



2017 NMCPHC WORKPLACE HEALTH RISK ASSESSMENT (HRA) - SUMMARY OF CHANGES -

HRA Website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

HRA Helpdesk: (757) 953-0737 or mailto:usn.hampton-roads.navmcpublthcenpors.list.nmcphc-hra@mail.mil

BMI	Added link to the text response - http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html
Q2 Tobacco	Changed from Do you currently smoke cigarettes, cigars, pipes, hookah, or electronic products (e.g. e-cigarettes, e-hookah, etc.)? to “Do you currently use or have you ever used tobacco products such as cigarettes, smokeless tobacco, electronic cigarettes or vape, hookah, or cigars?”
Q2b – tobacco use by type	New – “Please check all the tobacco products that you use/have used and how often.” Types are Responses include every day; most days; some days; quit last 12 months; quit over 12 months ago
Q2c – reason quit tobacco	Cost; harder to use at work; fewer users around me; leaders/friends encouraged quitting; my health; health or others;
Q8 – safety equipment use	Changed “sometimes” to “unhealthy”
Q14 – strength training	Changed “1 day per week” response "You engage in the minimal frequency for effective strength training, which can increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease"...change to "Routine strength training at least twice a week could help you increase your strength, maintain lean body mass, and decrease many of the risk factors associated with coronary heart disease. Appearance and ability to perform daily tasks can also be improved by strength training.
Q13 - Aerobic exercise	For all responses, added new first sentence “The national goal for Americans is to get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week.”
Individual assessment report	Shows UIC selected by user
CO Report	Shows number quit any tobacco product last 12 months; shows report date range; tobacco responses grouped into 3 bars - smoking, smokeless and other tobacco-product user. Smoking includes any use of cigarettes, cigars or pipe tobacco (60, 72, 78). Smokeless includes chew only (cell 66). (note 2016 version showed only 2 bars smoking and smokeless)