BLANK	0.00 0.0 %
Fruit and vegetable intake stage	Have been <6 months	21.00 13.0 %
	Have been >6 months	18.00 11.2 %
	No Need	48.00 29.8 %
	No Plans	33.00 20.5 %
	Plan to in 6 months	12.00 7.5 %

<i>Question</i>	<i>Answer</i>	<i>Number</i>	<i>Percent*</i>
	BLANK	0.00	0.0 %
Get going easily at the beginning of the workday	Difficult a slight bit of the time	31.00	19.3 %
	Difficult all of the time	0.00	0.0 %
	Difficult most of the time	2.00	1.2 %
	Difficult none of the time	96.00	59.6 %
	Difficult some of the time	5.00	3.1 %
	Does not apply to my job	27.00	16.8 %
	BLANK	0.00	0.0 %
Handle the workload	Difficult a slight bit of the time	24.00	14.9 %
	Difficult all of the time	0.00	0.0 %
	Difficult most of the time	1.00	0.6 %
	Difficult none of the time	108.00	67.1 %
	Difficult some of the time	4.00	2.5 %
	Does not apply to my job	24.00	14.9 %
	BLANK	0.00	0.0 %
Keep your mind on work	Difficult a slight bit of the time	29.00	18.0 %
	Difficult all of the time	0.00	0.0 %
	Difficult most of the time	2.00	1.2 %
	Difficult none of the time	104.00	64.6 %
	Difficult some of the time	3.00	1.9 %
	Does not apply to my job	23.00	14.3 %
	BLANK	0.00	0.0 %
Lifestyle stage	Agree	75.00	46.6 %
	Disagree	14.00	8.7 %
	Neutral	32.00	19.9 %
	Strongly Agree	33.00	20.5 %
	Strongly Disagree	7.00	4.3 %
	BLANK	0.00	0.0 %
Repeat the same motions over and over again while working, without difficulty caused by physical health or emotional problems?	A slight bit of the time	1.00	0.6 %
	All of the Time	108.00	67.1 %
	Does not apply to my job	32.00	19.9 %
	Most of the time	10.00	6.2 %
	None of the time	7.00	4.3 %
	Some of the time	3.00	1.9 %
	BLANK	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Speak with people in-person, in meetings or on the phone	Difficult a slight bit of the time	14.00	8.7 %
	Difficult all of the time	0.00	0.0 %
	Difficult most of the time	0.00	0.0 %
	Difficult none of the time	115.00	71.4 %
	Difficult some of the time	4.00	2.5 %
	Does not apply to my job	28.00	17.4 %
	BLANK	0.00	0.0 %
Start on your job as soon as you arrived at work	Difficult a slight bit of the time	13.00	8.1 %
	Difficult all of the time	1.00	0.6 %
	Difficult most of the time	1.00	0.6 %
	Difficult none of the time	117.00	72.7 %
	Difficult some of the time	2.00	1.2 %
	Does not apply to my job	27.00	16.8 %
	BLANK	0.00	0.0 %
Strength building stage	Have been <6 months	18.00	11.2 %
	Have been >6 months	24.00	14.9 %
	No Need	43.00	26.7 %
	No Plans	23.00	14.3 %
	Plan to in 6 months	26.00	16.1 %
	Plan to next month	27.00	16.8 %
	BLANK	0.00	0.0 %
Stress stage	Have been <6 months	16.00	9.9 %
	Have been >6 months	12.00	7.5 %
	No Need	61.00	37.9 %
	No Plans	33.00	20.5 %
	Plan to in 6 months	19.00	11.8 %
	Plan to next month	20.00	12.4 %
	BLANK	0.00	0.0 %
Tobacco stage	Have been <6 months	2.00	1.2 %
	Have been >6 months	9.00	5.6 %
	No Need	133.00	82.6 %
	No Plans	9.00	5.6 %
	Plan to in 6 months	5.00	3.1 %
	Plan to next month	3.00	1.9 %
	BLANK	0.00	0.0 %
Weight stage	Have been <6 months	22.00	13.7 %
	Have been >6 months	11.00	6.8 %
	No Need	56.00	34.8 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	No Plans	27.00	16.8 %
	Plan to in 6 months	20.00	12.4 %
	Plan to next month	25.00	15.5 %
	BLANK	0.00	0.0 %

