

BRFSS RISK FACTORS BY YEAR, 2001-2006

	ND 2002 % (95% CI)	ND 2003 % (95% CI)	ND 2004 % (95% CI)	ND 2005 % (95% CI)	ND 2006 % (95% CI)	US 2004/2005 %
Activity Limitation and Quality of Life						
Percentage who reported a limitation in any activities due to an impairment or health problem.	17.3 (15.7-18.9)	16.1 (14.6-17.5)	14.8 (13.5-16.2)	14.8 (13.6-16.1)	15.3 (14.1-16.5)	18.3 (2005)
Percentage who reported any days in the past 30 during which pain made it hard to do usual activities.	20.6 (18.8-22.3)	NA	NA	NA	NA	NA
Percentage who reported 14 or more days in the past 30 during which they felt sad, blue or depressed.	6.5 (5.5-7.5)	NA	NA	NA	NA	NA
Percentage who reported 14 or more days in the past 30 during which they felt worried, tense or anxious.	13.1 (11.7-14.5)	NA	NA	NA	NA	NA
Percentage who reported 14 or more days in the past 30 during which they did not get enough sleep or rest.	24.3 (22.4-26.2)	NA	NA	NA	NA	NA
Percentage who reported 8 or more days in the past 30 when their physical health was not good.	NA	11.1 (9.8-12.3)	11.4 (10.2-12.7)	10.1 (9.0-11.1)	10.6 (9.4-11.7)	NA
Percentage who reported 8 or more days in the past 30 when their mental health was not good.	NA	10.2 (7.0-11.4)	11.1 (9.8-12.4)	9.8 (8.6-11.0)	9.5 (8.2-10.8)	NA
Percentage who reported 8 or more days in the past 30 when their physical or mental health keep from usual activities.	NA	5.7 (4.8-6.6)	5.5 (4.6-6.4)	5.6 (4.8-6.5)	5.4 (4.4-6.3)	NA
Alcohol Use						
Percentage who reported heavy drinking (>2/day for men, >1/day women).	5.2 4.2-6.2	5.7 4.7-6.8	5.3 (4.2-6.4)	5.0 (4.0-6.0)	4.4 (3.5-5.4)	4.9 (2005)
Percentage who reported five or more drinks (men) or four or more drinks (women) on one occasion at least once in past month.	22.0 (20.2-23.7)	21.3 (19.5-23.1)	20.1 (18.7-22.4)	18.9 (17.2-20.5)	21.0 (19.2-22.8)	14.4 (2005)

Arthritis						
Percentage who reported ever being told by a doctor that they had some form of arthritis.	28.2 (26.4-30.1)	27.5 (25.8-29.2)	NA	26.0 (24.5-27.5)	NA	27.0 (2005)
Percentage who reported current (past 30 days) pain, aching or stiffness around a joint lasting longer than three months.	38.1 (36.1-40.0)	38.4 (36.5-40.4)	NA	40.4 (38.6-42.2)	NA	NA
Percentage who reported being limited in any usual activities because of arthritis or joint symptoms.	10.9 (9.7-12.1)	11.4 (10.2-12.6)	NA	10.8 (9.7-11.8)	NA	NA
Asthma						
Percentage age 18 and older who report ever having been told by a doctor, nurse or other health professional that they had asthma.	10.3 (9.0-11.5)	10.0 (8.9-11.3)	11.0 (9.7-12.4)	11.1 (9.9-12.4)	10.3 (8.9-11.7)	12.6 (2005)
Percentage who reported current asthma.	7.3 (6.3-8.4)	7.0 (6.0-8.0)	7.7 (6.6-8.8)	7.3 (6.2-8.4)	7.1 (5.9- 8.2)	8.0 (2005)
Cholesterol Awareness						
Percentage who reported that they have never had their cholesterol checked.	24.0 (22.1-25.9)	24.8 (22..9-26.8)	NA	22.7 (20.9-24.6)	NA	22.7 (2005)
Percentage who reported being told they had high cholesterol among those who ever had their cholesterol checked.	34.5 (32.4-36.6)	32.7 (30.6-34.7)	NA	35.0 (33.1-36.8)	NA	35.6 (2005)
Colorectal Cancer Screening						
Percentage age 50 and older who reported that they have not had a fecal occult blood test in the past two years.	76.1 (73.7-78.6)	NA	79.1 (76.9-81.3)	NA	78.0 (76.2-79.9)	73.5 (2004)
Percentage age 50 and older who reported that they have not a sigmoidoscopy or colonoscopy in the past five years.	60.1 (57.2-63.1)	NA	57.0 (54.2-59.7)	NA	54.8 (52.6-57.1)	NA
Percentage age 50 and older who reported that they have never had a sigmoidoscopy.	49.7 (46.8-52.7)	NA	46.1 (43.6-49.1)	NA	43.5 (41.3-45.8)	47.0 (2004)
Diabetes						
Percentage who reported that they had ever been told that they had diabetes, except during pregnancy only.	6.1 (5.2-7.0)	6.2 (5.3-7.1)	5.9 (5.0-6.7)	6.7 (5.8-7.5)	6.7 (5.9- 7.5)	7.3 (2005)

