Your Partnership in Health Snapshot

Lifestyle Risks, Prevention Index, and kp.org Utilization

UFCW and Kaiser Permanente

Measurement Period: JUL-01-2012 through JUN-30-2013

Your group at a glance
as of JUN-30-2013

Subscribers	74
Members	152
Average Age	35
Gender (% Female)	53%
Enrollment Stability Index	80%
% Who Saw a Clinician	74%

Lifestyle risks

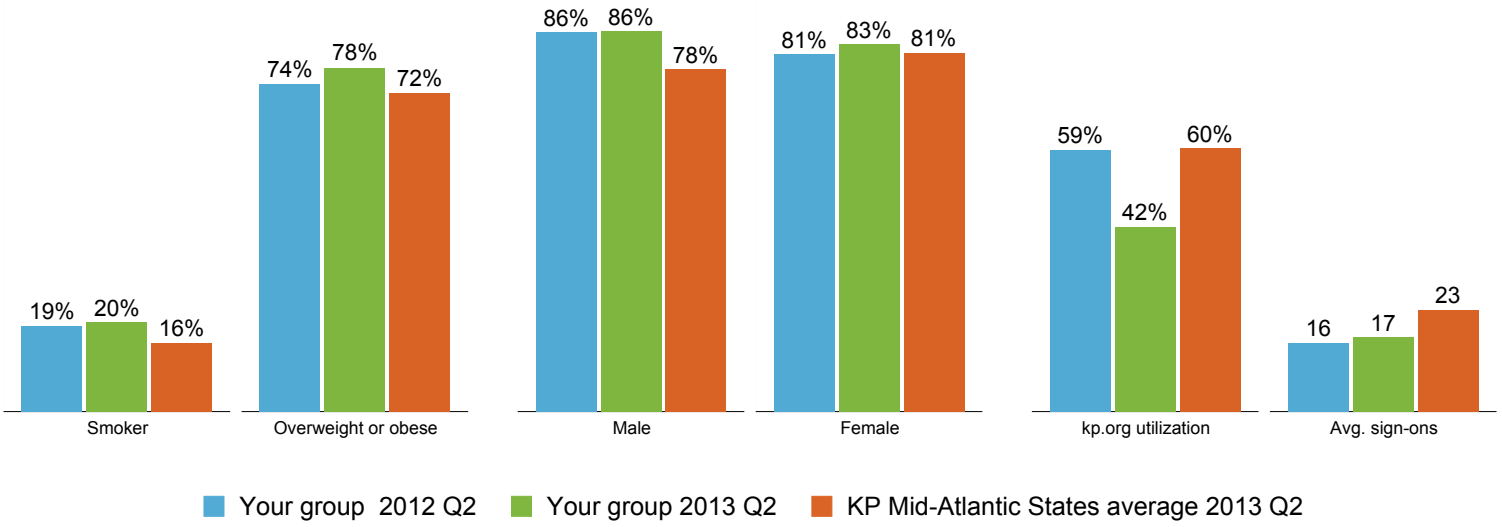
(% of members who smoke and % of members overweight or obese)

Prevention index

(composite of age- and gender-specific blood pressure, cholesterol and cancer screenings)

kp.org utilization

(% of eligible members utilizing kp.org and average number of sign-ons)



For insufficient sample size, results will not be displayed if the eligible member population for the metric is less than 20.

A zero percent indicates that no members met the metric's data definition.

What lifestyle risks mean to you

- Smokers take an additional eight days of sick leave and cost employers an estimated $3,775 annually in lost productivity.[1]
- Obesity is the second-most-prevalent condition affecting productivity at work.[2]
- Obese employees incur $1,429 more in annual medical expenses than normal-weight employees.[3]
- Being overweight or obese increases the risk of developing heart disease, diabetes, some cancers, and other chronic conditions.

