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Completed Surveys: 596
County Adult Population: 28,258

The Florida Department of Health is pleased to release the 2007 Florida Behavioral Risk Factor Surveillance System (BRFSS) State and County Data Report. This historic surveillance effort would not have been possible without the support of Florida’s 67 County Health Departments (CHDs).

The 2007 county-level BRFSS is the first since the initial county-level effort in 2002. The 2007 county-level survey was developed in collaboration with state and local representatives and better designed to meet the needs of CHD programs by offering options to add county-developed questions and increase sample sizes. In addition, 2007 county-level questionnaires included all of the questions asked on a state level, unlike 2002 in which an abbreviated questionnaire was administered.

Over 39,000 interviews were completed in the 2007 calendar year, with a target sample size of 500 completed surveys in each county. Three counties provided funding to increase overall sample sizes: Duval, Highlands, and Sarasota. Through funding from the Hispanic Obesity Prevention Education Program (HOPE), larger samples of Hispanic populations were possible in eight counties: Collier, DeSoto, Hardee, Hendry, Miami-Dade, Okeechobee, Orange, and Osceola. Five counties provided county-added questions: Clay, Collier, Duval, Monroe, and Orange.

The 2007 BRFSS provides counties and the state with a rich data source to estimate the prevalence of personal health behaviors that contribute to morbidity and mortality among adults in Florida. This report presents the survey data on a variety of issues related to health status, health care access, lifestyle, chronic illnesses, and disease prevention practice.

These data can be used to: (1) determine priority health issues and identify populations at highest risk for illness, disability, and death; (2) plan and evaluate prevention programs; (3) educate the community and policy makers about disease prevention; and (4) support community policies that promote health and prevent disease.

Because BRFSS respondents are randomly selected, measures of prevalence and mean are subject to random sample errors. Each measure listed in the data tables includes the 95% confidence interval (CI). Measures of prevalence and mean are excluded from the tables for any subpopulation with a sample size less than 30, which would yield statistically unreliable estimates. Available measures from the 2002 county-level survey are included for comparison purposes. Due to updated methods from the Centers for Disease Control and Prevention, some point estimates included in the 2002 BRFSS report may be slightly different than the 2002 measures in this report. The methods used to calculate the 2002 point estimates were updated to provide the best comparison between the two years. The significance of measures with very wide 95% confidence intervals should be interpreted with caution.

If any assistance is needed with interpretation or survey methods, please contact the Bureau of Epidemiology, Chronic Disease Epidemiology Section at (850) 245-4401.
## Air Quality

**Percentage of adults who reduced or changed outdoor activity because the air quality was bad**

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.

## Alcohol Consumption

**Percentage of adults who engage in heavy or binge drinking**

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

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## Antibiotic Resistance

### Percentage of adults who have heard of antibiotic resistant infections

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<td>51.6</td>
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</tbody>
</table>

* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Arthritis

**Percentage of adults who have been told they have some form of arthritis**

<table>
<thead>
<tr>
<th>Measure</th>
<th>2007 County</th>
<th>2007 State</th>
<th>2002 County</th>
</tr>
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<td><strong>ALL</strong></td>
<td><strong>Overall</strong></td>
<td>20.2</td>
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<tr>
<td></td>
<td><strong>Men</strong></td>
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<td>20.8</td>
</tr>
<tr>
<td></td>
<td><strong>Women</strong></td>
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<tr>
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<td><strong>Non-Hisp. White</strong></td>
<td>32.9</td>
<td>27.5</td>
</tr>
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<td></td>
<td><strong>Non-Hisp. Black</strong></td>
<td>17.5</td>
<td>20.4</td>
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<td></td>
<td><strong>Hispanic</strong></td>
<td>3.9</td>
<td>15.0</td>
</tr>
<tr>
<td><strong>RACE/ETHNICITY</strong></td>
<td><strong>Non-Hisp. White Men</strong></td>
<td>34.8</td>
<td>23.7</td>
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<td><strong>65 &amp; Older</strong></td>
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<td>47.6</td>
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<tr>
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<td><strong>&lt;High School</strong></td>
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<td>29.5</td>
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<td>25.2</td>
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<td></td>
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<td>23.8</td>
<td>18.7</td>
</tr>
<tr>
<td><strong>MARITAL STATUS</strong></td>
<td><strong>Married/Couple</strong></td>
<td>21.4</td>
<td>23.3</td>
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<tr>
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<td>18.3</td>
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### Percentage of adults who are limited in any way in any usual activities because of arthritis or chronic joint symptoms