Medical Care

Best day to be reached for Impact	Monday	65.00	40.4 %
	Sunday	17.00	10.6 %
	Thursday	16.00	9.9 %
	Tuesday	45.00	28.0 %
	Wednesday	18.00	11.2 %
	BLANK	0.00	0.0 %

Best time - AM or PM - to be reached for Impact	AM	78.00	48.4 %
	PM	83.00	51.6 %
	BLANK	0.00	0.0 %

Care for illness injury	Confident	0.00	0.0 %
	Neutral	0.00	0.0 %
	Not Confident	0.00	0.0 %
	Somewhat Unconfident	0.00	0.0 %
	Very Confident	0.00	0.0 %
	BLANK	161.00	100.0 %

Have a primary physician	No	23.00	14.3 %
	Not Sure	7.00	4.3 %
	Yes	131.00	81.4 %
	BLANK	0.00	0.0 %

Hospitalizations	=0	154.00	95.7 %
	=1	4.00	2.5 %
	=2	1.00	0.6 %
	=3	1.00	0.6 %
	=4	0.00	0.0 %
	>4	1.00	0.6 %
	Average	0.11	
	Minimum	0.00	
	Maximum	9.00	
	BLANK	0.00	0.0 %

Medical condition/requires health system	No	135.00	83.9 %
	Yes	26.00	16.1 %
	BLANK	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Missed work	=0	110.00	68.3 %
	=1	19.00	11.8 %
	=2	12.00	7.5 %
	=3	7.00	4.3 %
	=4	3.00	1.9 %
	>4	10.00	6.2 %
	Average	1.02	
	Minimum	0.00	
	Maximum	20.00	
	BLANK	0.00	0.0 %
Physician visits	=0	15.00	9.3 %
	=1	50.00	31.1 %
	=2	54.00	33.5 %
	=3	18.00	11.2 %
	=4	9.00	5.6 %
	>4	15.00	9.3 %
	Average	2.32	
	Minimum	0.00	
	Maximum	20.00	
	BLANK	0.00	0.0 %
Select a physician	Confident	0.00	0.0 %
	Neutral	0.00	0.0 %
	Not Confident	0.00	0.0 %
	Somewhat Unconfident	0.00	0.0 %
	Very Confident	0.00	0.0 %
	BLANK	161.00	100. % 0
Talk to physician	Confident	0.00	0.0 %
	Neutral	0.00	0.0 %
	Not Confident	0.00	0.0 %
	Somewhat Unconfident	0.00	0.0 %
	Very Confident	0.00	0.0 %
	BLANK	161.00	100. % 0
Understand benefits	Confident	0.00	0.0 %
	Neutral	0.00	0.0 %
	Not Confident	0.00	0.0 %
	Somewhat Unconfident	0.00	0.0 %
	Very Confident	0.00	0.0 %
	BLANK	161.00	100. % 0

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Use of self care book	=0	109.00	67.7 %
	=1	23.00	14.3 %
	=2	17.00	10.6 %
	=3	6.00	3.7 %
	=4	1.00	0.6 %
	>4	5.00	3.1 %
	Average	1.18	
	Minimum	0.00	
	Maximum	90.00	
	BLANK	0.00	0.0 %

