

Group Summary Report

Personal Wellness Profile Group Summary PWP Conc Plus Full Group Report Sample

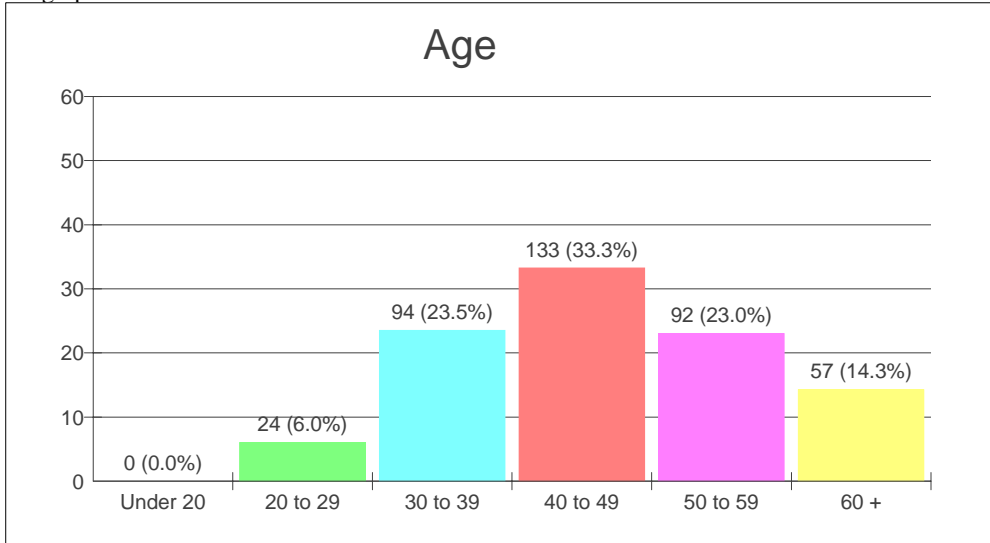
Scientific Basis for the Personal Wellness Profile

- ◆ American Cancer Institute
- ◆ American Cancer Society
- ◆ American College of Sports
Medicine
- ◆ American Heart Association
- ◆ U.S. Department of Health and
Human Services
- ◆ Health Outcomes Institute
- ◆ Johns Hopkins Medical
Institutions
- ◆ National Academy of Sciences,
NRC
- ◆ National Center of Health
Statistics
- ◆ National Committee For Quality
Assurance
- ◆ National Institutes of Health
- ◆ National Mental Health
Association
- ◆ University of California at
Berkeley
- ◆ University of Michigan
- ◆ U.S. Preventive Services Task
Force
- ◆ U.S. Surgeon General's Report
on Health Promotion and
Disease Prevention
- ◆ U.S. Department of Agriculture's
Dietary Guidelines for
Americans
- ◆ World Health Organization

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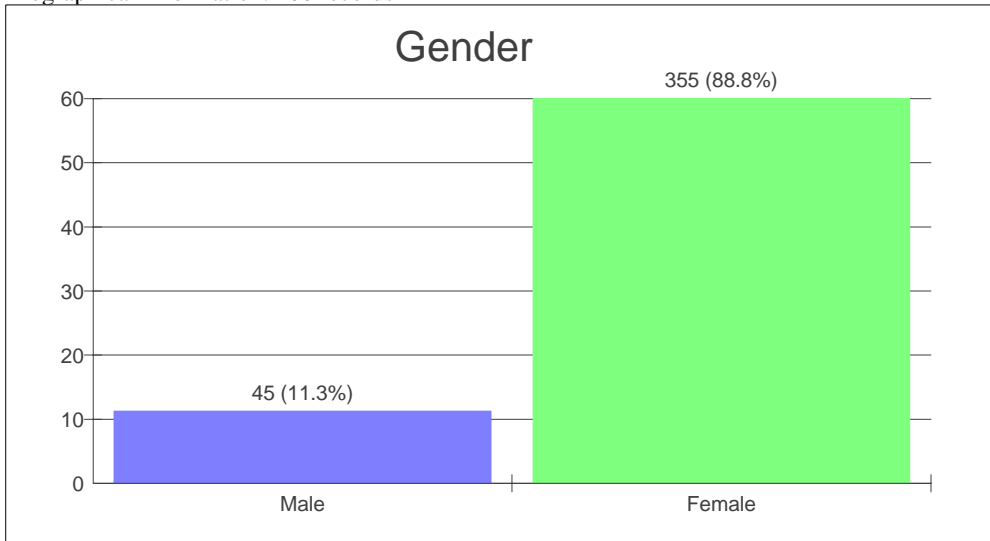
Personal Wellness Profile

Biographical Information: 400 records



The average age for people in this group is 46.5. This report is based on a sample size of 400 people.

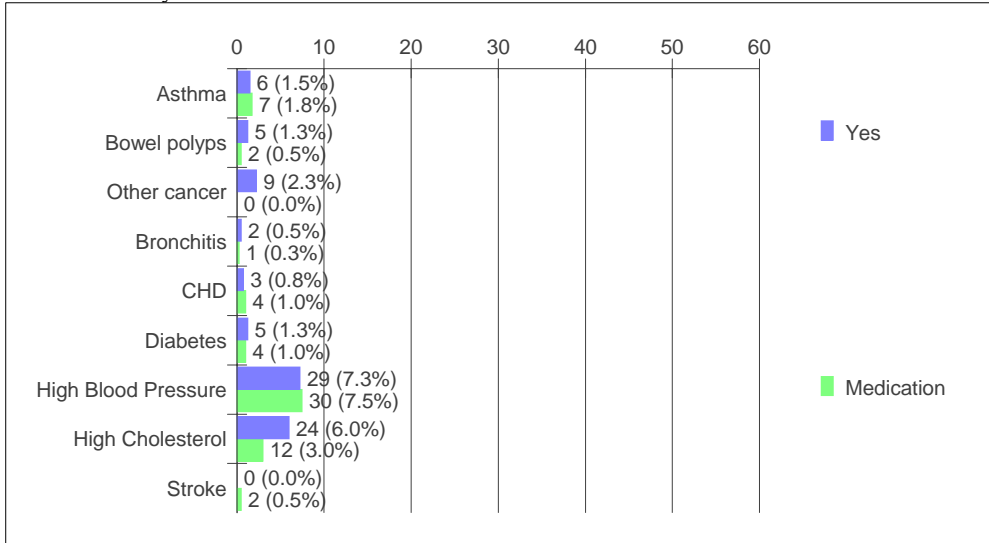
Biographical Information: 400 records



45 (11.3%) men and 355 (88.8%) women participated in this program for a total of 400 people.

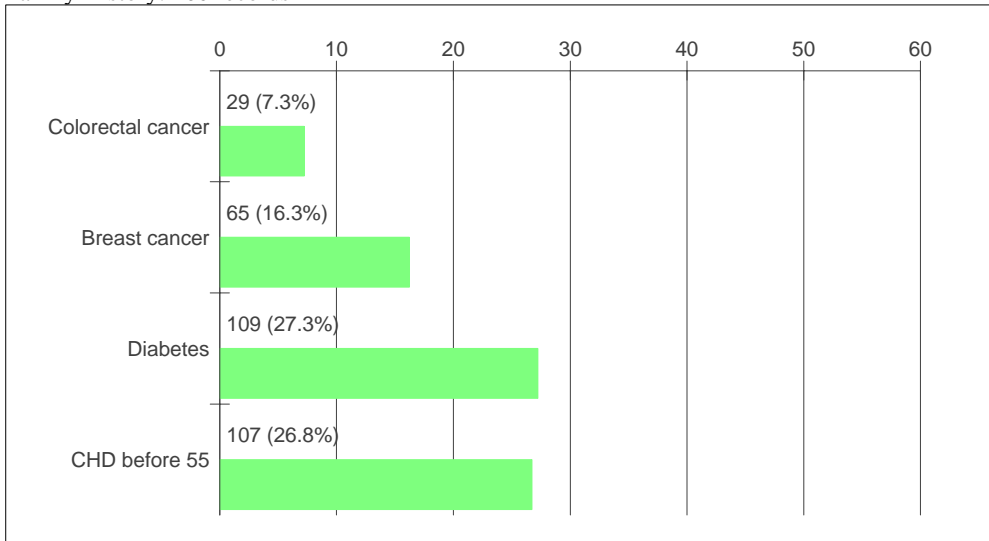
Personal Wellness Profile

Personal History: 400 records



This graph illustrates health conditions which increase a person's risk for disease.

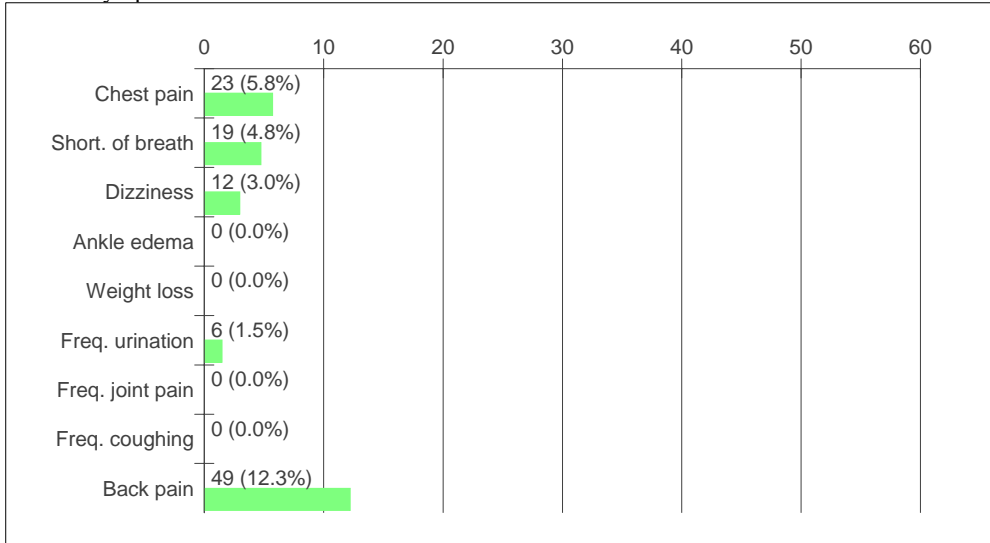
Family History: 400 records



A family history of some diseases and health conditions increases an individual's risk of health problems. The percentages of participants with family histories of such diseases are illustrated in the above chart. It is especially important for individuals with a family history of health problems to live a healthy lifestyle.

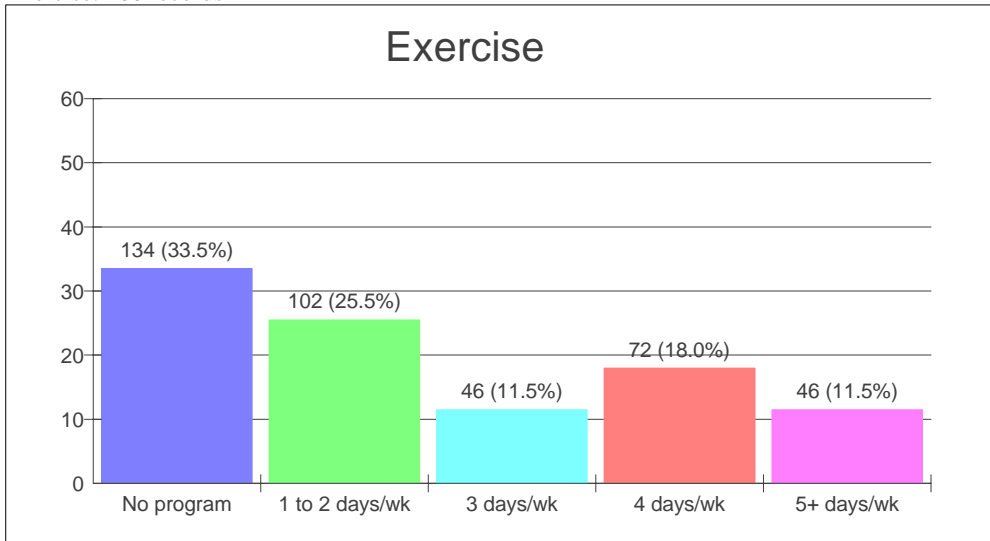
Personal Wellness Profile

Current Symptoms: 400 records



Individuals reporting any of the above current symptoms should see a physician for guidance. This recommendation has been made to appropriate participants in their PWP personal report.

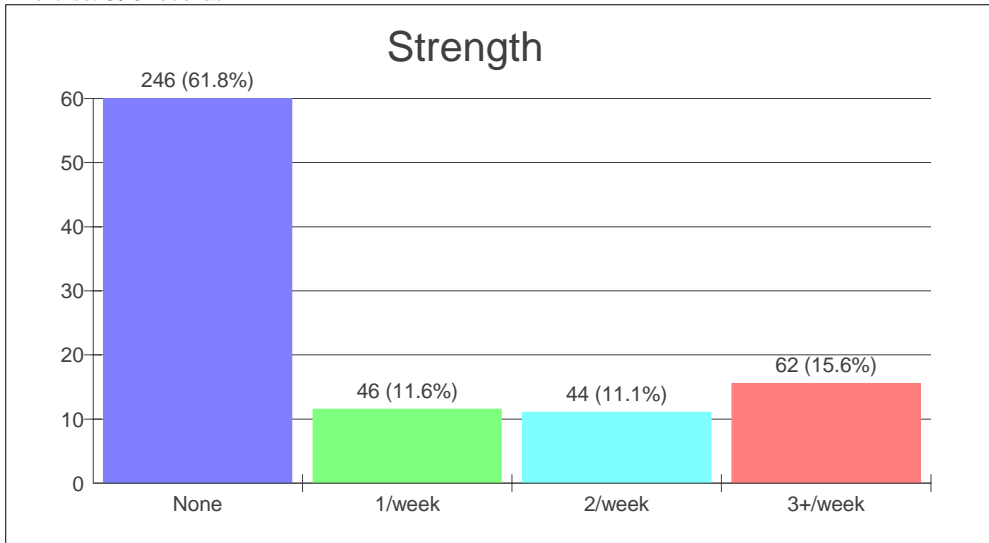
Exercise: 400 records



Three to four aerobic exercise sessions per week (20 to 30 minutes each) are recommended for maintaining good cardiovascular fitness. In this group, 164 (41.0%) meet these requirements. Another 236 (59.0%) have no regular exercise program or are not getting adequate exercise to maintain good health.

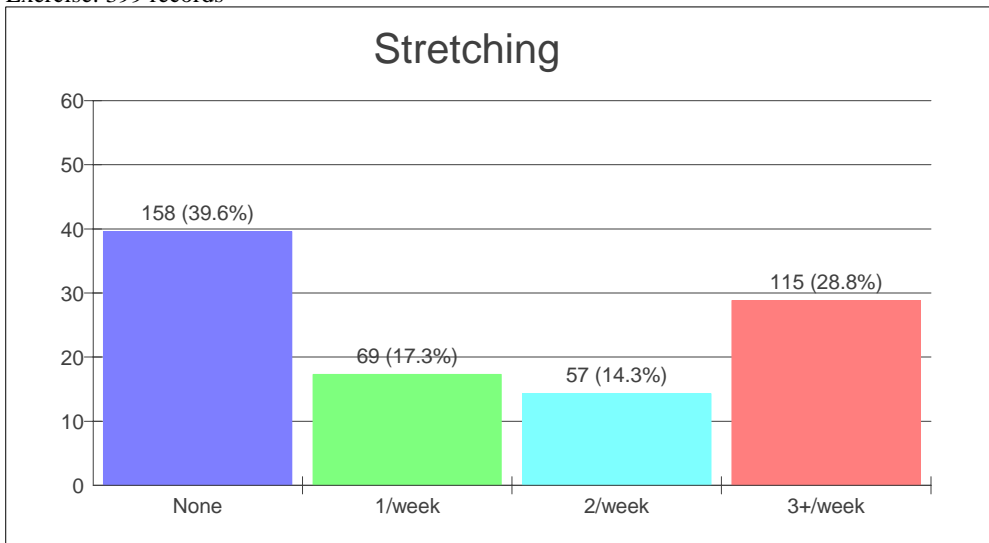
Personal Wellness Profile

Exercise: 398 records



For optimal muscle strength and tone, three strength-building exercise sessions per week are recommended. Examples include such activities as calisthenics (curl-ups, push-ups, etc.) or use of weight training equipment. In this group, 62 (15.6%) meet this requirement. Another 336 (84.4%) have no regular strength maintenance program or have an inadequate program for optimal fitness.

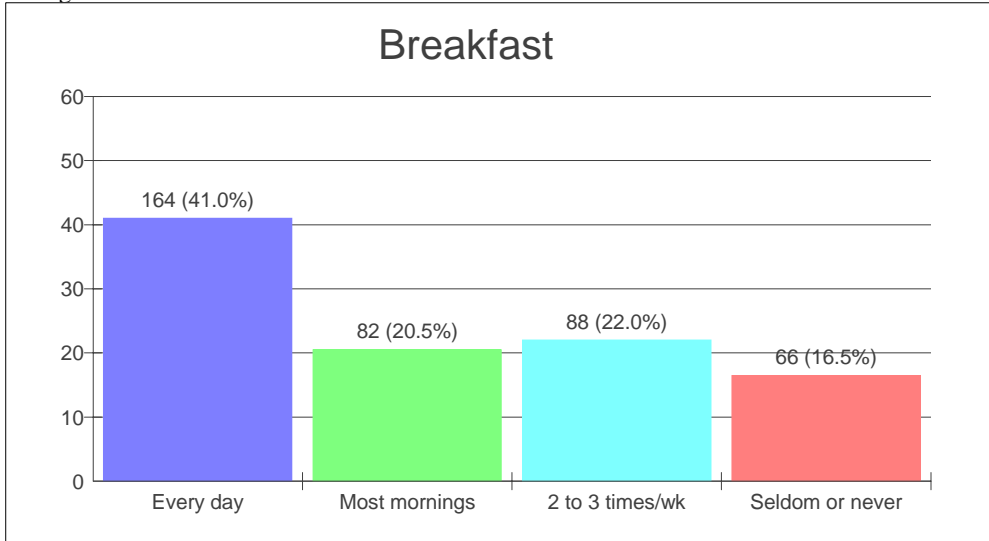
Exercise: 399 records



Stretching exercises can help prevent back and muscle injury due to stiffness. At least three to four stretching exercise sessions per week are recommended for maintaining optimal flexibility and joint function. In this group, 115 (28.8%) meet these requirements. Another 284 (71.2%) have no regular stretching program or have an inadequate program for optimal fitness.

