

Effect of Health Risk Appraisal Frequency on Change in Health Status.

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OBJECTIVE: To examine the association between repeat participation in health risk appraisal (HRA) and change in health status. If low-risk individuals get worse in their health status, the amount of cost increase tends to be greater than the amount of cost reduction when high-risk individuals improve their health status. Thus, "no change" in health status was considered a desired change along with "getting better" in this study. **METHODS:** Longitudinal data (1997 to 2004) were used to measure change in health status and participation in HRAs and wellness programs. **RESULTS:** Taking an HRA more than once between 2002 and 2004 was associated with a desired change in health status (staying no change or getting better) ($P < 0.0001$). Additionally, participation in wellness programs during the same time period was also positively associated with a desired change ($P < 0.05$). **CONCLUSIONS:** These results highlight the effect of continued engagement in health promotion activities on health status change. Combined with other education and intervention programs, HRAs can be useful tools in promoting and maintaining healthy lifestyles.