



March 20, 2019

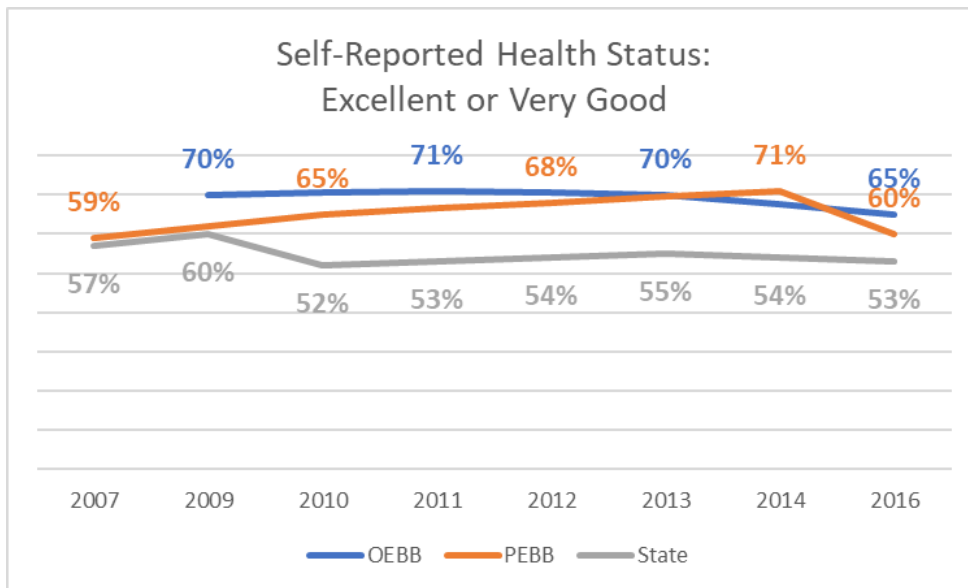
TO: Co-Chair Beyer, Co-Chair Nosse, and Members of the Joint Committee on Ways and Means Subcommittee on Human Services
FROM: Patrick Allen, Director, Oregon Health Authority
SUBJECT: March 19, 2019, Committee Questions

Dear Co-Chair Beyer, Co-Chair Nosse, and Members of the Joint Committee,

Thank you for the opportunity to present before the Joint Committee on Ways and Means Subcommittee on Human Services on March 19, 2019, regarding PEBB and OEGB. Please find below a response to the question raised during that presentation. Please do not hesitate to contact me or my office if you have further questions.

1. Representative Salinas requested more years of data regarding the self-reported health status of PEBB and OEGB members.

The following chart shows the percentage of PEBB and OEGB members who self-reported their health status as excellent or very good, and of Oregonians in general for comparison. The surveys were not conducted every year.



In addition, attached is information on responses to the other questions in the same surveys.

Again, please contact me or my office if you have any further questions. Thank you.

2016 BRFSS of State and School Employees - PRELIMINARY RESULTS

Demographics

		PEBB Total	OEBB Total
Demographics	Age, Sex, Ethnicity, Marital Status		
	Mean age	47.1	47.3
	Women	56.0	71.3
	Pregnant (women aged 18–44)	2.4	2.7
	Married	70.3	73.8
	Latino/a	5.7	7.2
	Speaks language other than english at home	7.3	6.3
	Education		
	Less than high school	0.2	0.2
	High school graduate	9.7	10.4
	Some college	26.9	21.1
	College graduate	63.2	68.2
	Household income and size		
	Average hours worked per week by employee	41.3	42.0
	Under \$25,000	2.3	7.9
	\$25,000 to less than \$50,000	27.0	31.6
	\$50,000 to less than \$75,000	37.6	33.3
	\$75,000 or more	33.1	27.2
	Average household size	2.8	2.9
	Disability		
Limited in any activities due to physical, mental, or emotional problems	17.9	14.5	
Has a health problem that requires use of special equipment	4.1	2.3	

Health protective factors

		PEBB Total	OEBB Total
Protective factors	Eat 5+ fruits and vegetables/day	30.3	33.0
	Meets CDC Physical Activity Recommendations	26.7	24.5
	Mammogram screening in past two years (50–74 years)	84.8	83.1
	Pap screening in past three years (21–65 years)	89.3	87.4
	Screened for colorectal cancer (50–75 years)	77.4	75.9
	Blood cholesterol checked in past 5 years	82.9	75.5
	Blood sugar test in past three years (45+ years)	68.6	59.9
	Flu shot or spray in the past year	46.7	36.6
	Currently trying to lose or maintain weight	90.9	92.3
	Very good/excellent general health status	60.1	65.0

