



HEALTH RISK ASSESSMENT FOR STUDENTS

VISION: Improving the health status of today's students by accurately targeting programs toward the greatest needs.

GOAL: To gain knowledge of the comprehensive health-related status of college age students in a local or statewide region and to follow their progress due to targeted programs.

STATE OF THE PROBLEM: Although government and other organizations attempt to acquire information about students through direct survey or other data collection methods, reports of that data do not become available for several months or even years, and methods are inconsistent. Decision makers need more timely and comprehensive data on students to accurately predict and spend limited dollars on the most relevant programs in order to meet the health-related needs of that population.

In addition, new programs are often difficult to launch because they do not have good baseline info to demonstrate need, nor accurate program evaluation techniques. Improved data collection efforts would be especially valuable for grant applications and for targeting public sector programs.

STRATEGY: *An online, real-time Health Risk Assessment (HRA) targeted to college student population to collect data on health-related status of students.*

The online web-based HRA offered by Ames MyFile Systems may be filled out wherever internet services are offered. A personal profile with health status recommendations is instantly captured online and can be printed for student and or member use. Online educational materials provide helpful follow-up on specific disease conditions. The collected data is compiled immediately into an aggregate format. All personal data is fully protected and no individuals can be identified in the collected data.

This validated Student HRA collects data and builds reports in real-time in a relational database format. This approach offers significant value as the information is aggregated continuously, becomes available immediately, and can be reported for any specific point in time. Because it is web-based, this process is extremely low cost, especially in comparison to traditional data collection efforts. The HRA is meant to be re-taken periodically (generally by semester) so that health progress and health risks can be re-evaluated. The data reports may be tailored to organizational needs. Sponsoring organizations may include their logo and/or attach the HRA to their own website.

SUMMARY: A student HRA adds a dimension needed to collect in-depth and timely health and behavioral information about our younger population. It could be highly useful to a school's own health care efforts, as well as for other programs to improve student health and quality of life.



HEALTH IMPROVEMENT PROGRAM COMPONENTS

The Student Health Risk Assessment Program consists of two modules aiming at improving the health and well-being of today's younger population. These two modules are:

Health Risk Assessment (HRA)

The Health Risk Assessment combines self-reported health status information with personal and family medical history, and biometric data to assess populations of their health risks in four areas; lifestyle, disease impact of existing conditions, future disease risk, and lab results. Members completing the assessment online receive immediate feedback on their health risks and lifestyle behaviors, together with recommended actions for health improvement.

Personal Health Record

The Personal Health Record (PHR) allows members to create, store, and manage personal health information all in one central, secure online location. This information is accessible to the member anywhere, anytime the need arises. The PHR maintains four key components including; medications, test and measurements, medical history, and care plan. The PHR also serves as a central location where members can record their contacts, such as contact information for physicians as well as insurance information. All of this information can easily be printed by the member to provide to their physician(s) as well as to emergency room personnel.

HEALTH RISK ASSESSMENT (HRA)

Questionnaire:

The Student HRA covers the following health areas:

- General Information
- Existing Medical Conditions
- Eating Habits
- Activity and Exercise
- Alcohol Use
- Tobacco Use
- Substance Abuse
- Sexual Health
- Emotional Health
- Motor Vehicle Safety
- Personal Health Management


Assessments:




The individual report addresses the following assessments:

- Overall Health
- Lifestyle
 - Weight and Body Image
 - Eating Habits
 - Activity
 - Alcohol
 - Tobacco
 - Substance Abuse
 - Sexual Health
 - Emotional Health
 - Depression Risk
 - Traveling by Motor Vehicle
 - Sun Safety
- Personal Health Management
 - Physical Examination
 - Blood Pressure
 - Cholesterol
 - Pap Smear (if applicable)
 - Breast Exam (if applicable)
 - Chlamydia Screening (if applicable)
 - Flu Shot
- Current Medical Conditions
 - Asthma
 - Diabetes
 - Depression

HRA EXAMPLE

Below is an example of a data entry screen for the HRA:


 **Conexus** DEMONSTRATION

Assessments | Personal Health Record   

[Introduction](#) | **Start New** | [Continue Unlocked](#) | [Review Results](#)

Assessments
AmesStudentMember1

Started on August 09, 2007

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
Existing Conditions



Has a doctor ever told you that you have any of the following conditions? *Please check all that apply or select "None of the above."*

- ADHD (attention deficit hyperactivity disorder)
- Allergies
- Anxiety
- Asthma
- Cancer
- Depression
- Diabetes (other than during pregnancy)
- Digestive problems
- Eating disorders (anorexia, bulimia)
- High blood pressure (hypertension, other than during pregnancy)
- High cholesterol
- Mononucleosis
- Sleep problems
- Substance abuse problems
- None of the above

