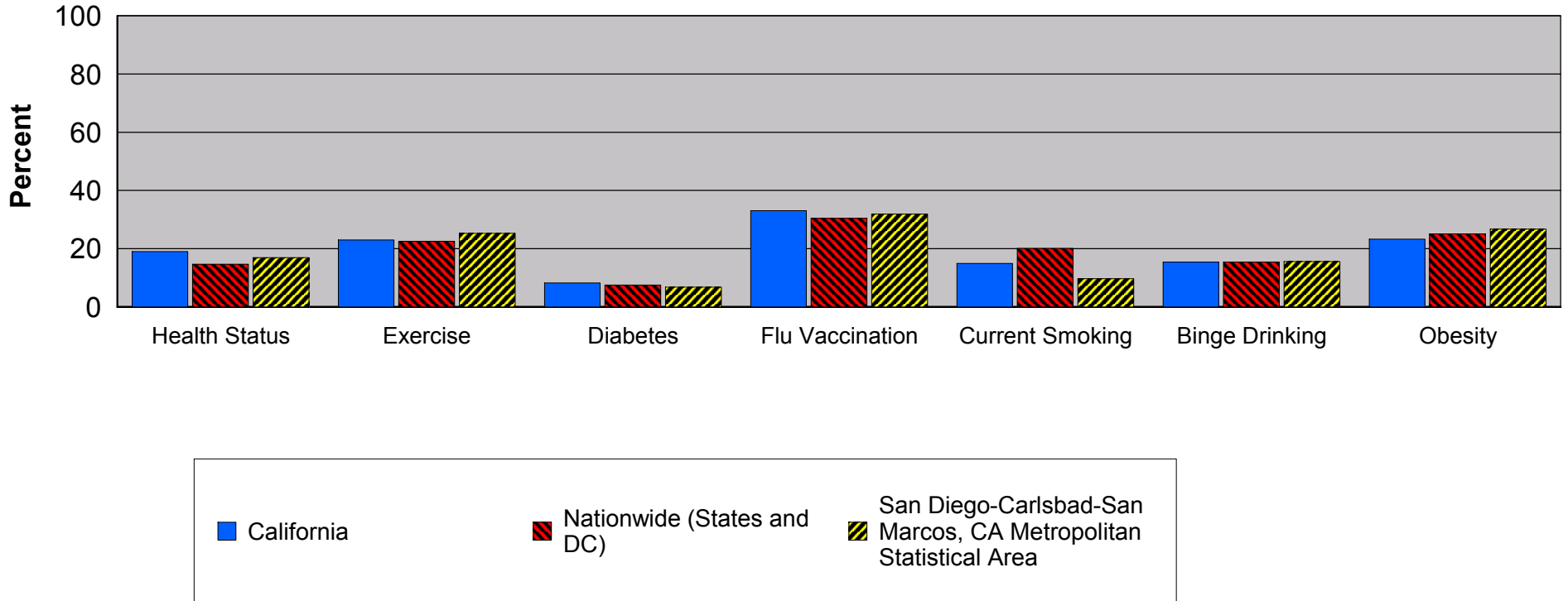


SMART BRFSS

(Selected Metropolitan/Micropolitan Area* Risk Trends from the Behavioral Risk Factor Surveillance System)

San Diego-Carlsbad-San Marcos, CA Metropolitan Statistical Area

Percentage of Adults Reporting Selected Health Risks - San Diego-Carlsbad-San Marcos, CA Metropolitan Statistical Area, BRFSS 2006.



Survey Definitions

Health Status - Percentage of adults reporting general health as fair or poor

Exercise - Percentage of adults reporting doing no leisure time exercise or physical activity in the past 30 days

Diabetes - Percentage of adults told by doctor they have diabetes

Flu Vaccination - Percentage of adults aged 65 or older reporting not having had a flu shot within the past 12 months

Current Smoking - Percentage of adults reporting having smoked at least 100 cigarettes in their lifetime and currently smoke

Binge Drinking - Percentage of adult males having five or more drinks, or adult females having four or more drinks on one occasion, one or more times in the past 30 days

Obesity - Percentage of adults reporting Body Mass Index greater than or equal to 30.0

* Metropolitan statistical area - Group of counties that contain at least one urbanized area of 50,000 or more inhabitants. Micropolitan statistical area - Group of counties that contain at least one urban cluster of at least 10,000 but less than 50,000 inhabitants. Metropolitan Division - Smaller group of counties within a metropolitan statistical area which contains 2.5 million or more inhabitants. (Source: U.S. Office of Management and Budget)

SMART BRFSS

(Selected Metropolitan/Micropolitan Area Risk Trends from the Behavioral Risk Factor Surveillance System)

San Diego-Carlsbad-San Marcos, CA Metropolitan Statistical Area

Percentage of Adults Reporting Selected Health Risks - San Diego-Carlsbad-San Marcos, CA Metropolitan Statistical Area and Selected Counties, BRFSS 2006.

| | Nationwide (States and DC) Median % * | California % (±95% CI)† | San Diego - Carlsbad - San Marcos, CA Metropolitan Statistical Area % (±95% CI) | San Diego County, CA % (±95% CI) |
|-----------------|---|----------------------------|--|--|
| Health Status | 14.7 | 19.0 (±1.5) | 16.9 (±4.2) | 16.9 (±4.2) |
| Exercise | 22.6 | 23.0 (±1.5) | 25.3 (±4.9) | 25.3 (±4.9) |
| Diabetes | 7.5 | 8.2 (±0.9) | 6.8 (±2.4) | 6.8 (±2.4) |
| Flu Vaccination | 30.4 | 33.1 (±3.4) | 31.9 (±9.7) | 31.9 (±9.7) |
| Current Smoking | 20.1 | 14.9 (±1.3) | 9.7 (±3.0) | 9.7 (±3.0) |
| Binge Drinking | 15.4 | 15.4 (±1.4) | 15.6 (±4.2) | 15.6 (±4.2) |
| Obesity | 25.1 | 23.3 (±1.5) | 26.7 (±4.8) | 26.7 (±4.8) |

* Median percentage of States and District of Columbia in applicable years, excluding territories.

NA = Prevalence estimate not available if the unweighted sample size for the denominator was < 50 or the CI half width > 10.

† CI Confidence Interval.

For more information, please contact the California BRFSS State coordinator Arti Parikh-Patel, MPH, PhD at 916-779-2665 or go to www.cdc.gov/brfss