Health risk factors

		PEBB Total	OEBB Total
Risk factors	Alcohol Consumption		
	Heavy drinking (men: 2+ drinks/day; women: 1+ drink(s))	4.9	5.8
	Binge drinking (men: 5+ drinks/occasion; women: 4+ drinks)	13.2	13.8
	Problem drinking***	16.4	16.6
	Physical Activity, Nutrition, and Weight		
	No leisure time physical activity	8.6	12.5
	Mostly sitting at work	81.6	38.2
	Drinking sugary drinks seven times a week or more	10.5	11.6
	Overweight (BMI>=25 & <30)	35.4	31.8
	Obese (BMI >=30)	31.5	30.9
	Precursors to Chronic Disease		
	Ever had high blood cholesterol	24.0	19.8
	Ever had high blood pressure	23.7	20.0
	Pre-diabetes	7.9	7.6
	Tobacco Use and Quit Attempts		
	Current cigarette smoker	4.1	4.0
	Current smokeless tobacco user	1.5	1.7
	Current tobacco user	7.5	7.6
	Current e-cigarette user	1.6	1.3
	Smoking quit attempt in past 12 months	64.9	71.6
Wants to quit smoking	68.4	81.8	

Health outcomes

		PEBB Total	OEBB Total
Health outcomes	Missed 1+ days of work in past month 30 days due to own health	38.4	30.7
	Missed 1+ days of work in past month due to family member's health	20.1	18.8
	1+ missed days due to own or family member's health	49.4	42.7
	Arthritis	18.1	17.7
	Limitation in usual activities due to arthritis	29.7	25.9
	Limitation at work due to arthritis	17.2	11.0
	Asthma	9.6	10.2
	Ever had skin cancer	4.0	4.4
	Ever had other cancer	5.0	4.5
	Heart attack (45+ years)	2.4	1.0
	Coronary heart disease (45+ years)	3.6	1.4
	Stroke (45+ years)	1.5	0.4
	COPD	1.8	1.4
	Ever depressed	20.9	15.2
	Currently depressed	13.2	12.4
	Diabetes	6.9	5.7

Worksite environment, amenities, attitudes and behaviors

		PEBB Total	OEBB Total
Worksite Environment	Environment and Amenities		
	Vending machines	75.4	47.7
	Cafeteria	37.9	75.2
	Candy dishes in public places	61.3	43.9
	Free snacks or beverages regularly available	25.4	30.0
	Free parking	50.8	93.8
	Discounted public transportation	38.2	11.0
	Flex time policy to allow physical activity	51.9	22.8
	Employee wellness committee	69.3	47.3
	Clean, private place other than bathroom for nursing mothers to pump breast milk		
	Yes	56.7	36.9
	No	21.7	37.1
	Don't know	21.6	25.9
	Paid or unpaid work time for breastfeeding mothers to pump breast milk		
	Yes	45.6	47.1
	No	1.9	5.3
	Don't know	52.6	47.6
	Attitudes and Behaviors		
	Believe that PEBB/OEBB puts emphasis on promoting employee health	94.9	83.7
	Believe that employer puts emphasis on promoting employee health	75.5	62.9
	Use flex time policy to include physical activity into schedule	54.6	58.2
	Walked, biked, or used public transportation in past week	31.5	19.2
	Walked, biked, or used public transportation to get to or from work	60.3	43.8
	Mostly sitting at work	81.6	38.2
	Tobacco Rules		
	Employees following smoking rules	90.4	96.2
Seen employees smoking on grounds of worksite	42.1	18.2	

