

Trended Workforce Health Profile
Norton Healthcare, Inc.,
Sample: Campbell Technologies
November 1, 2008



Comparing 8699 consumers from December 2005 through November 2007
 To 4134 consumers from December 2007 through November 2008

MODIFIABLE LIFESTYLES	<u>Nov-07</u>	<u>Nov-08</u>	<u>Unhealthy Change</u>	<u>Healthy Change</u>
<u>Tobacco</u>				
Smoke Cigarettes	21.5%	14.5%		7.0%
Smokeless Tobacco	NA	NA		
<u>Exercise</u>				
Never or Rarely	27.0%	27.8%	0.8%	
Sometimes	27.0%	26.8%	0.2%	
Frequently	45.9%	45.4%	0.5%	
<u>Wear Seat Belts</u>				
Never or Rarely	2.1%	1.8%		0.3%
Sometimes	19.1%	18.2%		0.9%
Frequently	78.7%	79.9%		1.2%
<u>BODY COMPOSITION</u>				
<u>Body Mass Index</u>				
Lean	0.9%	1.1%	0.2%	
Desirable	29.9%	31.1%		1.2%
Overweight	38.8%	38.7%		0.1%
Obese	24.3%	24.1%		0.2%
Severely Obese	6.1%	5.0%		1.1%
Total Overweight / Obese	69.2%	67.8%		1.4%
<u>Body Fat Percentage</u>				
Below Average	NA	NA		
<u>Waist To Hip Ratio</u>				
Increased Risk	NA	NA		
<u>HEALTH CHARACTERISTICS</u>				
<u>Conditions</u>				
Frequent Stress	15.9%	10.2%		5.7%
Depression Symptom	1.7%	1.8%	0.1%	
Frequent Headaches/Migraines	50.9%	48.0%		2.9%
Frequent Heartburn	12.9%	12.9%		
Heart Disease	3.9%	3.9%		
Sign of Bone Loss	44.1%	44.4%	0.3%	
No Primary Care Physician	13.6%	7.4%		6.2%
<u>DIABETES</u>				
Have Diabetes	3.1%	3.3%	0.2%	
Type II Diabetes	NA	NA		
Normal Glucose Screening Level	80.1%	80.2%		0.1%
Above Normal Glucose Screening	19.9%	19.7%		0.2%

BLOOD PRESSURE PROFILE	<u>Nov-07</u>	<u>Nov-08</u>	<u>Unhealthy Change</u>	<u>Healthy Change</u>
<u>Screening Results</u>				
Normal	58.7%	69.2%		10.5%
High Normal	13.0%	12.8%	0.2%	
Hypertension	28.3%	18.0%		10.3%

Self Reported

High Blood Pressure	NA	NA		
On Medication	NA	NA		

LIPID PROFILE	<u>Nov-07</u>	<u>Nov-08</u>	<u>Unhealthy Change</u>	<u>Healthy Change</u>
<u>Total Cholesterol</u>				
Desirable	54.7%	59.1%		4.4%
Borderline High	29.2%	30.0%	0.8%	
High	16.1%	10.9%		5.2%

HDL

Desirable	54.7%	55.1%		0.4%
Moderate	29.2%	29.1%		0.1%
Increased Risk	16.1%	15.8%		0.3%

LDL

Desirable	54.7%	54.7%		
Borderline High	29.2%	28.9%		0.3%
High	16.1%	16.4%	0.3%	

Cholesterol Ratio

Desirable	54.7%	54.8%		0.1%
Borderline High	29.2%	29.0%		0.2%
High	16.1%	16.2%	0.1%	

Triglycerides

Desirable	54.7%	55.3%		0.6%
Borderline High	29.2%	29.3%	0.1%	
High	16.1%	15.4%		0.7%

PSA

Elevated PSA Level	21.2%	8.9%		12.3%
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SCREENING HISTORY	<u>Nov-07</u>	<u>Nov-08</u>	<u>Unhealthy Change</u>	<u>Healthy Change</u>
<u>Not Checked in the Last Year</u>				
Blood Pressure	57.0%	25.5%		31.5%
Cholesterol	56.8%	25.9%		30.9%
Glucose	NA	NA		

Never Checked

Physical Exam	23.6%	21.4%		2.2%
Pap Smear	47.2%	29.8%		17.4%
Mammogram (women over 40)	44.1%	44.1%		
Prostate Exam (men over 40)	38.1%	38.1%		