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<th>2007 County</th>
<th>2007 State</th>
<th>2002 County</th>
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<td><strong>Overall</strong></td>
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<td>12.5</td>
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<tr>
<td></td>
<td><strong>Men</strong></td>
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<tr>
<td></td>
<td><strong>Women</strong></td>
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<td>14.4</td>
</tr>
<tr>
<td><strong>SEX</strong></td>
<td><strong>Non-Hisp. White</strong></td>
<td>14.9</td>
<td>13.2</td>
</tr>
<tr>
<td></td>
<td><strong>Non-Hisp. Black</strong></td>
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<td>11.9</td>
</tr>
<tr>
<td></td>
<td><strong>Hispanic</strong></td>
<td>6.6</td>
<td>8.9</td>
</tr>
<tr>
<td><strong>RACE/ETHNICITY</strong></td>
<td><strong>Non-Hisp. White Men</strong></td>
<td>12.1</td>
<td>11.3</td>
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<td></td>
<td><strong>Non-Hisp. White Women</strong></td>
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<td>15.1</td>
</tr>
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<td></td>
<td><strong>Non-Hisp. Black Men</strong></td>
<td>8.4</td>
<td>14.2</td>
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<td></td>
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<td>6.9</td>
<td>14.2</td>
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<td></td>
<td><strong>Hispanic Men</strong></td>
<td>6.0</td>
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<td><strong>Hispanic Women</strong></td>
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<td>10.7</td>
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<td><strong>AGE GROUP</strong></td>
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<td>4.1</td>
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<td>10.6</td>
<td>17.2</td>
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<td></td>
<td><strong>65 &amp; Older</strong></td>
<td>34.0</td>
<td>19.4</td>
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<td><strong>&lt;High School</strong></td>
<td>12.0</td>
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<tr>
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<td><strong>H.S./GED</strong></td>
<td>11.7</td>
<td>13.2</td>
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<tr>
<td></td>
<td><strong>&gt;High School</strong></td>
<td>9.2</td>
<td>11.1</td>
</tr>
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<td></td>
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<td><strong>$50,000 or More</strong></td>
<td>13.5</td>
<td>7.4</td>
</tr>
<tr>
<td><strong>MARITAL STATUS</strong></td>
<td><strong>Married/Couple</strong></td>
<td>11.4</td>
<td>11.0</td>
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<tr>
<td></td>
<td><strong>Not Married/Couple</strong></td>
<td>9.8</td>
<td>15.0</td>
</tr>
</tbody>
</table>

*Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Arthritis

**Percentage of adults who had symptoms of pain, aching, or stiffness in or around a joint**

<table>
<thead>
<tr>
<th></th>
<th>2007 County Measure</th>
<th>2007 State Measure</th>
<th>2002 County Measure</th>
</tr>
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<tr>
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<td>38.5</td>
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<td>Women</td>
<td>31.1</td>
<td>24.0</td>
<td>39.2</td>
</tr>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>RACE/ETHNICITY</strong></td>
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<tr>
<td>Non-Hisp. White</td>
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<td>50.1</td>
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<td>8.1</td>
<td>42.4</td>
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<tr>
<td>Hispanic</td>
<td>16.0</td>
<td>9.8</td>
<td>25.0</td>
</tr>
<tr>
<td><strong>SEX BY RACE/ETHNICITY</strong></td>
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<td></td>
</tr>
<tr>
<td>Non-Hisp. White Men</td>
<td>41.9</td>
<td>30.6</td>
<td>54.2</td>
</tr>
<tr>
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<td>32.0</td>
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<td>Non-Hisp. Black Women</td>
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<td>55.1</td>
</tr>
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<td>Hispanic Men</td>
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<td>32.1</td>
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<tr>
<td>Hispanic Women</td>
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<td>25.0</td>
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<td><strong>AGE GROUP</strong></td>
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<td>45-64</td>
<td>35.8</td>
<td>24.3</td>
<td>49.1</td>
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<tr>
<td>65 &amp; Older</td>
<td>55.1</td>
<td>43.4</td>
<td>66.3</td>
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<tr>
<td>&lt;High School</td>
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<td>34.4</td>
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<tr>
<td>Married/Couple</td>
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<td>25.6</td>
<td>39.5</td>
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<tr>
<td>Not Married/Couple</td>
<td>26.6</td>
<td>17.6</td>
<td>38.1</td>
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</table>

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### Asthma

**Percentage of adults who currently have asthma**

<table>
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<th>2007 County Measure</th>
<th>2007 State Measure</th>
<th>2002 County Measure</th>
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<tr>
<td>Overall</td>
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<tr>
<td>Men</td>
<td>3.0</td>
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<td>6.4</td>
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<td>5.0</td>
<td>3.1</td>
<td>7.8</td>
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<td><strong>SEX</strong></td>
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<td></td>
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<td><strong>RACE/ETHNICITY</strong></td>
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<td>Non-Hisp. White</td>
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<td>5.2</td>
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<td>0.7</td>
<td>5.7</td>
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<tr>
<td>Non-Hisp. White Men</td>
<td>5.4</td>
<td>2.4</td>
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<td>9.3</td>
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<td>Hispanic Women</td>
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<td>7.2</td>
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<td>7.7</td>
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<tr>
<td>65 &amp; Older</td>
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<td>2.1</td>
<td>8.1</td>
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<td>2.7</td>
<td>9.2</td>
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<tr>
<td>&gt;High School</td>
<td>4.4</td>
<td>2.2</td>
<td>8.5</td>
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<td>1.7</td>
<td>6.8</td>
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</tbody>
</table>

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CI = Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Cancer Screening

#### Percentage of women 40 years of age and older who received a mammogram in the past year

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<th>2007 County Measure</th>
<th>2007 State Measure</th>
<th>2002 County Measure</th>
</tr>
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</tr>
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<td><strong>SEX</strong></td>
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</tr>
<tr>
<td>Men</td>
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<tr>
<td>Women</td>
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<td>68.9</td>
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<tr>
<td><strong>RACE/ETHNICITY</strong></td>
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<td>64.5</td>
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<td></td>
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<td></td>
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<tr>
<td>Non-Hisp. White Women</td>
<td>56.6</td>
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<td>Hispanic Women</td>
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<td>33.1</td>
<td>64.5</td>
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<td><strong>AGE GROUP</strong></td>
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<td>65 &amp; Older</td>
<td>49.9</td>
<td>29.3</td>
<td>70.6</td>
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<tr>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
# Cancer Screening

**Percentage of women 18 years of age and older who received a Pap test in the past year**

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<td>70.4 68.3 72.4</td>
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**Percentage of men 50 years of age and older who received a PSA test in the past two years**

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<td>74.6 72.4 76.6</td>
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<td>63.4 59.2 67.4</td>
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</table>

* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Cancer Screening

#### Percentage of men 50 years of age and older who received a digital rectal exam in the past year

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<th>Measure</th>
<th>2007 County Measure</th>
<th>2007 State Measure</th>
<th>2002 County Measure</th>
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<tr>
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<td>Sex by Race/Ethnicity</td>
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<tr>
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</tbody>
</table>

* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Cancer Screening

**Percentage of adults 50 years of age and older who received a sigmoidoscopy or colonoscopy in the past five years**

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<th>95% CI</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Cardiovascular Disease

