

DRAFT 12/12/05

Oregon Healthy Worksite Initiative State Government Employee Survey Comparison of Health Status and Risk Factors for Chronic Disease Morbidity Between Respondents With Chronic Disease (Arthritis, Asthma, Diabetes, Heart Disease, or Stroke) and Respondents Without Chronic Disease

These are results of a random telephone survey of state government employees. Information was collected about the frequency of various chronic diseases in this population as well as related risk factors for illness, and employee attitudes toward worksite health promotion activities. A respondent was determined to have a specific chronic disease if he or she reported being diagnosed with that disease by a doctor or other health professional. Questions are primarily from national Behavioral Risk Factor Surveillance System (BRFSS) surveys and Oregon State BRFSS modules. A sample of 2000 employees was surveyed (1,500 for state agencies and 500 for Oregon University System).

	Chronic Disease N = 642	No Chronic Disease N = 1344	Total N = 1986
Age: Median (age range)	51 yrs old (22-81)	45 yrs old (18-70)	47 yrs old (18-81)
Depression (respondent told they had depression by a health provider within 12 months or respondent currently taking medication for depression)	21%*	12%*	15%
Body Mass Index (BMI):			
Healthy Weight	26%*	39%*	35%
Overweight	36%	38%	37%
Obese	37%*	22%*	27%
Respondents who reported that, in the past 30 days, they experienced some limitation in their ability to carry out their usual activities at work, due to physical or emotional health issues	34%*	25%*	28%
Respondents who reported missing part or all of at least 1 work day in the past 30 days, due to poor physical or emotional health	35%*	25%*	28%

* Statistically significant difference between respondents with chronic disease and those without chronic disease for that characteristic.

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	Chronic Disease N = 642	No Chronic Disease N = 1344	Total N = 1986
Tobacco Status:			
Never Smoker	53%*	66%*	62%
Former Smoker	37%*	24%*	28%
Current Smoker	11%	10%	10%
Health Status (Excellent to Very Good)	45%*	72%*	63%
Respondents who meet CDC physical activity recommendations (moderate activity for ≥ 30 mins. on ≥ 5 days/wk. OR vigorous activity for ≥ 20 mins. on ≥ 3 days/wk.)	46%	53%	51%
Respondents who eat five or more servings of fruits and vegetables everyday	26%	22%	23%

* Statistically significant difference between respondents with chronic disease and those without chronic disease for that characteristic.

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A Comparison of Oregon Healthy Worksite Initiative State Government Employee Survey Respondents and Full-time Employees Who Responded to the 2004 Oregon Behavioral Risk Factor Surveillance Survey

These are results from a random telephone survey of state government employees. Information was collected about the frequency of various chronic diseases in this population as well as related risk factors for illness, and employee attitudes toward worksite health promotion activities. Questions are primarily from national Behavioral Risk Factor Surveillance System (BRFSS) surveys and Oregon State BRFSS modules. A sample of 2,000 employees was surveyed (1,500 for state agencies and 500 for Oregon University System).

Caution: Respondents to the 2004 Oregon BRFSS who are employed full time show a number of statistically significant demographic differences from respondents to the State Government Employee Survey. These differences may play a bigger role in differences in chronic disease frequency and risk factors than does place of employment. Therefore, when comparing Oregon BRFSS data with OUS, State Agency and overall State Government Employee Survey data, inferences that differences are due to place of employment should be made with caution.

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Demographics:

	State Employee Survey			2004 BRFSS Full-time Employees (not including self-employed) N = 3,765
	State Agencies N = 1,500	OUS N = 500	Total N = 2,000	
Age: Median (age range)	47 yrs old (18-81)	47 yrs old (22-70)	47 yrs old (18-81)	40 yrs old (18-99)
Gender				
Male	42%	43%	42% [§]	54% [§]
Female	58%	57%	58%	46%
Health Insurance coverage				
Kaiser Permanente	18%	4%	14%	--
Regence/Blue Cross	79%	93%	82%	--
Income:				
Annual household income equal or greater than \$50,000	56%	59%	57% [§]	42% [§]
College graduate	48%*	78%*	55% [§]	34% [§]
Body Mass Index (BMI):				
Healthy Weight	32%*	44%*	35%	38%
Overweight	38%	37%	37%	38%
Obese	30%*	19%*	27% [§]	22% [§]

§ Statistically significant difference between respondents to the state employee survey and employed respondents from the 2004 Oregon BRFSS.