Medical History

Achiness in the joints	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Antidepressant medications	No	154.00	95.7 %
	Yes	7.00	4.3 %
	BLANK	0.00	0.0 %
Blood pressure medicine	No	153.00	95.0 %
	Yes	8.00	5.0 %
	BLANK	0.00	0.0 %
Blood thinners	No	160.00	99.4 %
	Yes	1.00	0.6 %
	BLANK	0.00	0.0 %
Change in toilet habits	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Chest pain	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Cholesterol medicine	No	148.00	91.9 %
	Yes	13.00	8.1 %
	BLANK	0.00	0.0 %
Chronic back pain	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Chronic obstructive pulmonary disease	No	159.00	98.8 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diabetes medicine	No	161.00	100.0 %
	Yes	0.00	0.0 %
	BLANK	0.00	0.0 %
Diagnosed acid-related stomach disorders	No	150.00	93.2 %
	Yes	11.00	6.8 %
	BLANK	0.00	0.0 %
Diagnosed allergies	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed angina	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed arthritis	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed asthma	No	155.00	96.3 %
	Yes	6.00	3.7 %
	BLANK	0.00	0.0 %
Diagnosed atrial fib/anticoagulant therapy	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed cancer	No	158.00	98.1 %
	Yes	3.00	1.9 %
	BLANK	0.00	0.0 %
Diagnosed chronic hepatitis & cirrhosis	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed chronic kidney disease/end stage-renal disease	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed congestive heart failure	No	159.00	98.8 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed coronary artery disease	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed depression	No	155.00	96.3 %
	Yes	6.00	3.7 %
	BLANK	0.00	0.0 %
Diagnosed diabetes	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed diabetes type 1	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed diabetes type 2	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed fibromyalgia	No	158.00	98.1 %
	Yes	3.00	1.9 %
	BLANK	0.00	0.0 %
Diagnosed for Menopause	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed heart attack	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed high cholesterol	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed hypertension	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100.0 %
Diagnosed incontinence	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Diagnosed inflammatory bowel disease	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed irritable bowel syndrome	No	157.00	97.5 %
	Yes	4.00	2.5 %
	BLANK	0.00	0.0 %
Diagnosed kidney disease	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Diagnosed low back pain	No	152.00	94.4 %
	Yes	9.00	5.6 %
	BLANK	0.00	0.0 %
Diagnosed lupus	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Diagnosed migraines	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Diagnosed osteoarthritis	No	158.00	98.1 %
	Yes	3.00	1.9 %
	BLANK	0.00	0.0 %
Diagnosed osteoporosis	No	157.00	97.5 %
	Yes	4.00	2.5 %
	BLANK	0.00	0.0 %
Diagnosed pressure ulcers	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Diagnosed sciatica	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Diagnosed stroke	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Fam history cancer	No	115.00	71.4 %
	Not Sure	6.00	3.7 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Yes	40.00	24.8 %
	BLANK	0.00	0.0 %
Fam history diabetes	No	120.00	74.5 %
	Not Sure	7.00	4.3 %
	Yes	34.00	21.1 %
	BLANK	0.00	0.0 %
Fam history heart attack	No	142.00	88.2 %
	Not Sure	10.00	6.2 %
	Yes	9.00	5.6 %
	BLANK	0.00	0.0 %
Fam history high bp	No	85.00	52.8 %
	Not Sure	7.00	4.3 %
	Yes	69.00	42.9 %
	BLANK	0.00	0.0 %
Fam history kidney disease	No	149.00	92.5 %
	Not Sure	7.00	4.3 %
	Yes	5.00	3.1 %
	BLANK	0.00	0.0 %
Fam history stroke	No	139.00	86.3 %
	Not Sure	7.00	4.3 %
	Yes	15.00	9.3 %
	BLANK	0.00	0.0 %
Frequent allergy symptoms	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Frequent severe headaches	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Heart medicine	No	160.00	99.4 %
	Yes	1.00	0.6 %
	BLANK	0.00	0.0 %
Indigestion/ diff.swallowing	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Obvious change in wart or mole	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
Persistent cough or hoarseness	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Restricted physical activity	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Shortness of breath	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Sore that does not heal	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
sr chol. range	180 or lower	38.00	23.6 %
	181 - 199	16.00	9.9 %
	200 - 239	17.00	10.6 %
	240 or higher	0.00	0.0 %
	Don't Know	8.00	5.0 %
	BLANK	82.00	50.9 %
Thickening/lump breast	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for acid-related stomach disorders	No	5.00	3.1 %
	Yes	6.00	3.7 %
	BLANK	150.00	93.2 %
Treatment for allergies	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for angina	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for arthritis	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for asthma	No	3.00	1.9 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	BLANK	159.00	98.8 %
Treatment for fibromyalgia	No	3.00	1.9 %
	Yes	0.00	0.0 %
	BLANK	158.00	98.1 %
Treatment for heart attack	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for high cholesterol	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for hypertension	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for incontinence	No	2.00	1.2 %
	Yes	0.00	0.0 %
	BLANK	159.00	98.8 %
Treatment for inflammatory bowel disease	No	2.00	1.2 %
	Yes	0.00	0.0 %
	BLANK	159.00	98.8 %
Treatment for irritable bowel syndrome	No	3.00	1.9 %
	Yes	1.00	0.6 %
	BLANK	157.00	97.5 %
Treatment for kidney disease	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for low back pain	No	5.00	3.1 %
	Yes	4.00	2.5 %
	BLANK	152.00	94.4 %
Treatment for lupus	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0
Treatment for menopause	No	0.00	0.0 %
	Yes	0.00	0.0 %
	BLANK	161.00	100. % 0

