

Oregon Department of Transportation

Wellness Program
Summary Report
1998 - 2003



ODOT 1998 - 2002

Utilization Data

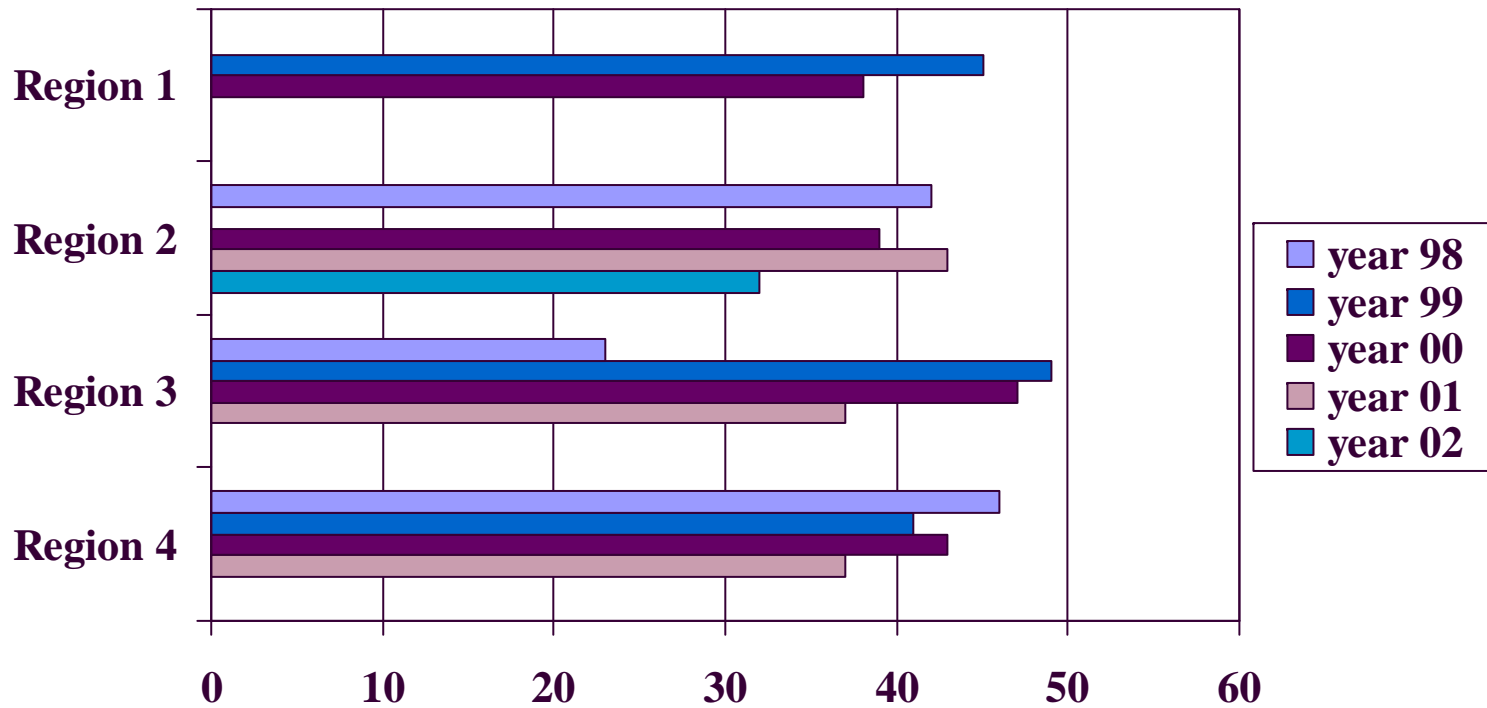
- Total number of screenings for ODOT employees 1998 - present: 3237*
- Number of unique participants: ~925**
- End slide addresses other services

* Region 1 is currently in the middle of their screening event.

** The number of unique participants cannot be accurately computed due to variance in employees' use of ss# or identifier.

