



# WORKER 360° ASSESSMENT

## Aggregate Report

Prepared for Employer

Date Prepared: 00/00/0000

Employment Status: all

Number of Respondents: 271

## ● PREVENTION

Has a personal doctor or health care provider



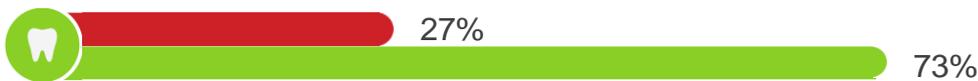
- does not have a personal doctor or health care provider
- has a personal doctor or health care provider

Had a routine exam/physical in past 12 months



- has not had a routine exam/physical in past 12 months
- has participated in a routine exam/physical in the past 12 months

Had teeth cleaned by a dentist or hygienist in past 6 months



- has not had teeth cleaned in the past 6 months
- has received dental cleaning in past 6 months

Women Mammogram



- women 40+ or family history of breast cancer - has been more than 5 years since last mammogram
- women 40+ or family history of breast cancer - has been more than a year but less than 5 years since last mammogram
- women 40+ or family history of breast cancer - has received a mammogram in past 12 months

Colonoscopy



- respondents 50 years or older or family history of colon cancer – has not had a colonoscopy in past 10 years
- respondents 50 years or older or family history of colon cancer – has received a colonoscopy in past 10 years

## ● BIOMETRICS

### Height/Weight



- BMI 30+ (obese)
- BMI 25-29.9 (overweight)
- BMI <24 (normal weight)

### Blood pressure



- blood pressure - one or both numbers greater than 140/90
- blood pressure - one or both numbers between 120-139/80-89, or don't know BP
- blood pressure - both numbers less than 120/80

### Cholesterol



- total cholesterol – greater than 240 mg/dl
- total cholesterol – between 200-239 mg/dl, or don't know cholesterol
- total cholesterol – less than 200 mg/dl

## ● NUTRITION

### Fruits and Veggies



- consume 1 or no fruits or vegetables on a typical day
- consume 2-4 fruits and vegetables on a typical day
- consume 5 or more fruits and vegetables on a typical day

## Sugar Sweetened Beverages



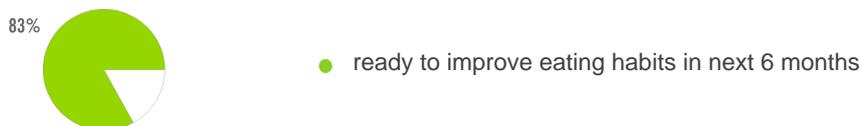
- consume 4 or more sugar sweetened beverages on a typical day
- consume 2-3 sugar sweetened beverages on a typical day
- consume 0-1 sugar sweetened beverages on a typical day

## High Fat Foods

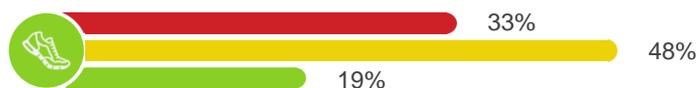


- consume foods high in saturated fats on a typical day
- does not consume foods high in saturated fats on a typical day

## Readiness for Change

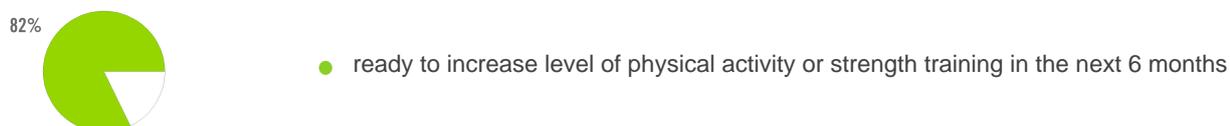


## ● PHYSICAL ACTIVITY



- less than 75 minutes per week or no physical activity
- less than 150 minutes of activity but more than 75 minutes OR meeting moderate activity guidelines but not meeting strength/resistance exercise requirement of 2 or more days per week
- meeting Surgeon General Guidelines for physical activity of at least 150 minutes of moderate and 2 days of strength/resistance exercises per week

## Readiness for Change



## ● EMOTIONAL WELLBEING



- high risk for depression or anxiety
- moderate risk for depression or anxiety
- low risk for depression and anxiety

## ● SLEEP



- average fewer than 7 hours of sleep in a 24-hour period
- average 7 or more hours of sleep in a 24-hour period

## ● SUBSTANCE ABUSE

Nicotine



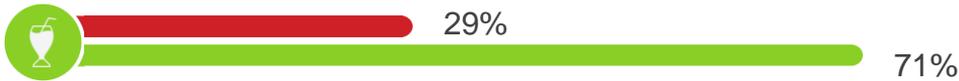
- use nicotine products
- do not use nicotine products

Readiness for Change



- ready to quit using tobacco or nicotine products in the next 6 months

## Alcohol



- not meeting alcohol consumption guidelines (Men <2 day, Women <1 day)
- meeting alcohol consumption guidelines (Men <2 day, Women <1 day)

## ● WELLNESS CULTURE

### Company care of health and wellbeing



- feels that the company does not care about their health and wellbeing
- do not know if the company cares about their health and wellbeing
- feels that the company cares about their health and wellbeing

### Co-worker care of health and wellbeing



- feels that their co-workers do not support health and wellbeing
- do not know if their co-workers support health and wellbeing
- feels that their co-workers support health and wellbeing

## ● WORKPLACE SAFETY

### Comfort challenging supervisor



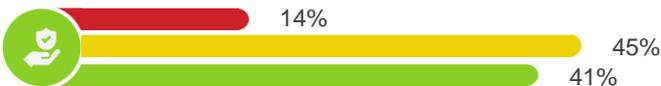
- never feel they can 'challenge' supervisor if asked to do something unsafe
- sometimes feel they can 'challenge' supervisor if asked to do something unsafe
- always feel comfortable challenging supervisor if asked to do something unsafe

## Shortcuts



- feel that unsafe shortcuts are acceptable to meet demand sometimes
- feel that unsafe shortcuts are acceptable to meet demand feel that
- shortcuts due to high demands are never acceptable if unsafe

## Safe behaviors are rewarded



- do not feel that safe behaviors are recognized and rewarded feel
- that safe behaviors are sometimes recognized and rewarded feel
- that safe behaviors are recognized and rewarded.