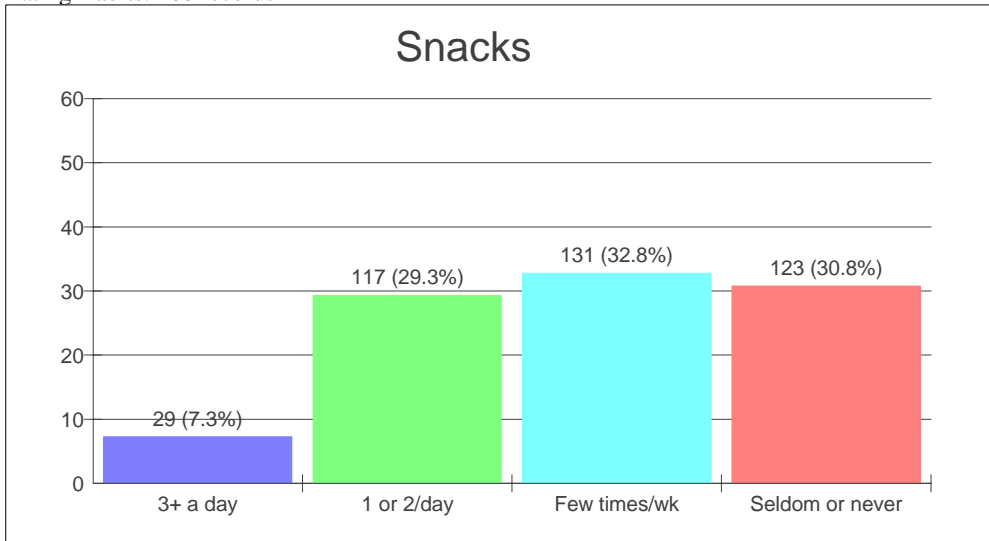
Personal Wellness Profile

Eating Habits: 400 records



Starting each day with a nutritious breakfast is a good health practice related to longevity and improved mental and physical performance. Nationally, 55% of people report eating breakfast almost every day. In this group, 246 (61.5%) of the people report they eat breakfast daily or almost every day. 66 (16.5%) say they seldom or never eat breakfast.

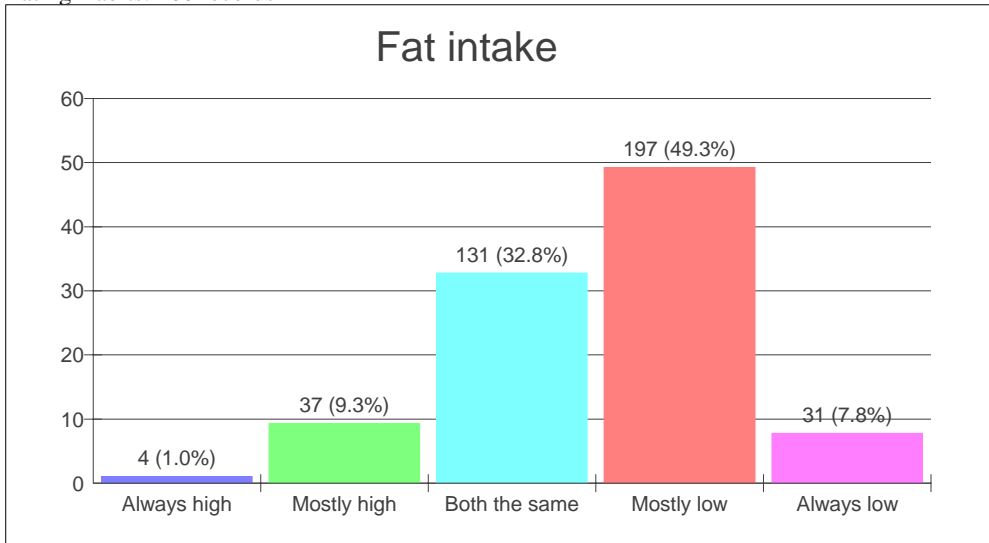
Eating Habits: 400 records



Frequent eating between meals of typical snack foods (highly refined, rich in sugar and salt) can impair nutritional status and contribute to common health problems such as dental decay and obesity. Nationally, 39% of people report snacking between meals almost every day. Of the people in this group, 277 (69.3%) report eating snacks almost every day. On the other hand, 123 (30.8%) eat snacks only occasionally or rarely.

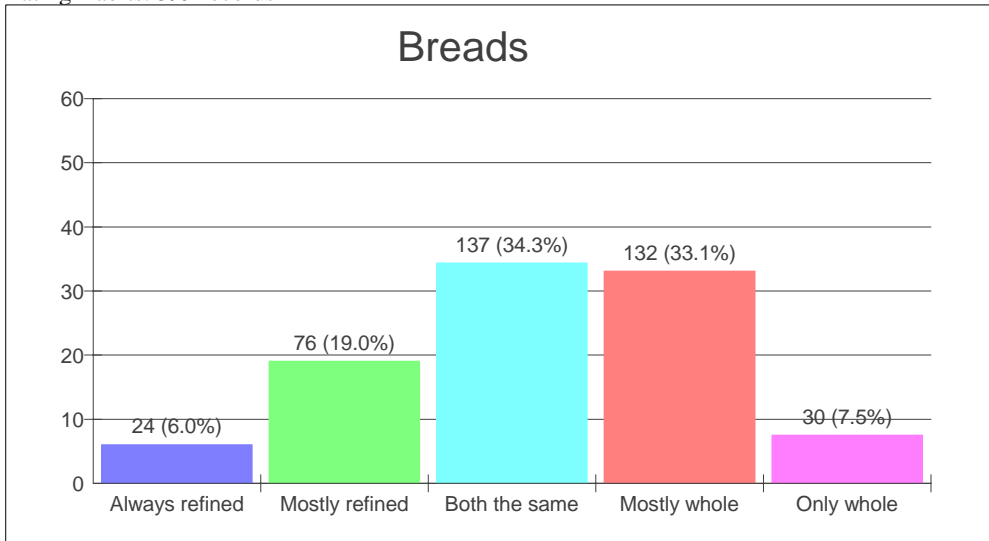
Personal Wellness Profile

Eating Habits: 400 records



Choosing low-fat foods and cooking options such as using vegetable oils instead of animal fats, doing less frying, eating low-fat dairy products (skim milk, low-fat yogurt, and cottage cheese) in place of high-fat products (whole milk, cream, cheese, butter), and choosing low-fat protein sources (nuts, skinless poultry, and fish) instead of high-fat protein foods (bacon, beef, and poultry with skin) can significantly reduce calories and fat in the diet. In this group, 41 (10.3%) report choosing mostly high fat items. 228 (57.0%) report using primarily low fat. The remaining 131 (32.8%) use both about the same.

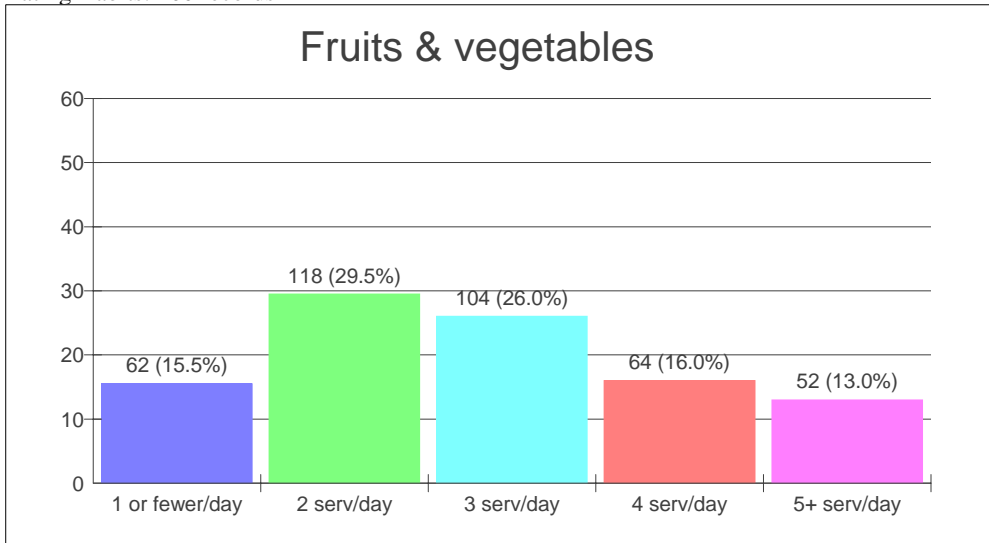
Eating Habits: 399 records



Whole grains are preferable. Whole-wheat bread and unrefined cereals are good sources of complex carbohydrates, dietary fiber, vitamins, and minerals. Much of this goodness has been removed from refined cereals. Here, 100 (25.1%) of the people report using refined grain or cereal products. 162 (40.6%) report using primarily whole grains and cereals. The remaining 137 (34.3%) use both about the same.

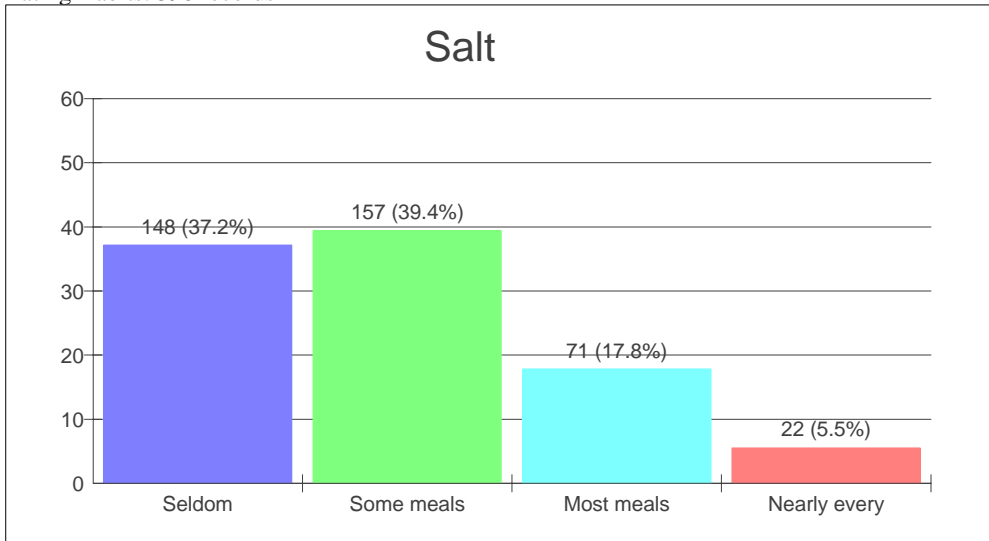
Personal Wellness Profile

Eating Habits: 400 records



Fruits and vegetables are good sources of complex carbohydrates, dietary fiber, vitamins, and minerals. They are also considered protective against cancer and heart disease. At least five or more servings per day are recommended. In this case, 52 (13.0%) of the people eat at least five or more servings. 348 (87.0%) eat less than the recommended amount.

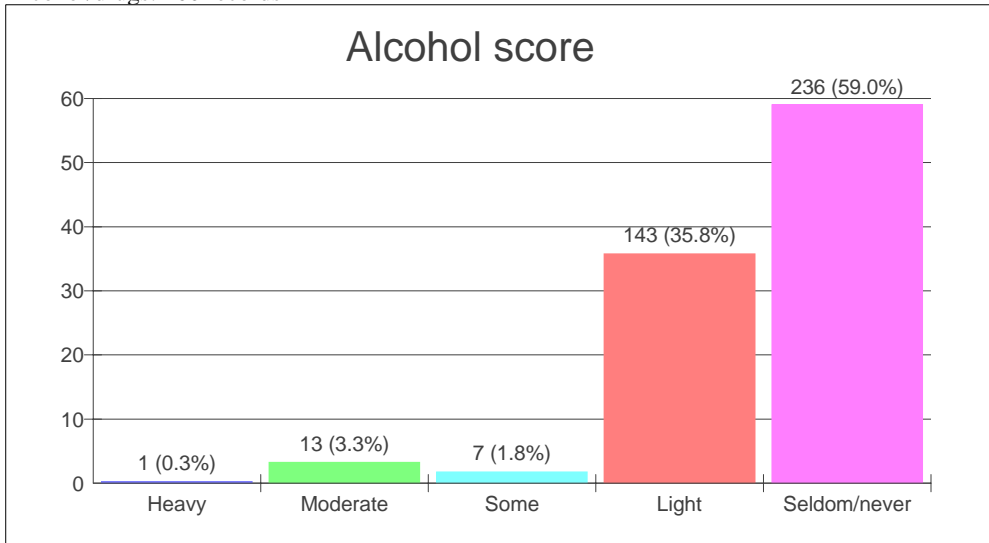
Eating Habits: 398 records



Heavy use of salt can contribute to high blood pressure. Because high blood pressure is so common in the population, it is recommended that everyone avoid the heavy use of salt (including salty foods). In this group, 305 (76.6%) of the people report using salt or eating salty foods sparingly (seldom or occasionally), while 93 (23.4%) say they use salt or eat salty foods regularly or often.

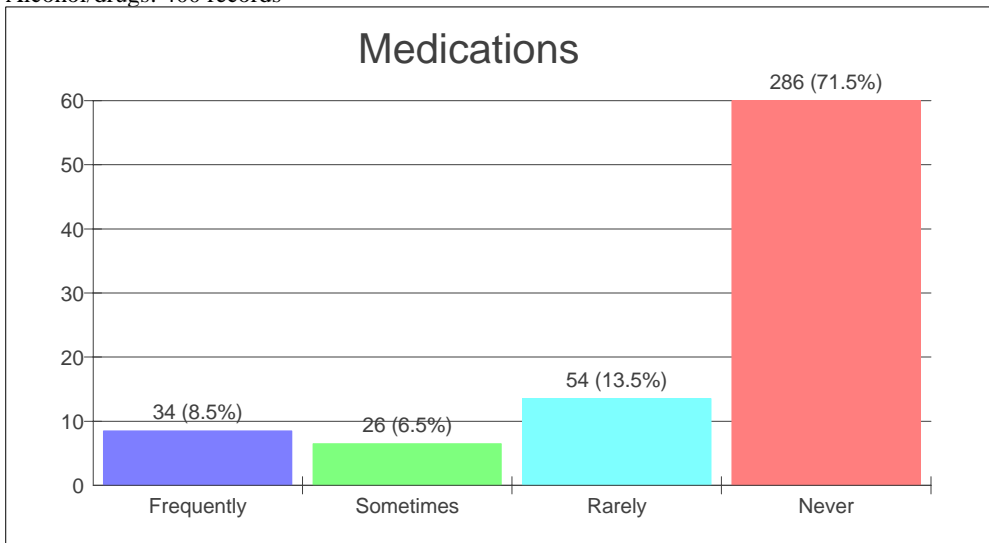
Personal Wellness Profile

Alcohol/drugs: 400 records



The regular use of alcohol can lead to serious mental and physical health problems. Alcohol is involved in half of all motor vehicle deaths and most cases of cirrhosis (a leading cause of death). It is also a major factor in deaths from drowning, fires, homicides, and suicides. Problem drinking is a major factor in absenteeism, decreased job performance, and contributes to high medical costs. Nationally, 36% of people never drink, 14% rarely drink, 24% are light drinkers, 18% are moderate, and 8% are heavy drinkers. In this group 1 (0.3%) people are rated as heavy drinkers. At the same time, 236 (59.0%) people report they seldom or never drink.

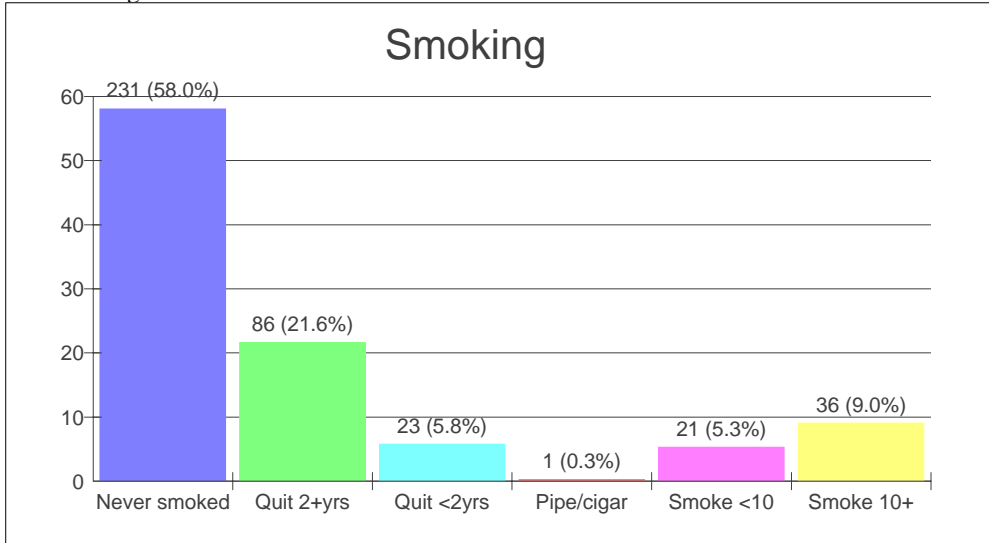
Alcohol/drugs: 400 records



The frequent use of drugs or medications to affect one's mood, relax, or induce sleep increases the risk of accidents and can easily lead to a dependency. In this group, 286 (71.5%) people say they rarely or never use such drugs. 60 (15.0%) people say they use such drugs every week or month.