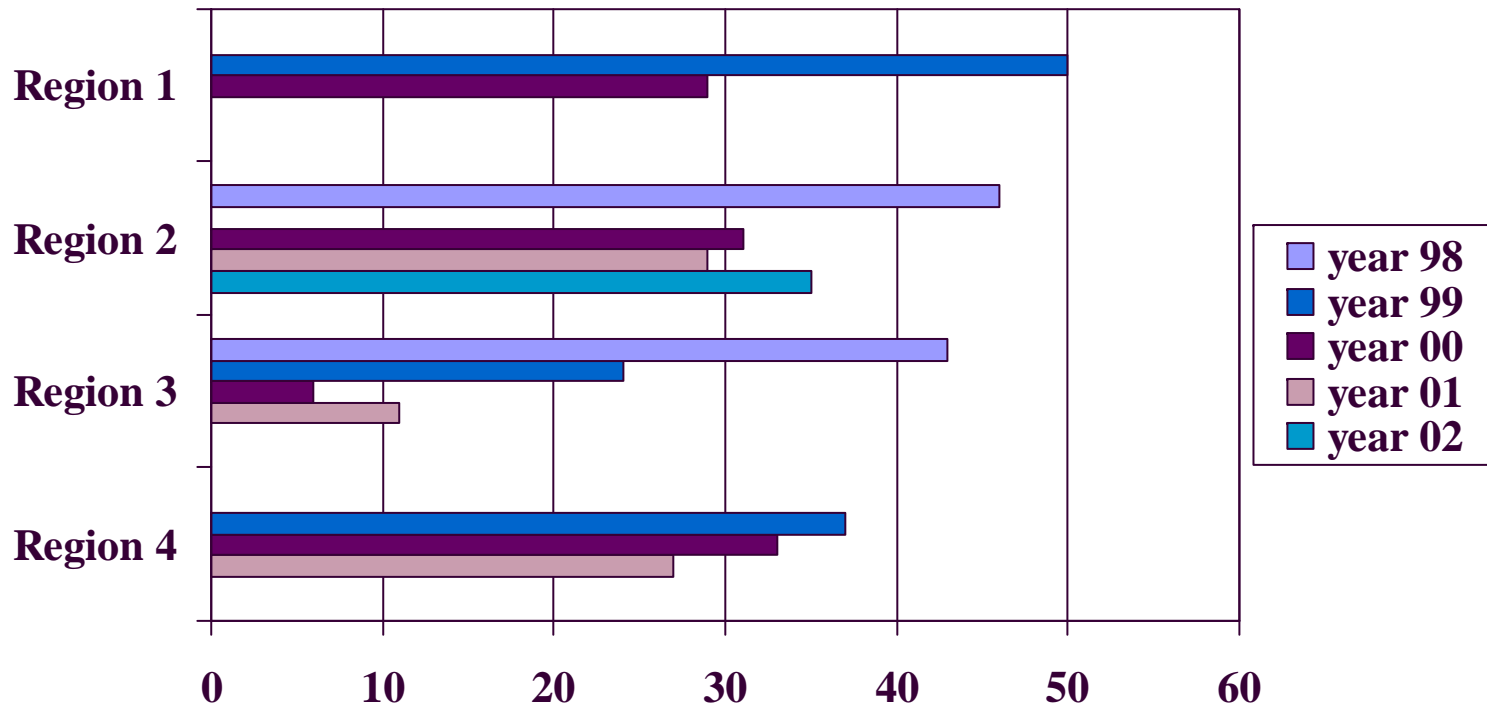
At Risk Data: Cholesterol Levels

Percentage of Participants at Risk



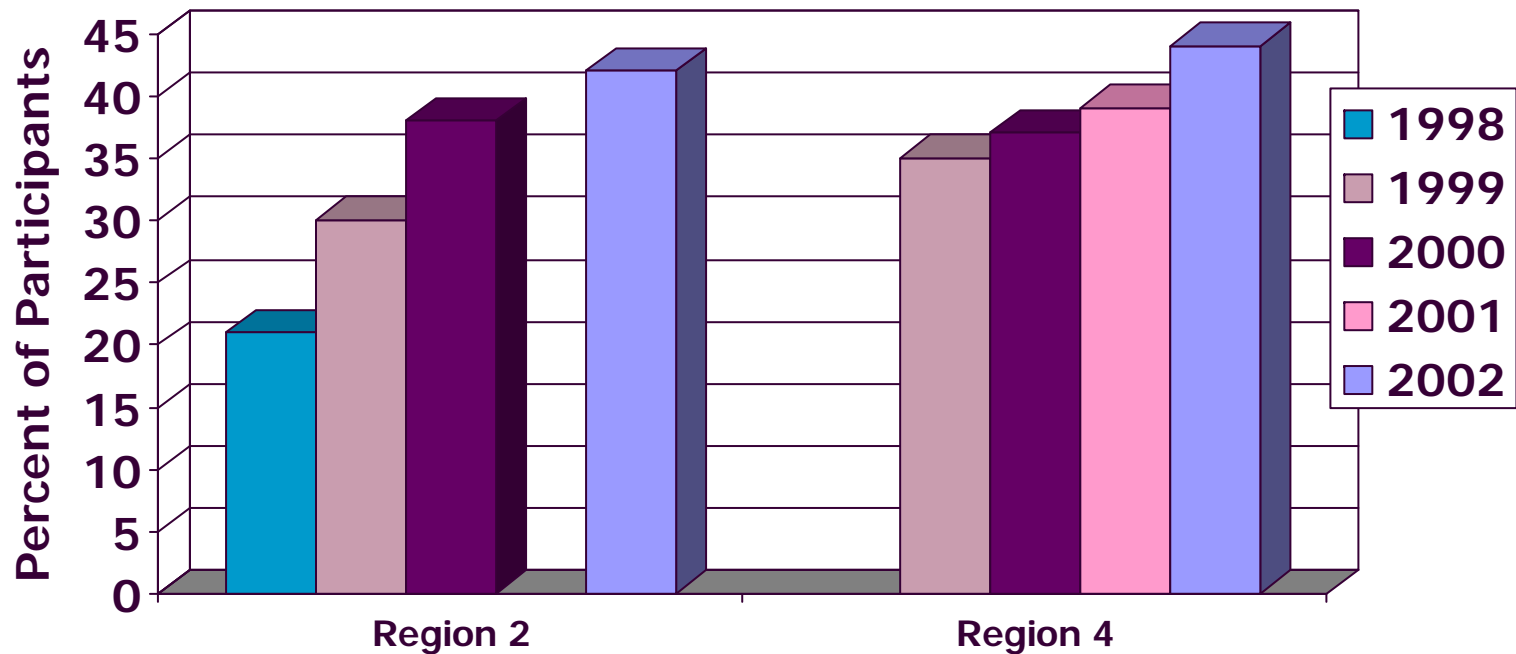
At Risk Data: Systolic Blood Pressure