## Encourage safe behaviors outside of work



- do not feel that the company encourages safe behaviors outside of work
- sometimes feel that the company encourages safe behaviors outside of work
- feel that the company encourages safe behaviors outside of work.

## Follow safety at home



- never follow the same safety precautions at home
- sometimes follow the same safety precautions at home
- always follow the same safety precautions at home

## Hours of paid safety training



- receive 4 or fewer hours of paid safety training per year
- receive 5-9 hours of paid safety training per year
- receive 10 or more hours of paid safety training per year

## ● SPOUSE SAFETY

Follow safety guidelines at home



- never follow best practice safety guidelines at home
- sometimes follow best practice safety guidelines at home
- always follow best practice safety guidelines at home

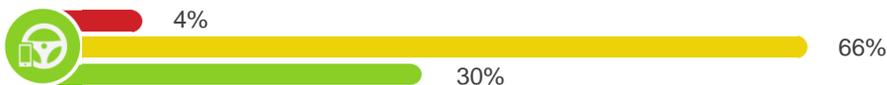
## ● SAFE DRIVING

Seatbelt use



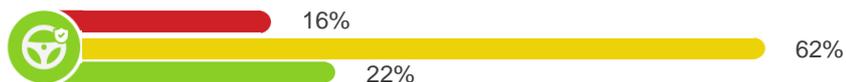
- never wear their seatbelt
- sometimes wear their seatbelt
- always wear their seatbelt

Distracted driving



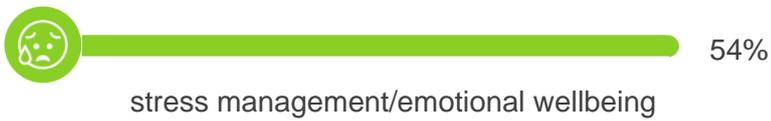
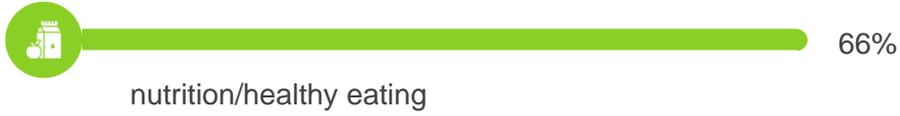
- always drive while distracted (talking, texting, including blue tooth)
- sometimes drive while distracted (talking, texting, including blue tooth)
- never drive while distracted (talking, texting, including blue tooth)

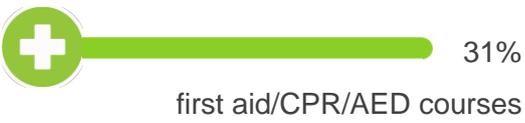
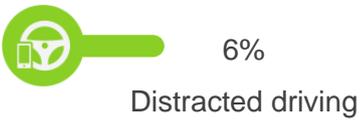
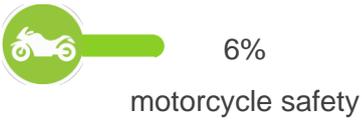
Driving policy



- indicate that the company does not have a Safe Driving Policy/Program
- does not know if they company has a Safe Driving Policy/Program
- indicate that the company has a Safe Driving Policy/Program

## ● INTEREST







20%

health and safety professional certifications/credentials



6%

other workplace safety training

## ● YOUR RISK SUMMARY

Behavior	2018 Your Company % at Risk This Year (Yellow and Red)	Like Industry in Assessment Bank% at Risk (Yellow and Red)
Has a medical provider	15%	15%
Medical exam compliance	23%	23%
Dental cleaning compliance	27%	27%
Mammogram compliance	21%	21%
Colonoscopy compliance	13%	13%
Overweight/obesity	74%	74%
Blood pressure	53%	53%
Cholesterol	59%	59%
Fruit and Vegetable Consumption	87%	87%
Sugar Sweetened Beverages	22%	22%
High Fat Foods	50%	50%
Physical Inactivity	81%	81%
Depression / Anxiety	16%	16%
Sleep	38%	38%
Nicotine product use	14%	14%
Alcohol	29%	29%
Company cares about wellbeing	22%	22%
Co-workers care about wellbeing	27%	27%
Challenge supervisor if unsafe	27%	27%
Take unsafe shortcuts	27%	27%
Recognition for safe behavior	59%	59%
Company encourages safe behavior outside of work	39%	39%
Employees follow safety at home	49%	49%
Hours of paid safety training	93%	93%
Employees use seatbelts	13%	13%
Employees drive while distracted	70%	70%
Company has safe driving policy	78%	78%

# References

Centers for Disease Control and Prevention

Academy of Nutrition and Dietetics

National Institute of Occupational Safety and Health

Substance Abuse and Mental Health Services Administration

American Heart Association

American Cancer Society

University of Delaware

United States Preventive Service Task Force

National Institutes of Health

National Sleep Foundation