2024 HEALTH RISK ASSESSSMENT REPORT

County of Mendocino

Health Assessment – Current Year Summary

Risk Distribution - Member Counts

494 Members Have Completed the Survey

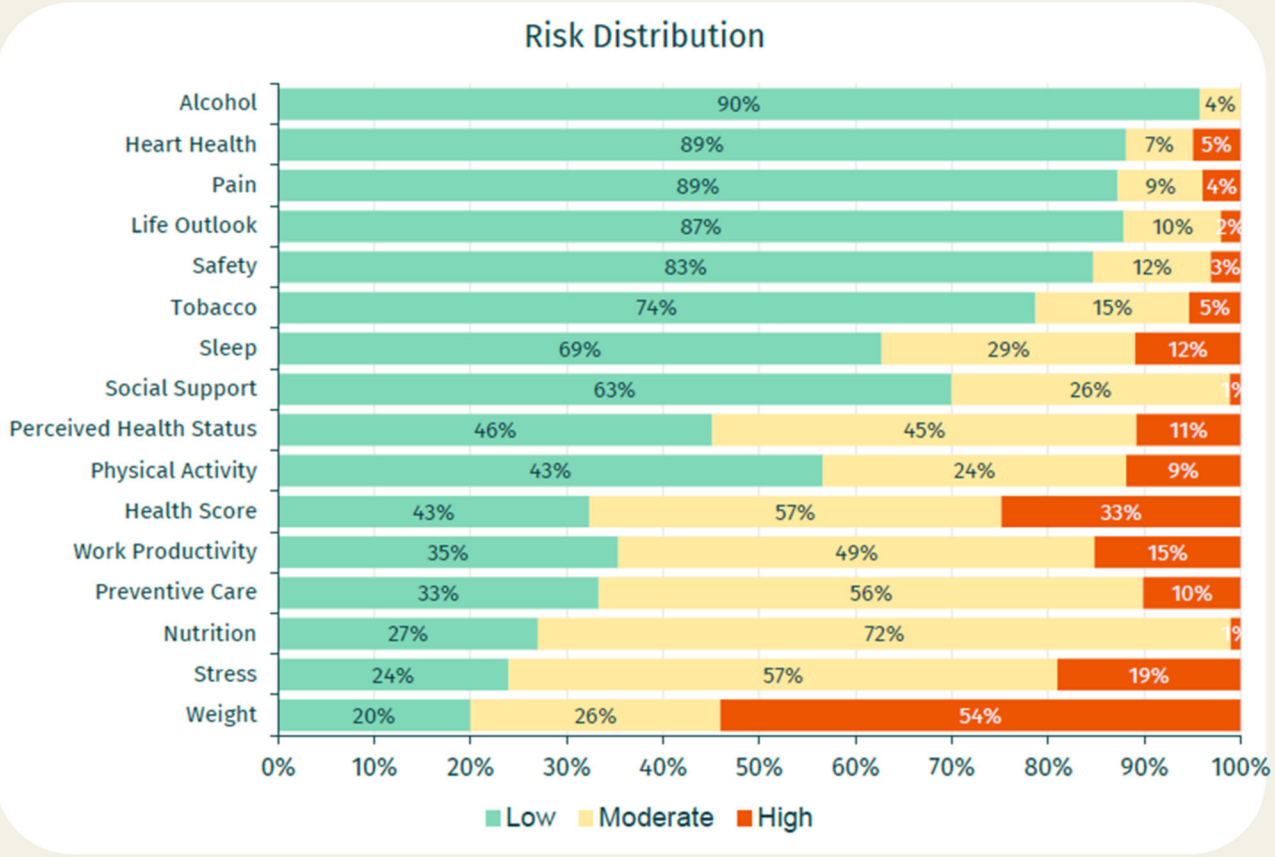
59% Of Members

71
Average Health Score

394 Of those taking the Health Assessment are at Moderate or High risk for Weight.

133 Members have >=3 High Risk Categories

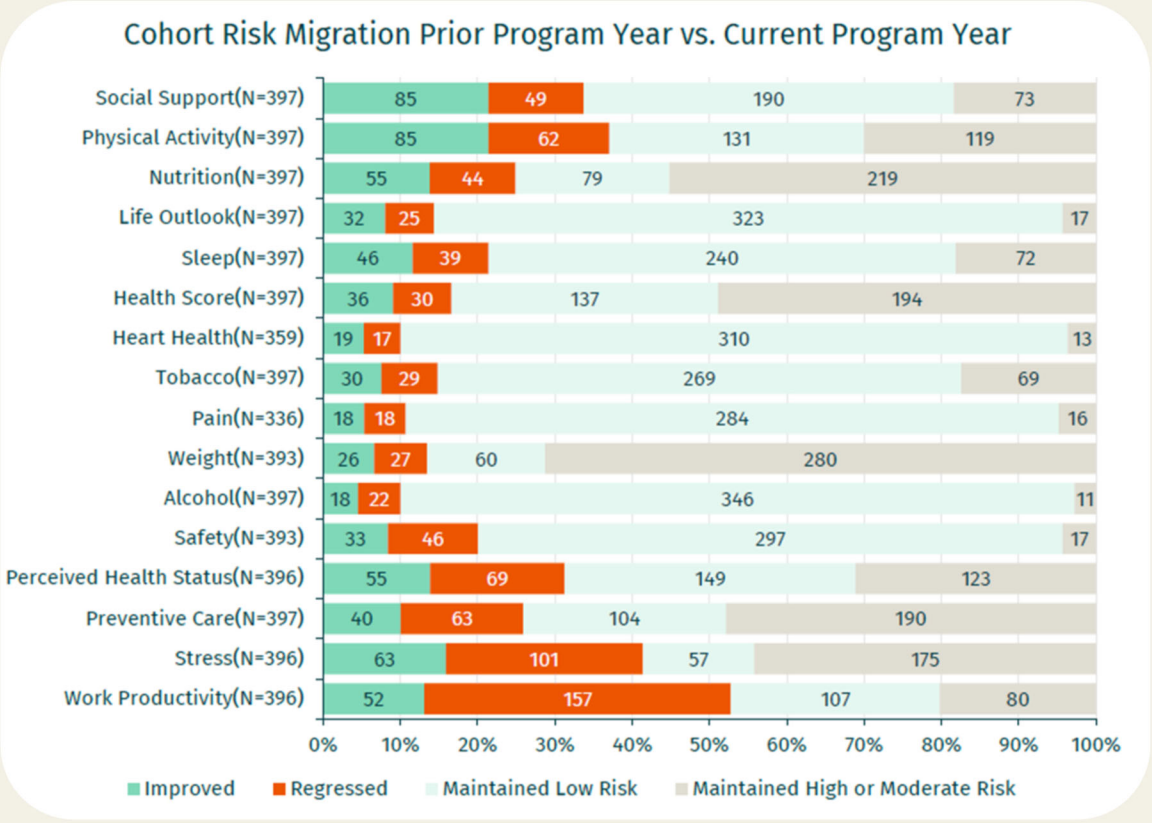
27% of Members Taking the Survey



personify HEALTH

working on wellness mendocino county

Health Assessment Cohort Summary



A summary of the detailed risk migration slides is provided here. The optimal outcome is to maximize the green (improved migration) and minimize the red (regression).

Improved, Regressed, Maintained describe shifts between risk levels of High, Moderate, and Low.

