

**Steps to a Healthier Jefferson County
September 30, 2008**

BRFSS (STEPS Survey) Items:	May-July 2004 (n ₁ =467)	Aug-Oct 2004 (n ₂ =358)	Nov-Jan 2004-5 (n ₃ =353)	Feb-Apr 2005 (n ₄ =414)	Year 1 (n ₁₁ =1592)	May-July 2005 (n ₁ =388)	Aug-Oct 2005 (n ₂ =371)	Nov-Jan 2005-6 (n ₃ =324)	Feb-Apr 2006 (n ₄ =441)	Year 2 (n ₁₂ =1524)	May-July 2006 (n ₁ =384)	Aug-Oct 2006 (n ₂ =384)	Nov-Jan 2006-7 (n ₃ =307)	Feb-Apr 2007 (n ₄ =442)	Year 3 (n ₁₃ =1517)	May-July 2007 (n ₁ =350)	Aug-Oct 2007 (n ₂ =399)	Nov-Jan 2007-8 (n ₃ =388)	Feb-Apr 2008 (n ₄ =351)	Year 4 (n ₁₄ =1488)	Jefferson Average Quarter Result	Jefferson County Comments	Broome (n ₂₃ =1529) Year 2	Chautauqua (n ₂₄ =1488) Year 2	Rockland (n ₂₅ =1457) Year 2																					
	Health Status																																													
1	How many days during the past 30 days was your physical health good																				*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	23.35	26.84	*	*	*		
2	How many days during the past 30 days was your mental health good																				*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	26.95	27.15	*	*	*	
3	Health Status (% Excellent or VG or Good)																				88.8%	89.8%	85.8%	86.5%	87.7%	90.6%	88.3%	87.2%	78.9%	86.1%	88.0%	84.8%	88.4%	87.7%	87.1%	87.3%	81.6%	89.5%	85.5%	86.1%	86.8%			84.5%	83.9%	91.3%
Health Insurance																																														
4	Health Care Insurance Coverage (% Yes)																				81.7%	84.2%	86.2%	87.6%	83.8%	88.6%	87.5%	81.4%	87.1%	86.3%	88.2%	85.7%	88.8%	90.1%	88.2%	89.1%	88.5%	90.8%	85.4%	88.5%	86.9%	Slight ↑, but still low	90.6%	90.3%	91.5%	
5	Type of HC Coverage: (n=only the covered)																																													
	My Employer																				32.6%	32.6%	35.1%	30.9%	31.7%	34.8%	31.8%	30.7%	35.9%	33.5%	33.9%	33.8%	41.5%	35.5%	35.8%	30.0%	31.8%	32.6%	34.8%	32.3%	33.6%	1 in 3, low	41.6%	41.1%	48.0%	
	Someone Else's Employer																				16.4%	17.1%	15.1%	16.6%	16.5%	14.4%	14.5%	16.8%	15.5%	15.2%	20.6%	15.0%	17.3%	15.3%	17.0%	16.2%	15.9%	16.4%	19.8%	17.0%	16.4%			24.3%	19.9%	21.9%
	Purchase on Own																				6.5%	3.6%	4.6%	6.8%	5.5%	3.0%	4.0%	4.3%	5.0%	4.1%	4.9%	8.7%	3.6%	3.1%	5.1%	3.5%	3.2%	3.4%	5.5%	3.9%	4.6%			3.7%	7.7%	6.2%
	Medicare																				18.7%	15.2%	13.6%	16.8%	16.0%	13.5%	18.6%	15.9%	14.8%	15.6%	16.3%	17.0%	12.8%	16.5%	15.9%	15.6%	21.6%	15.6%	15.3%	16.6%	16.1%			19.6%	18.0%	14.4%