* Percentages may not add up to 100, since some Participants may have left some responses blank.

<i>Question</i>	<i>Answer</i>	<i>Number</i>	<i>Percent*</i>
	Yes	10.00	6.2 %
	BLANK	0.00	0.0 %
Feelings of hopelessness or guilt	No	154.00	95.7 %
	Yes	7.00	4.3 %
	BLANK	0.00	0.0 %
Insomnia/oversleeping	No	144.00	89.4 %
	Yes	17.00	10.6 %
	BLANK	0.00	0.0 %
Job satisfaction	Agree	79.00	49.1 %
	Disagree	7.00	4.3 %
	Neutral	18.00	11.2 %
	Strongly Agree	56.00	34.8 %
	Strongly Disagree	1.00	0.6 %
	BLANK	0.00	0.0 %
Lack of interest in activities you once enjoyed	No	153.00	95.0 %
	Yes	8.00	5.0 %
	BLANK	0.00	0.0 %
Life satisfaction	Agree	86.00	53.4 %
	Disagree	3.00	1.9 %
	Neutral	3.00	1.9 %
	Strongly Agree	68.00	42.2 %
	Strongly Disagree	1.00	0.6 %
	BLANK	0.00	0.0 %
Loss of appetite, weight gain/loss	No	151.00	93.8 %
	Yes	10.00	6.2 %
	BLANK	0.00	0.0 %
Persistent anxiety	No	153.00	95.0 %
	Yes	8.00	5.0 %
	BLANK	0.00	0.0 %
Persistent sadness	No	153.00	95.0 %
	Yes	8.00	5.0 %
	BLANK	0.00	0.0 %
Prob with death in family	No	141.00	87.6 %
	Yes	20.00	12.4 %
	BLANK	0.00	0.0 %
Prob with depression	No	153.00	95.0 %
	Yes	8.00	5.0 %
	BLANK	0.00	0.0 %
Prob with divorce	No	160.00	99.4 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Yes	1.00	0.6 %
	BLANK	0.00	0.0 %
Prob with finances	No	145.00	90.1 %
	Yes	16.00	9.9 %
	BLANK	0.00	0.0 %
Prob with health	No	152.00	94.4 %
	Yes	9.00	5.6 %
	BLANK	0.00	0.0 %
Prob with job loss	No	145.00	90.1 %
	Yes	16.00	9.9 %
	BLANK	0.00	0.0 %
Prob with stress	No	114.00	70.8 %
	Yes	47.00	29.2 %
	BLANK	0.00	0.0 %
Prob with violence	No	160.00	99.4 %
	Yes	1.00	0.6 %
	BLANK	0.00	0.0 %
Problem job stress	No	120.00	74.5 %
	Yes	41.00	25.5 %
	BLANK	0.00	0.0 %
Problem moving	No	138.00	85.7 %
	Yes	23.00	14.3 %
	BLANK	0.00	0.0 %
Problem with a friend, co-worker, or supervisor	No	147.00	91.3 %
	Yes	14.00	8.7 %
	BLANK	0.00	0.0 %
Problem with family/relationships	No	138.00	85.7 %
	Yes	23.00	14.3 %
	BLANK	0.00	0.0 %
Receive support	Agree	68.00	42.2 %
	Disagree	1.00	0.6 %
	Neutral	6.00	3.7 %
	Strongly Agree	85.00	52.8 %
	Strongly Disagree	1.00	0.6 %
	BLANK	0.00	0.0 %
Stress affects health	Agree	44.00	27.3 %
	Disagree	45.00	28.0 %
	Neutral	27.00	16.8 %
	Strongly Agree	11.00	6.8 %