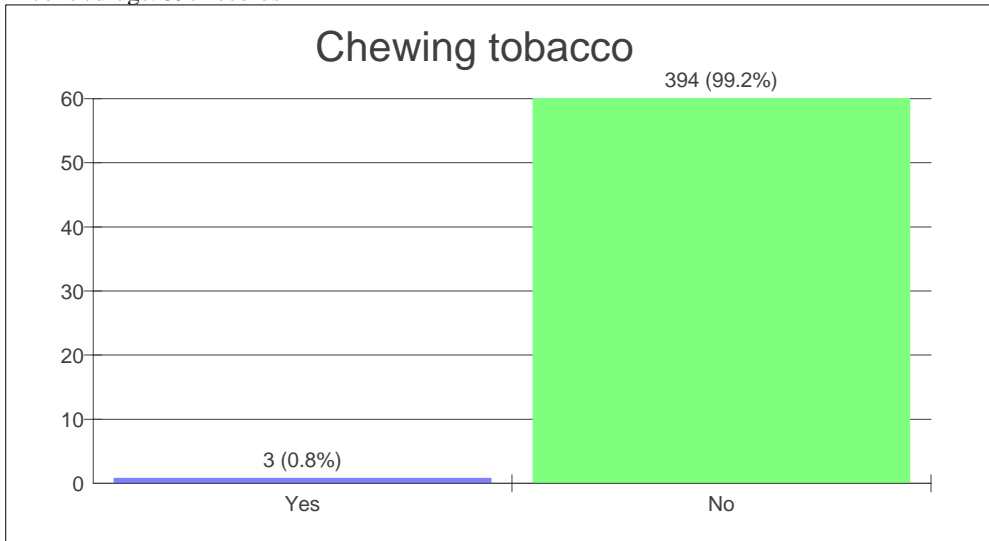
Personal Wellness Profile

Alcohol/drugs: 398 records



The greatest preventable cause of early death today is smoking. Smokers are sick more often than nonsmokers. In fact, studies suggest that a smoker will pay approximately \$300 to \$600 more each year for health care than a nonsmoker. In this group, 231 (58.0%) people have never smoked, 109 (27.4%) people have quit smoking, and 58 (14.6%) people currently are smokers.

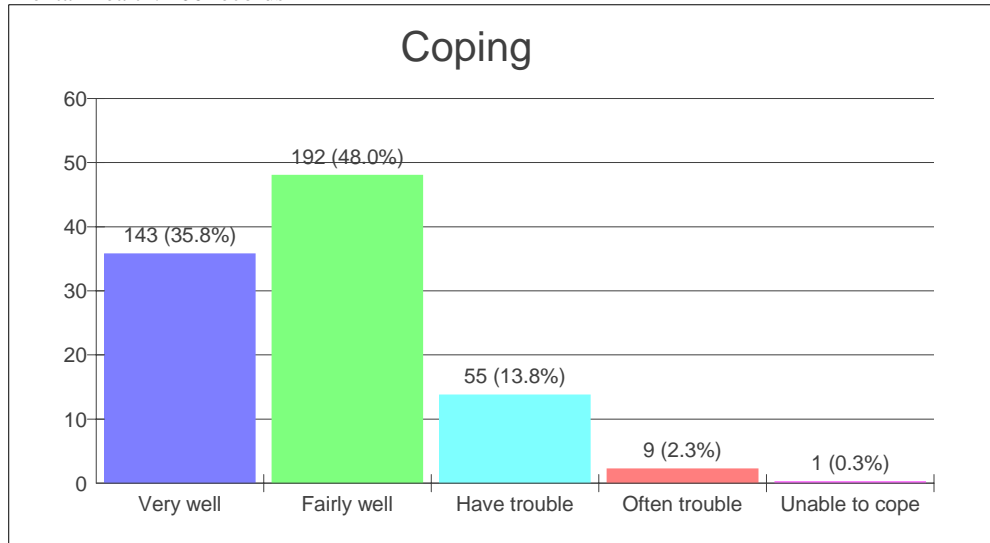
Alcohol/drugs: 397 records



The use of smokeless tobacco is a major cause of mouth, throat, and tongue cancer. In this group 3 (0.8%) people report that they use smokeless tobacco.

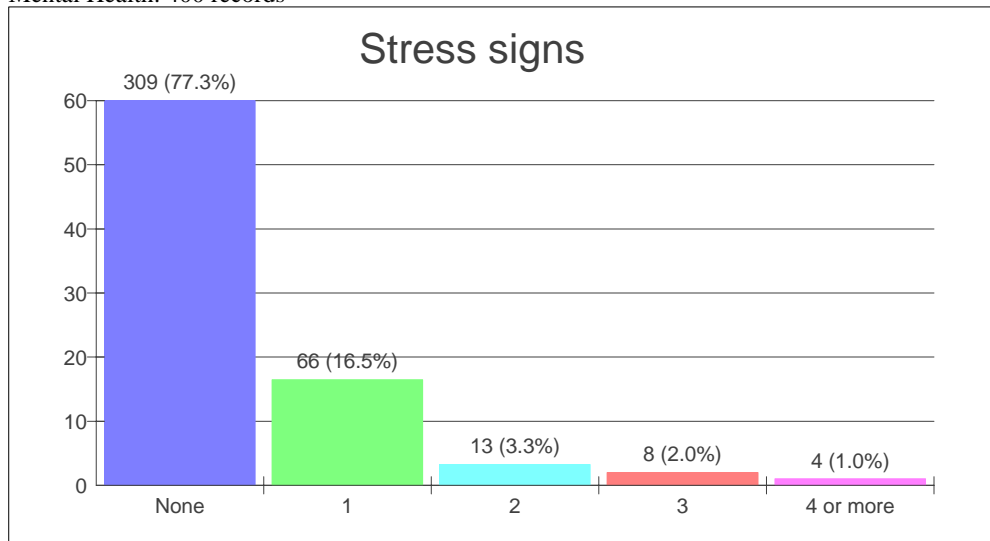
Personal Wellness Profile

Mental Health: 400 records



Excessive levels of stress can cause increased absenteeism, decreased performance on the job, and physical and mental health problems. Programs for reducing stress and improving coping skills can help offset many of these problems. In this group, 335 (83.8%) people feel they are seldom or only occasionally stressed and are coping well. Another 55 (13.8%) people feel they are stressed often and have trouble coping at times. The remaining 10 (2.5%) people feel they experience heavy or excessive levels of stress and are having trouble coping or are unable to cope.

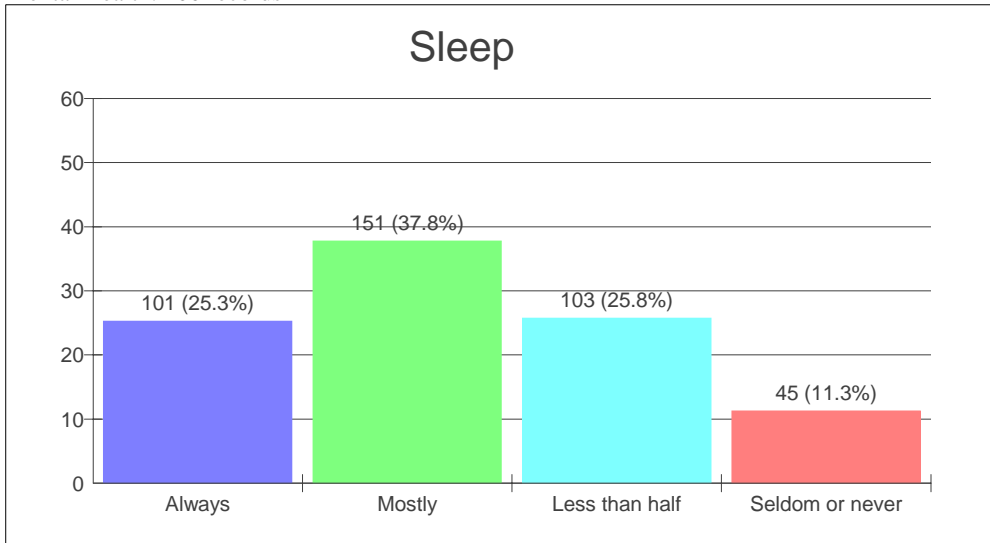
Mental Health: 400 records



The presence of "stress signals" may indicate that stress is affecting us. The six stress signals evaluated were "Minor problems throw me for a loop," "I find it hard to get along with others," "Nothing seems to give me pleasure," "I am unable to stop thinking about my problems," "I feel frustrated, impatient, or angry much of the time," "I feel tense or anxious much of the time." In this group, 309 (77.3%) people indicate no stress signals are present. 79 (19.8%) people have one or two stress signals. 12 (3.0%) people have three to six stress signals, indicating stress is significantly affecting them.

Personal Wellness Profile

Mental Health: 400 records



The Alameda County Study of nearly 7,000 lives showed that people who get seven to eight hours sleep each night live longer than those who don't get enough sleep. In addition to increasing longevity, getting adequate sleep increases productivity and helps manage stress.

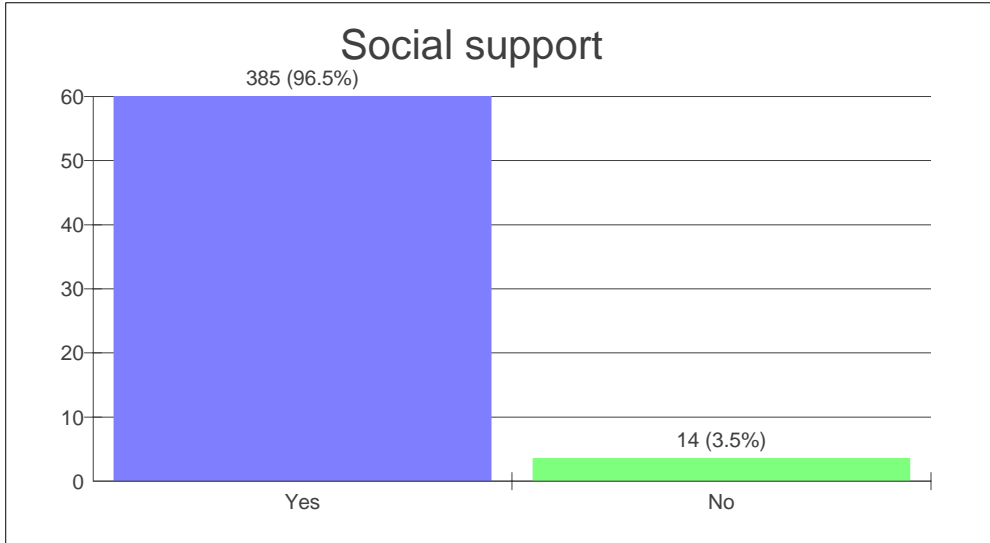
Mental Health: 400 records



Stress, when it becomes excessive, can erode happiness. If life's problems and hassles become too intense or life becomes dull and uninteresting, this suggests a need for change. In this group, 352 (88.0%) people report being "very happy" or "pretty happy," evidently coping fairly well with life. 48 people report being "not too happy" or "very unhappy," indicating improvement is needed.

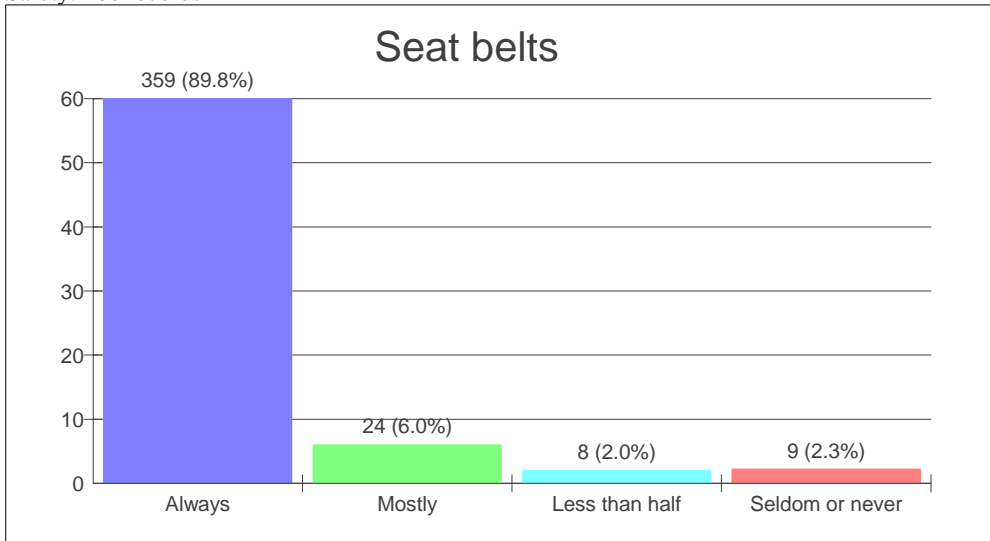
Personal Wellness Profile

Mental Health: 399 records



In times of personal stress or crisis a good social support system through family, friends, or social groups may provide some of the best needed care. 385 (96.5%) of the group indicate they have a good social support system, while 14 (3.5%) do not.

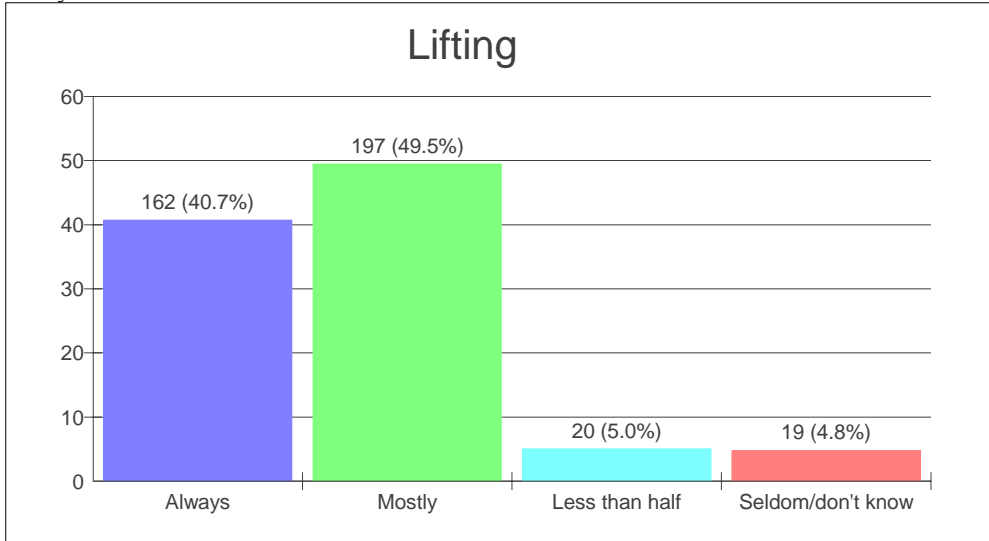
Safety: 400 records



Motor vehicle accidents are one of the leading causes of death. Wearing seat belts is one way to significantly reduce this common health hazard. If everyone wore seat belts, an estimated 16,250 lives would be saved each year in North America (Source: Nat. Highway Traffic Safety Admin. and Transport Canada). In this group, 383 (95.8%) people report wearing seat belts all or most of the time. 17 people report wearing seat belts only half the time or less.

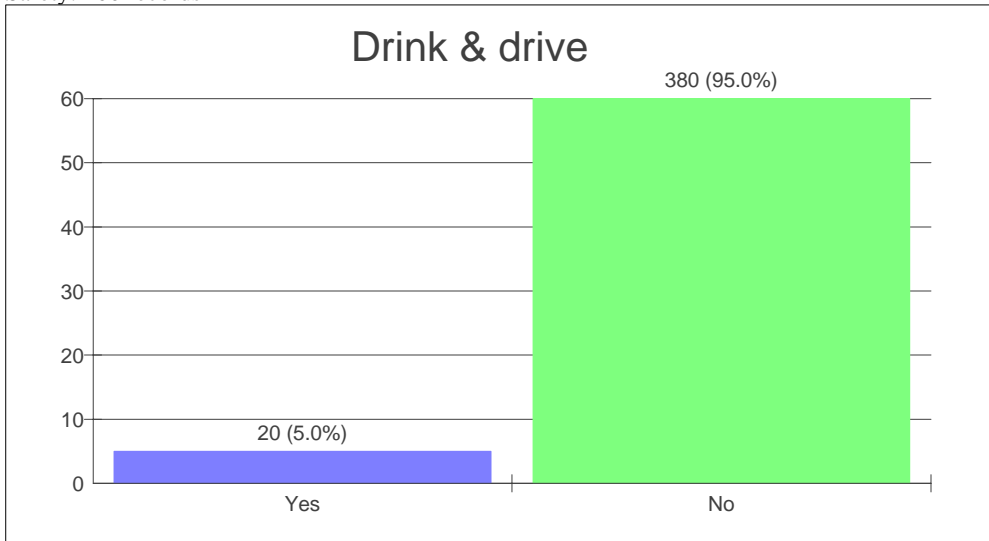
Personal Wellness Profile

Safety: 398 records



Approximately 80% of all individuals will experience lower back pain sometime in their lives. Most often, the source of this pain is a back injury which resulted from using improper lifting techniques at home or on the job. In this group, 359 (90.2%) people report using proper lifting techniques all or most of the time. At the same time, 20 (5.0%) people report lifting properly less than half of the time. 19 (4.8%) people rarely ever lift properly or do not know proper lifting technique.