#### Percentage of adults who have ever had a stroke

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Cholesterol Awareness

### Percentage of adults who had their cholesterol checked in the past five years

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<th>2002 County Measure</th>
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<tr>
<td>Non-Hisp. Black Women</td>
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### Percentage of adults who have diagnosed high blood cholesterol

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<th>2007 State Measure</th>
<th>2002 County Measure</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.  
CI=Confidence Interval  
Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Dental Care

### Percentage of adults who could not see a dentist in the past year because of cost

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<th>2007 State</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Diabetes

**Percentage of adults with diagnosed diabetes**

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<th>2007 State Measure</th>
<th>2002 County Measure</th>
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<td>2.9</td>
<td>9.2</td>
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<td>Women</td>
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<td>5.3</td>
<td>11.4</td>
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<td>17.9</td>
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**Percentage of adults with diabetes who self-monitor blood glucose at least once a day on average**

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<td>71.1</td>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Percentage of adults with diabetes who had two A1C tests in the past year

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<th>2007 State</th>
<th>2002 County</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Percentage of adults with diabetes who had an annual eye exam

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<td>74.7</td>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
Diabetes

Average age at which diabetes was diagnosed

<table>
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<th>2007 State Measure</th>
<th>95% CI</th>
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<td>53.9</td>
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</tbody>
</table>

* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Disability

#### Percentage of adults who are limited in any way in any activities because of physical, mental, or emotional problems

<table>
<thead>
<tr>
<th>Measure</th>
<th>2007 County</th>
<th>95% CI</th>
<th>2007 State</th>
<th>95% CI</th>
<th>2002 County</th>
<th>Measure</th>
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<td>Men</td>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

**CI=Confidence Interval**

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Folic Acid

#### Percentage of adults who take a multivitamin

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<th>2002 County</th>
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#### Percentage of women under age 45 who take a multivitamin

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Gastrointestinal Disease

**Percentage of adults who had diarrhea in the past 30 days**

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## Percentage of adults who had diarrhea in the past 30 days and who visited a doctor

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
# 2007 Florida BRFSS Data Report

## Hendry

### Health Care Access & Coverage

#### Percentage of adults with any type of health care insurance coverage

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<th>2002 County</th>
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#### Percentage of adults who have a personal doctor

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
# Health Care Access & Coverage

## Percentage of adults who could not see a doctor at least once in the past year due to cost

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## 2007 Florida BRFSS Data Report

### Hendry

#### Health Status & Quality of Life

**Percentage of adults with good to excellent overall health**

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* indicates that the difference observed compared to the 2007 county measure is statistically significant.

**Percentage of adults who are "very satisfied" or "satisfied" with their lives**

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* indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

*Missing values result from either unavailable measures or data suppression due to low respondent counts.*
### Percentage of adults who always or usually receive the social and emotional support they need

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### Percentage of adults with good physical health

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Percentage of adults with good mental health

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Average number of days where poor mental or physical health interfered with activities of daily living in the past 30 days

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<th>2002 County</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
# Health Status & Quality of Life

## Average number of unhealthy physical days in the past 30 days

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<th>2002 County Measure</th>
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## Average number of unhealthy mental days in the past 30 days

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<th>2002 County Measure</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Percentage of adults less than 65 years of age who have ever been tested for HIV

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*Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
# Hypertension Awareness & Control

## Percentage of adults with diagnosed hypertension

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*Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.

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## Percentage of adults with hypertension who engage in blood pressure control measures

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<th>2007 State Measure</th>
<th>2002 County Measure</th>
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<td>95% CI</td>
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### Hypertension Awareness & Control

Percentage of adults with hypertension who were advised by a health care provider to engage in control measures

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

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Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Immunization

#### Percentage of adults in high-risk groups who received a flu shot in the past year

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<th>2007 State</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.

