

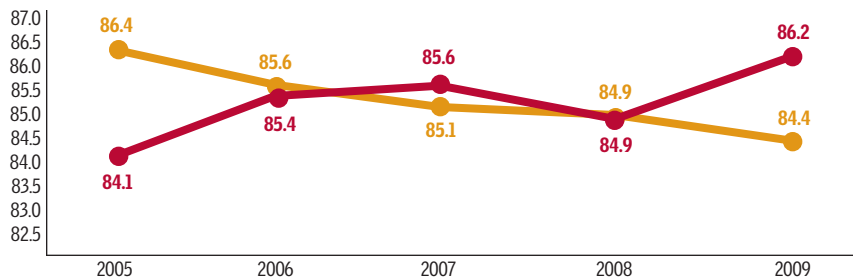
FACTFILE

Workforce Wellness

As healthcare providers regularly look to improve their own best practices of care, it is useful to look at the state of wellness of their patients. Based on various indexes, the U.S. workforce is nowhere near a perfect 100 index score, but has been hovering in the mid-80s for the past few years. There are signs of improvement when it comes to the prevalence of some risk factors, such as cholesterol levels and tobacco use, but the numbers are going the wrong way for the risk factors that have the greatest impact on cost, BMI and glucose.

WELLNESS INDEX TRACKING

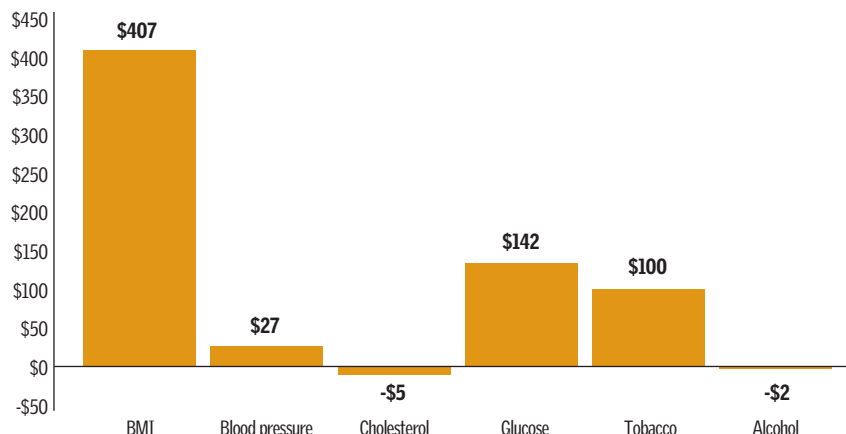
Between 2005 and 2009, the U.S. Workforce Wellness Index worsened, declining from 86.4 to 84.4, while the MarketScan sample improved, increasing from 84.1 to 86.2. An index of 100 represents the ideal state where there are no behavioral risk factors present in the employed population and, therefore, no healthcare costs due to these risks. The WWI measures the workforce as a whole, while the MarketScan is a proprietary database that consists of employers who measure and submit health risk assessment information and have programs in place to promote workforce wellness. However, the MarketScan demographics are adjusted to match the U.S. privately insured workforce, so it is unlikely that workforce characteristics explain the differences. Health risks considered are BMI, blood pressure, cholesterol, glucose, tobacco use, and alcohol use.



SOURCE: Thomson Reuters. ■ U.S. Wellness Index ■ MarketScan Wellness Index

COST IMPACT BY RISK FACTOR

Research for the Workforce Wellness Index indicates that, in 2009, approximately 14% of incremental direct healthcare cost in the employed, privately insured workforce was attributable to six behavioral risk factors. Using per capita spending estimates developed for the Thomson Reuters Healthcare Spending Index for Private Insurance for the third quarter of 2010, this represents approximately \$670 in incremental healthcare costs annually per worker. The risk factor with the most impact on healthcare cost is high body mass index. High BMI accounts for approximately \$400 of the cost. High blood glucose level is the second most significant factor, accounting for more than \$140 of these costs. Tobacco use, high blood pressure, and lack of exercise had less impact. High cholesterol and heavy alcohol use had essentially no impact on cost.



SOURCE: Thomson Reuters. ■ Implied cost impact (based on 2009 prevalence rates)

MAY 2011

Eating Fruits and Vegetables

A good diet is an important part of maintaining good health, but Americans, it seems, could do better when it comes to eating their fruits and vegetables. This 2009 data shows the percentage of adults who consume fruit at least two times a day, and those who consume vegetables at least three times a day.