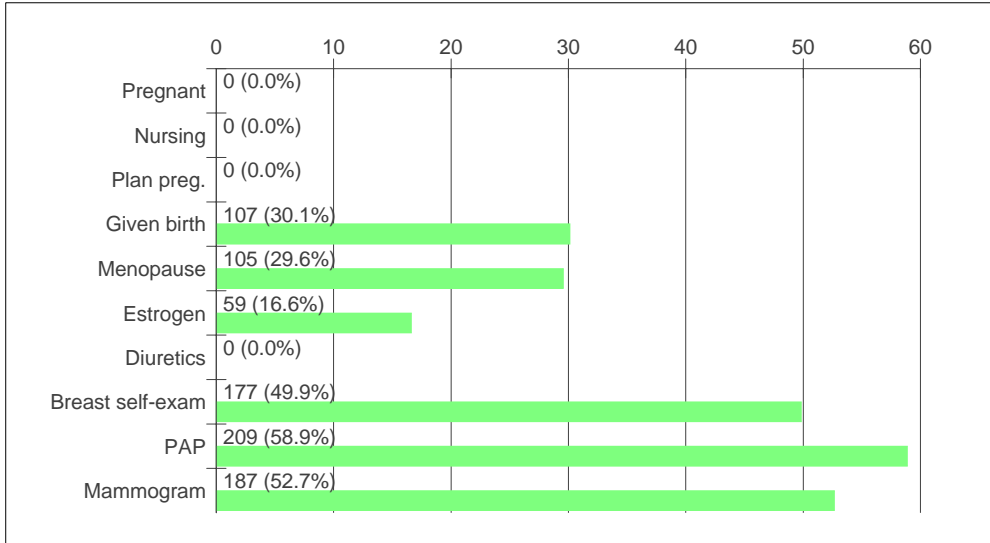
Safety: 400 records



20 (5.0%) people report sometimes driving after having had too much to drink or riding with such a person. Alcohol is involved in more than half of the 40,000 deaths annually due to motor vehicle accidents (Nat. Highway Traffic Safety Administration).

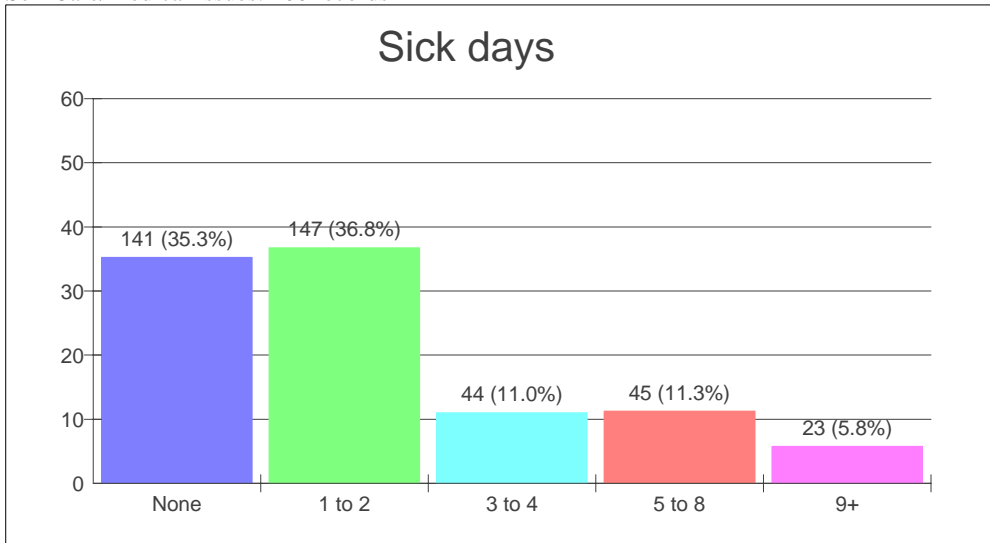
Personal Wellness Profile

Self Care/Medical Issues: 355 records



Shown above are health concerns specific to women.

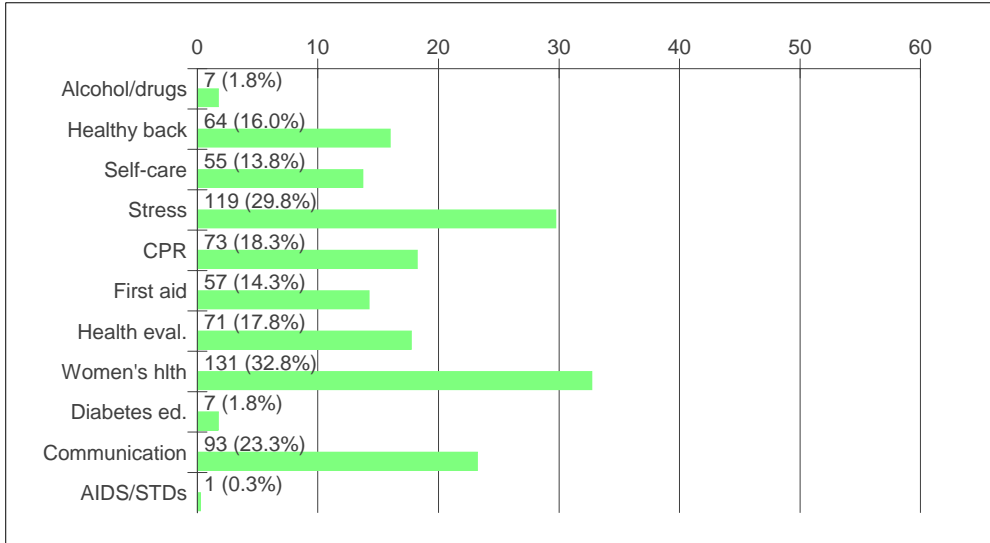
Self Care/Medical Issues: 400 records



Sick days are the total number of days missed from work or school due to sickness or injury during the past 12 months. In this group, 141 people report having had no sick days requiring work loss. 191 people had one to four days off, 45 people had five to eight days off due to sickness, and 23 people had nine or more days off during the last year.

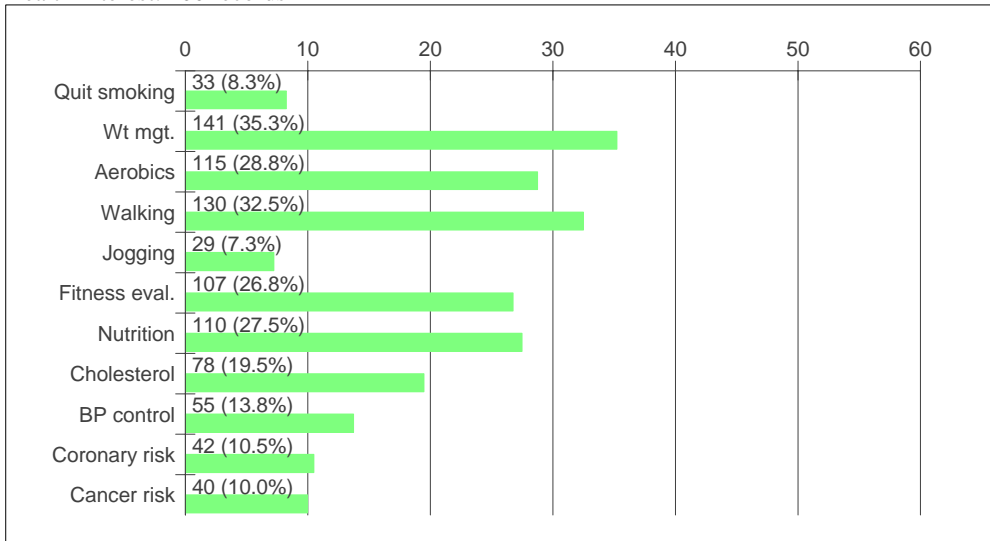
Personal Wellness Profile

Health Interest: 400 records



Illustrated above are the results of the Health Interest Survey. The percent of people interested in each topic is provided. Please note: participants are usually interested in more than one health topic; there may be more interests tallied than there are people in the group.

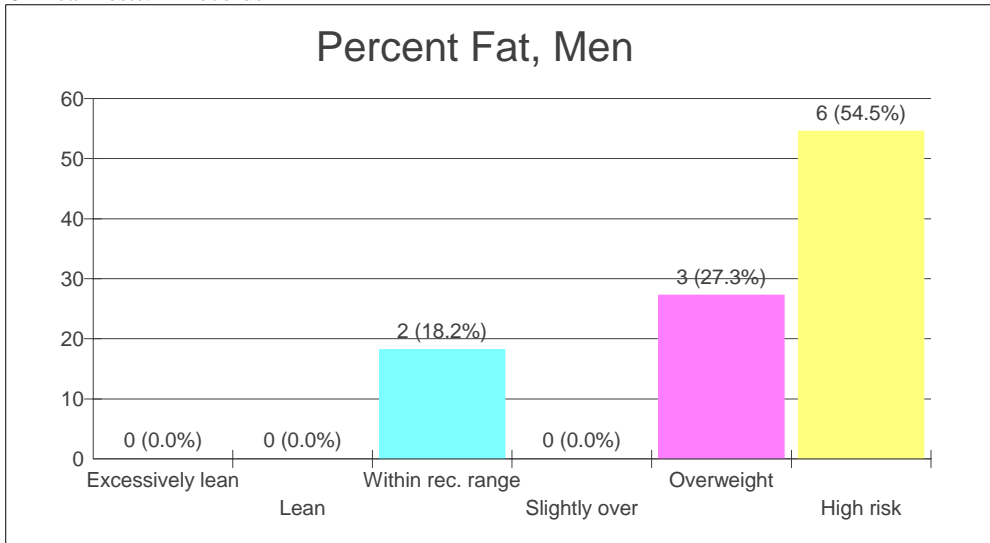
Health Interest: 400 records



Illustrated above are the results of the Health Interest Survey. The percent of people interested in each topic is provided. Please note: participants are usually interested in more than one health topic; there may be more interests tallied than there are people in the group.

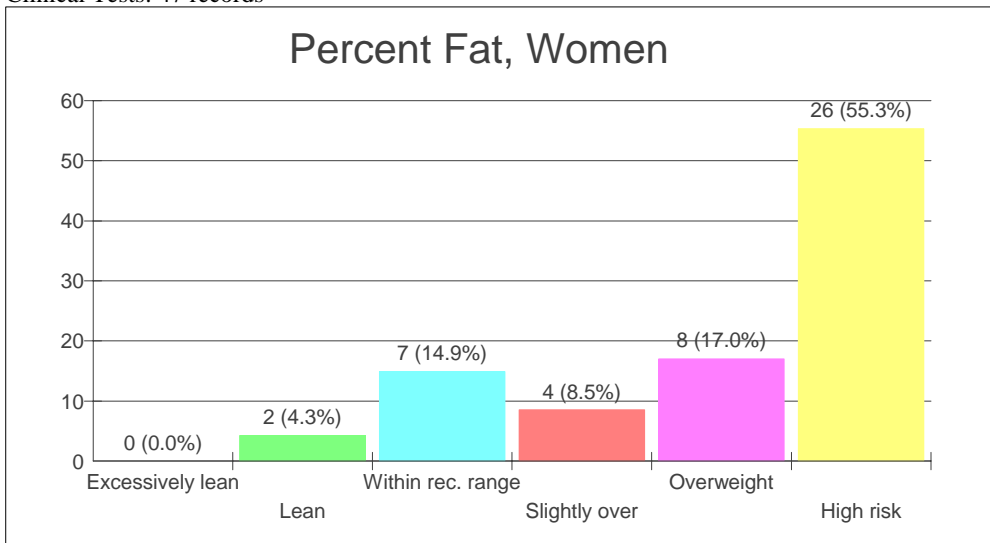
Personal Wellness Profile

Clinical Tests: 11 records



Percent body fat is a determination of fat weight compared to lean body weight (muscle, bone, ligaments, organ, etc.). Desirable ranges of body fat are made specific to each individual by adjusting for age and gender. Each individual's measured body composition is then compared to his or her desirable range in order to determine which category (above) he or she fits in.

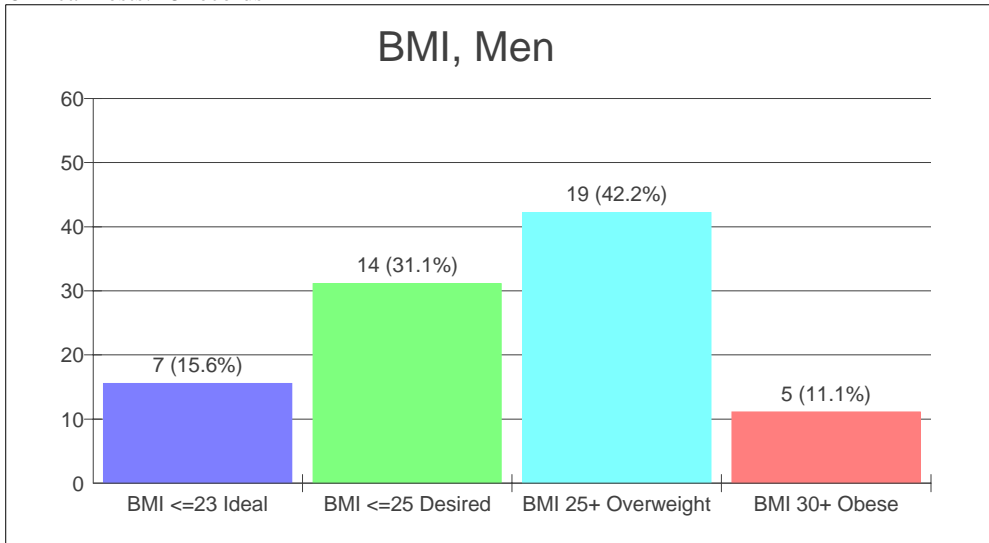
Clinical Tests: 47 records



Percent body fat is a determination of fat weight compared to lean body weight (muscle, bone, ligaments, organ, etc.). Desirable ranges of body fat are made specific to each individual by adjusting for age and gender. Each individual's measured body composition is then compared to his or her desirable range in order to determine which category (above) he or she fits in.

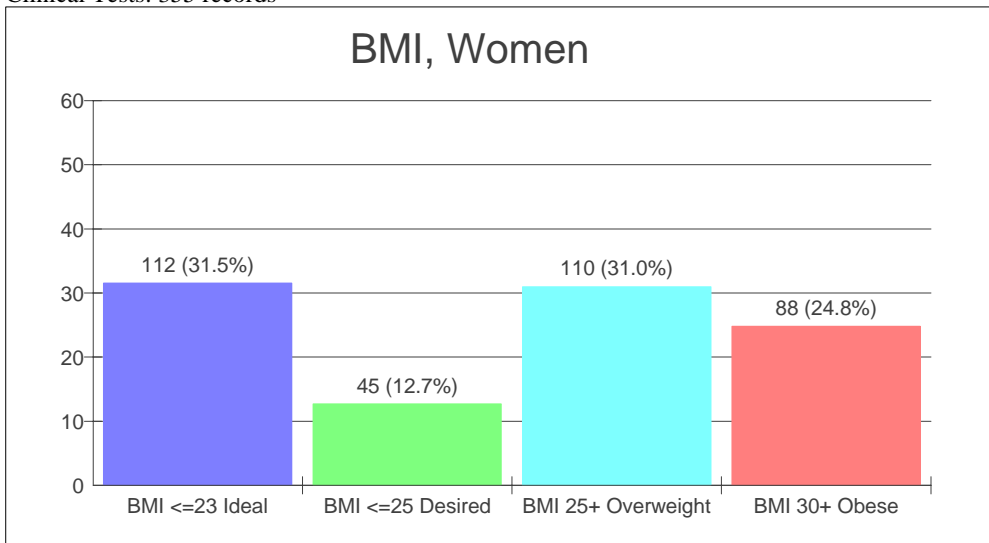
Personal Wellness Profile

Clinical Tests: 45 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Men with BMI values above 25 are at higher risk for heart disease and other health problems.

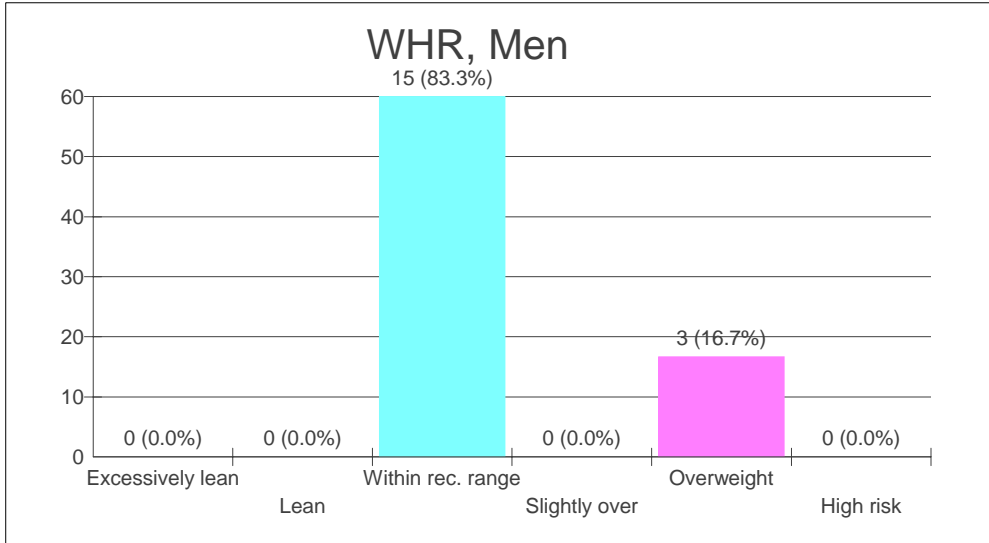
Clinical Tests: 355 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Women with BMI values above 25 are at higher risk for heart disease and other health problems.

