

HRA

Brief history

Health risk appraisal design

➤ A health risk assessment (HRA) is a health questionnaire, used to provide individuals with an evaluation of their health risks and quality of life. There are a range of options available, however most capture information relating to:

- Demographic characteristics - age, gender
- Lifestyle - exercise, smoking, alcohol intake, diet
- Personal and family medical history
- Physiological data - weight, height, blood pressure, cholesterol
- Attitudes and willingness to change behaviour in order to improve health

➤ The main objectives of a HRA are to:

- Assess health status
- Estimate the level of health risk
- Inform and provide feedback to participants to motivate behaviour change to reduce health risks

Examples of our work in this area

- CV Risk assessment for Transport for London
- Built the WELL programme - UK's first Health Risk Appraisal - distributed to organisations such as GSK, Bechtel, Citigroup, Bombardier, Magnox, KPMG, Colleges, councils etc Estimated over 300000 completions in 3 years, average utilisation 72%, lowest 49% (police force). Not just a HRA but behavioural programme driving population health management. Paper and online completion.
- Build HRA for PPC Worldwide Employee Assistance programme, Validium, team prevent and one for Warwick international computing.
- We developed a Sleep Assessment product with Loughborough University for workplace risk and performance enhancement
- Successful usage of HRA
 - **GlaxoSmithKline** in 2004/5 enabled us to implement a health risk appraisal programme (The WELL programme) that achieved uptake of 53% to 89% across the business including office/manufacturing business units. The programme was the catalyst for the GSK Road Map and Employee Health Management programme.
 - We have enabled our clients to enter and win numerous prestigious awards such as Personnel Today and Employee Benefits'. Out the City of York schools picked up three awards in 2003

Within ten minutes you could take the first step towards better health
and improving your enjoyment of life.

DRAFT IS ASSOCIATED WITH CHANGING OF SCIENCE

[illegible]

"Eating a healthy diet reduces your risk of heart disease and cancer"

a. I have been eating a healthy diet for longer than 6 months ☒ b. I plan to start eating a healthy diet on a more regular basis in the next month ☒
c. I have been eating a healthy diet for the past 6 months ☒ d. I am thinking of changing my diet to a more healthy one ☒
e. I do not plan to start eating a healthy diet in the next 6 months ☒

"1 in 3 adults experience sleep problems"

- | | Near/Almost never | Rarely | Occasionally | Often |
|-----|-------------------|--------|--------------|-------|
| Yes | 5 | 1 | 0 | 0 |
| No | 0 | 0 | 5 | 4 |

"7 out of 10 adults need to be more active"

- I have been exercising at the recommended level for longer than 6 months
- I only began exercising within the past 6 months
- I plan to start exercising in the next month
- I am thinking about becoming more active
- I do not plan to start exercising in the next 6 months

We will continue to communicate with you if you so wish and support you in making any adjustments to your lifestyle and work.

Company A - ONLINE HRA

Heath Risk Assessment Questionnaire



Alcohol

Drinking excessive amounts of alcohol can cause an increase in your waistline, liver problems, certain cancers and heart disease. Binge drinking is known to be harmful to your health

Question 9 - Please answer the following using the scale provided:

	Always	Sometimes	Rarely	Never
How often do you drink more than the recommended levels of alcohol consumption. (More than 3-4 units per day for men and 2-3 units per day for women)? A unit is: 1 measure of spirits or 1 125ml glass of wine or 1/2 pint of beer				

Question 10 - Please answer the following using the scale provided:

	Always	Sometimes	Rarely	Never
How often do you have eight drinks (six for women) on one occasion?				

Know your numbers

Almost one in five men and one in eight women die from heart disease. Around one in three adults in England and Scotland have high blood pressure and nearly half of them are not receiving treatment for the condition. Around six in ten adults in England have high blood cholesterol levels and it is estimated that there are up to a million more people in the UK who have diabetes but have not been diagnosed.