Question	Answer	Number	Percent*
	Strongly Disagree	34.00	21.1 %
	BLANK	0.00	0.0 %
Stress reduction techniques	Never	14.00	8.7 %
	Often	69.00	42.9 %
	Sometimes	78.00	48.4 %
	BLANK	0.00	0.0 %

Nutrition Habits

Dairy product servings/day	=0	5.00	3.1 %
	=1	45.00	28.0 %
	=2	56.00	34.8 %
	=3	37.00	23.0 %
	=4	14.00	8.7 %
	=5	1.00	0.6 %
	>5	2.00	1.2 %
	Average	2.13	
	Minimum	0.00	
	Maximum	6.00	
	BLANK	1.00	0.6 %
Fat servings/day	=0	14.00	8.7 %
	=1	75.00	46.6 %
	=2	47.00	29.2 %
	=3	18.00	11.2 %
	=4	4.00	2.5 %
	>4	1.00	0.6 %
	Average	1.52	
	Minimum	0.00	
	Maximum	5.00	
	BLANK	2.00	1.2 %
Fruit servings	=1	60.00	37.3 %
	=2	46.00	28.6 %
	=3	34.00	21.1 %
	=4	10.00	6.2 %
	=5	5.00	3.1 %
	>5	0.00	0.0 %
	Average	1.99	
	Minimum	0.00	
	Maximum	5.00	
Fruit/vegetable servings/day	=0	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

<i>Question</i>	<i>Answer</i>	<i>Number</i>	<i>Percent*</i>
	=1	0.00	0.0 %
	=2	0.00	0.0 %
	=3	0.00	0.0 %
	=4	0.00	0.0 %
	>4	0.00	0.0 %
	Average	0.00	
	Minimum	0.00	
	Maximum	0.00	
	BLANK	161.00	100. %
High protein food servings	=1	35.00	21.7 %
	=2	81.00	50.3 %
	=3	24.00	14.9 %
	=4	10.00	6.2 %
	=5	3.00	1.9 %
	>5	4.00	2.5 %
	Average	2.25	
	Minimum	0.00	
	Maximum	15.00	
	BLANK	4.00	2.5 %
Vegetable servings	=1	50.00	31.1 %
	=2	56.00	34.8 %
	=3	34.00	21.1 %
	=4	12.00	7.5 %
	=5	3.00	1.9 %
	>5	2.00	1.2 %
	Average	2.12	
	Minimum	0.00	
	Maximum	6.00	
	BLANK	4.00	2.5 %
Whole grain servings/day	=0	5.00	3.1 %
	=1	51.00	31.7 %
	=2	47.00	29.2 %
	=3	31.00	19.3 %
	=4	17.00	10.6 %
	>4	9.00	5.6 %
	Average	2.23	
	Minimum	0.00	
	Maximum	6.00	
	BLANK	1.00	0.6 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
-----------------	---------------	---------------	-----------------