	Medicaid																				5.0%	9.6%	4.8%	8.7%	7.0%	8.2%	3.9%	6.7%	5.3%	6.0%	5.1%	6.6%	4.4%	3.3%	4.8%	7.5%	5.1%	2.5%	6.2%	5.2%	5.8%			4.4%	5.5%	5.5%
	Family Health Plus																				*	*	*	*	*	3.6%	3.3%	1.3%	2.2%	2.6%	2.6%	1.1%	3.0%	0.8%	1.8%	5.3%	2.0%	3.2%	3.0%	3.4%	2.6%			2.4%	3.6%	1.0%
	Military																				17.0%	17.3%	23.6%	16.1%	18.6%	19.4%	21.4%	22.4%	20.1%	20.7%	14.0%	15.3%	15.2%	22.9%	17.2%	18.7%	17.4%	24.4%	12.6%	18.6%	18.6%	1 in 5, high	1.1%	1.7%	0.4%	
Healthcare Access																																														
6	Have a personal doctor or healthcare provider, % 1 or more providers																				*	*	*	*	*	76.7%	75.9%	71.7%	79.7%	76.2%	80.1%	67.2%	79.7%	69.4%	73.4%	74.6%	79.7%	69.0%	65.3%	72.0%	74.1%	3 in 4, low	86.0%	88.1%	85.0%	
7	Could not see a doctor because of cost in past year																				*	*	*	*	*	9.1%	9.8%	10.5%	11.1%	10.1%	8.4%	11.6%	8.3%	7.1%	8.9%	10.8%	7.0%	11.0%	11.5%	10.1%	9.7%	1 in 10	9.8%	9.4%	7.7%	
8	Last time you had a routine checkup																																													
	Within the past year																				*	*	*	*	*	66.7%	77.2%	71.4%	79.2%	73.7%	75.5%	74.1%	79.4%	74.6%	75.6%	72.7%	72.8%	61.1%	62.9%	67.1%	72.3%	Decreased	73.1%	76.6%	73.6%	
	5 or more years ago																				*	*	*	*	*	11.4%	5.0%	8.4%	4.4%	7.3%	6.8%	9.9%	4.7%	7.8%	7.6%	9.0%	12.0%	14.8%	14.6%	12.7%	9.1%	Increased	8.2%	5.6%	4.4%	
Exercise																																														
9	Yes, exercise in past month																				79.3%	80.4%	70.4%	71.7%	76.1%	84.5%	80.6%	78.1%	74.4%	79.4%	84.9%	77.6%	76.0%	72.9%	77.8%	*	*	*	*	*	77.6%			76.9%	74.4%	77.3%
10	Hours per day watching TV																																													
	Less than 1 hour																				*	*	*	*	*	8.8%	6.7%	9.0%	4.4%	7.1%	6.9%	13.5%	8.3%	7.8%	9.2%	10.0%	7.2%	11.0%	4.0%	8.3%	8.1%			7.8%	10.3%	19.4%
	1-2 hours																				*	*	*	*	*	48.9%	48.0%	50.1%	44.7%	47.8%	50.2%	52.7%	43.7%	48.6%	49.2%	42.1%	41.0%	44.6%	43.2%	42.8%	46.5%			45.9%	45.7%	42.6%
	3+ hours																				*	*	*	*	*	42.4%	45.3%	40.9%	50.9%	45.1%	42.9%	33.8%	48.0%	43.7%	41.6%	47.8%	51.8%	44.4%	52.4%	48.9%	45.4%	Half!	46.3%	44.0%	38.0%	
11	Moderate Physical Activity (% 5+ days/week for 30 minutes)																				*	*	*	*	*	53.7%	51.5%	50.5%	39.4%	48.6%	55.1%	49.2%	48.3%	36.6%	47.0%	48.2%	57.9%	44.1%	47.4%	49.1%	48.5%	VERY	40.1%	40.8%	33.8%	