Selected measures, 2009-2016

		OEBB Respondents			
		2009	2011	2013	2016
Protective factors	Eat 5+ fruits and vegetables/day	26.3	29.9	27.1	33.0
	Meets CDC physical activity recommendations	N/A	22.4	24.7	24.5
	Mammogram screening in past two years (50–74 years)‡	86.4	85.5	86.9	83.1
	Pap screening in past three years (21–65 years)‡	93.5	94.9	92.4	87.4
	Screened for colorectal cancer (50–75 years)‡	60.3	68.2	75.0	75.9
	Blood cholesterol checked in past 5 years	79.7	77.0	79.4	75.5
	Very good/excellent general health status	70.4	70.7	69.9	65.0
Risk factors	Heavy drinking (men: 2+ drinks/day; women: 1+ drink(s))	3.4	4.9	4.9	5.8
	Binge drinking (men: 5+ drinks/occasion; women: 4+ drinks)	11.8	13.6	13.6	13.8
	Overweight (BMI ≥ 25 & < 30)	33.5	33.9	33.7	31.8
	Obese (BMI ≥ 30)	27.6	22.3	23.4	30.9
	No leisure time physical activity	NA	9.9	11.7	12.5
	Ever had high blood cholesterol	25.3	24.1	21.4	19.8
	Ever had high blood pressure	20.3	19.0	17.1	20.0
	Current cigarette smoker	5.0	4.9	4.8	4.0
	Current smokeless tobacco user	1.4	1.7	1.2	1.7
	Current tobacco user	6.0	6.2	6.3*	7.6
Health outcomes	Missed one or more days of work in last 30 days	27.3	19.2	15.8	30.7
	Arthritis	19.2	17.7	18.2	17.7
	Asthma	8.8	10.4	10.3	10.2
	Ever had cancer	6.0	7.0	5.3	4.5
	Heart attack (45+ years)	1.2^	1.5	1.6	1.0
	Coronary heart disease (45+ years)	3.1	2.8	2.1	1.4
	Stroke (45+ years)	0.7^	0.7^	0.8^	0.4
	Ever had depression	NA	19.8	19.8	15.2
	Current depression	13.1	13.3	12.0	12.4
	Diabetes	5.1	5.0	4.8	5.7

Selected measures, 2007-2016

		PEBB Respondents				
		2007	2010	2012	2014	2016
Protective factors	Eat 5+ fruits and vegetables/day	24.9	26.1	30.8	30.2	30.3
	Meets CDC physical activity recommendations	NA	NA	31.7	31.6	26.7
	Mammogram screening in past two years (50–74 years)‡	87.8	85.4	85.8	86.7	84.8
	Pap screening in past three years (21–65 years)‡	92.4	92.5	94.2	90.8	89.3
	Screened for colorectal cancer (50–75 years)‡	NA	69.3	74.8	78.6	77.4
	Blood cholesterol checked in past 5 years	80.8	84.9	84.7	83.6	82.9
	Very good/excellent general health status	58.8	65.1	68.0	70.5	60.1
Risk factors	Heavy drinking (men: 2+ drinks/day; women: 1+ drink(s))	NA	4.9	4.0	5.4	4.9
	Binge drinking (men: 5+ drinks/occasion; women: 4+ drinks)	NA	16.2	14.6	11.2	13.2
	Overweight (BMI ≥ 25 & < 30)	34.7	35.2	33.2	35.8	35.4
	Obese (BMI ≥ 30)	30.3	28.1	23.9	22.2	31.5
	No leisure time physical activity	NA	NA	5.3	6.7	8.6
	Ever had high blood cholesterol	30.2	31.4	26.9	27.3	24.0
	Ever had high blood pressure	21.9	23.7	20.1	19.5	23.7
	Current cigarette smoker	9.9	8.8	4.1	4.1	4.1
	Current smokeless tobacco user	3.0	3.7	1.7	2.5	1.5
Current tobacco user	12.4	11.2	5.6	6.7*	7.5	
Health outcomes	Missed one or more days of work in last 30 days	27.9	28.0	18.5	25.0	38.4
	Arthritis	21.1	20.1	17.4	17.3	18.1
	Asthma	9.7	10.3	10.4	8.5	9.6
	Ever had cancer	NA	7.7	6.7	4.7	5.0
	Heart attack (45+ years)	2.2	2.0	2.1	1.8	2.4
	Coronary heart disease (45+ years)	3.4	3.6	3.2	3.2	3.6
	Stroke (45+ years)	1.6	1.1	0.76^	0.9^	1.5
	Ever had depression	NA	NA	21.5	19.6	20.9
	Current depression	16.0	14.2	14.0	10.3	13.2
Diabetes	6.2	6.2	5.1	5.0	6.9	