



Behavioral Risk Factor  
Surveillance System

# BRFSS Data for Cultural Competency Training

## ND Department of Health

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NORTH DAKOTA  
DEPARTMENT *of* HEALTH

# Risk Factors by Race/Ethnicity, BRFSS 2003-2007: Overweight or obese

North Dakota adults with body mass index (weight in kg/height in meters squared)  $\geq 25.0$ .

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	63.6	62.7 – 64.5	11,458	17,498
American Indian	76.4	71.7 – 81.1	610	776
5 year total, all races	63.9	63.0 – 64.8	12,292	18,652

# Risk Factors by Race/Ethnicity, BRFSS 2003-2007: No leisure time physical activity

North Dakota adults who reported not participating in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise other than their regular job during the past month.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	22.2	21.5 – 22.9	4,551	18,370
American Indian	28.9	23.9 - 33.8	257	794
5 year total, all races	22.5	21.8 – 23.2	4,921	19,564

# Risk Factors by Race/Ethnicity, BRFSS 2000, 2002, 2003, 2005 & 2007: Inadequate fruit and vegetable consumption

North Dakota adults who reported not meeting the recommendation to consume five servings of fruits and vegetables per day.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	78.3	77.5 - 79.1	11,854	15,450
American Indian	77.5	72.9 – 82.1	579	737
5 year total, all races	78.2	77.5 – 79.0	12,693	16,542

# Risk Factors by Race/Ethnicity, BRFSS 2003-2007: Binge drinking

North Dakota men who reported drinking five or more drinks of alcohol on one occasion in the past 30 days, or women who reported drinking four or more drinks of alcohol on one occasion in the past 30 days.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	21.0	20.1 – 21.8	2,965	18,068
American Indian	25.7	20.6 – 30.7	171	776
5 year total, all races	21.0	20.2 – 21.8	3,179	19,237

# Risk Factors by Race/Ethnicity, BRFSS 2003-2007: Current cigarette smoking

North Dakota adults who reported having smoked at least 100 cigarettes in their lifetime and are currently smoking everyday or some days.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	19.0	18.2 – 19.7	3,350	18,358
American Indian	51.2	46.0 – 56.5	380	793
5 year total, all races	20.2	19.5 – 20.9	3,796	19,554

# Risk Factors by Race/Ethnicity, BRFSS 2003-2007: Want to quit cigarette smoking

North Dakota current smokers who reported having stopped smoking for one day or longer in the past 12 months because they were trying to quit smoking.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	50.4	48.2 – 52.5	1,611	3,336
American Indian	58.0	50.7 – 65.3	192	379
5 year total, all races	51.3	49.2 – 53.3	1,834	3,781

# Risk Factors by Race/Ethnicity, BRFSS 1999, 2000, 2002, 2004, & 2006: No mammogram in past 2 years, women age 40+

North Dakota women age 40 and older who reported not having a mammogram within the past two years.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	24.2	22.9 – 25.5	1,382	5,775
American Indian	36.0	25.9 – 46.0	49	140
5 year total, all races	24.7	23.4 – 26.0	1,452	5,969



# Risk Factors by Race/Ethnicity, BRFSS 1999, 2000, 2002, 2004, & 2006: No Pap smear within 3 years, women age 18+

North Dakota women who reported not having a pap smear within the past three years.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	12.8	11.9 – 13.8	920	6,714
American Indian	12.2	7.3 – 17.1	35	238
5 year total, all races	13.0	12.1 - 14.0	987	7,055

# Risk Factors by Race/Ethnicity, BRFSS 1999, 2001, 2002, 2004, & 2006: Never had sigmoidoscopy/colonoscopy, adults age 50+

North Dakota adults age 50 and older who reported never having had a colonoscopy or sigmoidoscopy.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	52.0	50.7 - 53.3	3,717	7,525
American Indian	66.1	56.8 – 75.4	86	136
5 year total, all races	52.3	51.0 – 53.6	3,855	7,755

# Risk Factors by Race/Ethnicity, BRFSS 2002, 2004, & 2006: No PSA within 2 years, men age 40+

North Dakota men age 40 and older who reported not having a PSA within the past two years.

Population Group	Percent	95% CI	Number	Sample Size
<b>Race/Ethnicity</b>				
White non-Hispanic	50.6	48.5 – 52.6	1,437	2,909
American Indian	58.5	43.9 – 73.0	32	54
3 year total, all races	50.9	48.8 – 52.9	1,500	3,018



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