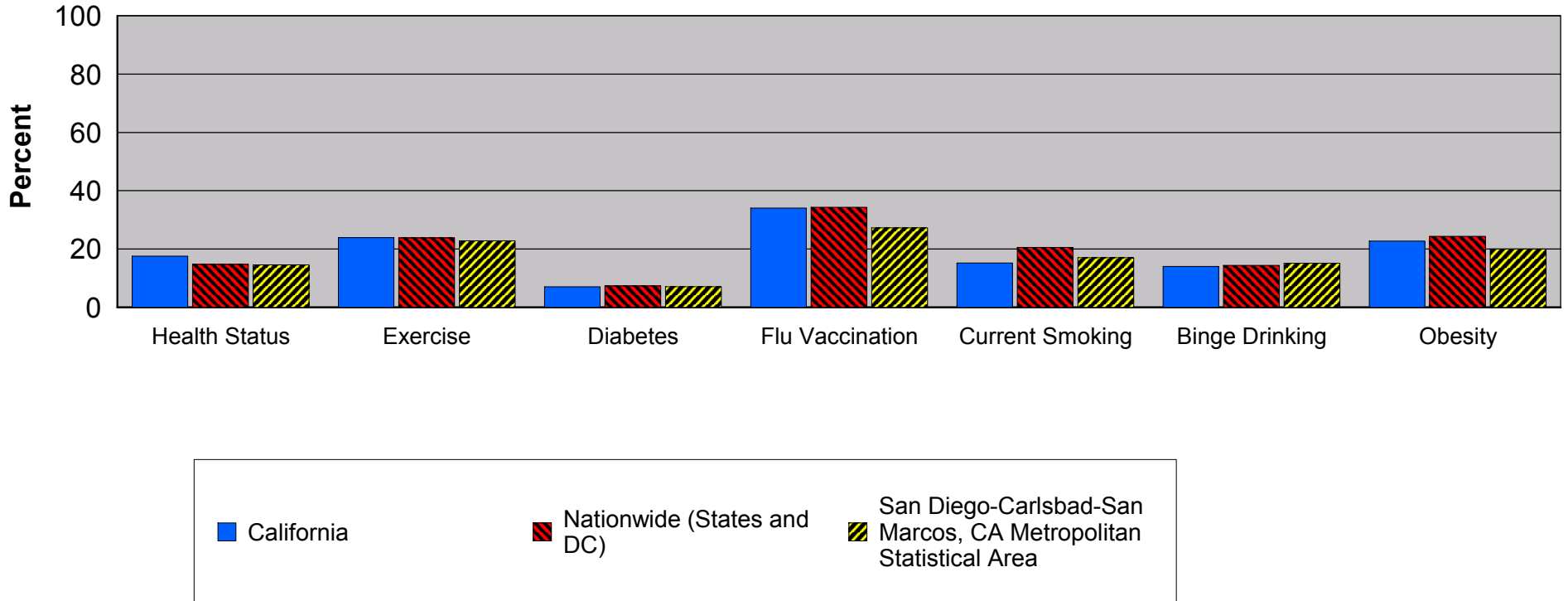


# SMART BRFSS

(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 2005.



### 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 adults reporting having five or more drinks on an occasion, one or more times in the past month

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 2005.

	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	14.8	17.6 (±1.4)	14.6 (±3.4)	14.6 (±3.4)
Exercise	23.8	23.9 (±1.5)	22.8 (±4.2)	22.8 (±4.2)
Diabetes	7.3	7.1 (±0.9)	7.1 (±2.4)	7.1 (±2.4)
Flu Vaccination	34.3	34.1 (±3.7)	27.3 (±8.5)	27.3 (±8.5)
Current Smoking	20.6	15.2 (±1.3)	17.0 (±3.6)	17.0 (±3.6)
Binge Drinking	14.4	14.0 (±1.3)	15.1 (±3.8)	15.1 (±3.8)
Obesity	24.4	22.7 (±1.4)	20.0 (±4.0)	20.0 (±4.0)

\* 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](http://www.cdc.gov/brfss)