Overall Health

As healthy as anyone	Agree	67.00	41.6 %
	Disagree	15.00	9.3 %
	Neutral	17.00	10.6 %
	Strongly Agree	57.00	35.4 %
	Strongly Disagree	5.00	3.1 %
	BLANK	0.00	0.0 %
Body shape	Hourglass	30.00	18.6 %
	Slender	71.00	44.1 %
	Wide from top to bottom	8.00	5.0 %
	Wide on the bottom	18.00	11.2 %
	Wide on the top	34.00	21.1 %
	BLANK	0.00	0.0 %
Expect health to get worse	Agree	7.00	4.3 %
	Disagree	64.00	39.8 %
	Neutral	22.00	13.7 %
	Strongly Agree	0.00	0.0 %
	Strongly Disagree	68.00	42.2 %
	BLANK	0.00	0.0 %
Get sick easier than others	Agree	0.00	0.0 %
	Disagree	47.00	29.2 %
	Neutral	14.00	8.7 %
	Strongly Agree	0.00	0.0 %
	Strongly Disagree	100.00	62.1 %
	BLANK	0.00	0.0 %
Health is excellent	Agree	63.00	39.1 %
	Disagree	7.00	4.3 %
	Neutral	26.00	16.1 %
	Strongly Agree	62.00	38.5 %
	Strongly Disagree	3.00	1.9 %
	BLANK	0.00	0.0 %
Overall rating of health	Excellent	74.00	46.0 %
	Fair	4.00	2.5 %
	Good	83.00	51.6 %
	Poor	0.00	0.0 %
	BLANK	0.00	0.0 %

Overall Wellness

overall wellness score	< 70	20.00	12.4 %
	70-79	31.00	19.3 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	80-89	58.00	36.0 %
	>= 90	52.00	32.3 %
	Average	83.75	
	Minimum	50.13	
	Maximum	99.00	

Preventive Screenings

Blood pressure test	In the past 2 years	10.00	6.2 %
	In the past 3 years	2.00	1.2 %
	In the past 5 years	1.00	0.6 %
	In the past year	148.00	91.9 %
	Never	0.00	0.0 %
	Over 5 years ago	0.00	0.0 %
	BLANK	0.00	0.0 %
Cholesterol test	In the past 2 years	18.00	11.2 %
	In the past 3 years	3.00	1.9 %
	In the past 5 years	2.00	1.2 %
	In the past year	130.00	80.7 %
	Never	7.00	4.3 %
	Over 5 years ago	1.00	0.6 %
	BLANK	0.00	0.0 %
Colonoscopy test	In the past 2 years	12.00	7.5 %
	In the past 3 years	7.00	4.3 %
	In the past 5 years	6.00	3.7 %
	In the past year	13.00	8.1 %
	Never	112.00	69.6 %
	Over 5 years ago	11.00	6.8 %
	BLANK	0.00	0.0 %
Dental exam	In the past 2 years	10.00	6.2 %
	In the past 3 years	2.00	1.2 %
	In the past 5 years	1.00	0.6 %
	In the past year	147.00	91.3 %
	Never	0.00	0.0 %
	Over 5 years ago	1.00	0.6 %
	BLANK	0.00	0.0 %
Diabetes test	In the past 2 years	0.00	0.0 %
	In the past 3 years	0.00	0.0 %
	In the past 5 years	0.00	0.0 %
	In the past year	0.00	0.0 %
	Never	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Over 5 years ago	0.00	0.0 %
	BLANK	161.00	100.0 %
Digital rectal exam	In the past 2 years	9.00	5.6 %
	In the past 3 years	5.00	3.1 %
	In the past 5 years	3.00	1.9 %
	In the past year	31.00	19.3 %
	Never	107.00	66.5 %
	Over 5 years ago	6.00	3.7 %
	BLANK	0.00	0.0 %
Flu shot	In the past 2 years	23.00	14.3 %
	In the past 3 years	10.00	6.2 %
	In the past 5 years	7.00	4.3 %
	In the past year	83.00	51.6 %
	Never	29.00	18.0 %
	Over 5 years ago	9.00	5.6 %
	BLANK	0.00	0.0 %
Glaucoma test	In the past 2 years	30.00	18.6 %
	In the past 3 years	13.00	8.1 %
	In the past 5 years	7.00	4.3 %
	In the past year	83.00	51.6 %
	Never	24.00	14.9 %
	Over 5 years ago	4.00	2.5 %
	BLANK	0.00	0.0 %
Hearing	In the past 2 years	31.00	19.3 %
	In the past 3 years	14.00	8.7 %
	In the past 5 years	20.00	12.4 %
	In the past year	52.00	32.3 %
	Never	4.00	2.5 %
	Over 5 years ago	40.00	24.8 %
	BLANK	0.00	0.0 %
Last mammogram	In the past 2 years	7.00	10.4 %
	In the past 3 years	3.00	4.5 %
	In the past 5 years	1.00	1.5 %
	In the past year	32.00	47.8 %
	Never	22.00	32.8 %
	Over 5 years ago	2.00	3.0 %
	BLANK	0.00	0.0 %
Last pap smear	In the past 2 years	6.00	9.0 %
	In the past 3 years	2.00	3.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	In the past 5 years	1.00	1.5 %
	In the past year	57.00	85.1 %
	Never	1.00	1.5 %
	Over 5 years ago	0.00	0.0 %
	BLANK	0.00	0.0 %
Monthly testicular exam	No	56.00	59.6 %
	Yes	38.00	40.4 %
	BLANK	0.00	0.0 %
Physical exam	In the past 2 years	0.00	0.0 %
	In the past 3 years	0.00	0.0 %
	In the past 5 years	0.00	0.0 %
	In the past year	0.00	0.0 %
	Never	0.00	0.0 %
	Over 5 years ago	0.00	0.0 %
	BLANK	161.00	100.0 %
Professional breast exam	In the past 2 years	6.00	9.0 %
	In the past 3 years	2.00	3.0 %
	In the past 5 years	1.00	1.5 %
	In the past year	57.00	85.1 %
	Never	1.00	1.5 %
	Over 5 years ago	0.00	0.0 %
	BLANK	0.00	0.0 %
Stool blood test	In the past 2 years	22.00	13.7 %
	In the past 3 years	10.00	6.2 %
	In the past 5 years	12.00	7.5 %
	In the past year	27.00	16.8 %
	Never	82.00	50.9 %
	Over 5 years ago	8.00	5.0 %
	BLANK	0.00	0.0 %
Vision test	In the past 2 years	34.00	21.1 %
	In the past 3 years	9.00	5.6 %
	In the past 5 years	7.00	4.3 %
	In the past year	101.00	62.7 %
	Never	0.00	0.0 %
	Over 5 years ago	10.00	6.2 %
	BLANK	0.00	0.0 %