12	Vigorous Physical Activity (% 3+ days/week for 20 minutes)																				*	*	*	*	*	40.3%	40.8%	39.5%	32.6%	38.2%	37.2%	40.4%	28.0%	33.2%	35.2%	34.1%	39.3%	38.0%	37.6%	37.3%	36.8%	HIGH	28.5%	29.5%	27.9%	
13	Meet both Moderate and Vigorous Physical Activities																				*	*	*	*	*	27.3%	28.6%	29.2%	18.7%	25.8%	27.2%	29.5%	20.6%	20.4%	24.7%	26.1%	32.1%	21.4%	26.8%	26.4%	25.7%	HERE	18.6%	20.1%	15.4%	
14	Meet at least One of Mod or Vig																				*	*	*	*	*	*	*	*	*	*	65.6%	60.4%	56.7%	50.0%	58.1%	58.2%	66.6%	60.5%	59.5%	61.2%	59.7%	More than half!	*	*	*	
Walking																																														
15	Walk for at least 30 minutes (% Yes)																				64.4%	69.8%	60.3%	64.2%	65.0%	68.8%	71.2%	70.3%	66.1%	69.0%	*	*	*	*	*	*	*	*	*	*	66.9%			64.8%	65.6%	61.0%
16	Walk for at least 30 minutes, 5+ days per week (% Yes)																				56.8%	57.1%	57.9%	59.0%	57.8%	70.0%	66.9%	65.1%	57.4%	64.6%	*	*	*	*	*	52.8%	49.9%	55.4%	53.8%	53.1%	58.5%	≅Half, but ↓	61.5%	60.3%	51.1%	
17	"It is EASY to walk in local community." (% Agree +% Strongly Agree)																				*	*	*	*	*	83.7%	83.6%	82.7%	86.1%	84.1%	*	*	*	*	*	*	*	*	*	*	84.0%			86.0%	89.9%	80.6%
18	"It is SAFE to walk in local community." (% Agree +% Strongly Agree)																				*	*	*	*	*	93.0%	88.2%	94.6%	89.5%	91.2%	*	*	*	*	*	*	*	*	*	*	91.3%			88.4%	92.5%	87.5%

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	(n ₁ =467)	(n ₁ =358)	(n ₁ =353)	(n ₁ =414)	(n ₁ =1592)	(n ₁ =388)	(n ₁ =371)	(n ₁ =324)	(n ₁ =441)	(n ₁ =1524)	(n ₁ =384)	(n ₁ =384)	(n ₁ =307)	(n ₁ =442)	(n ₁ =1517)	(n ₁ =350)	(n ₁ =399)	(n ₁ =388)	(n ₁ =351)	(n ₁ =1488)		(n ₁ =1529) Year 2	(n ₁ =1488) Year 2	(n ₁ =1457) Year 2	
Tobacco																									
19 Current Smokers	21.5%	24.6%	23.9%	28.5%	24.2%	24.4%	21.4%	24.3%	19.7%	22.4%	26.1%	23.9%	22.4%	24.2%	24.3%	22.2%	23.0%	24.3%	20.7%	22.6%	23.4%	Still more than 20%	24.3%	23.7%	14.1%
Former Smokers	25.5%	25.4%	22.9%	24.4%	24.3%	23.1%	23.2%	23.7%	31.2%	25.4%	24.1%	28.9%	30.8%	25.7%	27.1%	26.0%	28.9%	28.2%	26.0%	27.3%	26.1%		25.0%	26.4%	28.4%
20 Quit at least 1 day (n=current smokers)	55.9%	57.4%	56.8%	54.1%	53.9%	51.2%	58.5%	51.8%	59.5%	55.0%	65.4%	51.8%	63.1%	56.8%	58.9%	42.5%	46.7%	57.7%	57.5%	51.5%	55.4%	Half+ want to quit!	50.8%	52.4%	51.8%
21 Smoking NOT Allowed in Home	68.8%	69.9%	74.3%	63.5%	68.7%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	69.1%		*	*	*
22 FAVOR CIAA	57.7%	55.8%	60.0%	59.4%	57.6%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	58.2%		*	*	*
