



Common Screenings

2014 Prevention Campaign Fact Sheet



Vision of the [National Prevention Strategy](#): Working together to improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness.

The most common types of screenings and assessments that are used for worksite health and wellness programs are **Health Risk Appraisals** and **Biometric Testing**. Remember to seek guidance from your agency's general counsel and/or policy office before implementing these screenings.

HEALTH RISK APPRAISALS (HRAS)

[Health risk appraisals](#) (sometimes also referred to as health risk assessments) are systematic approaches to collecting information from individuals that identify risk factors, provide individualized feedback, and link the person with at least one intervention to promote health, sustain function and/or prevent disease.

These HRAs are usually given as a questionnaire that employees can fill out online or in-person. They may contain information such as demographics of the person filling it out (e.g. age, gender, race/ethnicity, etc.), as well as questions pertaining to behaviors and characteristics. Many HRAs ask questions related to tobacco use, nutrition, physical activity and may include information that can only be obtained using biometric testing (such as blood pressure and cholesterol levels).

The HRA can be the single point of entry to an agency worksite health promotion program and serve as a participation tracking tool. Feedback should be given to the individual employee immediately upon completion of an HRA (such as an online HRA) or during an individual coaching session. The HRA can be a useful programming/needs assessment tool for agency coordinators, provided proper procedures for protecting personal information are strictly followed, and a representative sample is collected in order to draw sound conclusions at the agency level. (See the *2014 Prevention Campaign Fact Sheet on Workplace Health Screening* for more information on the benefits of HRAs and other screenings).

(Adapted from [A Review of the U.S. Workplace Wellness Market](#), 2012; [CDC's Health Risk Appraisals](#), 2011.)

BIOMETRIC TESTING

The purpose of biometric testing in worksite health promotion programs is to screen for potential medical concerns rather than diagnosis or treatment of a medical condition. Biometric testing includes measurements for blood pressure, cholesterol, diabetes, and obesity (BMI). These screenings are sometimes done in on-site health centers, in partnership with health plans, or in primary care clinics.

Blood Pressure/Heart Rate

Blood pressure is usually measured using a blood pressure cuff and stethoscope. It is reported as the systolic pressure (the highest pressure that the heart uses against the arteries for each heart beat) over diastolic pressure (the lowest pressure the heart uses as it relaxes between beats). Normal blood pressure is less than 120/80. Prehypertension is 120/80 – 139/90. Hypertension (high blood pressure) is 140/90 or more. One-third of American adults have high blood pressure.

Diabetes

Diabetes affects 24 million people in the United States, and pre-diabetes affects another 57 million. Ninety to ninety-five percent of all diagnosed cases are type 2 diabetes, meaning the body does not know how to use insulin properly. Diabetes can lead to heart disease, stroke, blindness, kidney disease, neurologic disease, and leg ulcers and amputations. The most common test is a blood test that measures fasting blood glucose levels. Pre-diabetes is at levels of 100-126 mg/dl and diabetes is at levels of more than 126 mg/dl.

Obesity

Obesity increases the risk for all of the diseases mentioned above, as well as, cancer, stroke, and osteoarthritis. Screenings for obesity include body mass index (BMI), waist-to-hip ratio, or the skin-fold test. BMI is the most common measurement. BMI is found by using a calculation that looks at the weight vs. height of an individual. Based on the standard definitions: >18.5 is underweight, 18.5-24.9 is normal, 25.0-29.9 is overweight, and 30.0+ is obese.

(Adapted from [A Review of the U.S. Workplace Wellness Market](#), 2012; [CDC's Healthier Worksite Initiative – Implementation](#), 2011.)

HHS SCREENING RECOMMENDATIONS FOR MEN

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
Abdominal aortic aneurysm screening				Once, if ever smoked.
Blood pressure test	Every 2 years if blood pressure is lower than 120/80; Once a year if higher.	Every 2 years if blood pressure is lower than 120/80; Once a year if higher.	Every 2 years if blood pressure is lower than 120/80; Once a year if higher.	Every 2 years if blood pressure is lower than 120/80; Once a year if higher.
Cholesterol test	20-35, if at increased risk for heart disease; 35+, test regularly.	Get a cholesterol test regularly.	Get a cholesterol test regularly.	Get a cholesterol test regularly.
Colorectal cancer screening			Starting at age 50, get screened for colorectal cancer.	Get screened for colorectal cancer through age 75.
Diabetes screening	If blood pressure is higher than 135/80.	If blood pressure is higher than 135/80.	If blood pressure is higher than 135/80.	If blood pressure is higher than 135/80.

HHS SCREENING RECOMMENDATION FOR WOMEN

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
Blood pressure test	Every 2 years if blood pressure is lower than 120/80; Once a	Every 2 years if blood pressure is lower than 120/80; Once a	Every 2 years if blood pressure is lower than 120/80; Once a	Every 2 years if blood pressure is lower than 120/80; Once a

	year if higher.	year if higher.	year if higher.	year if higher.
Bone mineral density test			Discuss with your doctor or nurse if you are at risk of osteoporosis .	Get this test at least once at age 65 or older.
Breast cancer screening		Discuss with your doctor or nurse.	At 50+, screening every 2 years.	Screening every 2 years until 74.
Cervical cancer screening (Pap test)	21-30, every 3 years; 30+, get a Pap & HPV test every 5 years.	Get a Pap test and HPV test together every 5 years.	Get a Pap test and HPV test together every 5 years.	Ask your doctor or nurse if you need to get a Pap test.
Cholesterol test	At 20+, get tested regularly if you are at increased risk for heart disease .	Get tested regularly if you are at increased risk for heart disease .	Get tested regularly if you are at increased risk for heart disease .	Get tested regularly if you are at increased risk for heart disease .
Colorectal cancer screening			Starting at age 50, get screened for colorectal cancer.	Get screened for colorectal cancer through age 75.
Diabetes screening	If blood pressure is higher than 135/80.	If blood pressure is higher than 135/80.	If blood pressure is higher than 135/80.	If blood pressure is higher than 135/80.

(Adapted from [Womenshealth.gov – Screening Tests and Vaccines](http://Womenshealth.gov), 2013.)

RESOURCES & GUIDANCE FOR WORKSITE HEALTH & WELLNESS COORDINATORS

[U.S. Office of Personnel Management’s Health & Wellness Federal Tools & Resources Page](#)

From Governmentwide guidelines to sample resources and information on Federal agencies that play a key role in worksite health & wellness, many tools and resources are available on this website to help understand the basics of worksite health & wellness, explore issues in greater detail, and implement effective programs.

[CDC Workplace Health Promotion](#)

This site is a toolkit for workplace health promotion and protection professionals. These pages includes facts, resources, and guidance for planning and implementing comprehensive worksite wellness programs, including incorporating screenings and assessments.

[The National Business Group on Health & CDC’s Health Risk Appraisals at the Worksite Guide](#)

This guide provides information to help employers make informed decisions about if, why, when, and how to use HRAs for their workforce. It includes an overview of HRAs, an HRA features prioritization checklist, and an HRA comparison checklist.