What prevention means to you

- Preventable conditions account for 75% of health care spending.[4] Regular health screenings can help identify and prevent heart disease, stroke, and cancer.
- Treatment costs for early-stage colorectal cancer are about $90,000 less than for late-stage colorectal cancer.[5]
- Regular screenings can reduce a woman's chances of dying from breast cancer by more than 16% and her chances of dying from cervical cancer by up to 67%.[6]

What kp.org utilization means to you

- Nearly 80% of kp.org users say the website helps them stay healthy.[7]
- All Kaiser Permanente members can use their computer or mobile phone to email their doctor's office, view select test results, schedule routine office visits, refill prescriptions, and more—saving an office visit and time away from work.
- On average, one out of four members said that secure email helped them avoid an office visit.[8]

Data definitions

Group at a glance

- Subscribers: Number of subscribers enrolled at the end of the measurement period for the customer being reported.
- Members: Number of members enrolled at the end of the measurement period.
- Average age: Average age of members enrolled at the end of the measurement period.
- Gender (% female): Percentage of females enrolled at the end of the measurement period.
- Enrollment stability index: Percentage of members enrolled at the end of the measurement period who were "continuously enrolled" (enrolled for at least 11 months of the 12-month reporting period).
- % Who Saw a Clinician: Percentage of continuously enrolled and period end enrolled members who saw a doctor or other clinician, like a nurse practitioner, during the 12-month measurement period.

Lifestyle risks: percent of members who smoke and percent of members who are overweight or obese

- Smokers: Percentage of members age 18+ who came to the doctor and had a recorded smoking status in Kaiser Permanente HealthConnect® of "yes," "infrequent," or "passive."
- Overweight or obese: Percentage of adults age 21–74 who came to the doctor during the 12-month period being measured and recorded a body mass index (BMI) greater than or equal to 25.

Prevention index: age- and gender-appropriate screenings

The prevention index is a composite of age- and gender-specific screenings (three for men, five for women).

- Blood pressure: Percentage of males and females age 18–85 with a recorded result during the 12-month period being measured (excluding members who did not have a clinical visit).
- Cholesterol (including an LDL, HDL, and triglyceride result): Percentage of males and females age 18–75 with a recorded result for Total Cholesterol during the 12-month period being measured (excluding members who did not have a clinical visit).
- Colorectal cancer: Percentage of continuously enrolled and period end enrolled males and females age 51–75 who had an appropriate screening. Appropriate screening is a fecal occult blood test during the measurement year, a flexible sigmoidoscopy during the measurement year or four years prior to the measurement year, or a colonoscopy during the measurement year or nine years prior to the measurement year.
- Cervical cancer: Percentage of continuously enrolled and period end enrolled females age 24–64 who received one or more Pap tests during the measurement year or two years prior to the measurement year.
- Breast cancer: Percentage of continuously enrolled and period end enrolled females age 42–69 who had a mammogram during the measurement year or one year prior to the measurement year.

kp.org utilization

- kp.org utilization: Percent of eligible members (those age 13+ and enrolled with Kaiser Permanente at the end of the measurement period) who signed on to kp.org at least once during the measurement period.
- Average number of sign-ons: Average number of times that members signed on, of those who signed on to kp.org at least once during the measurement period.

KP regional average

- Kaiser Permanente regional average for commercial groups under 200, using your choice of a single region, the two California regions, or all eight Kaiser Permanente regions.

Footnotes

[1] Etain Lavelle, "Smokers Take More Sick Leave, Make Poorer Workers (Update 2)," bloomberg.com, March 29, 2007; Jill S. Rumberger et al., "Potential Costs and Benefits of Smoking Cessation for California," Pennsylvania State University, April 30, 2010.

[2] Ronald Loeppke et al., "Health and Productivity as a Business Strategy: A Multiemployer Study," Journal of Occupational and Environmental Medicine, April 2009.

[3] Eric A. Finkelstein et al., "Annual Medical Spending Attributable to Obesity: Payer-and-Service-Specific Estimates," Health Affairs, July 2009.

[4] Kenneth Thorpe and Jonathan Lever, "Prevention: The Answer to Curbing Chronically High Health Care Costs (Guest Opinion)," Kaiser Health News, May 24, 2011.

[5] "State Laws on Insurance Coverage Increase Colon Cancer Screening Rates, Say Experts," Entertainment Industry Foundation, March 6, 2007, secure.eifoundation.org/national/nccra/press/article2007-03-06.html.

[6] Continuous Improvement and the Expansion of Quality Measurement: The State of Health Care Quality 2011, National Committee for Quality Assurance.

[7] Member User Experience Indicator Survey, Kaiser Permanente Internet Services Group, July 2011.

[8] Results of MyGroupHealth for Members Satisfaction Survey July 2008, Group Health Cooperative, September 16, 2008.

Account Structure
'MA - 00001313 - All'