

## Healthy People 2010 Operational Definition

---

### **7-6. Increase the proportion of employees who participate in employer-sponsored health promotion activities.**

<b>National Data Source</b>	National Health Interview Survey (NHIS), CDC, NCHS.
<b>State Data Source</b>	Not identified.
<b>Healthy People 2000 Objective</b>	Adapted from 8.7 (Educational and Community-Based Programs).
<b>Changes since the 2000 Publication</b>	Revised baseline (see Comments). Revised target (see Comments).
<b>Measure</b>	Percent (age adjusted – see Comments).
<b>Baseline (Year)</b>	67 (1994)
<b>Target</b>	88
<b>Target-Setting Method</b>	Better than the best racial/ethnic subgroup.  For a discussion of target-setting methods, see Part A, section 4.
<b>Numerator</b>	Number of persons 18 years and older who reported that they participated in either quit smoking programs, screening tests, used exercise facilities, or received educational information sponsored by their employer.
<b>Denominator</b>	Number of persons aged 18 years and older.
<b>Population Targeted</b>	U.S. civilian, noninstitutionalized population.
<b>Questions Used To Obtain the National Baseline Data</b>	From the 1994 National Health Interview Survey:  ➤ <i>In the past year, which of these facilities did you use?</i> <i>(a) Gymnasium/Exercise room</i> <i>(b) Weight lifting equipment</i> <i>(c) Exercise equipment</i> <i>(d) Walking/jogging path</i> <i>(e) Parcourse/Fitness trail</i> <i>(f) Bike path</i> <i>(g) Bike racks</i> <i>(h) Swimming pools</i> <i>(i) Showers</i>

- (j) *Lockers*
- (k) *Other - specify*
- *In the past year, which of these programs did you participate in?*
  - (a) *Walking group*
  - (b) *Jogging/Running group*
  - (c) *Biking/Cycling group*
  - (d) *Aerobic class*
  - (e) *Swimming class*
  - (f) *Non-aerobic exercise class*
  - (g) *Weight lifting class*
  - (h) *Fully paid membership in health/fitness club*
  - (i) *Partially paid membership in health/fitness club*
  - (j) *Physical activity or exercise competition*
  - (k) *Other - specify*
- *In the past year, did you receive a screening test at your workplace for –*
  - 1) *Blood pressure?*
  - 2) *Cholesterol?*
  - 3) *Cancer?*
- *In the past 12 months, which programs did you participate in at your workplace?*
  - (a) *Weight control*
  - (b) *Nutrition information*
  - (c) *Prenatal education*
  - (d) *Stress reduction and management*
  - (e) *Alcohol and other drugs*
  - (f) *Sexually transmitted diseases (including HIV or AIDS)*
  - (g) *Job hazards and injury prevention*
  - (h) *Back care and prevention of back injury*
  - (i) *Preventing off-the-job accidents*
  - (j) *Other - specify*

[DENOMINATOR:]

- *Were you employed at a job or business during the past two weeks?*
- *Does your employer have 50 or more employees at the building or location where you work?*

**Expected Periodicity**      Periodic.

**Comments**      Persons are considered to have participated in employer-sponsored health promotion programs if they responded “yes” any of the services or programs listed in the questions above.

Persons are considered to be employed if they reported they were employed in the past 2 weeks at a job with 50 or more employees.

This objective is adapted from Healthy People 2000

objective 8.7, which tracked the proportion of hourly workers who participated regularly in employer-sponsored quit smoking programs, screening tests, who used exercise facilities, or received educational information. This measure tracks the proportion of all employees, in all occupations, who participated in employer-sponsored quit smoking programs, screening tests, who used exercise facilities and received educational information.

The original baseline, 61 percent persons participating in employer-sponsored health promotion activities was revised to 67 percent due to a change in the age adjustment standard from the 1940 to the 2000 standard population. The target was proportionally adjusted from 75 percent to 88 percent to reflect the revised baseline using the original target setting method.

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups 18-24, 25-34, 35-44, 45-64, and 65 years and over. Data by education status are age adjusted using the age groups 25-34, 35-44, 45-64, and 65 and over. Age-adjusted percents are weighted sums of age-specific percents. For a discussion of age adjustment, see Part A, section 7.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.<sup>1</sup>

See Part C for a description of NHIS and Appendix A for focus area contact information.

## References

---

1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.