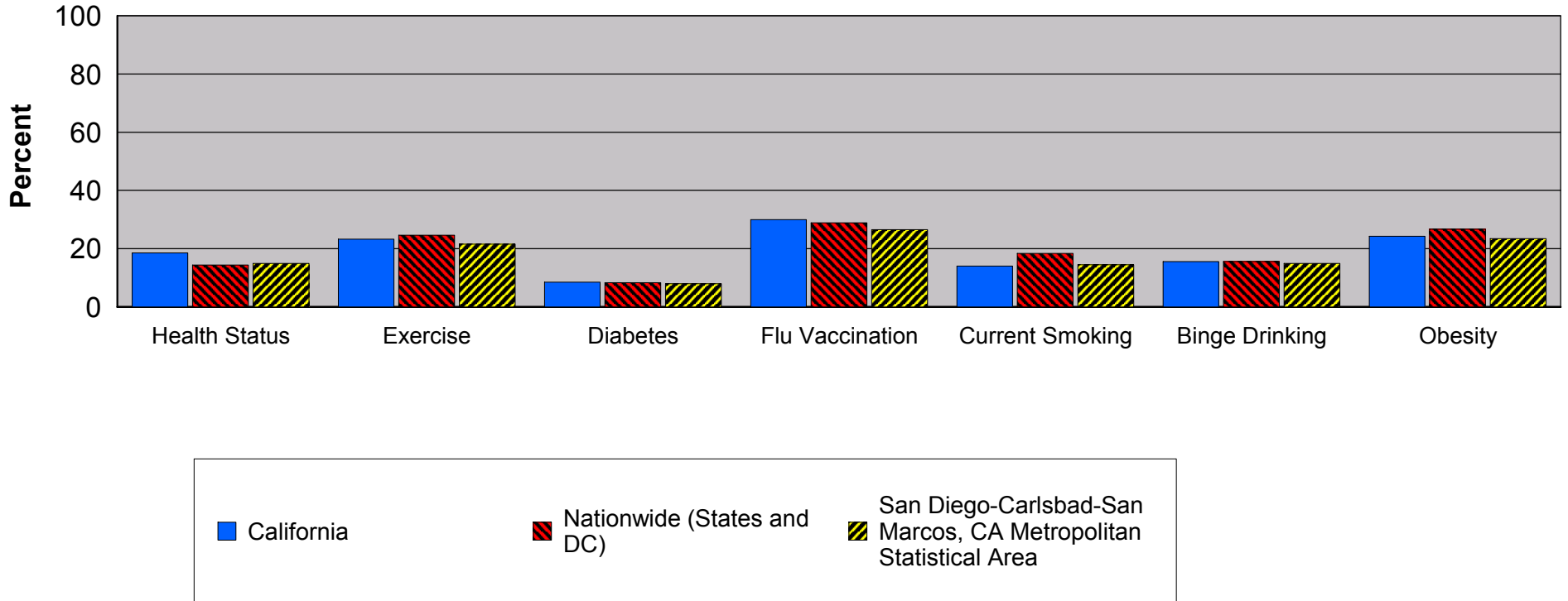


SMART BRFSS

(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 2008.



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 2008.

	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	14.4	18.6 (±1.0)	14.9 (±2.5)	14.9 (±2.5)
Exercise	24.6	23.3 (±1.1)	21.6 (±3.1)	21.6 (±3.1)
Diabetes	8.3	8.5 (±0.7)	8.0 (±2.0)	8.0 (±2.0)
Flu Vaccination	28.9	30.0 (±2.2)	26.5 (±5.7)	26.5 (±5.7)
Current Smoking	18.4	14.0 (±1.0)	14.5 (±2.7)	14.5 (±2.7)
Binge Drinking	15.6	15.6 (±1.0)	14.9 (±3.1)	14.9 (±3.1)
Obesity	26.7	24.3 (±1.1)	23.5 (±3.1)	23.5 (±3.1)

* 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