

Worksite Health Program Preferences by Gender and Health Risk.

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This study investigated differences in program preferences on 11 program topics and four delivery styles by gender and risk levels among 2,883 voluntary participants in the health risk appraisal (HRA) program. According to self-reported HRA questions and clinic-tested blood pressure and cholesterol, employees were classified into high-risk or low-risk status in 14 single health risk measures and into three risk categories by overall health risks. Pearson chi-square tests showed men and women had different preferences for both topic and type of delivery. Respondents at high risk were more likely to have interest in that specific topic than those at low risk. High risk respondents preferred one-on-one attention.