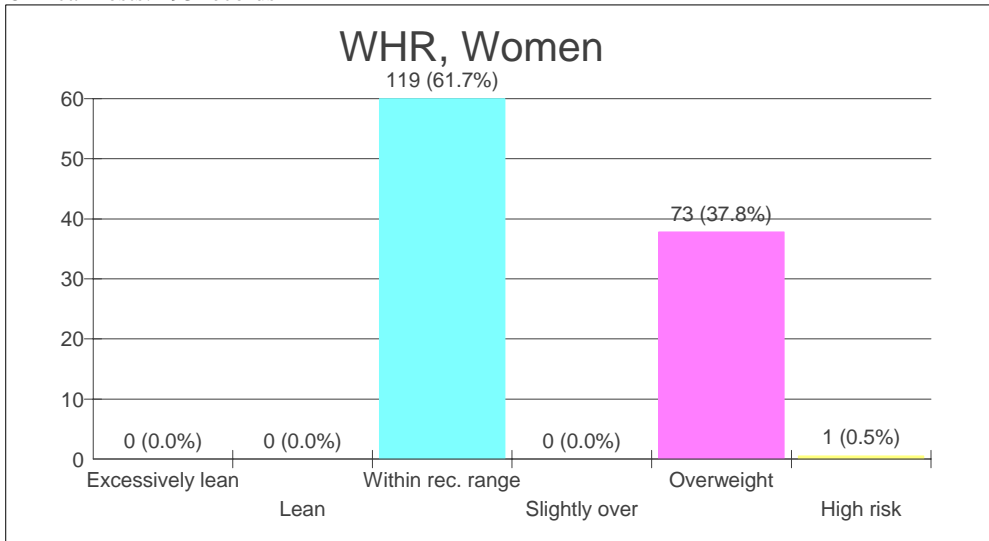
Personal Wellness Profile

Clinical Tests: 18 records



Waist-to-hip ratio (WHR) shows how excess fat is distributed on the body. Fat stored on the hips is not as dangerous as upper body fat. Excess fat in the upper body has been shown to increase risk for coronary heart disease, diabetes, high blood pressure, and certain cancers. Men should have a WHR less than 0.95.

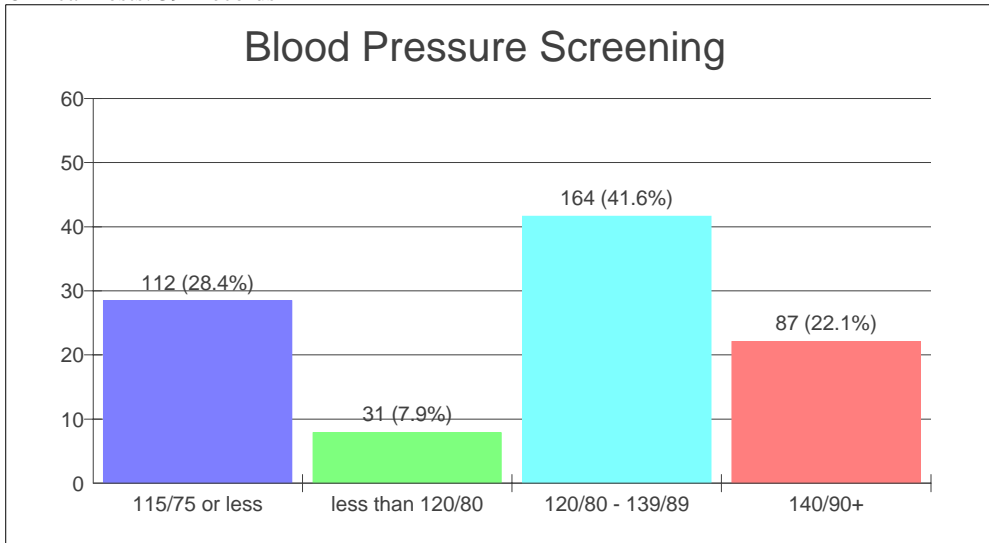
Clinical Tests: 193 records



Waist-to-hip ratio (WHR) shows how excess fat is distributed on the body. Fat stored on the hips is not as dangerous as upper body fat. Excess fat in the upper body has been shown to increase risk for coronary heart disease, diabetes, high blood pressure, and certain cancers. Women should have a WHR less than 0.80.

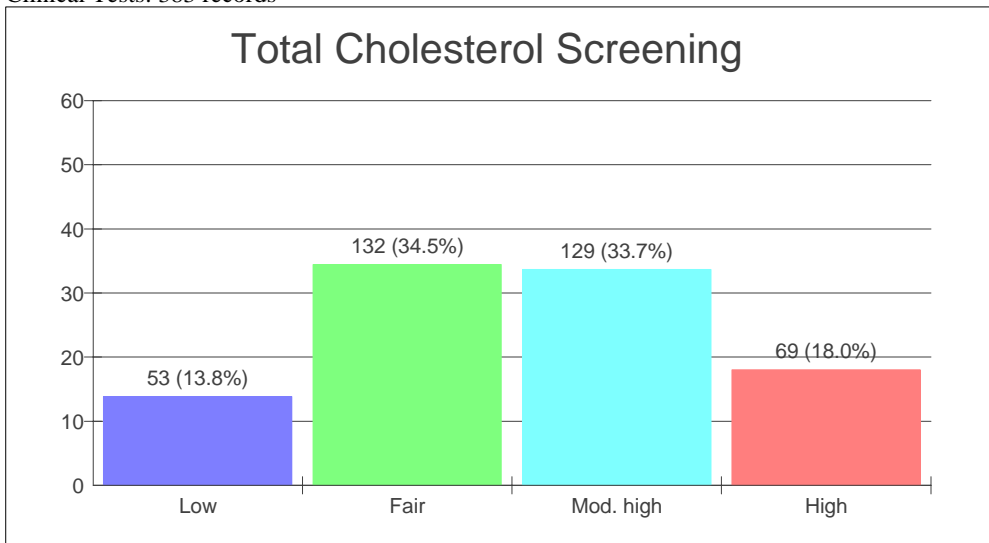
Personal Wellness Profile

Clinical Tests: 394 records



High blood pressure increases the risk for heart disease and stroke. Studies show that people with high blood pressure tend to have higher health care expenses. For most people, ideal blood pressure is 115/75 or below. Those with blood pressure of 120/80 or above are considered prehypertension. In this group, 164 people have elevated blood pressure, putting them at moderate risk. 87 people have blood pressures that indicate high risk (140/90+).

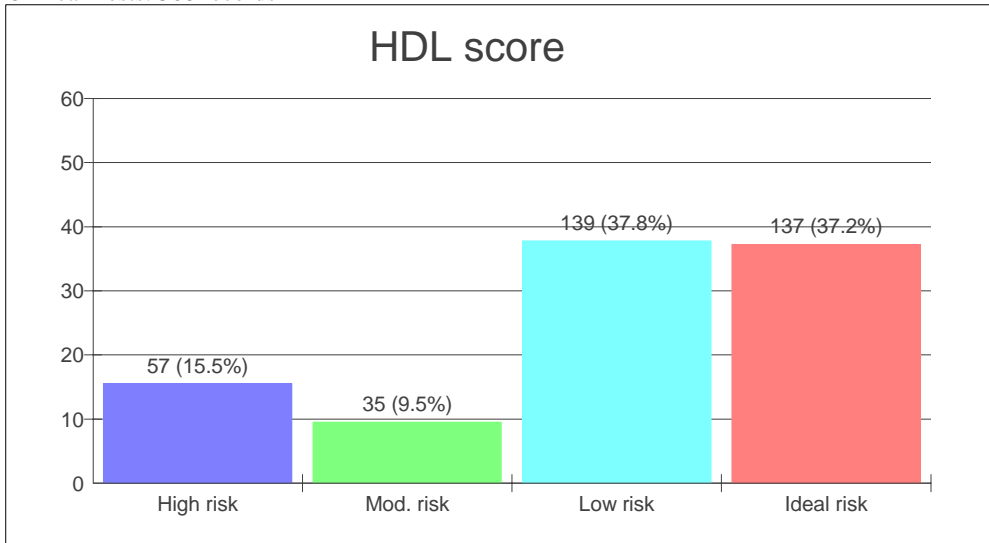
Clinical Tests: 383 records



High blood cholesterol levels increase the risk for heart disease and stroke. For most people, it is recommended to have a cholesterol level below 200. A level of 161 or below is ideal. People with a level of 240 or higher are at high risk. In this group, 129 people have an elevated cholesterol level, putting them at moderate risk. 69 people have a cholesterol level that indicates high risk.

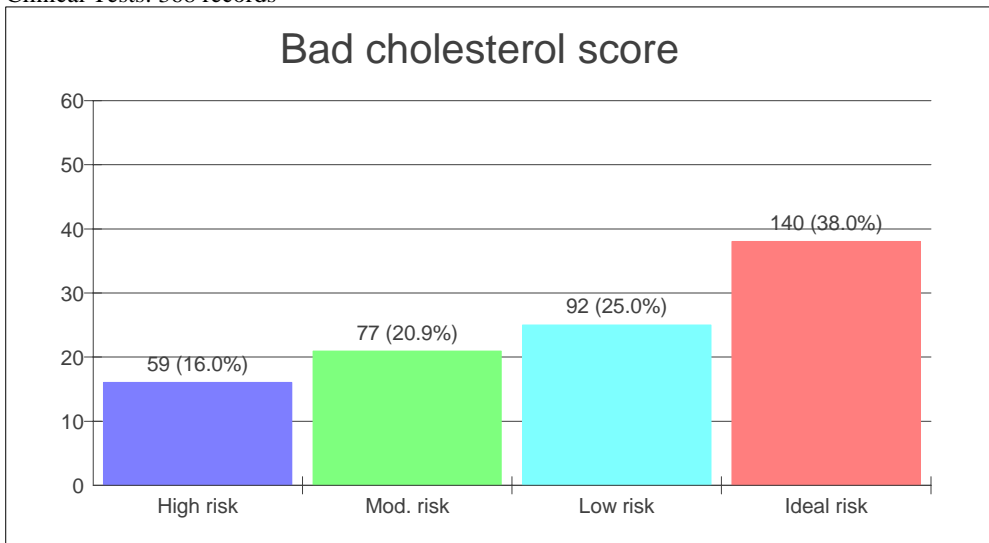
Personal Wellness Profile

Clinical Tests: 368 records



High density lipoprotein cholesterol (HDL-C) is a carrier of "good cholesterol." HDL-C protects against heart disease by helping remove excess cholesterol deposited in the arteries. The more HDL in the blood, the lower your risk. HDL-C levels of 60 or more are ideal, while HDL-C levels of less than 40 are considered high risk. In this group, 35 people have an HDL level in the moderate risk range. 57 people have a low HDL-C level indicating high risk.

Clinical Tests: 368 records



LDL cholesterol and Non-HDL cholesterol are considered "bad cholesterol". When "bad cholesterol" levels are high, cholesterol deposits form in the arteries. These tests are a better risk indicator than total cholesterol. In this group, 77 people have "bad cholesterol" levels that indicate moderate risk. 59 people have a high "bad cholesterol", putting them at high risk. (If LDL-C is not done, Non-HDL-C is scored. $\text{Non-HDL Chol} = \text{T Chol} - \text{HDL Chol}$)

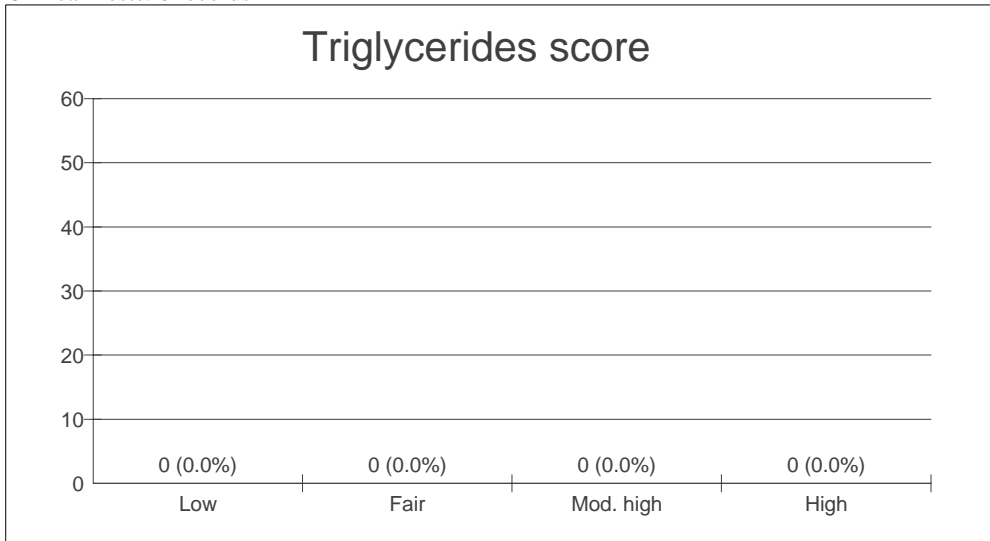
Personal Wellness Profile

Occupational issues: 259 records



While 226 (87.3%) indicate they are very satisfied or mostly satisfied with their work, 30 (11.6%) state they are not satisfied.

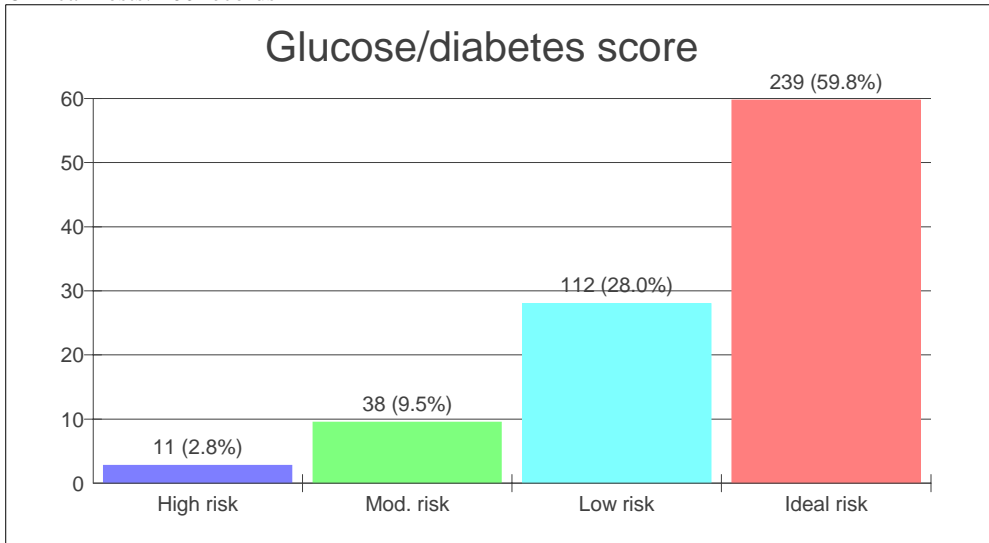
Clinical Tests: 0 records



Triglycerides refer to fat in the blood. High triglycerides can impair the circulation and indicate other abnormal lipid levels. Ideal values are less than 100. In this group, 0 people have an elevated triglyceride level. Of these, 0 people have a level which indicates high risk.

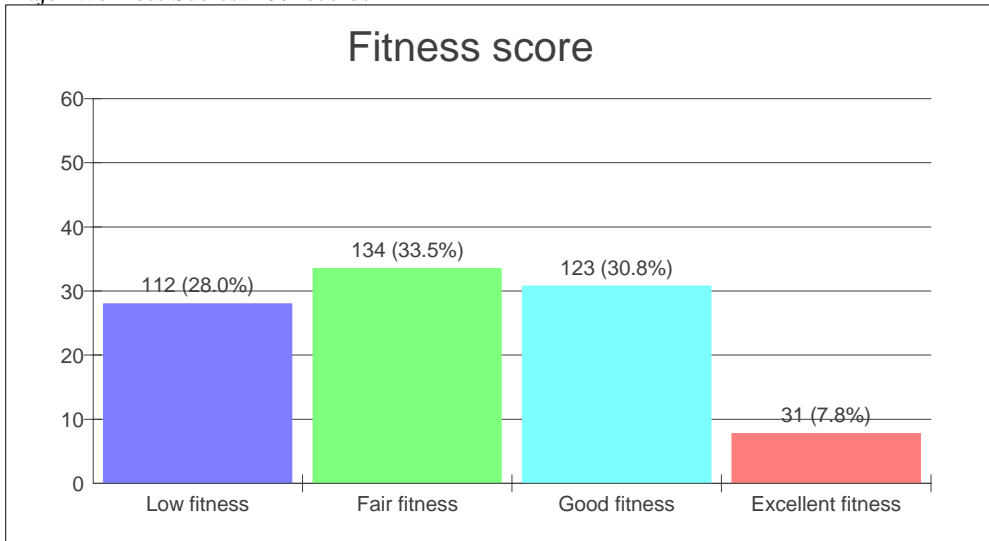
Personal Wellness Profile

Clinical Tests: 400 records



High blood glucose (sugar) can indicate the presence of diabetes, which increases the risk for heart and blood vessel diseases. Normal fasting glucose levels are less than 100, and nonfasting are less than 140. In this group, 49 people have a glucose level greater than recommended, putting them at high risk (presence of diabetes may affect score).