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### Pneumonia

#### Percentage of adults in high-risk groups who have ever received a pneumonia vaccination

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Immunization

### Percentage of adults who received a flu shot in the past year

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<th>2002 County</th>
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CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
Percentage of adults who have ever received a pneumonia vaccination

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<th>2007 State</th>
<th>95% CI</th>
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Percentage of adults age 65 and older who have ever received a pneumonia vaccination

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<th>2007 State</th>
<th>95% CI</th>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Immunization

### Percentage of adults who were at risk and who have received a hepatitis B vaccination

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Overweight & Obesity

### Percentage of adults who are overweight

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<th>2002 County Measure</th>
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### Percentage of adults who are obese

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*Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Overweight & Obesity

#### Percentage of adults who are overweight or obese

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#### Percentage of adults whose body weight increased by five pounds or more in the past year

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Overweight & Obesity

#### Percentage of adults whose body weight decreased by five pounds or more in the past year

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI = Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Percentage of adults who are sedentary

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.

### Percentage of adults who are inactive at work

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<th>2007 State Measure</th>
<th>2002 County Measure</th>
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<td>95% CI</td>
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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.
### Percentage of adults who consume at least five servings of fruits and vegetables a day

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### Percentage of adults who meet moderate physical activity recommendations

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval
Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Physical Activity & Nutrition

### Percentage of adults who meet vigorous physical activity recommendations

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* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.

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## Sexual Violence

### Percentage of adults who had an unwanted sexual experience in the past 12 months

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</table>

* Indicates that the difference observed compared to the 2007 county measure is statistically significant.
CI=Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## 2007 Florida BRFSS Data Report

### Hendry

#### Tobacco Use & Exposure

### Percentage of adults who are current smokers

<table>
<thead>
<tr>
<th></th>
<th>2007 County Measure</th>
<th>2007 State Measure</th>
<th>2002 County Measure</th>
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<td></td>
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<tr>
<td><strong>ALL</strong></td>
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<tr>
<td>Overall</td>
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<td>Men</td>
<td>26.3</td>
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<td>Women</td>
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<td>45-64</td>
<td>18.4</td>
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<td>27.7</td>
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<td>65 &amp; Older</td>
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<td>4.8</td>
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<td>33.0</td>
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<td>36.9</td>
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<td>$50,000 or More</td>
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<tr>
<td>Married/Couple</td>
<td>16.6</td>
<td>12.0</td>
<td>22.5</td>
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<tr>
<td>Not Married/Couple</td>
<td>28.7</td>
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<td>47.9</td>
</tr>
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</table>

* Indicates that the difference observed compared to the 2007 county measure is statistically significant.

CI = Confidence Interval

Missing values result from either unavailable measures or data suppression due to low respondent counts.
## Tobacco Use & Exposure

### Percentage of adults who have never smoked

<table>
<thead>
<tr>
<th>Measure</th>
<th>2007 County</th>
<th>95% CI</th>
<th>2007 State</th>
<th>95% CI</th>
<th>2002 County Measure</th>
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<td>ALL Overall</td>
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<tr>
<td>Women</td>
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<td>57.4 60.3 60.5</td>
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<td>56.0</td>
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<td>69.1</td>
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<td>67.7</td>
<td>64.1 71.1 52.0</td>
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<td>44.4</td>
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<td>96.1</td>
<td>72.1 *</td>
<td>67.7 76.1</td>
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### Percentage of non-smoking adults who were exposed to secondhand smoke in the past seven days

<table>
<thead>
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<th>Measure</th>
<th>2007 County</th>
<th>95% CI</th>
<th>2007 State</th>
<th>95% CI</th>
<th>2002 County Measure</th>
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<td>9.6</td>
<td>20.8</td>
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<td>13.6 16.4</td>
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<td>14.8 19.8</td>
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<td>11.7 14.8</td>
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<td>63.6</td>
<td>19.2</td>
<td>15.1 24.1</td>
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<td>4.9</td>
<td>18.4</td>
<td>13.3</td>
<td>10.2 17.1</td>
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<td>SEX BY RACE/ETHNICITY Non-Hisp. White Men</td>
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<td>6.2</td>
<td>30.4</td>
<td>17.6</td>
<td>14.8 20.8</td>
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<tr>
<td>Non-Hisp. White Women</td>
<td>13.7</td>
<td>6.1</td>
<td>28.0</td>
<td>12.4</td>
<td>10.9 14.1</td>
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<tr>
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<td></td>
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<td>9.9 17.6</td>
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<td>11.4 16.1</td>
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<td>65 &amp; Older</td>
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<td>9.3</td>
<td>6.3</td>
<td>5.2 7.6</td>
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<td>9.9 17.6</td>
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<td>12.5 15.8</td>
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<td>10.2 13.0</td>
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<td>13.6</td>
<td>37.9</td>
<td>21.2</td>
<td>18.4 24.3</td>
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</tbody>
</table>

