

# HRA Group Nutritional Profile

**Group : All Groups**

**Introduction** - This confidential group report will provide you with specific nutritional information which you may find helpful in the design && implementation of your wellness program. We encourage you to review && analyze this information carefully.

## Demographic Information

Category	Number	Percentage
Total Number in Group	241	100%
Total Number of Males	116	48.13 %
Total Number of Females	125	51.87%

## Nutritional information

<b>Question 1: How often do you drink at least a quart of water each day?</b>				
Choice	# Men	% Men	# Women	% Women
<b>Almost Always</b>	93	80.17%	76	60.8%
<b>Very Frequently</b>	8	6.9%	15	12%
<b>Frequently</b>	7	6.03%	17	13.6%
<b>Occasionally</b>	7	6.03 %	14	11.2 %
<b>Almost Never</b>	1	0.86%	3	2.4%

<b>Question 2: When preparing meals, how often do you use waterless and greaseless cookware?</b>				
Choice	# Men	% Men	# Women	% Women
<b>Almost Always</b>	87	75%	80	64%
<b>Very Frequently</b>	10	8.62%	9	7.2%
<b>Frequently</b>	8	6.9%	16	12.8%
<b>Occasionally</b>	6	5.17 %	16	12.8 %
<b>Almost Never</b>	5	4.31%	4	3.2%

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<b>Question 3: How often do you eat several servings of breads, cereals, rice and pasta daily?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	87	75%	72	57.6%
<b>Very Frequently</b>	6	5.17%	12	9.6%
<b>Frequently</b>	10	8.62%	22	17.6%
<b>Occasionally</b>	11	9.48 %	15	12 %
<b>Almost Never</b>	2	1.72%	4	3.2%

<b>Question 4: How often do you eat and drink low fat dairy products daily?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	91	78.45%	85	68%
<b>Very Frequently</b>	2	1.72%	10	8%
<b>Frequently</b>	5	4.31%	10	8%
<b>Occasionally</b>	12	10.34 %	10	8 %
<b>Almost Never</b>	6	5.17%	10	8%

<b>Question 5: How often do you have a meatless meal at least once a week?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	92	79.31%	101	80.8%
<b>Very Frequently</b>	7	6.03%	10	8%
<b>Frequently</b>	8	6.9%	6	4.8%
<b>Occasionally</b>	6	5.17 %	4	3.2 %
<b>Almost Never</b>	3	2.59%	4	3.2%

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<b>Question 6: How often do you select lean cuts of meat, poultry and fish prepared with a minimum of fat?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	94	81.03%	75	60%
<b>Very Frequently</b>	7	6.03%	13	10.4%
<b>Frequently</b>	3	2.59%	19	15.2%
<b>Occasionally</b>	9	7.76 %	15	12 %
<b>Almost Never</b>	6	5.17%	4	3.2%

<b>Question 7:How often do you eat a wide variety of foods to ensure adequate vitamins and minerals?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	96	82.76%	86	68.8%
<b>Very Frequently</b>	6	5.17%	13	10.4%
<b>Frequently</b>	4	3.45%	18	14.4%
<b>Occasionally</b>	7	6.03 %	7	5.6 %
<b>Almost Never</b>	0	0%	0	0%

<b>Question 8: How often do you include whole grains, raw fruits and vegetables, beans or peas in you daily diet?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	90	77.59%	74	59.2%
<b>Very Frequently</b>	4	3.45%	8	6.4%
<b>Frequently</b>	10	8.62%	16	12.8%
<b>Occasionally</b>	7	6.03 %	19	15.2 %
<b>Almost Never</b>	5	4.31%	8	6.4%

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<b>Question 9: How often do you limit you intake of salt?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	86	74.14%	68	54.4%
<b>Very Frequently</b>	3	2.59%	7	5.6%
<b>Frequently</b>	11	9.48%	21	16.8%
<b>Occasionally</b>	7	6.03 %	19	15.2 %
<b>Almost Never</b>	9	7.76%	10	8%

<b>Question 10: How often do you limit you intake of sugar?</b>				
<b>Choice</b>	<b># Men</b>	<b>% Men</b>	<b># Women</b>	<b>% Women</b>
<b>Almost Always</b>	88	75.86%	57	45.6%
<b>Very Frequently</b>	7	6.03%	13	10.4%
<b>Frequently</b>	10	8.62%	27	21.6%
<b>Occasionally</b>	7	6.03 %	21	16.8 %
<b>Almost Never</b>	4	3.45%	7	5.6%

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