	Fruits 2x	Vegetables 3x
United States	32.5%	26.3%
Alabama	24.6%	26.9%
Alaska	30.8%	27.5%
Arizona	33.7%	24.4%
Arkansas	24.5%	26.9%
California	40.1%	26.8%
Colorado	35.5%	25.3%
Connecticut	37.6%	28.5%
Delaware	32.5%	27.7%
District of Columbia	40.2%	32.3%
Florida	33.3%	28.3%
Georgia	29.9%	29.5%
Hawaii	32.9%	26.8%
Idaho	32.9%	27.8%
Illinois	32.4%	23.3%
Indiana	28.1%	23.7%
Iowa	27.5%	21.9%
Kansas	23.8%	26.0%
Kentucky	24.4%	29.4%
Louisiana	24.6%	21.3%
Maine	36.0%	30.6%
Maryland	36.9%	28.7%
Massachusetts	36.8%	28.1%
Michigan	32.1%	23.9%
Minnesota	31.2%	26.4%
Mississippi	22.9%	21.6%
Missouri	27.3%	23.0%
Montana	33.5%	28.0%
Nebraska	30.2%	24.3%
Nevada	30.3%	25.5%
New Hampshire	36.2%	30.4%
New Jersey	36.6%	26.2%
New Mexico	29.8%	27.3%
New York	38.9%	24.7%
North Carolina	25.0%	27.5%
North Dakota	31.1%	24.6%
Ohio	29.3%	24.6%
Oklahoma	18.1%	23.5%
Oregon	33.0%	30.5%
Pennsylvania	35.5%	25.1%
Rhode Island	36.7%	25.9%
South Carolina	23.3%	22.9%
South Dakota	25.2%	19.6%
Tennessee	26.4%	33.0%
Texas	30.4%	27.2%
Utah	31.5%	24.4%
Vermont	38.9%	30.3%
Virginia	33.7%	30.3%
Washington	33.9%	28.3%
West Virginia	25.3%	22.1%
Wisconsin	34.9%	23.2%
Wyoming	30.3%	26.9%

SOURCE: Kaiser State Health Facts, www.statehealthfacts.org/comparemaptable.jsp?typ=2&ind=869&cat=2&sub=179; "State-Specific Trends in Fruit and Vegetable Consumption Among Adults 2000-2009, Morbidity and Mortality Weekly Report" (Vol 59, No 35), Centers for Disease Control and Prevention, September 2010, www.cdc.gov/mmwr/preview/mmwrhtml/mm5935a1.htm?s_cid=mm5935a1_e.

Upcoming Topic:
 > Hospital Performance

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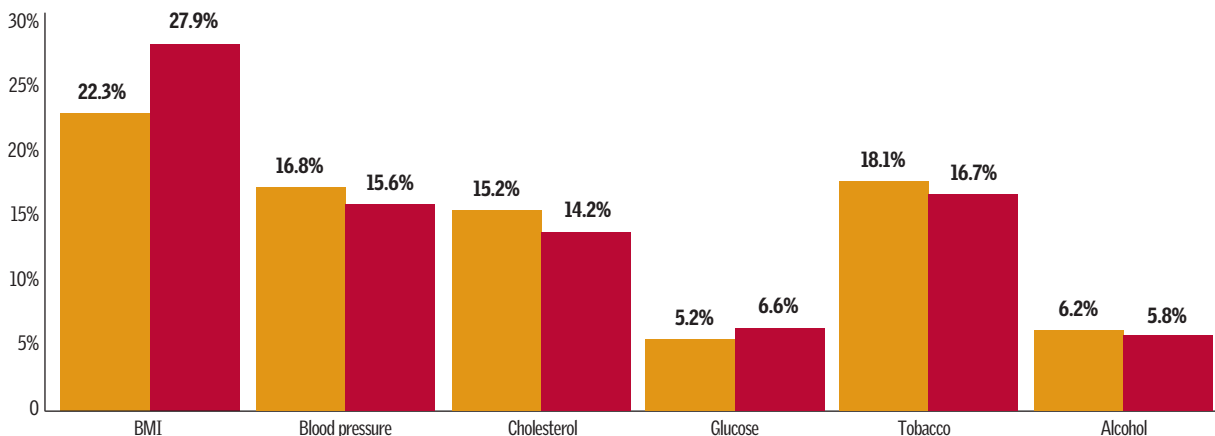
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PREVALENCE RATES FOR BEHAVIORAL RISK FACTORS