Folic Acid						
Percentage of women age 18-44 who do not know that folic acid can prevent birth defects.	62.0 (59.0-65.1)	56.2 (52.9-59.5)	56.2 (52.9-59.6)	NA	NA	NA
Health Care Access						
Percentage who reported no health insurance or other health care coverage.	9.3 (8.1-10.6)	11.4 (10.0-12.9)	13.5 (11.8-15.1)	11.5 (10.2-12.8)	11.6 (10.2-13.0)	14.5 (2005)
Percentage who reported being unable to see a doctor due to cost one or more times during the past 12 months.	NA	6.8 (5.8-7.8)	6.8 (5.8-7.7)	7.0 (6.0-8.0)	7.6 (6.5- 8.7)	NA
Percentage who reported that they did not have one person that they considered to be their personal health care provider.	24.1 (22.3-25.9)	23.6 (21.8-25.4)	23.3 (21.4-25.2)	22.5 (20.8-24.2)	24.5 (22.6-26.3)	NA
Health Status						
Percentage who reported that in general their health was fair or poor.	13.6 (12.3-15.0)	13.2 (11.9-14.5)	12.2 (10.9-13.5)	12.0 (10.9-13.1)	11.5 (10.3-12.6)	14.8 (2005)
Heart Attack and Stroke						
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a heart attack or myocardial infarction.	NA	4.2 (3.4-4.9)	NA	4.4 (3.7-5.1)	4.0 (3.4- 4.6)	NA
Percentage who reported ever being told by a doctor, nurse or other health professional that they had angina or coronary heart disease.	NA	4.2 (3.4-4.9)	NA	4.3 (3.6-4.9)	4.0 (3.4- 4.6)	NA
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a stroke.	NA	1.8 (1.3-2.3)	NA	2.0 (1.6-2.4)	2.0 (1.6- 2.4)	NA
Percentage who report heart attack, heart disease or stroke.	NA	7.3 (6.3-8.2)	NA	7.8 (6.9-8.7)	7.0 (6.3- 7.8)	NA
Hypertension Awareness						
Percentage who reported being ever told by a health care professional that they had high blood pressure.	NA	24.1 (22.4-25.7)	NA	23.3 (21.9-24.8)	NA	25.5 (2005)
Immunization						