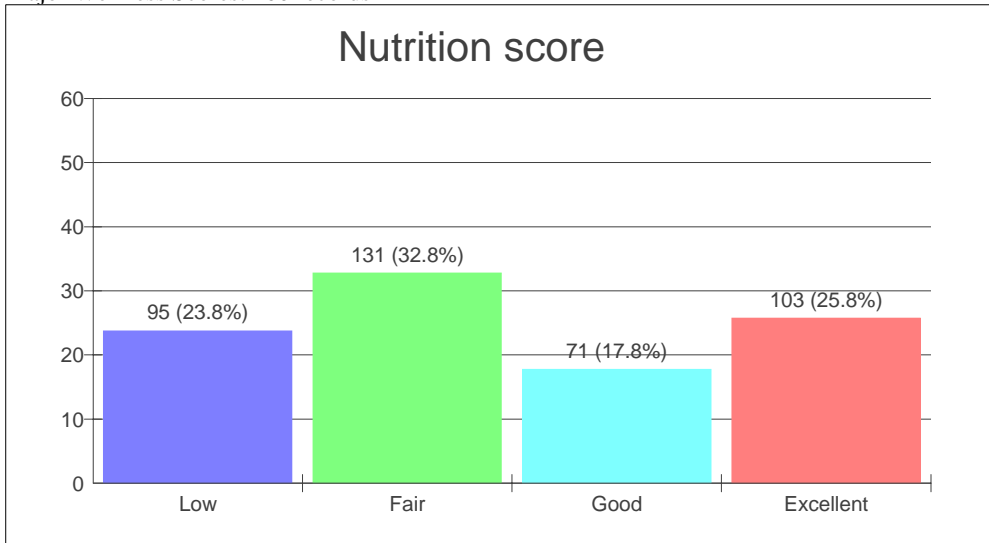
Major Wellness Scores: 400 records



The overall fitness rating gives a comprehensive score based on the sum of the individual scores; aerobic exercise, strength, flexibility, and body composition. 154 people have good or excellent fitness rating.

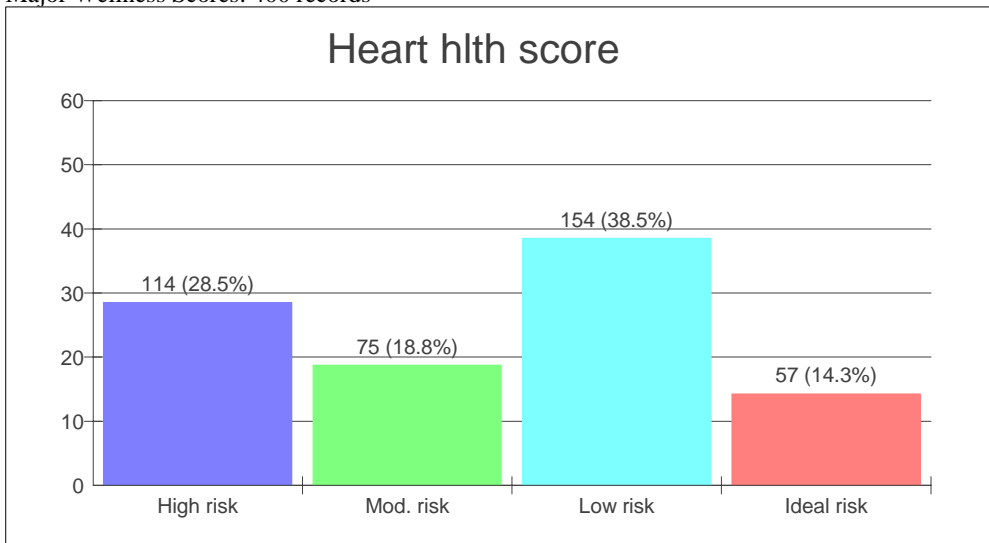
Personal Wellness Profile

Major Wellness Scores: 400 records



The overall nutrition rating is based on how well participants follow the guidelines provided by national organizations such as the U.S. Department of Agriculture, National Institutes of Health, and the National Cancer Institute. 174 people have a good or excellent overall nutrition rating.

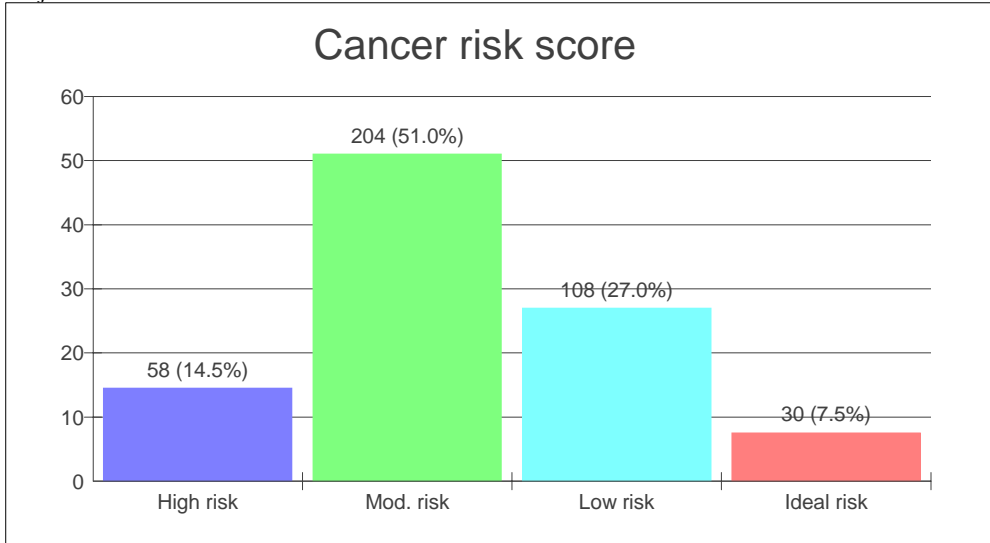
Major Wellness Scores: 400 records



The overall coronary risk rating is based on the information provided by the National Institutes of Health's "National Cholesterol Education Program." This rating indicates an individual's risk for heart disease. 211 people have a low or excellent coronary risk rating.

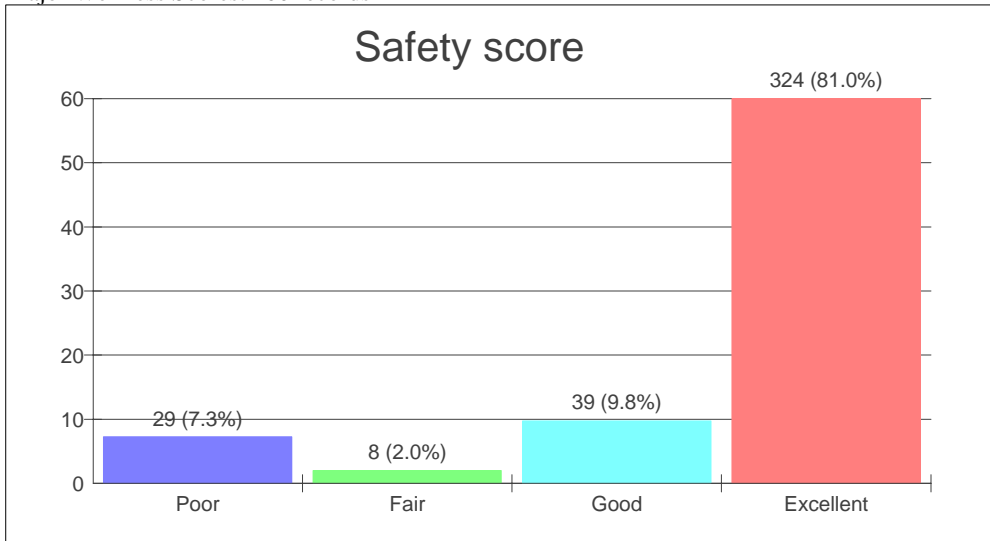
Personal Wellness Profile

Major Wellness Scores: 400 records



The cancer awareness rating is comprised of several cancer risk factors, such as smoking status, intake of fruits and vegetables, fiber intake, alcohol consumption, body composition, personal history of cancer, etc. 138 people have a normal or low cancer risk rating.

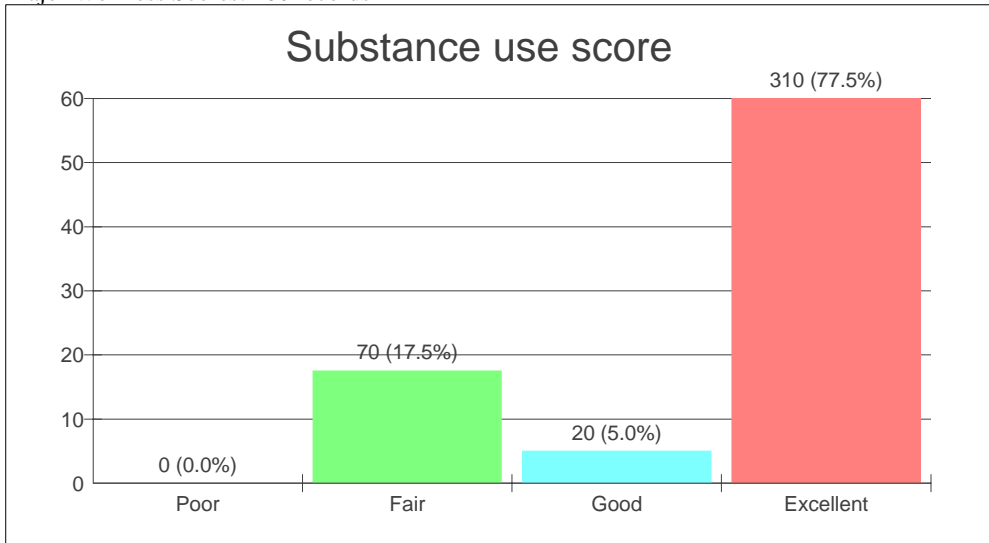
Major Wellness Scores: 400 records



The overall safety score is calculated from the responses to questions on safety issues. It evaluates safety awareness. 363 (90.8%) people have a good or excellent safety score.

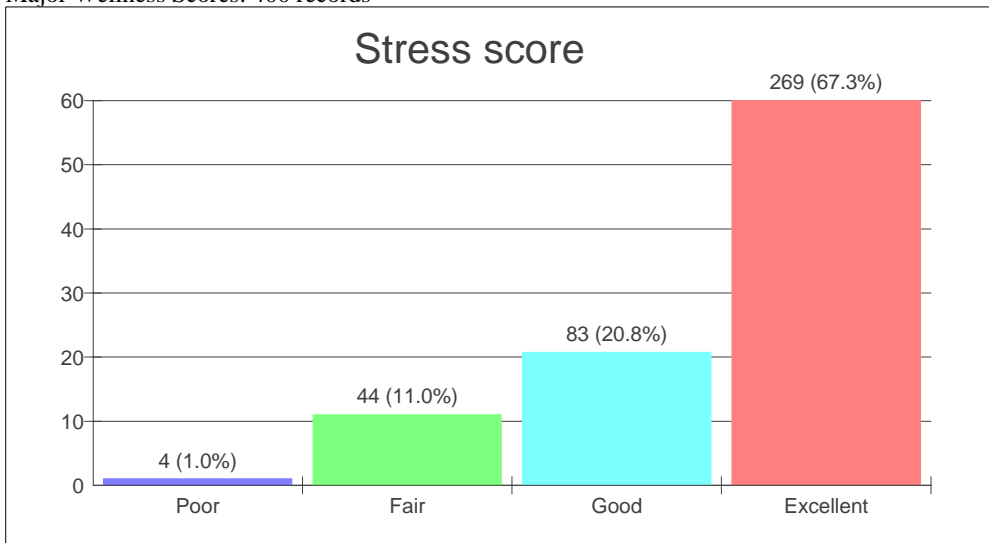
Personal Wellness Profile

Major Wellness Scores: 400 records



The overall substance use score is calculated from the responses to questions on these issues. They include use of alcohol, tobacco, medications, caffeine, and drug interactions. 330 (82.5%) people have a good or excellent substance use score.

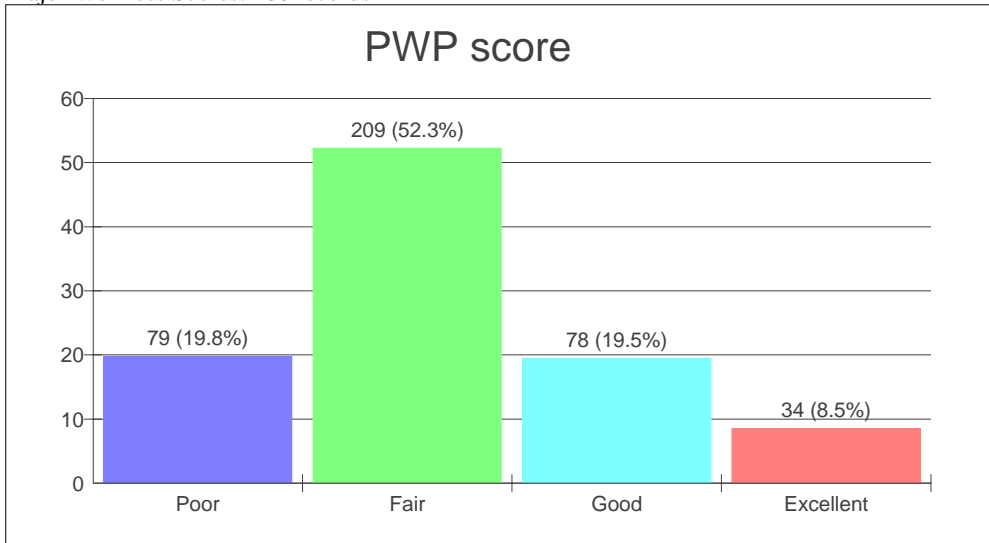
Major Wellness Scores: 400 records



The overall stress score provides an indicator of perceived stress and coping response. 352 (88.0%) people rate in the good or excellent range for stress and coping.

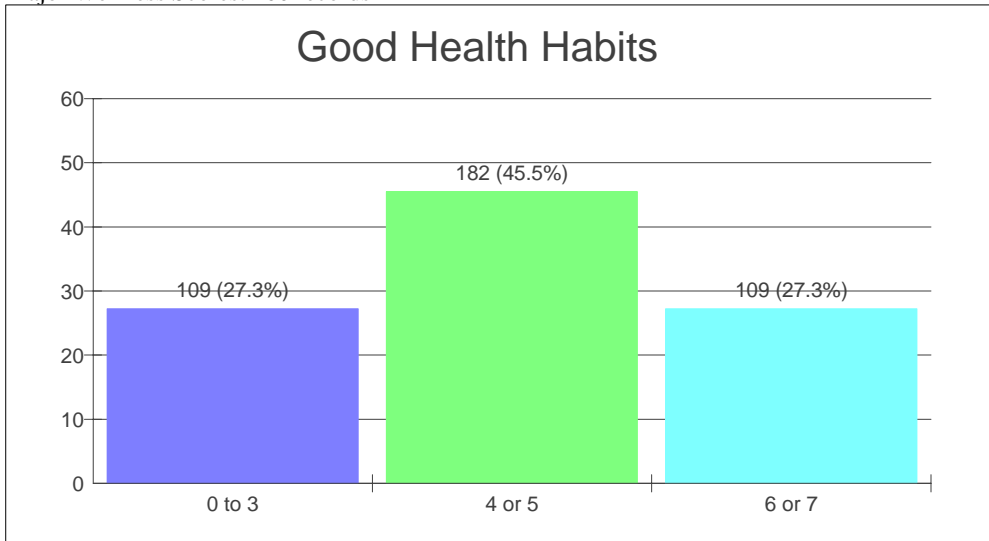
Personal Wellness Profile

Major Wellness Scores: 400 records



The overall wellness rating gives a comprehensive score based on the sum of the different major wellness factors. 112 (28.0%) people have a good or excellent wellness rating.

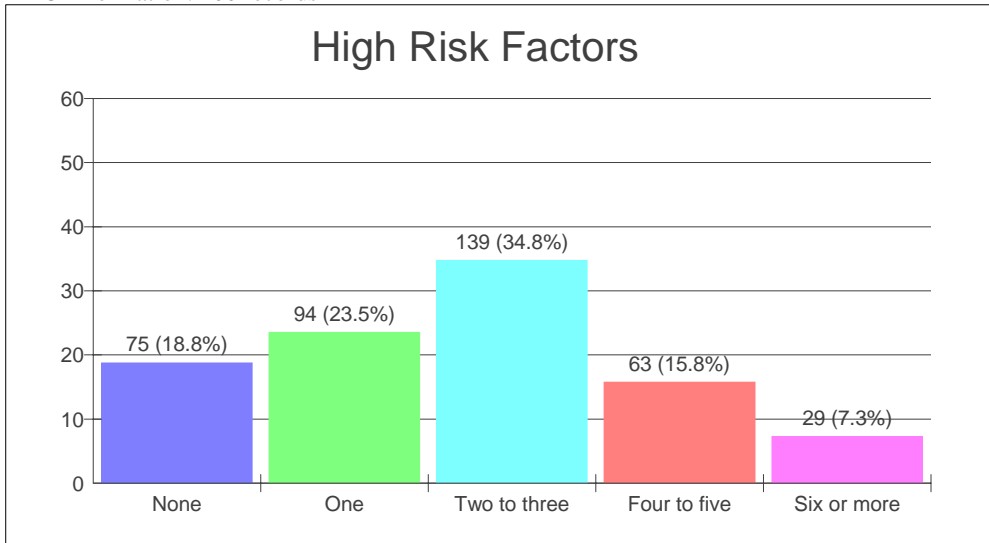
Major Wellness Scores: 400 records



In a long-term study of nearly 7,000 adults, seven good health practices were found to be directly related to longevity. They are (1) getting 7-8 hours of sleep, (2) maintaining a healthy weight, (3) not smoking, (4) not drinking or moderate drinking, (5) regular aerobic exercise, (6) eating breakfast daily, and (7) eating regular meals and avoiding snacking. A person following six or seven of these practices lived as much as 11.5 years longer than those who followed three or fewer. In this group, 109 (27.3%) of the participants follow at least six good health practices, while 109 (27.3%) follow three or fewer.