Safety

Exp poor workstation	No	141.00	87.6 %
	Yes	20.00	12.4 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

<i>Question</i>	<i>Answer</i>	<i>Number</i>	<i>Percent*</i>
	BLANK	0.00	0.0 %
Exp to blood	No	155.00	96.3 %
	Yes	6.00	3.7 %
	BLANK	0.00	0.0 %
Exp to excessive lifting	No	151.00	93.8 %
	Yes	10.00	6.2 %
	BLANK	0.00	0.0 %
Exp to fumes	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Exp to noise	No	146.00	90.7 %
	Yes	15.00	9.3 %
	BLANK	0.00	0.0 %
Exp to radiation	No	160.00	99.4 %
	Yes	1.00	0.6 %
	BLANK	0.00	0.0 %
Exp to secondhand smoke	No	159.00	98.8 %
	Yes	2.00	1.2 %
	BLANK	0.00	0.0 %
Exp to sitting/standing	No	81.00	50.3 %
	Yes	80.00	49.7 %
	BLANK	0.00	0.0 %
Numbness in hands	No	145.00	90.1 %
	Not sure	5.00	3.1 %
	Yes	11.00	6.8 %
	BLANK	0.00	0.0 %
Proper lifting	No	6.00	3.7 %
	Not sure	19.00	11.8 %
	Yes	136.00	84.5 %
	BLANK	0.00	0.0 %
Repeated gripping	A lot	20.00	12.4 %
	Consistently all day	13.00	8.1 %
	Never	27.00	16.8 %
	Seldom	63.00	39.1 %
	Sometimes	38.00	23.6 %
	BLANK	0.00	0.0 %
Seatbelt use	Always	142.00	88.2 %
	Nearly Always	17.00	10.6 %
	Never	0.00	0.0 %
	Seldom	0.00	0.0 %