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## Tobacco Use & Exposure

Percentage of adult current smokers who tried to quit smoking at least once in the past year

<table>
<thead>
<tr>
<th>Measure</th>
<th>2007 County 95% CI</th>
<th>2007 State 95% CI</th>
<th>2002 County Measure</th>
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<tr>
<td>Men</td>
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<td>48.6</td>
<td>53.6</td>
<td>53.5</td>
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<tr>
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<td>57.5</td>
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<tr>
<td>Hispanic</td>
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<td>71.4</td>
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<td>59.4</td>
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<tr>
<td>Married/Couple</td>
<td>51.5</td>
<td>53.3</td>
<td>28.3</td>
</tr>
<tr>
<td>Not Married/Couple</td>
<td>34.2</td>
<td>48.7</td>
<td>61.5</td>
</tr>
</tbody>
</table>

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GLOSSARY

A1C Test | A blood test used as an indicator of an individual’s average blood glucose level over the past three months.

Activities of Daily Living | Usual activities, such as self-care, work, and recreation.

Binge Drinking | Consuming four or more alcoholic drinks for women and five or more alcoholic drinks for men on one occasion.

Blood Pressure Control Measures | Taking prescribed medication, altering diet, exercising, and reducing body weight to control blood pressure.

Blood Stool Test | A test that may use a special kit at home to determine whether the stool contains blood.

Body Mass Index (BMI) | A measure used to estimate the amount of excess body weight. BMI is calculated using self-reported height and weight.

Chronic Joint Symptoms | Experiencing pain, aching, or stiffness in or around a joint that first began more than three months ago.

Current Smokers | Adults who have ever smoked at least 100 cigarettes and who smoked on some or all days in the previous 30 days.

Digital Rectal Exam | An exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Former Smokers | Adults who have ever smoked at least 100 cigarettes, but did not smoke on any of the previous 30 days.

Health Insurance Coverage | Includes health insurance, prepaid plans such as HMOs, and government plans such as Medicare.

Healthy Weight | Having a Body Mass Index (BMI) between 18.5 and 24.9. BMI is calculated using self-reported height and weight.

Heavy Drinking (also called chronic drinking) | In the previous 30 days, women consuming an average of one or more alcoholic drinks per day or men consuming an average of two or more alcoholic drinks per day.

High Risk Hepatitis B Groups | Those who have hemophilia and have received clotting factor concentrate, had sex with a man who has had sex with other men, used intravenous street drugs, traded sex for money or drugs, tested positive for HIV, had two or more sex partners in the past year, or who had sex with anyone who would be categorized in any of these groups listed.

High Risk Influenza Groups | Health care workers who routinely have direct contact with patients or adults who currently have health problems such as asthma, lung problems, heart problems, diabetes, kidney problems, weakened immune systems (caused by a chronic illness, such as cancer or HIV/AIDS, or medicines, such as steroids), or sickle cell anemia or other anemia.

Joint Symptoms | Experiencing pain, aching, or stiffness in or around a joint.

Leisure-Time Physical Activity or Exercise | Engaging in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise, other than participation in these activities or exercise as part of a regular job.

Medical Checkup | A general physical exam, not an exam for a specific injury, illness, or condition.

Moderate Physical Activity | Engaging in activities such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate for at least 30 minutes per day on five or more days per week.

