

Sample Health Risk Assessment (HRA)

On the answer sheet provided, please **circle the number which best identifies your response** to each corresponding statement.

1. Never or Almost Never
2. Occasionally
3. Often
4. Very Often
5. Always or Almost Always

Physical Activity

1. I engage in moderate physical activity outside of work for at least 20 to 30 minutes at least 5 days of the week.

1 2 3 4 5

2. My physical activity includes stretching, aerobic activity, and strength conditioning.

1 2 3 4 5

3. I use alternative modes of transportation whenever possible to and from various locations (i.e. stairs instead of elevator, biking or walking instead of driving).

1 2 3 4 5

4. I take the health benefits of physical activities and their lasting impact seriously.

1 2 3 4 5

5. I enjoy sedentary activities rather than physical activities.

1 2 3 4 5

Nutrition

6. I eat at least five servings of fruits and vegetables every day (one serving equals one half cup).

1 2 3 4 5

7. I eat at fast food restaurants less than three times per week.

1 2 3 4 5

8. I include foods that are high in fiber in my diet on a daily basis (i.e. whole grain breads and cereals, beans, etc.)

1 2 3 4 5

9. I maintain a healthy weight within the recommendations specified by a health care professional.

1 2 3 4 5

10. I avoid eating foods that are high in fat such as whole milk, fried foods, fatty meats, etc.

1 2 3 4 5

General Health

11. I avoid the use of tobacco products (cigarettes, smokeless tobacco, cigars, and pipes) and limit myself to 5 drinks of alcohol a week. (beer, liquor, wine)

1 2 3 4 5

12. I examine my breasts or testes on a monthly basis.

1 2 3 4 5

13. I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sunlamps.

1 2 3 4 5

14. I visit my dentist every six months for regular check ups.

1 2 3 4 5

15. I see my physician for routine check-ups, health screenings, and disease prevention.

1 2 3 4 5

Safety

16. I wear a seat belt when traveling in a vehicle.

1 2 3 4 5

17. I stay within five miles per hour of the speed limit.

1 2 3 4 5

18. I know where to locate and properly use a first aid kit and fire extinguisher in case of an emergency.

1 2 3 4 5

19. I use the recommended safety equipment for all activities that I participate in (i.e. mouth guards, life jackets, hard hats, etc.).

1 2 3 4 5

20. I take the proper precautions to avoid or reduce workplace accidents. (i.e. clean up spills)

1 2 3 4 5

Social and Environmental Wellness

21. I regularly recycle my paper, plastic, glass and aluminum.

1 2 3 4 5

22. I respect the integrity and property of my fellow co-workers and the surrounding environment.

1 2 3 4 5

23. I take time to have meaningful interactions with family and friends.

1 2 3 4 5

24. I contribute time and/or money to at least one organization that strives to better the community where I live.

1 2 3 4 5

25. I regularly take interest in and interact with others.

1 2 3 4 5

Emotional Awareness

26. My relationships and behaviors are maintained in a manner which is healthy for me and for others.

1 2 3 4 5

27. I am able to develop close, personal relationships with others.

1 2 3 4 5

28. I have positive relationships with both men and women in my life.

1 2 3 4 5

29. I feel that I am a confident individual.

1 2 3 4 5

30. I am able to respect others for who they are, regardless of race, gender, age, attitude, and interests.

1 2 3 4 5

Mental Wellness

31. I express my feelings of anger and frustration in ways that are not hurtful to myself or others.

1 2 3 4 5

32. I set reasonable objectives for myself and strive to accomplish them.

1 2 3 4 5

33. I realize when I make mistakes; and I understand the consequences that they have on myself and others.

1 2 3 4 5

34. I feel that I have family and friends that I can confide in to assist in managing stress.

1 2 3 4 5

35. I take responsibility for my actions and understand the effects that they have on others.

1 2 3 4 5

Intellectual Wellness

36. I keep informed about social, political, and/or current events.

1 2 3 4 5

37. I seek opportunities to learn new things through different mediums such as television, books, newspaper, internet, etc.

1 2 3 4 5

38. Before making decisions, I gather facts and consider all viable options.

1 2 3 4 5

39. I enjoy activities such as the arts, visiting museums, or attending plays or concerts.

1 2 3 4 5

40. I enjoy learning new information on a daily basis.

1 2 3 4 5

Occupational Wellness

41. I enjoy my work.

1 2 3 4 5

42. I am satisfied with the balance between my work time and leisure time.

1 2 3 4 5

43. I am satisfied with my ability to manage and control my work load.

1 2 3 4 5

44. The level of stress in my work environment is manageable for me.

1 2 3 4 5

45. At work, my level of authority is consistent with my level of responsibility.

1 2 3 4 5

Values, Spirituality, and Beliefs

46. I feel that my life has a purpose.

1 2 3 4 5

47. I am able to discuss my values and beliefs with my family and friends in a reasonable manner.

1 2 3 4 5

48. My actions are guided by my own beliefs rather than the beliefs of others.

1 2 3 4 5

49. I spend a portion of every day in personal reflection.

1 2 3 4 5

50. I am tolerant of the values and beliefs of others.

1 2 3 4 5