OPPOSE CIAA	27.4%	28.0%	24.6%	24.1%	25.6%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	26.0%		*	*	*
23 Doctor asked if smoke (n=only those who saw doctor)	74.7%	80.4%	74.3%	72.6%	75.3%	*	*	*	*	*	70.6%	70.1%	71.1%	69.3%	70.2%	75.5%	70.1%	74.9%	67.2%	71.9%	72.6%	3 of 4 asked	*	*	*
24 Doctor advised to quit smoking (n=only smokers who saw doctor)	77.6%	80.8%	70.9%	72.5%	75.8%	*	*	*	*	*	64.9%	86.5%	63.6%	78.4%	73.1%	89.3%	80.8%	76.4%	60.6%	76.6%	75.2%		*	*	*
Asthma																									
25 Current Asthma	7.7%	10.0%	6.5%	13.7%	12.6%	8.8%	9.9%	4.7%	7.4%	7.8%	7.5%	7.9%	8.1%	6.4%	7.4%	8.7%	7.6%	7.5%	10.1%	8.5%	8.3%		8.2%	9.5%	6.9%
26 Asthma Attack in Past Year (n=current w/asthma)	43.1%	31.7%	56.9%	52.6%	45.2%	*	*	*	*	*	*	*	*	*	*	43.5%	61.9%	32.5%	54.0%	47.8%	47.0%		*	*	*
27 Emergency or Urgent Visit Caused by Asthma? (n=current w/asthma)	6.6%	6.0%	15.1%	16.5%	11.9%	30.8%	31.2%	15.8%	14.6%	24.7%	13.5%	24.4%	23.0%	14.6%	18.8%	0.0%	23.5%	2.8%	31.3%	14.9%	16.9%		17.1%	14.4%	14.5%
28 See Provider to treat Symptoms at least once? (n=current w/asthma)	24.5%	15.4%	38.2%	33.0%	26.2%	14.8%	44.3%	29.8%	16.9%	26.7%	34.1%	47.9%	51.5%	28.6%	40.2%	54.7%	36.4%	18.4%	49.0%	40.0%	33.6%	Increasing?	33.4%	29.2%	25.6%
29 Days unable to do activities? (% at least 1) (n=current w/asthma)	22.9%	16.9%	29.0%	16.5%	20.2%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	21.3%		*	*	*
30 Asthma Symptoms in past 30 days (% at least once) (n=current w/asthma)	55.9%	68.9%	86.9%	81.4%	72.6%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	73.3%		*	*	*
31 Routine Check Ups for asthma in Past Year - % 2 or more (n=current w/asthma)	*	*	*	*	*	*	*	*	*	*	42.3%	26.9%	43.8%	26.4%	34.1%	28.3%	34.2%	28.1%	22.5%	27.8%	31.6%	3/4 "0 or 1"	*	*	*
32 Frequency of Asthma Symptoms in Past 30 Days (n=current w/asthma)																									
Never	*	*	*	*	*	*	*	*	*	*	23.4%	48.2%	10.1%	29.6%	29.5%	51.5%	25.1%	29.5%	25.0%	32.6%	30.3%	70% "at least some"	*	*	*
Less than Once per Week	*	*	*	*	*	*	*	*	*	*	27.3%	15.2%	38.0%	32.0%	27.1%	27.9%	34.1%	31.6%	21.2%	28.2%	28.4%		*	*	*
1-2 times per Week	*	*	*	*	*	*	*	*	*	*	24.7%	26.7%	28.6%	21.9%	25.4%	12.9%	20.3%	19.5%	28.3%	20.6%	22.9%		*	*	*
More than twice per Week	*	*	*	*	*	*	*	*	*	*	11.6%	3.7%	9.6%	4.7%	7.2%	4.5%	7.6%	6.1%	6.9%	7.2%	6.9%		*	*	*
Every Day - but not all the time	*	*	*	*	*	*	*	*	*	*	7.8%	3.0%	8.2%	5.7%	5.9%	2.0%	7.5%	5.1%	2.4%	4.1%	5.2%	1 in 10: Every Day	*	*	*