Social Support

Physical Activity

The risk categories with the greatest improvement vs. regression

personify HEALTH™

© PERSONIFY HEALTH 2025. ALL RIGHTS RESERVED

working on wellness mendocino county

Coaching Dashboard

58 Members Interacting With Coaching This Year

▼ 22

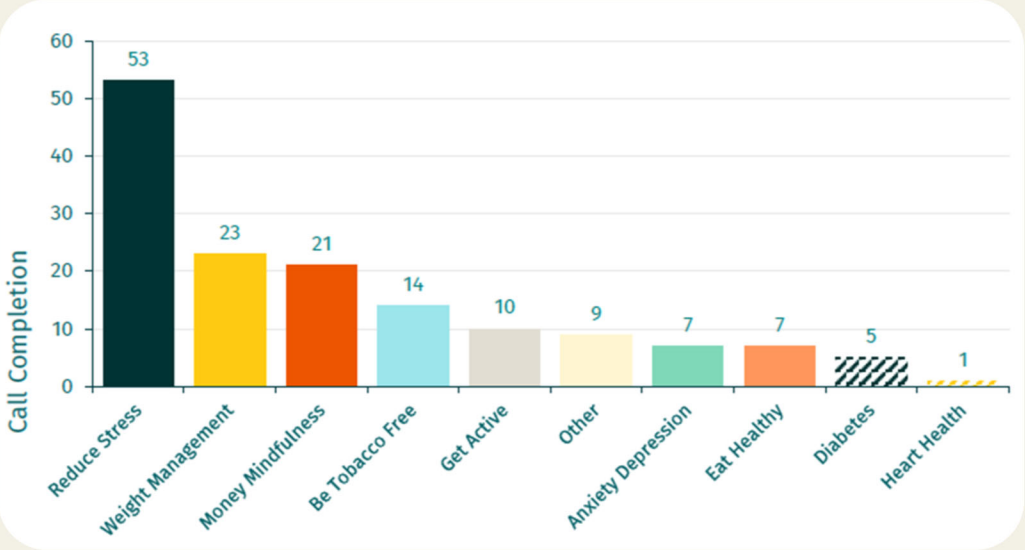
Change in Call Engagement this period

69%

Follow-up Completion Rate

37%

Higher Engagement for Coaching Participants



213 Calls Scheduled

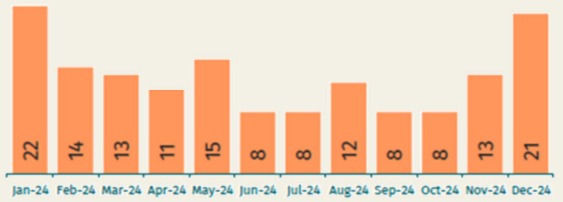
153 Calls Completed

Top 7 Focus Areas

By Count of Members Completing Calls

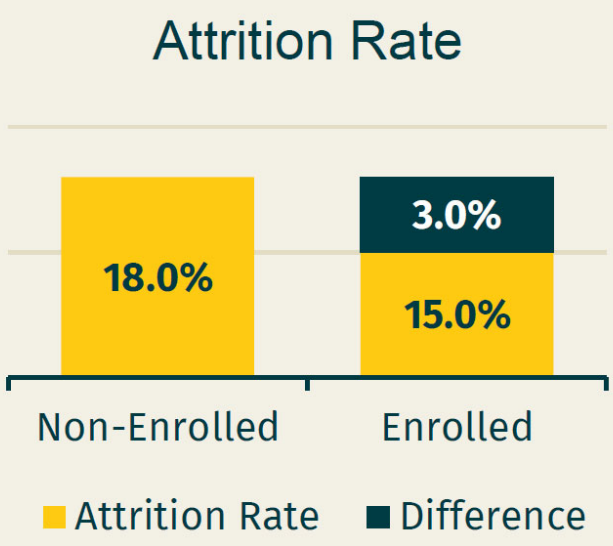
11	Reduce Stress
8	Be Tobacco Free
8	Money Mindfulness
8	Weight Management
4	Get Active
3	Eat Healthy
3	Anxiety Depression

Call Completion by Month



© PERSONIFY HEALTH 2025. ALL RIGHTS RESERVED

Attrition is **3.0%** **lower** for members enrolled on the platform vs. those not, highlighting one benefit of enrollment and platform usage.



231.7 million steps were logged in 2024

53%
Of High Risk People Lost Weight Since Joining

43%
Of Moderate Risk People Lost Weight Since Joining

67%
Of Low Risk People are Maintaining Their Healthy Weight

64%
Of High Risk, Inactive People are More Active Since Joining

42%
Of Moderate Risk, Low Active People are More Active Since Joining

55%
Of Healthy Active People are Maintaining Their Healthy Levels

MENDOCINO COUNTY 1850

working on wellness mendocino county