Question 11 - Please answer the following using the scale provided:

	No	No undergoing treatment	Yes	Don't know
Is your blood pressure level within the recommended level? (Recommended level: less than 135/85 mmHG - NICE 2011)				
Is your blood sugar level within the normal range? (Normal range : 3.5-5.5mmol/l before meals and less than 8mmol/l, 2 hours after meals - DIABETES UK, NICE)				
Is your blood cholesterol level within the recommended level? Recommended levels: less than 5mmol NICE)				
Is your HDL blood cholesterol level within the recommended level? Recommended levels: (more than 1mmol -NICE)				

Your personal report Jan Saunders 12/12/2012

Dear Jan

Well done, you have taken the first positive step to a healthier lifestyle by simply filling in your questionnaire. <<You currently feel that your overall health is much better than average. This is good to hear>> This report is a highly accurate analysis tool that has been designed to help you understand your risk of future health problems. It is based on the answers you gave in the questionnaire and uses a system of "health lights" to indicate where changes in your lifestyle could be made with beneficial effects on both your current and future health.

A "green light" generally means all is well, you are following what is considered to be good health practices. If you have mainly green lights - congratulations! Keep up the good work. If you have some amber or red lights showing, then you should pay special heed to these boxes, because by making changes to your current lifestyle could have quite dramatic effects on your future health. Although this report is not designed as a substitute for a medical examination, I hope you will find the contents accurate, interesting and helpful in taking positive steps to improve or maintain your current health and wellbeing.

<<You have indicated that you currently suffer from/being treated for IBS. Please continue to follow the advice of your GP or health practitioner. You may wish to show them a copy of this health risk report and discuss any comments with them. >>

Your wellbeing team

Please take care if printing any reports as they contain personal information.

Click on each report to view



numbers


Measuring your waist circumference we can also estimate whether you have excess abdominal fat stores. People with larger stores of abdominal fat are thought to be at a greater risk of developing health problems, particularly heart disease. Your risk of developing diabetes cancer or heart disease is increased if your risk of developing diabetes cancer or heart disease is increased. People who are an apple shape like you (store fat in their midriff) are far more likely to develop heart disease and are at a greater risk than those who are a pear shape.

Being in the weight category that is classified as obese. This means you weigh a lot more than is healthy for a person of your height. Your risk of developing diabetes cancer or heart disease is increased.

You don't smoke. Well done.

Recommended level NO cigarettes	●	
Alcohol Recommended level: Less than 2-3 units per day and no more than six drinks or more on one occasion	●	Alcohol is not a lifestyle area you need to consider improvement in.
Blood pressure Recommended level: Less than 135/85 mmHG (NICE)	●	Around one in three adults in England and Scotland have high blood pressure and nearly half of them are not receiving treatment for the condition. (BHF) You appear to have blood pressure within the recommended range and therefore have the goal of continuing to keep this area under control. To put it very plainly, the higher your blood pressure, the shorter your life expectancy so it is vital to manage your blood pressure by looking at stress, eating habits, exercise, smoking and cholesterol.
Blood cholesterol Recommended level: Total cholesterol level less than 5mmol (NICE) and HDL cholesterol less than 1mmol (NICE)	●	Around six in ten adults in England have blood cholesterol levels of 5mmol/l or above (BHF) Cholesterol is a fatty substance which is found in the blood. It is mainly made in the body. Cholesterol plays an essential role in how every cell in the body works. However, too much cholesterol in the blood can increase your risk of heart problems. You appear to have high cholesterol and should follow the advice of your GP or health specialist. Eating a low saturated fat diet and keeping active are main lifestyle areas to focus on. HDLs are the good form of cholesterol, which actually protects arteries by collecting cholesterol from the blood vessels and transporting it back to the liver for disposal. Your HDL cholesterol level is within the desirable range.

Company B - online HRA



Logged in as: ddd dddddd Log out

powered by Validum

Welcome to the 360° Health Check

This online assessment is completely confidential and it takes around 7-10 minutes to complete providing an overview of your current lifestyle based on the information that you provide.


This may help to identify lifestyle issues that could be improved. It is not designed or intended to replace the advice/guidance from a medical or health professional. We strongly advise that you seek medical advice should you have any health concerns.