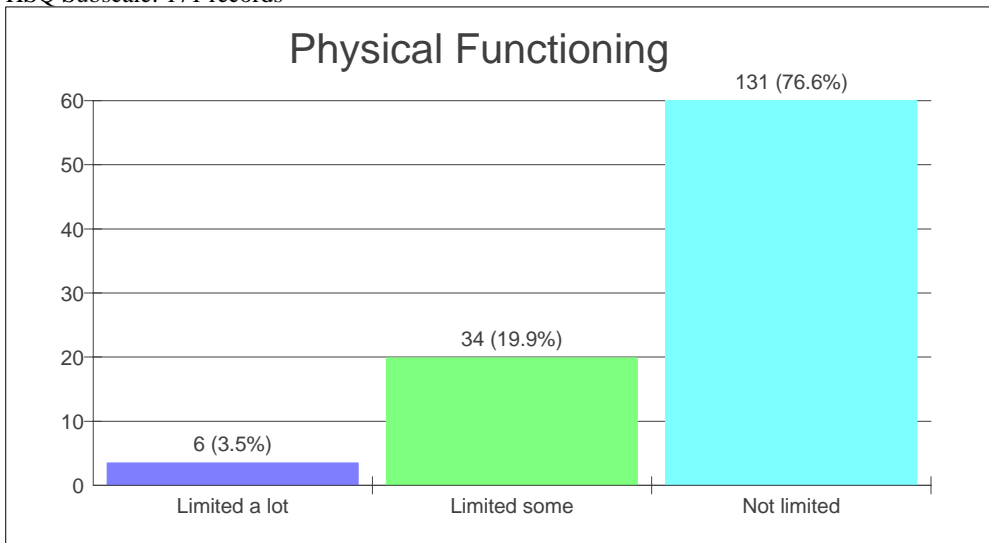
Personal Wellness Profile

MPO Information: 400 records



This graph illustrates the distribution of multiple risks associated with health care costs.

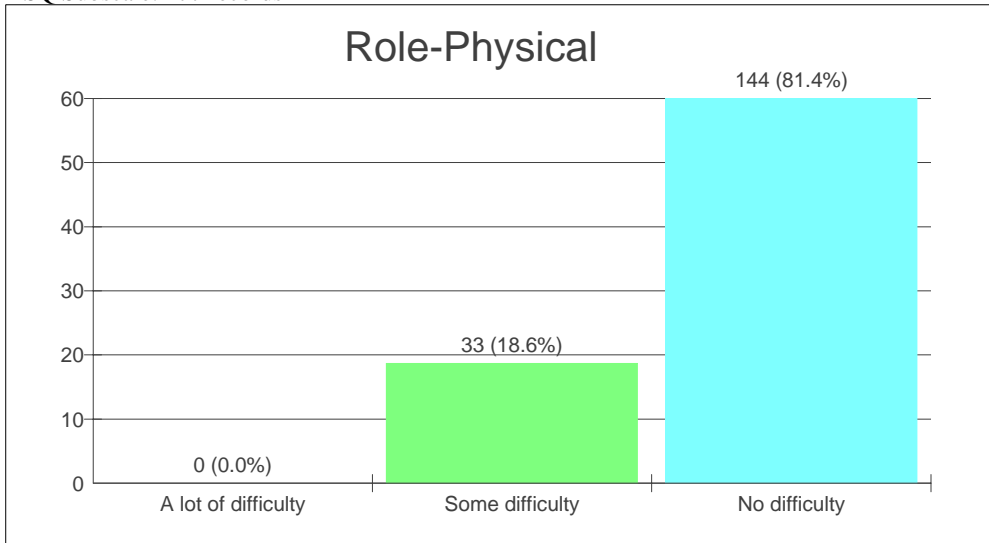
HSQ Subscale: 171 records



This scale is a measure of physical functioning. It describes the combined results of three questions concerning normal daily activities. These include lifting, stair climbing, and walking. 131 (76.6%) were "not limited at all," while 40 (23.4%) claimed to have limitations in these areas. The average (mean) score for this scale was 90.6 using a ranking from 1 - 100.

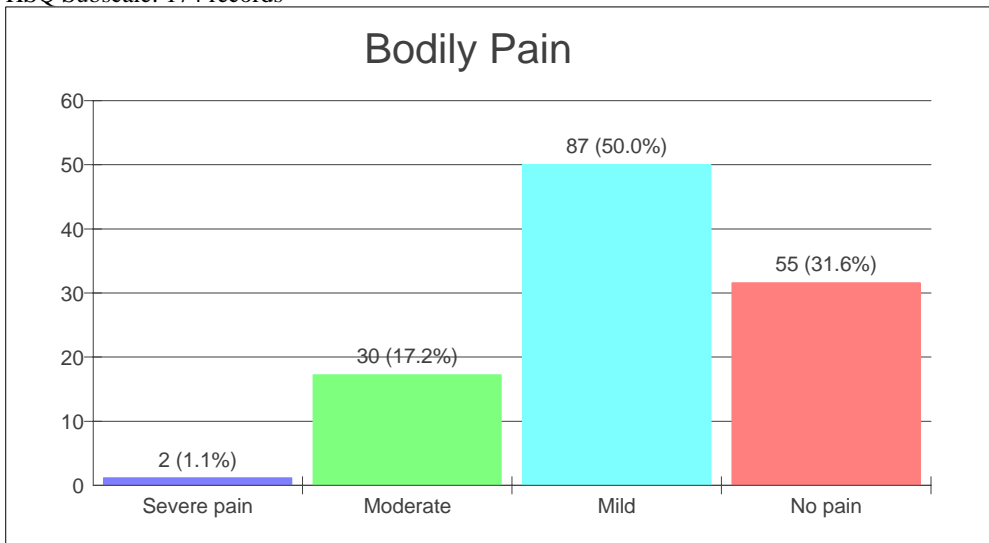
Personal Wellness Profile

HSQ Subscale: 177 records



This scale measures how much a person's recent physical health impacts his or her "role" in life as related to work and regular daily activity. 144 (81.4%) reported no physical limitations, while 0 (0.0%) were limited a lot. The average (mean) score for this scale was 89.2 using a ranking from 1 - 100.

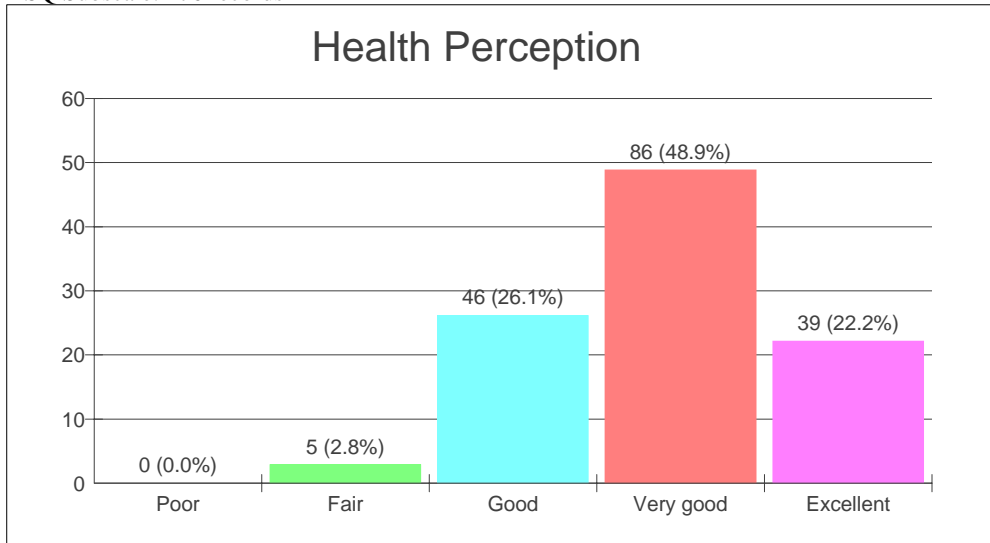
HSQ Subscale: 174 records



This scale measures how much bodily pain a person experienced in the past four weeks. 55 (31.6%) reported none, while 32 (18.4%) reported experiencing moderate to severe pain. The average (mean) score for this scale is 77.6 using a ranking from 1 - 100.

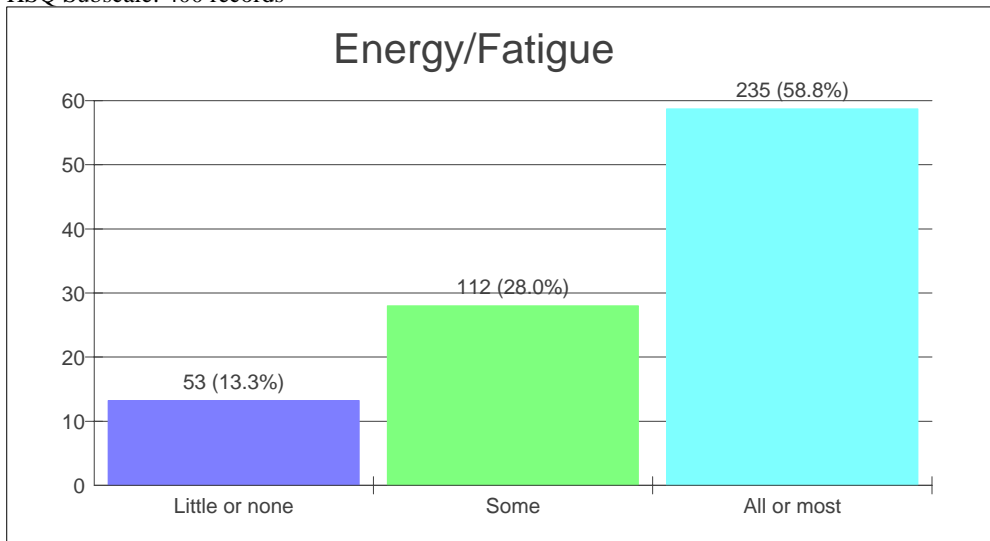
Personal Wellness Profile

HSQ Subscale: 176 records



This scale measures a participant's personal perception of his or her overall health. 125 (71.0%) believe their health is very good to excellent, while 0 (0.0%) believe their health is poor. The average (mean) score for this scale was 80.1 using a ranking from 1 - 100.

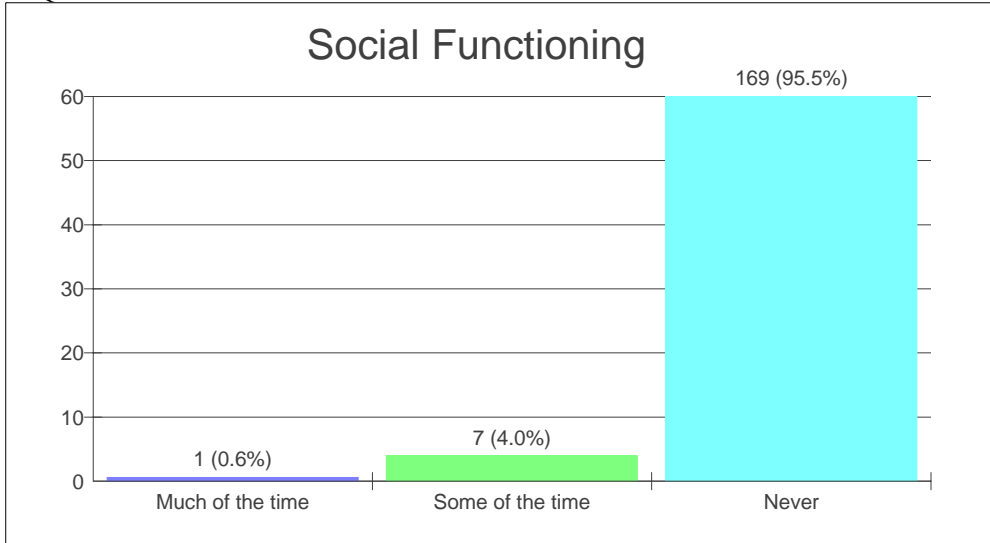
HSQ Subscale: 400 records



This scale measures the response to the question, "Did you have a lot of energy during the past four weeks?" 235 (58.8%) reported having a lot of energy most or all the time, while 53 (13.3%) responded with little or none of the time. The average (mean) score for this scale was 68.0, using a ranking from 1 - 100.

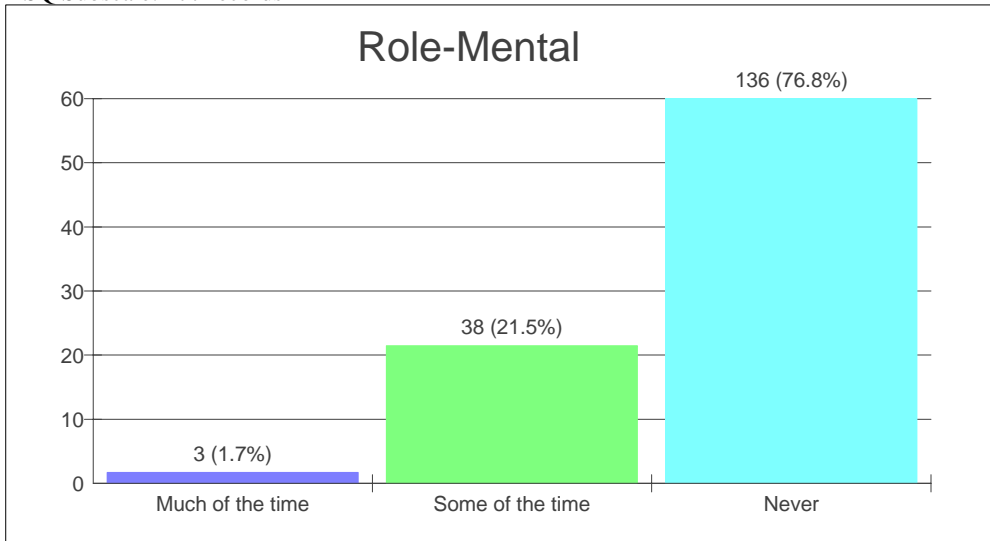
Personal Wellness Profile

HSQ Subscale: 177 records



This scale measures how much a person's recent physical health and emotional problems have interfered with his or her social activities. 169 (95.5%) report not at all, while 8 (4.5%) indicate some or much of the time. The average (mean) score for this scale was 95.3, using a ranking from 1 - 100.

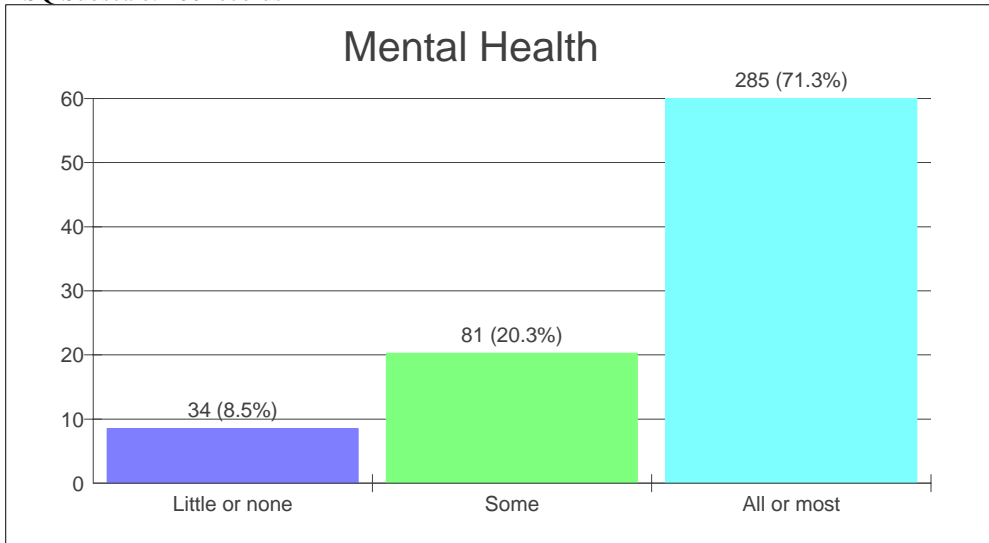
HSQ Subscale: 177 records



This scale measures how much a person's emotional problems have interfered with his or her work and other daily activities. 136 (76.8%) report not at all, while 41 (23.2%) indicate some or much of the time. The average (mean) score for this scale was 90.2, using a ranking from 1 - 100.

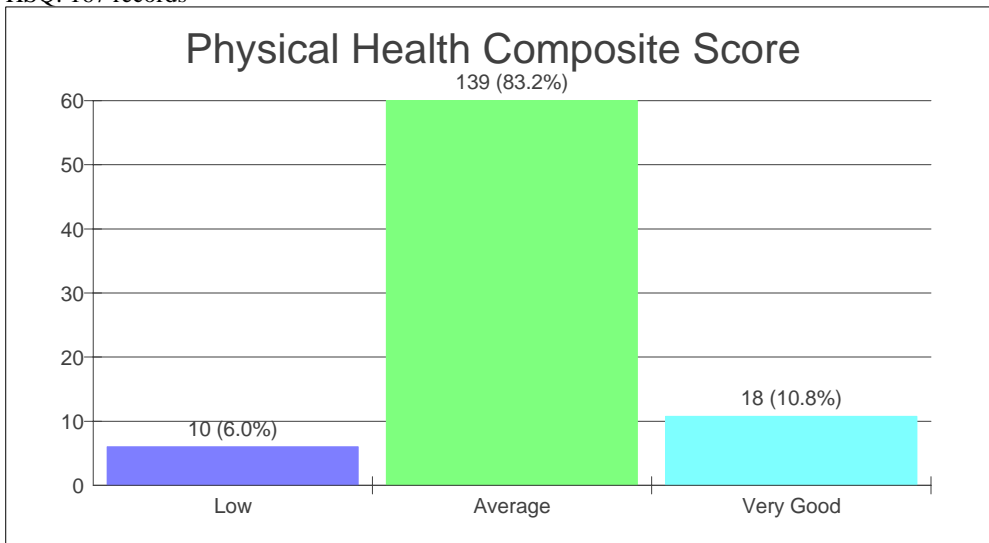
Personal Wellness Profile

HSQ Subscale: 400 records



This scale is a measure of perceived mental health. It describes the combined results of three questions concerning how much of the time are feelings of calm, peacefulness, and happiness experienced. 285 (71.3%) report all or most of the time, while 115 (28.8%) indicate some, little, or none of the time.