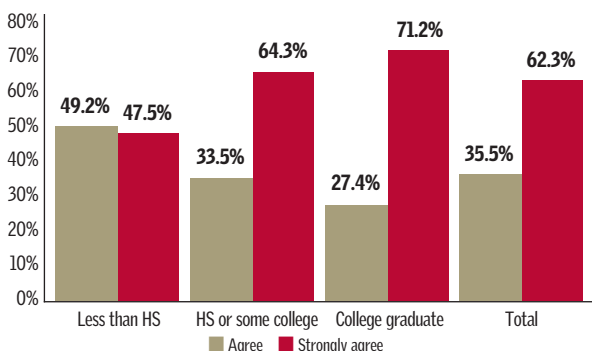
Risk factor prevalence rates for employed, insured adults ages 18 to 64 are factors in determining the U.S. Workforce Wellness Index. Of the six risk factors tracked—BMI, blood pressure, total cholesterol, blood glucose, tobacco use, and alcohol use—four showed reduced prevalence between 2005 and 2009, but prevalence of BMI and glucose actually increased to nearly 28% and 7% of the population, respectively.



SOURCE: Thomson Reuters. 2005 2009

RESPONSIBLE FOR OWN HEALTH

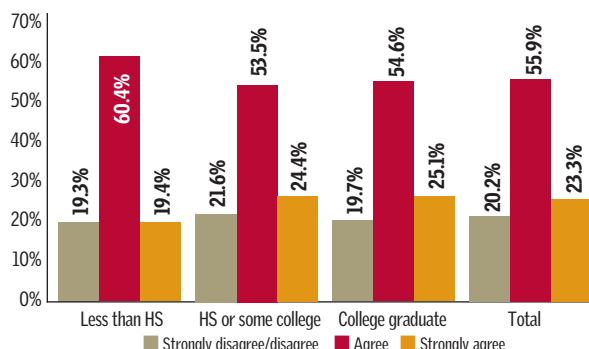
While most Americans say they feel responsible for their own health, those with higher education levels have a much stronger sense of that ownership. Seventy-one percent of college grads strongly agree they are responsible for their own health, while not even half of those who failed to complete high school would embrace that statement.



SOURCE: Thomson Reuters, 2009 data.

MAINTAIN HEALTHY LIFESTYLE UNDER STRESS

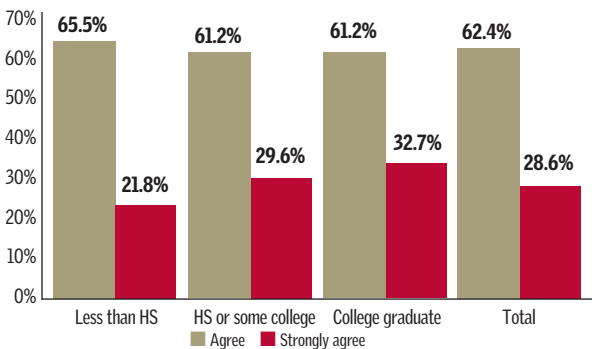
Stress is seen as a hurdle for some as they pursue lifestyle changes to improve or maintain their health, with about 20% of the survey respondents reporting that they strongly disagree that they can maintain a healthy lifestyle when under stress. That held pretty constant regardless of educational level.



SOURCE: Thomson Reuters, 2009 data.

KNOWING HOW TO PREVENT HEALTH PROBLEMS

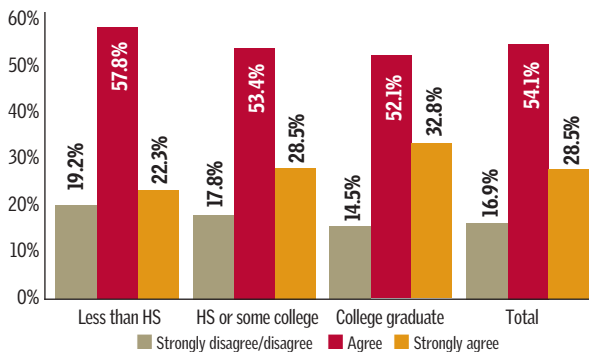
Regardless of education level, a majority of respondents say they know how to prevent health problems. There is a stronger sense of that among college graduates than those without a high school diploma, but less than a third of respondents of any education level felt strongly that they know how to prevent health problems.



SOURCE: Thomson Reuters, 2009 data.

ACTUALLY MAINTAINING PREVENTION EFFORTS

Knowing what to do to improve health is one step, but actually maintaining those changes is another. While most respondents stated that they could maintain healthy lifestyle changes, nearly 17% of respondents disagreed. Those expressing the most confidence were the college graduates, a third of whom feel strongly they can do it.



SOURCE: Thomson Reuters, 2009 data.

