

Socioeconomic Disparities in Health Behaviors of Insured Workers

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Background

- **Approx. 111 million Americans (60% working age adults) are employed and have health insurance**
- **Too few Americans engage in recommended healthy behaviors**
- **Disparities in preventive care related to race, ethnicity, and socioeconomic status (SES) remain prevalent in the U.S.***

*AHRQ, 2006 National Healthcare Disparities Report



Research Gap

- **Lack of data on the health behaviors of insured workers**
- **Little is know about the nature of disparities in health behaviors among insured workers**



Workplace as Setting for Health Promotion

- A potentially ideal location
- Site for reaching a large proportion of adult population
- Access to social support exists here
- Employers are economically motivated



Objectives

- **Estimate the prevalence of unhealthy behaviors of insured workers**
- **Determine whether disparities in health behaviors based on demographic factors exist among insured workers**



Design & Sampling

- **Cross-sectional analysis**
- **Data from 2004 & 2005 Behavioral Risk Factor Surveillance System**
- **Participants were BRFSS respondents who were employed and insured adults aged 18 – 64 years.**
- **n=139,738 in 2004; n=159,755 in 2005**



Dependent Variables

Clinical Preventive Services

Cholesterol

Colon cancer

Flu shot

Mammogram

Pap test

Lifestyle-related Risks

Binge drinking

Heavy drinking

F&V consumption

Physical activity

Smoking



Independent Variables

Socioeconomic

Age

Sex

Race / ethnicity

Income

Education

Access to health care

Cost-as-a-barrier-to-healthcare

No personal doctor



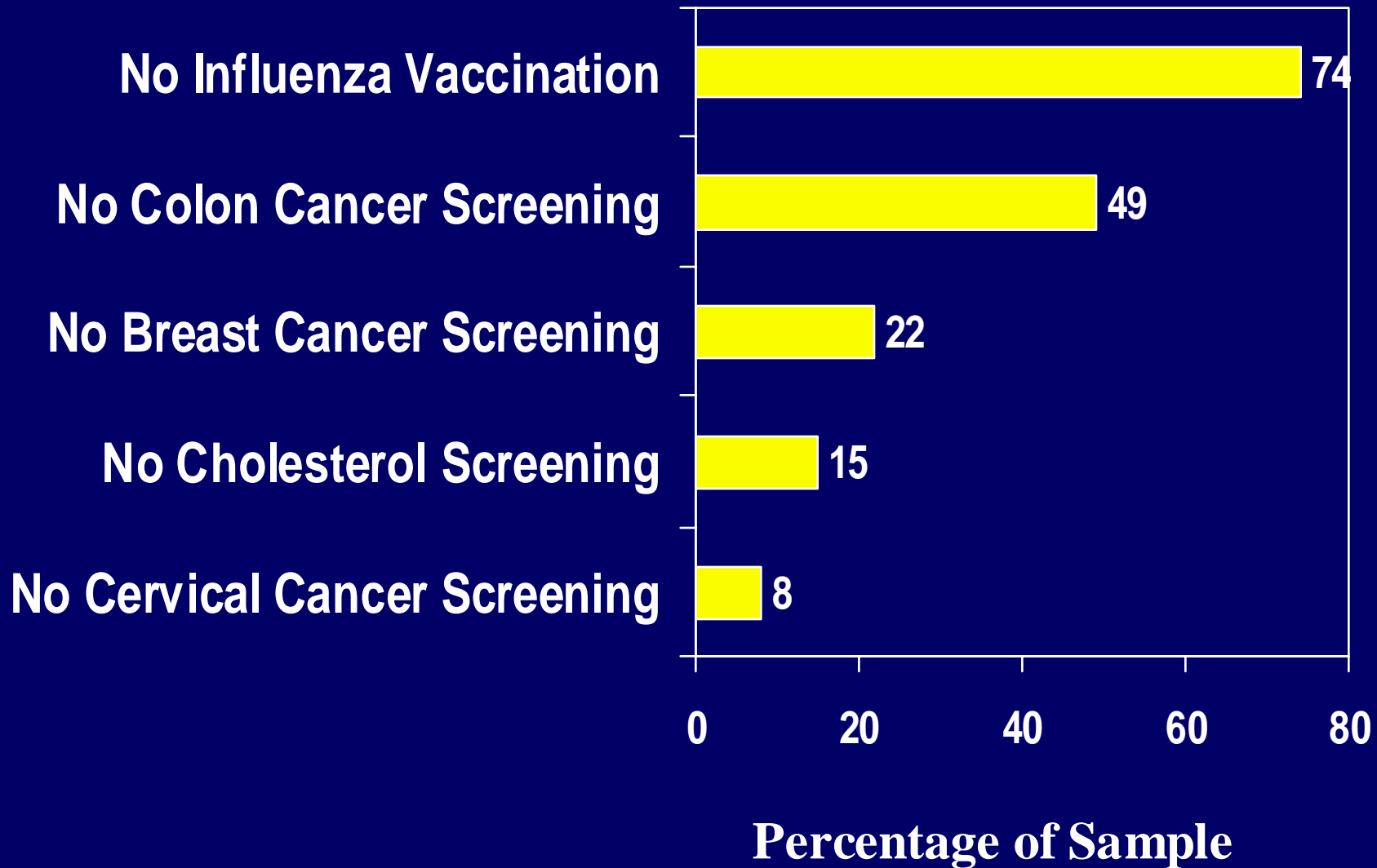
Analysis

- Health behaviors described using means and freq.
- Multivariate logistic regression to assess independent effects of:
 - Income level
 - Education level
 - Race / ethnicity
 - Sex
 - Cost-as-a-barrier-to-healthcare
 - No personal doctor
- Controlled for age and all of above factors
- 2005 data used for all behaviors except breast, cervical and colon cancer screening

