

# ND BRFSS

NORTH DAKOTA BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM



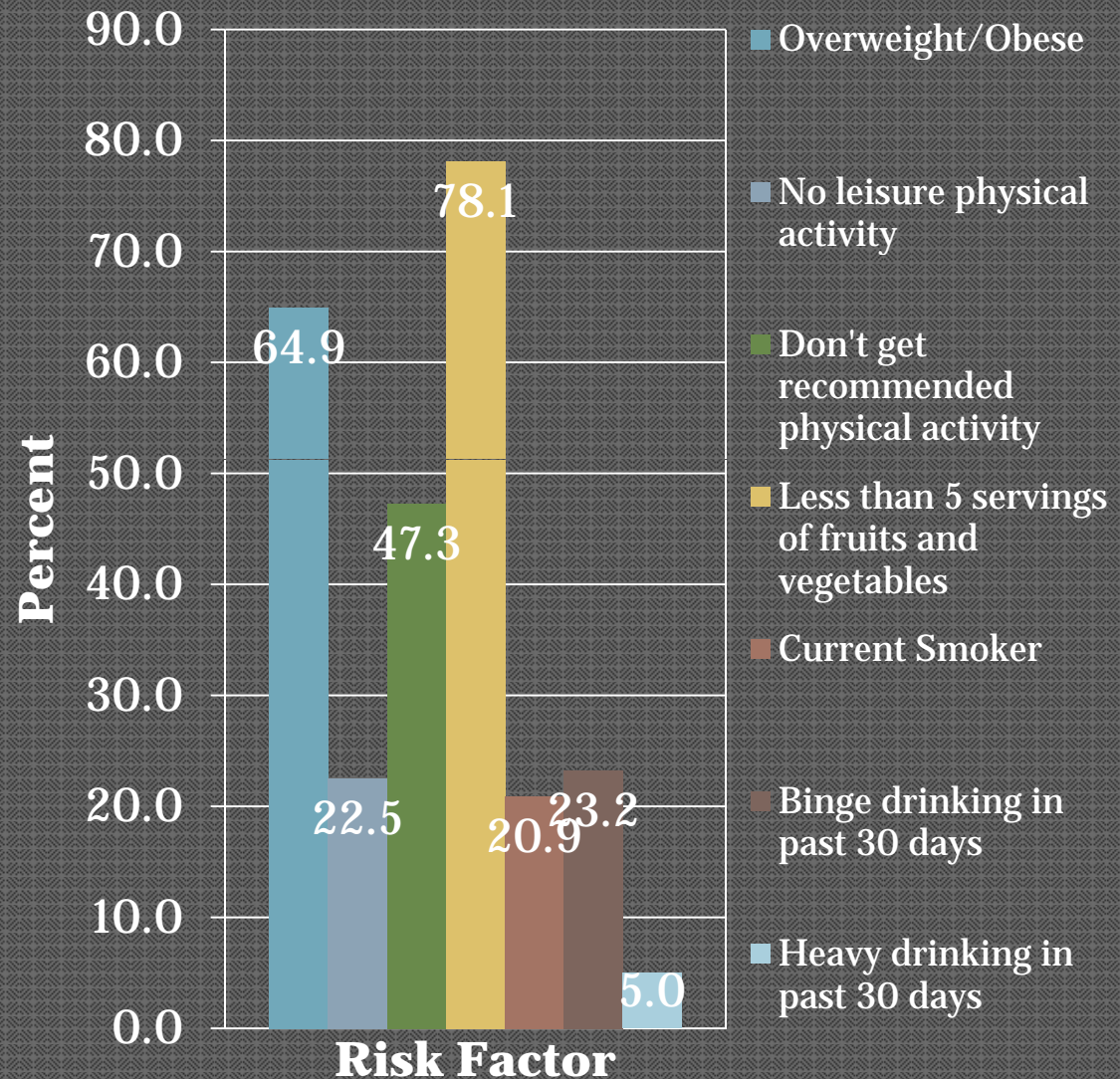
Annual telephone survey of randomly selected respondents 18 years and older; Conducted jointly by NDDoH and CDC since 1984.

Data collected is used to develop health policy, design and evaluate public health programs, monitor the health risk and status of ND residents, determine attitudes about important health issues, and meet data needs for researchers both in the state and nationwide.