Obese | Having a Body Mass Index (BMI) that is greater than or equal to 30.0. BMI is calculated using self-reported height and weight.
## GLOSSARY

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Overweight</strong></td>
<td>Having a Body Mass Index (BMI) ranging from 25.0 to 29.9. BMI is calculated using self-reported height and weight.</td>
</tr>
<tr>
<td><strong>Overweight or Obese</strong></td>
<td>Having a Body Mass Index (BMI) that is greater than or equal to 25.0.</td>
</tr>
<tr>
<td><strong>Pap Test</strong></td>
<td>A cervical cancer screening test in which surface cells from the cervix are examined for cancer or pre-cancer characteristics.</td>
</tr>
<tr>
<td><strong>Poor Mental Health</strong></td>
<td>Adults who report that their mental health, which includes stress, depression, and problems with emotions, was not good on 14 or more of the previous 30 days.</td>
</tr>
<tr>
<td><strong>Poor Physical Health</strong></td>
<td>Adults who report that their physical health, which includes physical illness and injury, was not good on 14 or more of the previous 30 days.</td>
</tr>
<tr>
<td><strong>PSA Test</strong></td>
<td>A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to detect prostate cancer.</td>
</tr>
<tr>
<td><strong>Secondhand Smoke</strong></td>
<td>Being exposed to someone else's tobacco smoke in a room (at work or home) during the past seven days.</td>
</tr>
<tr>
<td><strong>Sedentary</strong></td>
<td>Engaging in no leisure-time physical activity.</td>
</tr>
<tr>
<td><strong>Sigmoidoscopy/Colonoscopy</strong></td>
<td>Exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems.</td>
</tr>
<tr>
<td><strong>Vigorous Physical Activity</strong></td>
<td>Engaging in vigorous activities, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate for at least 20 minutes per day on three or more days per week.</td>
</tr>
</tbody>
</table>
Alcohol Consumption

26-12. Reduce the average annual alcohol consumption.


26-11. Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.

Arthritis

2-2. Reduce the proportion of adults with chronic joint symptoms who experience a limitation in activity due to arthritis.

Cancer Screening

3-11. Increase the proportion of women who receive a Pap test.

3-12. Increase the proportion of adults who receive a colorectal cancer screening examination.

3-13. Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years.

Cholesterol Awareness

12-14. Reduce the proportion of adults with high total blood cholesterol levels.

12-15. Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.

Diabetes

5-3. Reduce the overall rate of diabetes that is clinically diagnosed.

5-13. Increase the proportion of adults with diabetes who have an annual dilated eye examination.

5-14. Increase the proportion of adults with diabetes who have at least an annual foot examination.

5-17. Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily.

5-1. Increase the proportion of persons with diabetes who receive formal diabetes education.

Health Care Access & Coverage

1-5. Increase the proportion of persons with a usual primary care provider.

1-1. Increase the proportion of persons with health insurance.

Hypertension Awareness & Control

12-11. Increase the proportion of adults with high blood pressure who are taking action (for example, losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure.

12-12. Increase the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high.

12-10. Increase the proportion of adults with high blood pressure whose blood pressure is under control.

12-9. Reduce the proportion of adults with high blood pressure.
Immunization

14-28. Increase hepatitis B vaccine coverage among high-risk groups.

14-29. Increase the proportion of adults who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease.

Overweight & Obesity

19-2. Reduce the proportion of adults who are obese.

19-1. Increase the proportion of adults who are at a healthy weight.

Physical Activity & Nutrition

22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

22-1. Reduce the proportion of adults who engage in no leisure-time physical activity.

19-5. Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit.

19-6. Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables.

Sexual Violence

15-35. Reduce the annual rate of rape or attempted rape.

15-36. Reduce sexual assault other than rape.

Tobacco Use & Exposure

27-10. Reduce the proportion of non-smokers exposed to environmental tobacco smoke.

27-5. Increase smoking cessation attempts by adult smokers.

The Healthy People 2010 objectives listed in this appendix are directly or indirectly related to the data presented in this report.
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