* Statistically significant difference between State Agency and OUS respondents.

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	State Employee Survey			2004 BRFSS Full-time Employees (not including self-employed) N = 3,765
	State Agencies N = 1,500	OUS N = 500	Total N = 2,000	
Health Status (Excellent to Very Good)	60%*	73%*	63%	60%
Ever been told by a doctor, nurse or other health professional that they had high blood pressure (Yes)	25%*	16%*	22%	20%
If Yes to HBP, then currently taking medicine for it (YES)	72%	70%	71% [§]	60% [§]
Ever been told by a doctor, nurse or other health professional that they had high blood cholesterol (YES)	35%	29%	33%	31%
Ever been told by a doctor that they had diabetes (YES)	6%*	3%*	5%	4%
Told by a doctor, nurse, or other health professional that they currently have asthma	10%	10%	10%	10%
45 years or older: Ever been told by a doctor, nurse, or other health professional that they had a heart attack (YES)	2%	1%	1% [§]	3% [§]
45 years or older: Ever been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease (YES)	3%	1%	2%	4%
45 years or older: Ever been told by a doctor, nurse, or other health professional that they had a stroke (YES)	2%	0%	1%	1%
Ever been told by a doctor, nurse, or other health professional that they had arthritis (YES)	23%*	16%*	21%	19%

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	State Employee Survey			2004 BRFSS Full-time Employees (not including self-employed) N = 3,765
	State Agencies N = 1,500	OUS N = 500	Total N = 2,000	
In the last 12 months, had been told by a doctor or other health professional that they have depression (YES)	13%	9%	12%	--
Tobacco Status:				
Never Smoker	58%*	73%*	62% [§]	56% [§]
Former Smoker	30%*	22%*	28% [§]	22% [§]
Current Smoker	12%*	5%*	10% [§]	22% [§]
Respondents who reported that, in the past 30 days, they experienced some limitation in their ability to carry out their usual activities at work, due to physical or emotional health issues	28%	27%	28%	--
Respondents who reported missing part or all of at least 1 work day in the past 30 days, due to poor physical or emotional health	30%	25%	28%	--
Respondents who know that help with quitting smoking is now available through PEBB (YES)	80%	73%	79%	--
Respondents who have at least one person that they think of as their personal doctor or health care provider (YES)	88%	87%	88%	--
Respondents who rate their health care providers excellent or very good at explaining treatment alternatives	70%	73%	71%	--
Respondents who rate their health care providers excellent or very good at including the respondent in treatment decisions	73%	78%	74%	--
Respondents who report their regular doctor was always or almost always well informed and up-to-date about care received from specialists to whom the respondent was referred.	71%	71%	71%	--

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	State Employee Survey			2004 BRFSS Full-time Employees (not including self-employed) N = 3,765
	State Agencies N = 1,500	OUS N = 500	Total N = 2,000	
Respondents who were aware that the Public Employee's Benefit Board (PEBB) offers the following services: On-line health risk assessment (State of Health) Health screening at your worksite Classes at your worksite Wellness screening at the PEBB Health Center Phone consultation with the PEBB Health Center Tobacco cessation pilot program (Free and Clear) Disease management counseling Library at the PEBB Health Center	64%* 48%* 46%* 63%* 49%* 56%* 35%* 51%*	43%* 25%* 32%* 35%* 27%* 32%* 23%* 25%*	59% 43% 43% 56% 44% 50% 32% 44%	---
Respondents who meet CDC physical activity recommendations (moderate activity for ≥ 30 mins. on ≥ 5 days/wk OR vigorous activity for ≥ 20 mins. on ≥ 3 days/wk)**	51%	51%	51% [§]	61% [§]
Respondents who eat five or more serving of fruits and vegetables every day**	22%	27%	23%	25%

§ Statistically significant difference between respondents to the state employee survey and employed respondents from the 2004 Oregon BRFSS.

* Statistically significant difference between State Agency and OUS respondents.

** The physical activity and fruits/vegetables questions used in the state employee survey were not the same as those from the 2004 Oregon BRFSS. Comparison should be made with caution.