Are you currently taking prescription medications for any of the following conditions? *Please check all that apply or select "None of the above."*

- ADHD (attention deficit hyperactivity disorder)
- Allergies
- Anxiety
- Asthma
- Cancer
- Depression
- Diabetes (other than during pregnancy)
- Digestive problems
- Eating disorders (anorexia, bulimia)
- High blood pressure (hypertension, other than during pregnancy)
- High cholesterol
- Mononucleosis
- Sleep problems
- Substance abuse problems
- None of the above


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PERSONAL HEALTH RECORD (PHR)

Below is an example of a data entry screen for the PHR:



Assessments | **Personal Health Record**   

[Introduction](#) | [Lifestyle](#) | [Medications](#) | [Medical History](#) | **Family History** | [Contacts](#)

Family History AmesStudentMember1

Family History

Has anyone in your family (parents, grandparents, brothers, or sisters) had any of the following?
Please check all that apply or select 'None of the above'.

- Asthma
- Depression
- Diabetes
- High blood pressure (hypertension)
- High cholesterol
- Don't know
- None of the above

Do you have a parent, sibling, or child who has been diagnosed with any of the following?
Colorectal cancer No Yes - one Yes - more than one Don't know

Do you have a family history of early heart disease - father/brother before the age of 55 or
mother/sister before the age of 65?
 No Yes Don't know

STANDARD REPORTING

Reporting Examples: Population Summary

Demographics	Number	Percent of
Total Population	340	
Male	84	24.7%
Female	256	75.3%
Average Age	33. yrs	
Overall Health	Number	Percent of Total
Low risk (2 or fewer high risk factors)	229	67.4%
Moderate risk (3-4 high risk factors)	92	27.1%
High risk (5 or more risk factors)	19	5.6%
Average high risk factors per person	1.4	
Life Style	Number	Percent of Total
Weight and Body Image		
Moderate Risk	118	34.7%
High Risk	74	21.8%
Eating Habits		
Moderate Risk	147	43.2%
High Risk	75	22.1%
Activity		
Moderate Risk	151	44.4%
High Risk	130	38.2%
Alcohol		
Moderate Risk	2	0.6%
High Risk	109	32.1%
Smoking		
Moderate Risk	69	20.3%
High Risk	56	16.5%
Smokeless		
Moderate Risk	0	0.0%
High Risk	11	3.2%
Substance Abuse		
Moderate Risk	5	1.5%
High Risk	4	1.2%
Sexual Health		
Moderate Risk	15	4.4%
High Risk	58	17.1%
Depression Risk		
Moderate Risk	182	53.5%
High Risk	71	20.9%

Chronic Conditions		Number	Percent of	Percent of
Asthma				
Diagnosed	✓	39 ✓	11.5% ✓	100.0%
Moderate		4 ✓	1.2% ✓	10.3%
Severe		2 ✓	0.6% ✓	5.1%
Diabetes				
Diagnosed	✓	4 ✓	1.2% ✓	100.0%
Moderate		1 ✓	0.3% ✓	25.0%
Severe		0 ✓	0.0% ✓	0.0%
Depression				
Diagnosed	✓	63 ✓	18.5% ✓	100.0%
Moderate		18 ✓	5.3% ✓	28.6%
Severe		16 ✓	4.7% ✓	25.4%

Preventative Screening		Number	Percent of Total	Percent of Eligible
Physical examination				
Eligible		340 ✓	100.0% ✓	100.0%
Checkup Due		29 ✓	8.5% ✓	8.5%
Blood pressure				
Eligible		340 ✓	100.0% ✓	100.0%
Checkup Due		12 ✓	3.5% ✓	3.5%
Cholesterol Check				
Eligible		340 ✓	100.0% ✓	100.0%
Checkup Due		189 ✓	55.6% ✓	55.6%
Flu shot				
Eligible		340 ✓	100.0% ✓	100.0%
Checkup Due		218 ✓	64.1% ✓	64.1%
Pap smear				
Eligible		256 ✓	75.3% ✓	100.0%
Checkup Due		49 ✓	14.4% ✓	19.1%
Breast exam				
Eligible		256 ✓	75.3% ✓	100.0%
Checkup Due		62 ✓	18.2% ✓	24.2%
Chlamydia				
Eligible		256 ✓	75.3% ✓	100.0%
Checkup Due		137 ✓	40.3% ✓	53.5%