Percentage of Participants at Risk



Health Risk Assessment Data

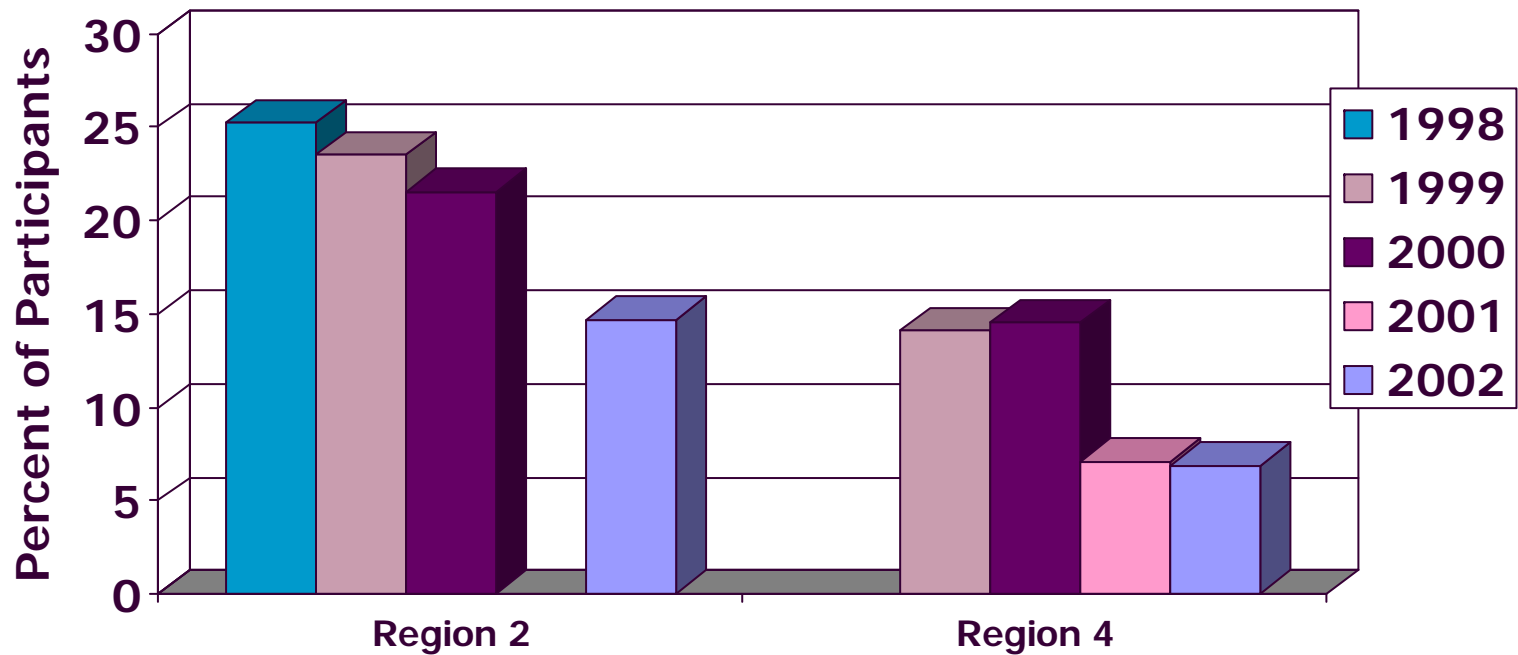
Exercise 3 or more days/week



NOTE: Data available for R1 and R3, but not compiled at time of this presentation.