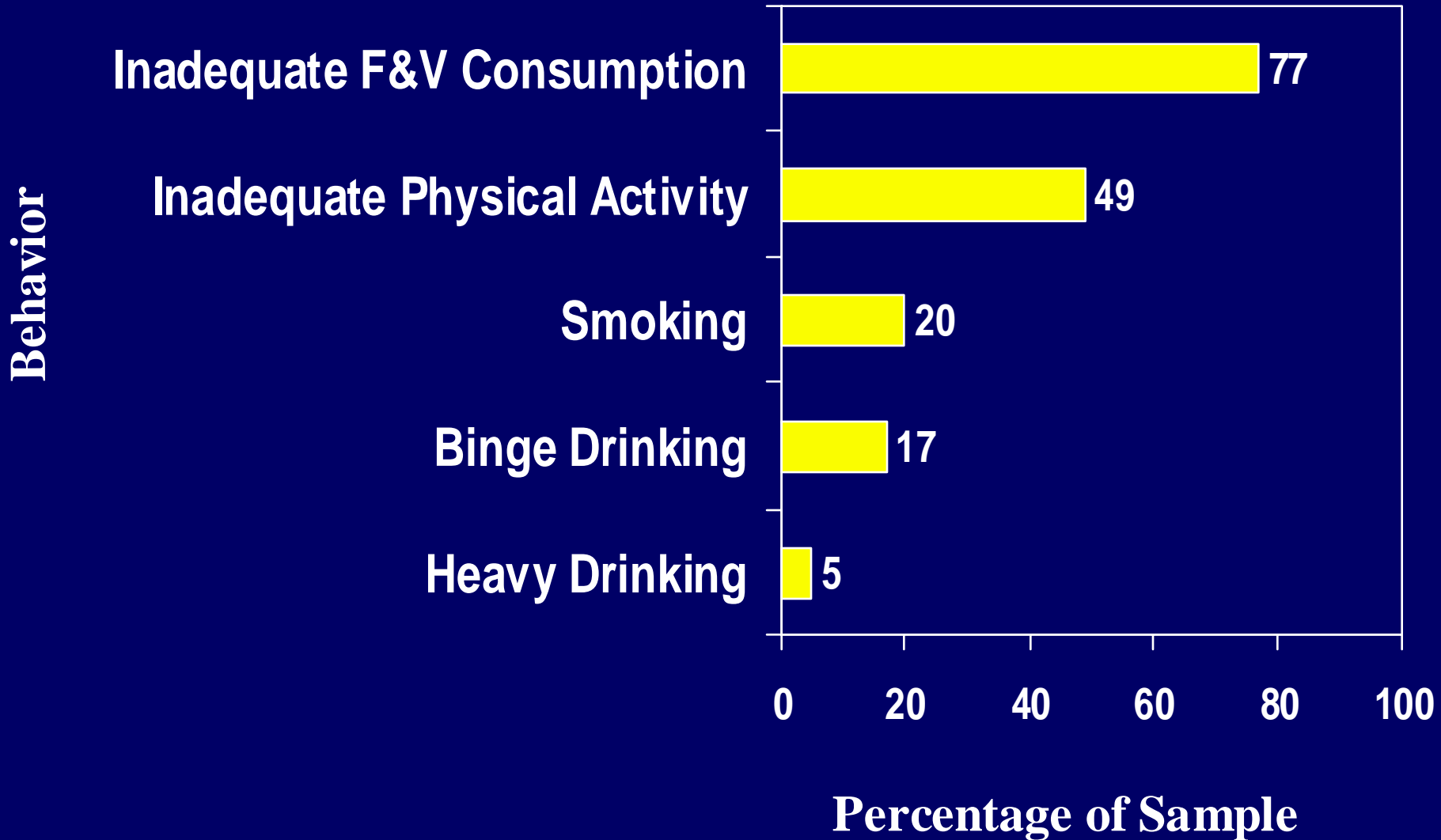


Receipt of Clinical Preventive Services

Behavior



Unhealthy Lifestyle-related Behaviors



Associations Between Receipt of Clin. Prev. Svcs and SES Variables (Adj. ORs)

	No Breast Cancer Screening	No Cervical Cancer Screening	No Cholesterol Screening	No Colon Cancer Screening	No Influenza Vaccination
Income (in \$1,000's)					
<15	1.62	2.62	3.16	1.50	0.80
15-24	1.72	1.96	1.71	1.33	0.89
25-49	1.28	1.25	1.51	1.24	1.03
>50	1.00	1.00	1.00	1.00	1.00
Education (in years)					
< 12	1.36	1.45	2.01	1.42	1.61
12	1.25	1.96	1.70	1.42	1.30
13-15	1.25	1.49	1.24	1.26	1.24

Notes: Values in green are significant at $P < .01$; Controlled for age, sex race/ethnicity, education, annual household income, cost-as-a-barrier-to-healthcare, and no personal doctor



Associations Between Lifestyle-related Risks and SES Variables (Adj. ORs)

	Binge Drinking	Heavy Drinking	Inadequate Fruit & Vegetable Consumption	Inadequate Physical Activity	Smoking
Income (in \$1,000's)					
<15	0.71	0.82	1.03	1.17	1.45
15-24	0.83	0.82	1.05	1.31	1.50
25-49	0.90	0.98	1.14	1.19	1.43
>50	1.00	1.00	1.00	1.00	1.00
Education (in years)					
< 12	1.18	1.37	1.75	1.49	4.14
12	1.27	1.30	1.79	1.20	2.88
13-15	1.18	1.12	1.37	1.11	2.19
>15	1.00	1.00	1.00	1.00	1.00

Notes: Values in green are significant at $P < .01$; Controlled for age, sex race/ethnicity, education, annual household income, cost-as-a-barrier-to-healthcare, and no personal doctor



Associations Between Receipt of Clin. Prev. Svcs and Access Variables (Adj. ORs)