Every Day - All the Time	*	*	*	*	*	*	*	*	*	*	5.3%	3.2%	5.5%	6.2%	5.0%	1.3%	5.4%	4.8%	17.0%	7.6%	6.1%		*	*	*
Diabetes																									
33 Had test for diabetes in past 3 years (everyone asked)	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	63.2%	64.4%	56.7%	54.3%	59.4%	59.7%	=60% tested	*	*	*
34 Current Diabetes (including Gest. Only)	8.3%	9.9%	8.6%	9.3%	7.6%	7.3%	7.6%	7.9%	9.9%	8.2%	9.9%	9.3%	7.7%	7.7%	9.8%	8.1%	10.2%	7.4%	8.1%	8.4%	8.6%	=1 in 10	8.6%	7.9%	7.1%
35 At what age were you diagnosed with diabetes? (n=current w/diabetes)																									
1-29 years old	*	*	*	*	*	6.0%	19.1%	11.5%	6.1%	10.4%	*	*	*	*	*	*	*	*	*	*	10.7%		7.1%	6.7%	11.1%
30-44 years old	*	*	*	*	*	24.8%	16.1%	26.7%	30.7%	25.0%	*	*	*	*	*	*	*	*	*	*	24.6%		19.3%	22.6%	25.7%
45-64 years old	*	*	*	*	*	44.9%	37.0%	48.8%	43.0%	43.5%	*	*	*	*	*	*	*	*	*	*	43.4%		50.5%	52.4%	43.5%
65+ years old	*	*	*	*	*	24.3%	27.8%	12.1%	20.1%	21.1%	*	*	*	*	*	*	*	*	*	*	21.1%		23.1%	18.3%	19.7%
36 How often check blood glucose? (n=current w/diabetes)																									
Daily	62.4%	58.8%	69.7%	53.2%	62.2%	64.2%	62.3%	55.5%	66.6%	62.6%	61.8%	73.6%	68.1%	67.1%	67.5%	66.5%	62.0%	68.1%	79.8%	68.6%	65.0%	Most daily, has ↑	63.0%	67.8%	73.8%
Weekly	24.7%	18.4%	13.5%	19.5%	18.0%	16.2%	15.6%	36.1%	25.5%	23.6%	11.6%	13.3%	14.4%	19.8%	14.6%	10.7%	17.7%	13.3%	12.0%	13.6%	17.6%		24.4%	14.6%	11.9%
37 How often check feet? (n=current w/diabetes)																									
Daily	65.5%	59.5%	60.1%	79.2%	66.1%	87.0%	85.3%	85.8%	95.3%	89.1%	69.7%	45.6%	85.0%	57.0%	62.0%	50.9%	55.9%	67.4%	62.8%	59.2%	69.5%	Most daily	76.4%	79.6%	86.8%
Weekly	16.3%	18.9%	19.3%	9.1%	16.1%	7.6%	11.2%	2.5%	3.1%	5.9%	1.7%	38.2%	7.8%	23.8%	18.8%	22.5%	22.3%	16.8%	15.2%	19.3%	14.8%		11.8%	13.2%	6.0%
38 Checked A1C at least twice in past year? (% Yes) (n=current w/diabetes)	81.6%	86.6%	77.4%	70.1%	67.7%	74.7%	78.0%	78.2%	63.1%	72.9%	74.6%	86.6%	73.6%	71.4%	77.3%	66.6%	85.9%	78.5%	87.4%	79.9%	77.1%	Increased	76.2%	80.9%	92.6%
39 Health Professional checked feet at least once in past year? (n=current w/diabetes)	79.2%	60.3%	80.2%	56.0%	66.1%	69.7%	75.2%	91.9%	82.2%	80.1%	77.3%	81.7%	81.1%	73.5%	78.2%	64.0%	71.9%	74.5%	78.5%	72.2%	74.8%		86.1%	80.2%	81.6%
40 Dilated eye exam in past Year (% Yes)? (n=current w/diabetes)	78.1%	58.4%	80.6%	70.1%	71.9%	57.4%	70.6%	73.0%	64.2%	66.1%	57.3%	70.2%	71.7%	67.0%	65.9%	76.0%	75.7%	58.7%	84.4%	73.3%	69.6%	=2/3 tested	72.8%	73.3%	81.8%