INT001


☐ Before you begin, please confirm you have read the above and are happy to proceed

Start Now


Physiological




Psychological



Resilience



Summary



THIS TOOL IS INTENDED FOR INFORMATIONAL PURPOSES ONLY AND IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. Do not ignore professional medical advice because of something you have read on this site. This site does not provide medical advice. If you think you may have a medical emergency, call your doctor immediately or dial 995.

Introduction

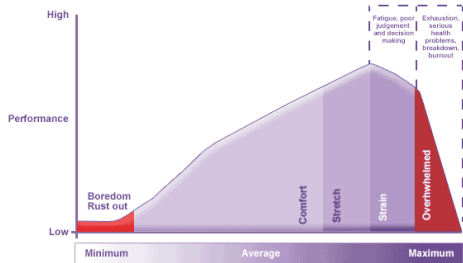
Physiological

Psychological

Resilience

Summary

PSY001



Referring to the chart above, choose a level of pressure that best represents most of your working day. You can rollover the chart for more information. 1

☐ Boredom

☐ Comfort

☐ Stretch

☐ Strain

☐ Overwhelmed

PSY002


What do you feel is causing you to feel this way?

☐ Work

☐ Personal Life

☐ Both


Company C - online HRA



Cardiovascular risk assessment

Transport for London

[Home](#) [Find out more](#) [Take assessment](#) [Read reports](#) [Take action](#) [TfL support](#) [Help](#) [Q](#)



Hello

Do you know if your Cardiovascular Health is at Risk?

[Take Assessment](#) [Find Out More](#) [Confidentiality](#)

Welcome to the TfL Heart Health Check

Heart disease (medically known as Coronary Heart Disease) is one of the biggest killers in the UK – one in five women and one in four men will die from heart disease. The majority of cardiovascular disease are caused by risk factors that can be controlled, treated or modified, such as high blood pressure, cholesterol, overweight/obesity, smoking, lack of physical activity and diabetes.


Weight and waist size


Measuring your waist

Find the top of your hip bone and the bottom of your ribs.

Place the tape measure midway between these points (normally in line with your navel) and wrap it around your waist.

Breathe out naturally.
Check your measurement.





In Centimetres

In Inches

Previous

Next

OVERALL WELLBEING

Green

Waist

Orange

BMI

Red

Physical Activity

Green

Smoking

Orange

Alcohol

Red

Blood Pressure

Green

Healthy Eating

Red

Blood Sugar

Green

Cholesterol


Company D - online HRA

your M&S

Talk to someone in confidence: call 0800 1234 5678 | Need help with using this website? | Already made a pledge? [Sign in](#)

PlanA

DOING THE RIGHT THING - FOR OUR PEOPLE



"I've not touched it this year - I can see and feel an improvement in my health already!"
Emily Sanderson, Reduce alcohol pledge

12345678

Welcome

About making a pledge

Register and pledge

1. Register your details

2. Your lifestyle

3. Make a pledge

4. Daily goals

5. Finish

Your lifestyle

In a typical week, do you think that you:	Yes	No		Yes	No
Drink too much caffeine?	<input type="radio"/>	<input type="radio"/>	Drink enough water?	<input type="radio"/>	<input type="radio"/>
Eat a healthy, balanced diet?	<input type="radio"/>	<input type="radio"/>	Have enough energy?	<input type="radio"/>	<input type="radio"/>
Feel stressed?	<input type="radio"/>	<input type="radio"/>	Have an illness / injury / ache / pain that affects your quality of life?	<input type="radio"/>	<input type="radio"/>
Feel overweight?	<input type="radio"/>	<input type="radio"/>			
Smoke too much?	<input type="radio"/>	<input type="radio"/>	Manage your finances well?	<input type="radio"/>	<input type="radio"/>
Get enough exercise?	<input type="radio"/>	<input type="radio"/>	Want to improve your work life balance?	<input type="radio"/>	<input type="radio"/>
Awake from sleep feeling refreshed?	<input type="radio"/>	<input type="radio"/>	Enjoy your work?	<input type="radio"/>	<input type="radio"/>
Drink too much alcohol?	<input type="radio"/>	<input type="radio"/>	Events in your personal life are affecting your health?	<input type="radio"/>	<input type="radio"/>

[Back](#)

Next: Make a pledge