Health Risk Assessment Data

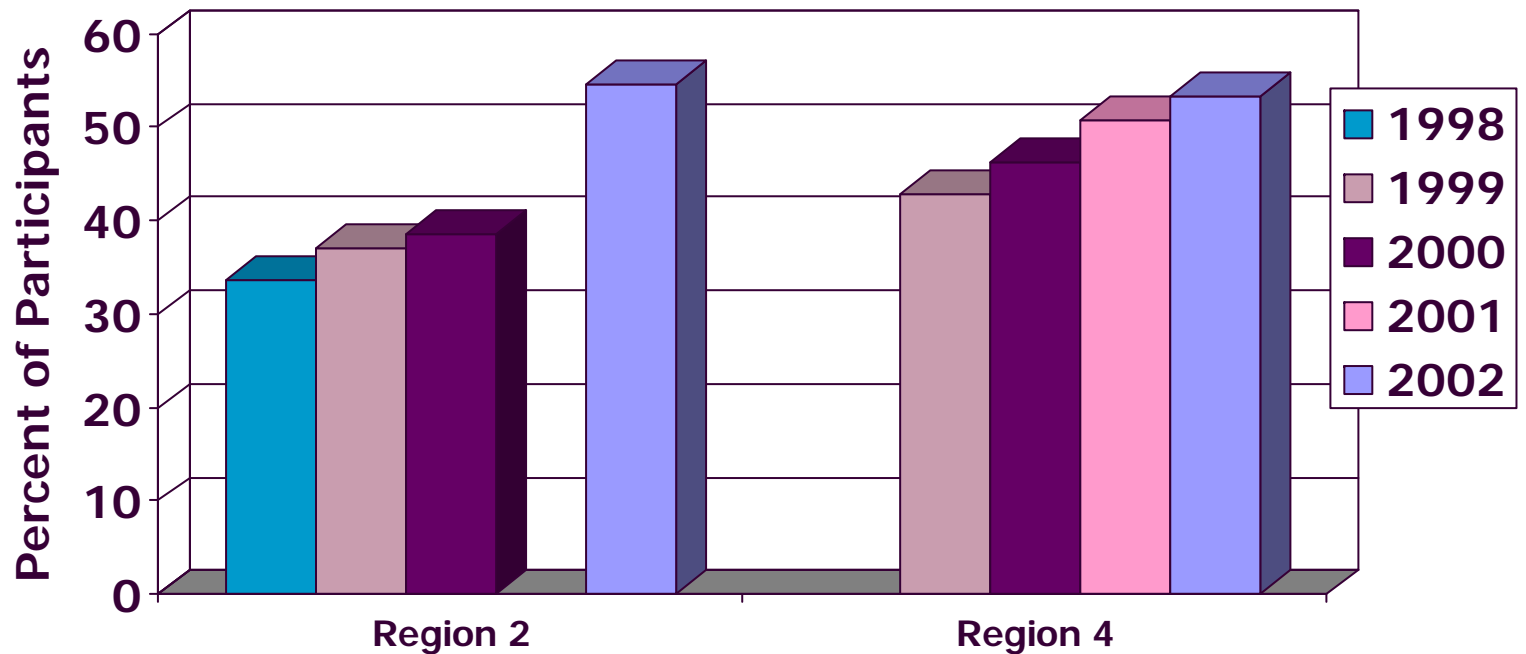
Smokers



NOTE: Data available for R1 and R3, but not compiled at time of this presentation.