41 Seen Health Professional for Diabetes 5+ times in past year? (% Yes)	*	*	*	*	*	*	*	*	*	*	24.8%	8.1%	25.8%	11.5%	16.7%	11.4%	13.0%	19.5%	14.8%	14.7%	16.1%	1 in 7	*	*	*
42 Ever taken a diabetes self-management class? (% Yes) (n=current w/diabetes)	47.7%	29.7%	62.8%	64.7%	51.8%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	51.2%		*	*	*

Steps to a Healthier Jefferson County
September 30, 2008

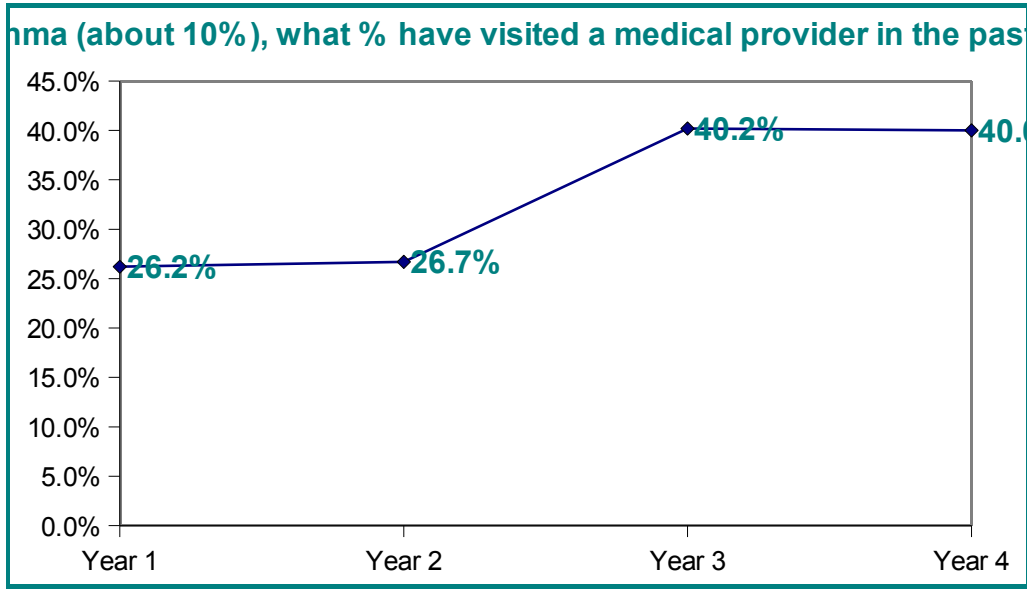
BRFSS (STEPS Survey) Items:	May-July 2004	Aug-Oct 2004	Nov-Jan 2004-5	Feb-Apr 2005	Year 1	May-July 2005	Aug-Oct 2005	Nov-Jan 2005-6	Feb-Apr 2006	Year 2	May-July 2006	Aug-Oct 2006	Nov-Jan 2006-7	Feb-Apr 2007	Year 3	May-July 2007	Aug-Oct 2007	Nov-Jan 2007-8	Feb-Apr 2008	Year 4	Jefferson	Jefferson County	Broome	Chautauqua	Rockland	
	(n ₁ =467)	(n ₁ =358)	(n ₁ =353)	(n ₁ =414)	(n ₁ =1592)	(n ₁ =388)	(n ₁ =371)	(n ₁ =324)	(n ₁ =441)	(n ₁ =1524)	(n ₁ =384)	(n ₁ =384)	(n ₁ =307)	(n ₁ =442)	(n ₁ =1517)	(n ₁ =350)	(n ₁ =399)	(n ₁ =388)	(n ₁ =351)	(n ₁ =1488)	Average Quarter Result	Comments	(n ₁ =1529) Year 2	(n ₁ =1488) Year 2	(n ₁ =1457) Year 2	
Disability																										
43 Are you limited in any way? (% Yes)	19.9%	15.7%	17.7%	22.4%	18.8%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	18.9%		*	*	*
44 Do you require special equipment? (% Yes)	5.9%	5.6%	6.7%	7.2%	6.3%	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	6.4%		*	*	*
Fruits and Vegetables																										
45 F/V servings per day?																										
5+*	23.8%	30.0%	28.5%	29.6%	27.5%	31.2%	22.5%	26.5%	25.3%	26.4%	30.3%	22.3%	26.4%	22.4%	25.1%	28.2%	26.9%	27.1%	32.6%	28.6%	27.1%	Stable at 1/4	25.5%	26.2%	28.3%	
Milk Consumption																										
46 Type of Milk																										
Whole	20.7%	20.5%	17.1%	21.5%	20.4%	20.2%	20.9%	18.1%	14.8%	18.4%	19.1%	18.1%	17.4%	15.1%	17.4%	13.9%	18.8%	21.3%	14.9%	17.4%	18.3%		12.1%	12.8%	18.3%	
2%	36.7%	42.7%	41.2%	34.1%	38.5%	41.0%	36.7%	38.9%	37.9%	38.6%	32.3%	39.7%	37.1%	41.3%	37.8%	37.6%	36.7%	35.1%	37.0%	36.6%	37.9%	NO	32.2%	46.2%	21.9%	
1%	12.1%	11.3%	11.2%	16.5%	12.7%	9.2%	13.4%	13.8%	15.3%	12.9%	12.9%	16.1%	17.5%	19.2%	16.4%	16.5%	14.1%	16.9%	15.0%	15.7%	14.4%	MAJOR	19.6%	13.4%	20.2%	
Skim	22.3%	18.8%	21.3%	18.6%	20.1%	22.0%	22.8%	23.1%	22.4%	22.5%	28.1%	19.2%	21.5%	17.8%	21.5%	24.3%	21.6%	15.5%	23.5%	21.0%	21.4%	CHANGES	24.0%	19.5%	26.0%	