## 2007 ND BRFSS Risk Factor Data

*Nearly 65%  
of North  
Dakota  
adults are  
overweight  
or obese.*





*Seventy-eight percent of North Dakota adults don't get the recommended physical activity\* per week.*

*\*Recommendations for weekly physical activity: 30 minutes of moderate activity on 5 or more days or 20 minutes of vigorous activity on 3 or more days.*

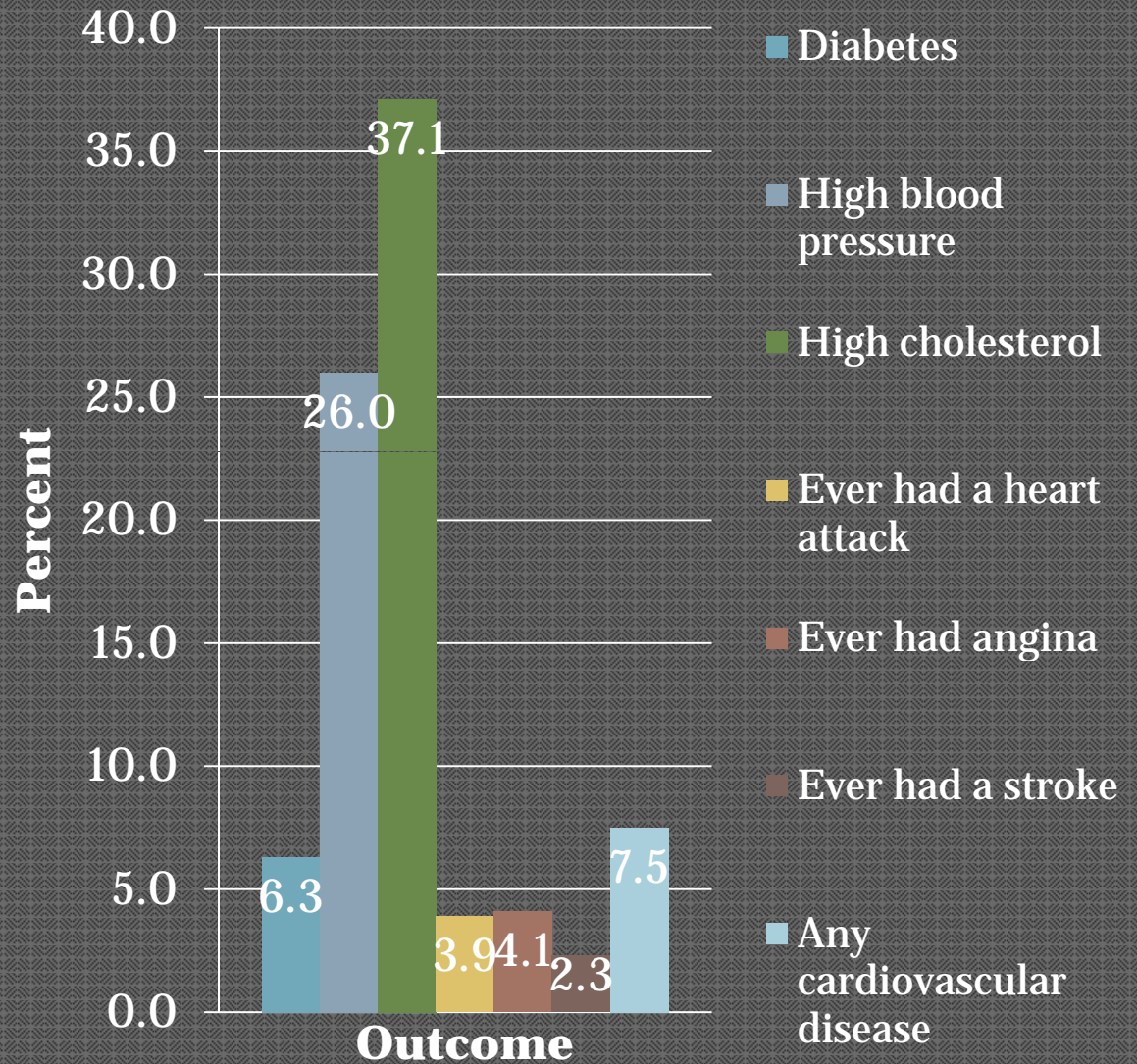


***Physical activity can assist in maintaining a healthy weight.***



## 2007 ND BRFSS Outcome Data

*High blood pressure and cholesterol are contributing factors to complications of diabetes, heart attack and stroke.*