	No Breast Cancer Screening	No Cervical Cancer Screening	No Cholesterol Screening	No Colon Cancer Screening	No Influenza Vaccination
Cost					
Prevented doc visit	1.56	1.300	1.30	1.16	1.28
Did not prevent doc visit	1.00	1.00	1.00	1.00	1.00
Personal Doctor					
No doctor	3.27	2.90	3.82	3.25	2.25
Have doctor	1.00	1.00	1.00	1.00	1.00

Notes: Values in green are significant at $P < .01$; Controlled for age, sex race/ethnicity, education, annual household income, cost-as-a-barrier-to-healthcare, and no personal doctor



Associations Between Lifestyle-related Risks and Access Variables (Adj. ORs)

	Binge Drinking	Heavy Drinking	Inadequate Fruit & Vegetable Consumption	Inadequate Physical Activity	Smoking
Cost					
Prevented doc visit	1.09	1.09	0.99	0.99	1.41
Did not prevent doc visit	1.00	1.00	1.00	1.00	1.00
Personal Doctor					
No doctor	1.20	1.32	1.18	1.00	1.31
Have doctor	1.00	1.00	1.00	1.00	1.00

Notes: Values in green are significant at $P < .01$; Controlled for age, sex race/ethnicity, education, annual household income, cost-as-a-barrier-to-healthcare, and no personal doctor



Summary

- **Large proportion of working, insured adults are not meeting recommendations for health behaviors.**
- **There are significant disparities related to income, education, and access to health care.**



Discussion

- **Employed and insured population has much room for improvement on health behaviors**
- **Employers uniquely positioned to influence these behaviors**
- **Employers consider education and income disparities**
- **Low prevalence of several recommended health behaviors poses serious threat to health & productivity of nation's workforce**