Percentage age 65 and older who reported that they had not had an influenza vaccine within the past 12 months.	26.1 (22.3-29.9)	27.0 (23.5-30.4)	25.7 (22.3-29.2)	29.9 (26.9-33.0)	28.4 (25.6-31.3)	34.5 (2005)
Percentage age 65 and older who reported that they had never have a pneumococcal vaccine.	27.5 (23.6-31.4)	28.8 (25.2-32.4)	29.7 (25.9-33.4)	28.3 (25.3-31.4)	30.6 (27.6-33.6)	34.1 (2005)
Injury Control						
Percentage who reported that they did not always use a seatbelt.	47.6 (45.6-49.7)	NA	NA	NA	41.6 (39.7-43.6)	NA
Percentage age 65 and older who reported having fallen in the past three months.	NA	11.8 (9.4-14.3)	NA	NA	16.4 (14.0-18.7)	NA
Nutrition						
Percentage who reported that they did not usually eat five servings of fruits and vegetables per day.	79.6 (78.1-81.2)	78.5 (76.8-80.1)	NA	78.2 (76.7-79.7)	NA	77.3 (2002)
Obese and Overweight						
Percentage who are either overweight or obese based on self-reported height and weight.	61.6 (59.6-63.7)	63.0 (61.0-65.0)	62.9 (60.8-65.0)	64.1 (62.3-66.0)	64.5 (62.5-66.4)	61.5 (2005)
Percentage who are overweight but not obese based on self-reported height and weight.	38.2 (36.2-40.3)	39.3 (37.2-41.3)	38.3 (36.2-40.4)	38.8 (36.9-40.6)	39.1 (37.2-41.0)	36.4 (2005)
Percentage who are obese based on self-reported height and weight.	23.4 (23.7-25.1)	23.8 (22.0-25.5)	24.6 (22.8-26.4)	25.4 (23.7-27.0)	25.5 (23.8-27.2)	24.4 (2005)
Oral Health						
Percentage who reported that they had not visited a dentist or dental clinic within the past two years.	18.8 (17.2-20.4)	NA	19.0 (17.3-20.5)	NA	19.2 (17.8-20.7)	NA
Percentage who reported that they had six or more permanent teeth removed due to tooth decay or gum disease.	18.3 (16.8-19.8)	NA	16.0 (14.7-17.4)	NA	16.2 (15.0-17.4)	NA
Physical Activity						
Percentage whose self-reported physical activity level did not meet the recommendation for moderate or vigorous physical activity.	52.5 (50.4-54.7)	51.1 (49.0-53.2)	NA	51.6 (49.7-53.5)	NA	NA

Percentage who reported no leisure time physical activity.	21.7 (20.1-23.3)	23.7 (22.1-25.4)	21.3 (19.7-23.0)	23.1 (21.6-24.6)	22.0 (20.4-23.5)	23.8 (2005)
Prostate Cancer						
Percentage of men age 60 and older who have not had a PSA test in the past two years.	29.4 (22.0-33.6)	NA	54.5 (51.0-58.1)	NA	25.1 (20.9-29.2)	47.9 (2004)
Sun Exposure						
Percentage who reported one or more sunburns in the past 12 months.	NA	42.8 (40.7-44.8)	NA	NA	NA	NA
Tobacco						
Percentage who reported current smoke cigarette smoking some days or everyday.	21.5 (19.8-23.2)	20.5 (18.9-22.2)	19.9 (13.2-21.6)	20.1 (18.6-21.7)	19.5 (17.9-21.2)	20.5 (2005)
Percentage of smokers who reported that during the past 12 months they had stopped smoking for one day or longer because they were trying to quit	52.7 (48.3-57.1)	51.5 (47.0-56.1)	48.5 (43.7-53.4)	48.6 (44.2-53.0)	49.1 (44.2-53.9)	NA
Percentage of men who report current smokeless tobacco use.	NA	10.0 (8.1-11.9)	NA	9.4 (7.5-11.3)	NA	NA
Violence						
Percentage who report being physically abused as a child.	4.9 3.9-5.8	6.6 5.6-7.5	NA	NA	NA	NA
Percentage who report being sexually abused or raped as a child.	4.4 (3.6-5.2)	5.9 (4.8-7.0)	NA	NA	NA	NA
Women's Health						
Percentage of women ages 40 and over who reported that they have not had a mammogram within the past two years.	23.0 (20.4-25.6)	NA	27.8 (25.0-30.5)	NA	22.8 (20.7-24.9)	25.4 (2004)
Percentage of women ages 18 and older with a uterine cervix who reported that they have not had a pap smear within the past three years.	10.9 (9.2-12.7)	NA	14.0 (11.8-16.1)	NA	15.5 (13.3-17.7)	14.1 (2004)