Question	Answer	Number	Percent*
	Sometimes	2.00	1.2 %
	BLANK	0.00	0.0 %
Speeding	11-15 mph over	2.00	1.2 %
	6-10 mph over	56.00	34.8 %
	More than 15mph over	0.00	0.0 %
	Within 5 mph	103.00	64.0 %
	BLANK	0.00	0.0 %

Tobacco Use

Amount cigarettes/day	= 0	11.00	6.8 %
	between 1 and 9	1.00	0.6 %
	between 10 and 19	3.00	1.9 %
	between 20 and 39	0.00	0.0 %
	> 39	0.00	0.0 %
	Average	2.13	
	Minimum	0.00	
	Maximum	10.00	
	BLANK	146.00	90.7 %
Describes smoking habits	Currently Use	14.00	8.7 %
	Ex-user	29.00	18.0 %
	Never Used	118.00	73.3 %
	BLANK	0.00	0.0 %
Ever attempted to quit	No	3.00	1.9 %
	Yes	12.00	7.5 %
	BLANK	146.00	90.7 %
Feelings on quitting smoking	Currently Trying	0.00	0.0 %
	Like to - confident	0.00	0.0 %
	Like to but worried	0.00	0.0 %
	Not ready	0.00	0.0 %
	Ready want info	0.00	0.0 %
	BLANK	161.00	100.0 %
How long tobacco free	1 - 4 years	9.00	5.6 %
	10 - 14 years	5.00	3.1 %
	5 - 9 years	1.00	0.6 %
	Less than 1 year	7.00	4.3 %
	More than 15 years	7.00	4.3 %
	BLANK	132.00	82.0 %
Pipes/day	=0	15.00	9.3 %
	=1	0.00	0.0 %
	=2	0.00	0.0 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	=3	0.00	0.0 %
	=4	0.00	0.0 %
	>4	0.00	0.0 %
	Average	0.00	
	Minimum	0.00	
	Maximum	0.00	
	BLANK	146.00	90.7 %
Reasons not quit smoking	No desire	3.00	1.9 %
	Other	5.00	3.1 %
	Relieves stress	7.00	4.3 %
	Weight gain	0.00	0.0 %
	BLANK	146.00	90.7 %
Smoke cigars/day	=0	15.00	9.3 %
	=1	0.00	0.0 %
	=2	0.00	0.0 %
	=3	0.00	0.0 %
	=4	0.00	0.0 %
	>4	0.00	0.0 %
	Average	0.00	
	Minimum	0.00	
	Maximum	0.00	
	BLANK	146.00	90.7 %
Use smokeless tobacco/day	=0	5.00	3.1 %
	=1	4.00	2.5 %
	=2	1.00	0.6 %
	=3	2.00	1.2 %
	=4	1.00	0.6 %
	>4	2.00	1.2 %
	Average	2.20	
	Minimum	0.00	
	Maximum	12.00	
	BLANK	146.00	90.7 %
<u>Women's Health</u>			
Currently pregnant	No	67.00	100.0 %
	Yes	0.00	0.0 %
	BLANK	0.00	0.0 %
Fam history breast cancer	1 or 2	21.00	13.0 %
	3 or More	2.00	1.2 %
	None	40.00	24.8 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.

Question	Answer	Number	Percent*
	Not sure	4.00	2.5 %
	BLANK	94.00	58.4 %
Given birth to child weighing >= 9 lbs	No	57.00	35.4 %
	Yes	10.00	6.2 %
	BLANK	94.00	58.4 %
Monthly breast exam	No	14.00	20.9 %
	Yes	53.00	79.1 %
	BLANK	0.00	0.0 %
Planning preg. in next year	No	60.00	89.6 %
	Yes	7.00	10.4 %
	BLANK	0.00	0.0 %
Pregnant & under care	No	13.00	19.4 %
	Yes	7.00	10.4 %
	BLANK	47.00	70.1 %

* Percentages may not add up to 100, since some Participants may have left some responses blank.