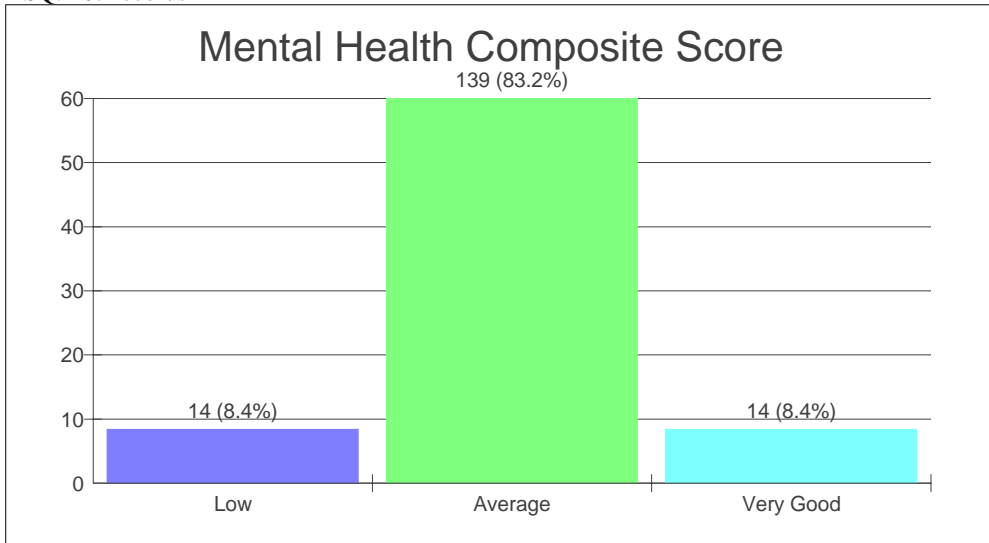
HSQ: 167 records



The PCS score is computed from the HSQ-12 physical health subscale scores. Very low scores (40 or less) are associated with limitations in physical activities and poor physical functioning. Low PCS and MCS scores are associated with subsequent job loss, increased hospital stays, increase in doctor visits, probability of a chronic condition, likelihood of depression, and poor five-year survival. The average (mean) PCS score for this group was 52.8. This is based on a standardized scoring method where 50 is the mean score for the general population with a standard deviation of 10.

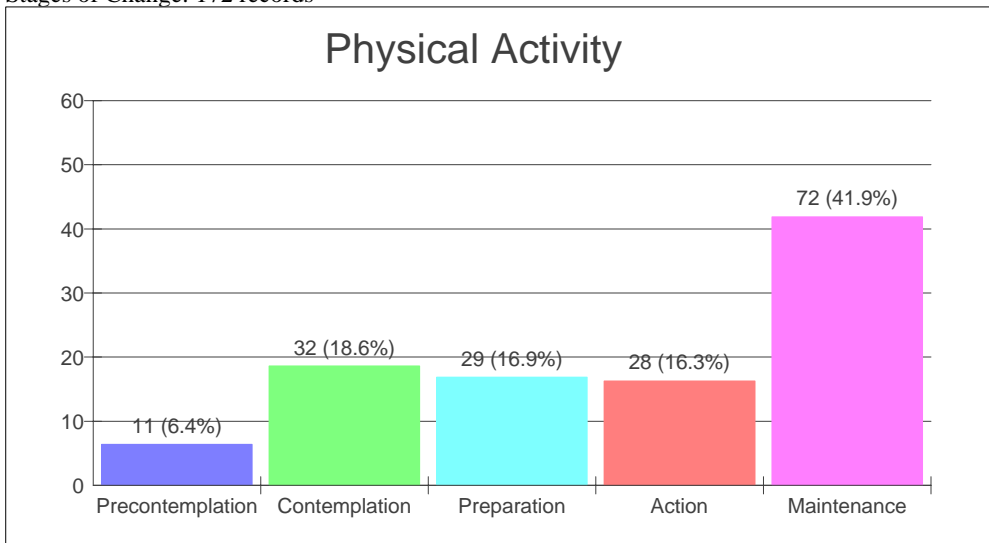
Personal Wellness Profile

HSQ: 167 records



The Mental Composite Score (MCS) is computed from the HSQ-12 mental health subscale scores. Very low scores (40 or less) are associated with poor life satisfaction and mental health. Low Physical Composite (PCS) and MCS scores are associated with subsequent job loss, increased hospital stays, increase in doctor visits, probability of a chronic condition, likelihood of depression, and poor five-year survival. The average (mean) MCS score for this group was 51.7. This is based on a standardized scoring method where 50 is the mean score for the general population with a standard deviation of 10.

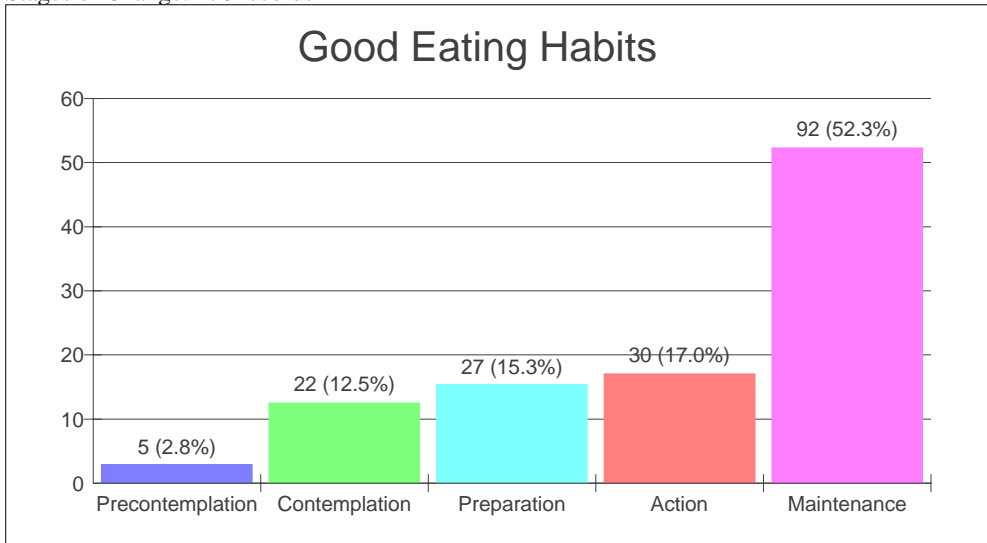
Stages of Change: 172 records



By understanding the stages of change, in this case for physical activity, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to increase physical activity. Contemplators acknowledge they need more physical activity, but they are not yet ready to start. People in preparation are planning to start an activity program sometime within the next month. People in the action stage have recently started a physical activity program, while people in the maintenance stage have participated in regular activity for at least six months.

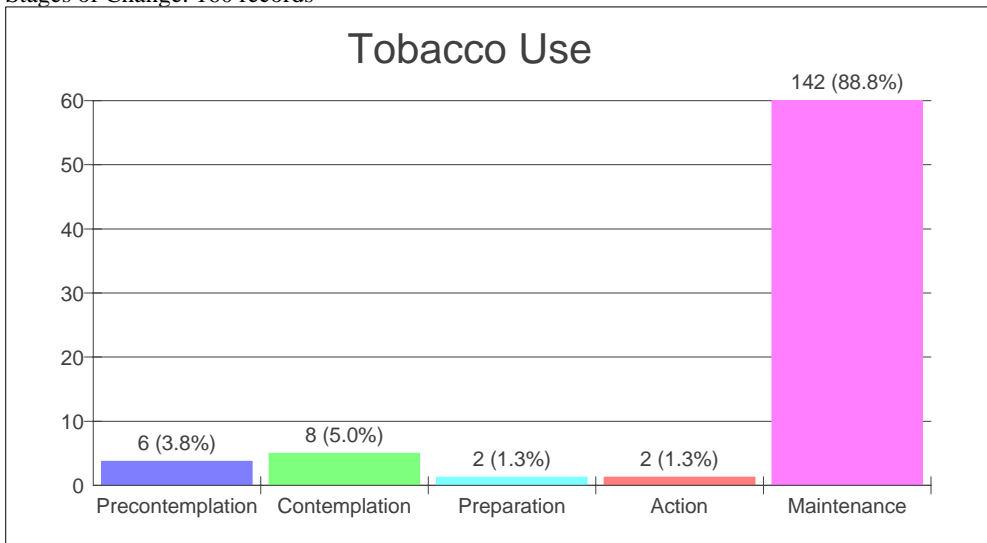
Personal Wellness Profile

Stages of Change: 176 records



By understanding the stages of change, in this case for good eating habits, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to improve their diet. Contemplators acknowledge they need to eat better, but they are not yet ready to start. People in preparation are planning to start a good eating program sometime within the next month. People in the action stage have recently made an effort to improve their eating habits, while people in the maintenance stage have been practicing good eating habits for at least six months.

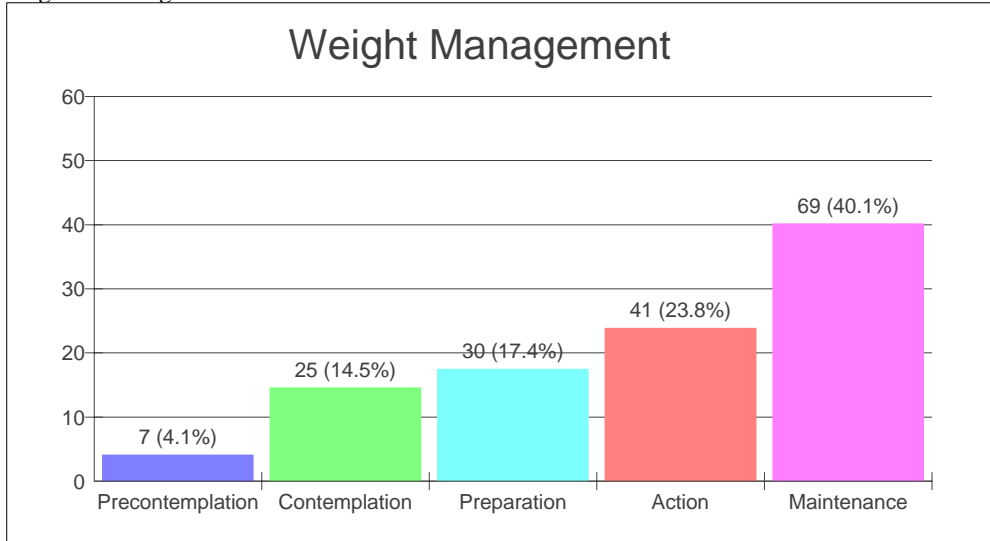
Stages of Change: 160 records



By understanding the stages of change, in this case to avoid tobacco use, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to stop smoking or avoid tobacco. Contemplators acknowledge they should stop using tobacco products but are not yet ready to start. People in preparation are planning to stop smoking or quit using tobacco products sometime within the next month. People in the action stage have recently stopped using tobacco, while people in the maintenance stage have avoided tobacco use for at least six months.

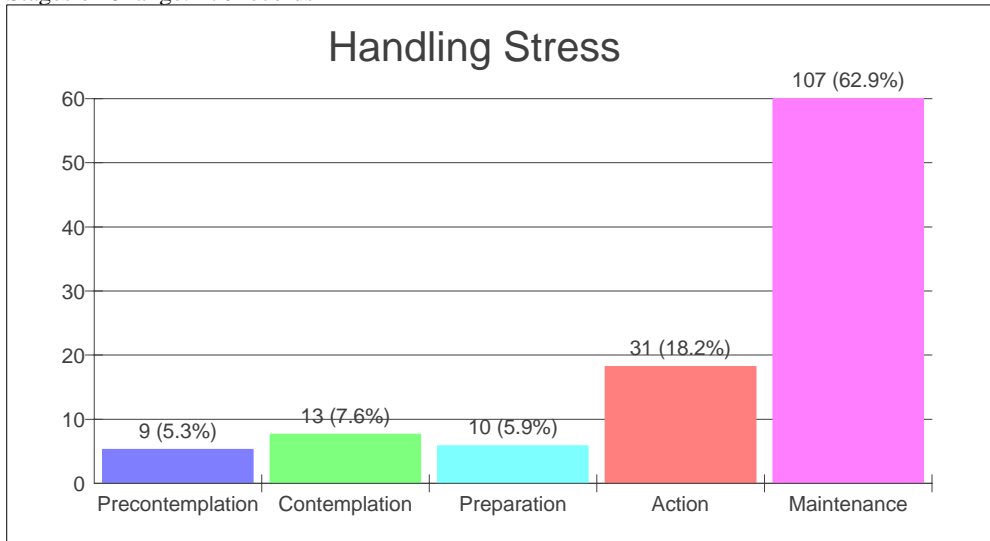
Personal Wellness Profile

Stages of Change: 172 records



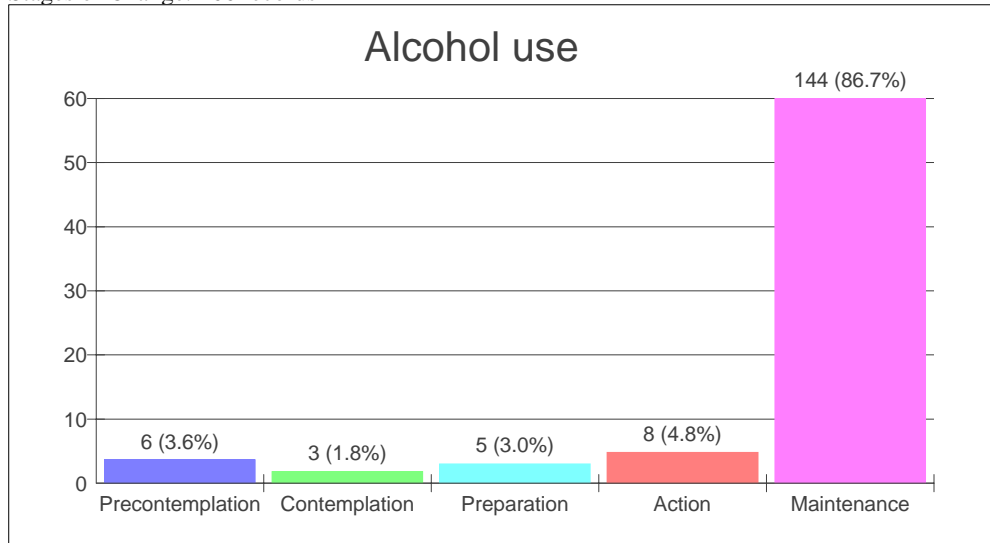
By understanding the stages of change, in this case for weight management, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need for weight management. Contemplators acknowledge they need weight management but are not yet ready to start. People in preparation are planning to start a weight management program sometime within the next month. People in the action stage have recently started a weight management program, while people in the maintenance stage have been involved in weight management for at least six months.

Stages of Change: 170 records



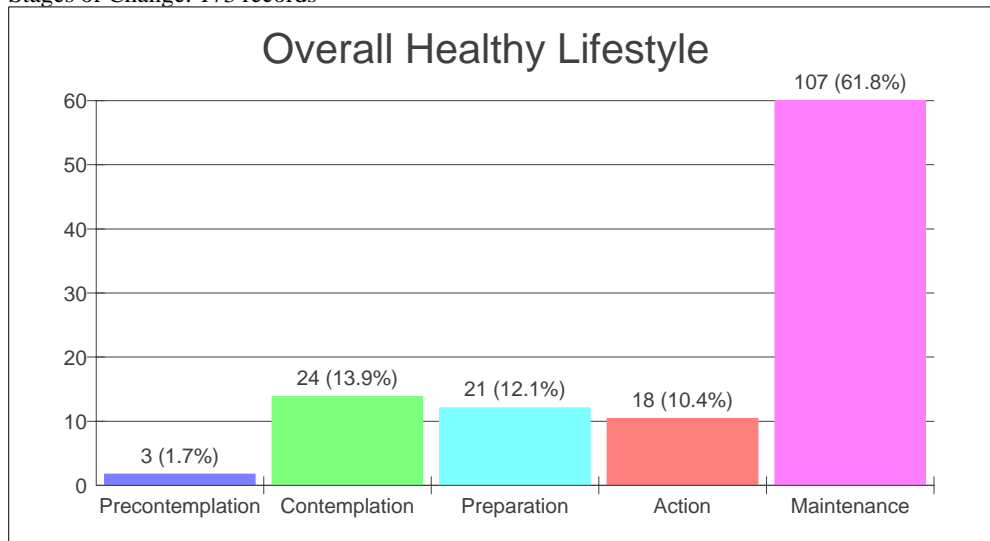
By understanding the stages of change, in this case for handling stress, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to handle stress. Contemplators acknowledge they need more help with handling stress but they are not yet ready to start. People in preparation are planning to start handling stress sometime within the next month. People in the action stage have recently started handling stress, while people in the maintenance stage have been handling stress for at least six months.

Stages of Change: 166 records



By understanding the stages of change, in this case for drinking in moderation, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to drink in moderation. Contemplators acknowledge they need more help to be more moderate in their drinking, but they are not yet ready to start. People in preparation are planning to be drink more moderately sometime within the next month. People in the action stage have recently been more moderate drinkers, while people in the maintenance stage have been drinking in moderation or not at all for at least six months.

Stages of Change: 173 records



By understanding the stages of change, in this case for living an overall healthy lifestyle, you may be able to maximize efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to do this. Contemplators acknowledge they need to live an overall healthy lifestyle but are not yet ready to start. People in preparation are planning to start living an overall healthy lifestyle sometime within the next month. People in the action stage have recently started living an overall healthy lifestyle. People in the maintenance stage have been living an overall healthy lifestyle for at least six months.