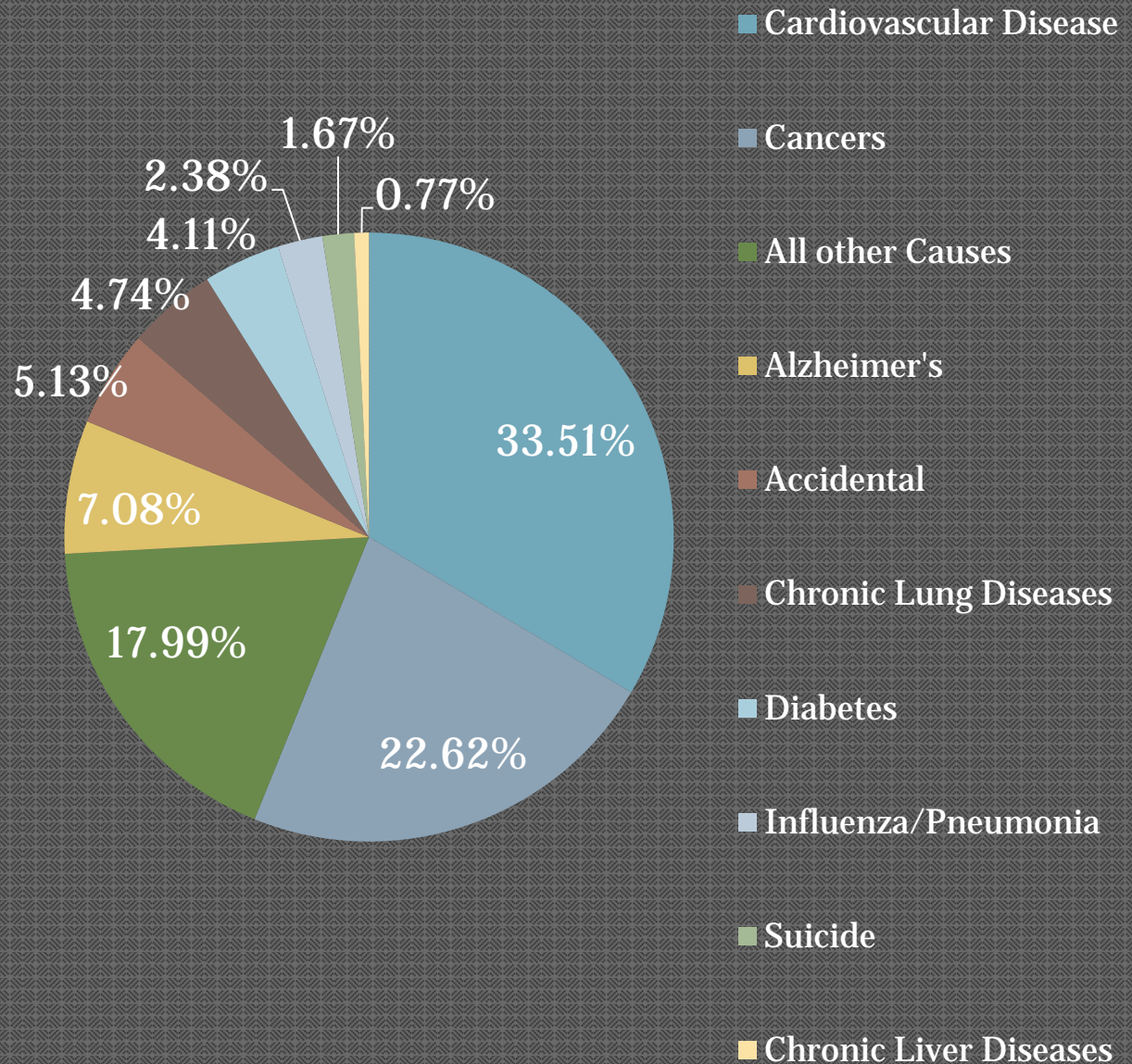




## 2007 ND Vital Records Mortality Data

*The #1 cause of death in North Dakotans is cardiovascular disease, including stroke.*

*The 7<sup>th</sup> leading cause of death in North Dakotans is diabetes.*



# Did you know?



## *It's a fact...*

Individuals with diabetes are 2-4 times more likely to die of a heart attack or stroke.

At least 65% of people with diabetes die of heart disease.