Health Risk Assessment Data

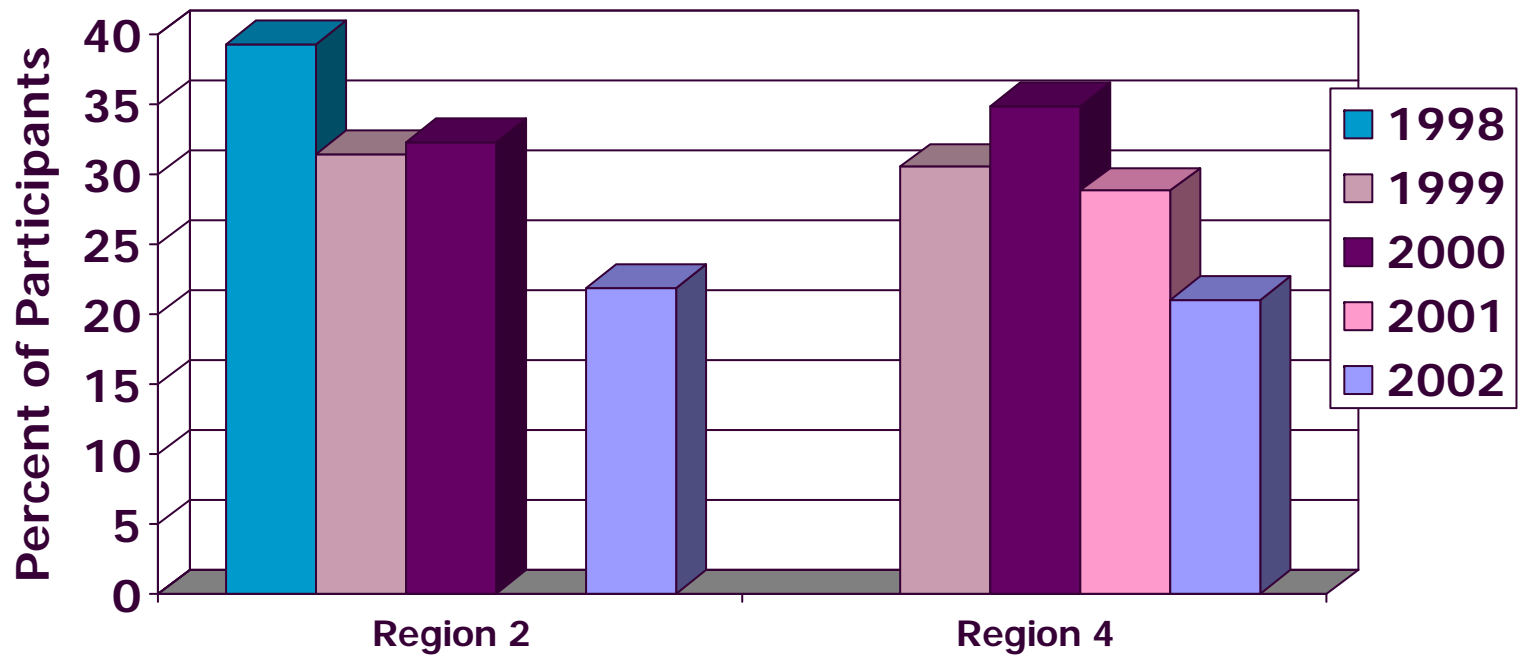
Low/Ideal Risk Heart Health Score



NOTE: Data available for R1 and R3, but not compiled at time of this presentation.

Health Risk Assessment Data

4 or More Risk Factors



NOTE: Data available for R1 and R3, but not compiled at time of this presentation.

Satisfaction Data

- Survey completed in Fall of 2001 for Regions 1, 2, 3 and 4.
- 758 employees completed survey (anonymously)
- Combined data:
 - 99% reported enjoyed wellness presentations
 - 93% reported they benefited from information and discussions during wellness presentations
 - 91% reported reading wellness information boards
(60% reported reading wellness information boards on monthly basis)
 - 80% reported that they benefited from information on bulletin boards