None	8.2%	6.7%	9.3%	9.3%	8.2%	4.0%	4.7%	5.4%	6.4%	5.1%	4.4%	5.2%	4.1%	4.1%	4.5%	5.6%	6.8%	8.5%	8.3%	7.4%	6.3%		8.1%	6.7%	8.7%	
Soy milk or other substitute	*	*	*	*	*	3.6%	1.5%	0.7%	3.2%	2.5%	4.2%	1.7%	2.4%	2.5%	2.5%	2.1%	2.1%	2.6%	1.3%	2.0%	2.2%		4.0%	1.4%	4.9%	
Weight Control																										
47 Trying to lose weight (% Yes)	44.9%	35.8%	36.7%	42.8%	39.4%	*	*	*	*	*	46.8%	31.5%	39.2%	38.0%	38.7%	*	*	*	*	*	38.7%		*	*	*	
48 Trying to maintain weight (% Yes, of the non-lose above)	63.7%	57.4%	62.4%	62.1%	61.0%	*	*	*	*	*	30.3%	44.9%	36.0%	38.9%	37.2%	*	*	*	*	*	37.2%		*	*	*	
49 Eating less calories or fat to lose or maintain (n=only those losing or maintaining)																										
Less Calories	19.2%	20.7%	19.6%	17.5%	19.1%	*	*	*	*	*	26.2%	16.0%	19.4%	21.3%	20.8%	*	*	*	*	*	20.8%		*	*	*	
Less Fat	20.5%	20.7%	21.2%	17.3%	19.9%	*	*	*	*	*	18.8%	27.8%	26.5%	20.4%	23.1%	*	*	*	*	*	23.1%		*	*	*	
Less of Both	28.5%	29.9%	26.4%	33.8%	28.7%	*	*	*	*	*	32.4%	23.7%	31.9%	29.9%	29.2%	*	*	*	*	*	29.2%		*	*	*	
50 Using Physical Activity to lose or maintain (% Yes) (n=only those losing or maintaining)	78.7%	72.4%	71.8%	70.0%	73.4%	*	*	*	*	*	74.5%	72.6%	71.7%	75.9%	73.9%	*	*	*	*	*	73.9%		*	*	*	
51 Doctor advised to:																										
Lose weight	12.6%	7.8%	10.6%	11.9%	10.4%	*	*	*	*	*	14.3%	10.8%	13.2%	12.0%	12.5%	20.0%	26.8%	20.2%	23.7%	22.7%	15.3%	DOUBLED!	*	*	*	
Gain weight	0.3%	2.1%	0.8%	1.2%	1.1%	*	*	*	*	*	1.3%	2.0%	0.5%	2.9%	1.8%	1.2%	3.2%	1.7%	3.4%	2.4%	1.7%		*	*	*	
Maintain weight	2.3%	3.5%	2.3%	2.0%	2.6%	*	*	*	*	*	0.4%	1.7%	1.6%	1.4%	1.3%	2.8%	3.1%	5.7%	1.5%	3.3%	2.4%		*	*	*	
52 Weight change in past year:																										
Lost weight	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	24.9%	24.2%	25.1%	23.9%	24.5%	24.5%	L & G	*	*	*	
Gained weight	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	23.2%	22.3%	20.2%	28.7%	23.5%	23.6%	comparable	*	*	*	
Maintained weight	*	*	*	*	*	*	*	*	*	*	52.0%	53.5%	54.7%	47.4%	51.9%	52.0%	53.5%	54.7%	47.4%	52.0%	51.9%		*	*	*	
53 Was weight change intentional? (% Yes)	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	47.2%	49.3%	49.0%	39.4%	46.2%	46.2%	More than half un.	*	*	*	
Obesity																										
54 BMI Category:																										
Not Overweight	31.1%	40.1%	35.7%	32.1%	35.4%	36.6%	33.9%	39.3%	29.0%	34.5%	35.0%	39.5%	31.8%	30.8%	34.4%	35.0%	33.6%	35.7%	30.5%	33.8%	34.4%	Stable at	35.7%	36.0%	37.3%	
Overweight	40.8%	35.6%	42.2%	38.2%	38.8%	36.9%	41.4%	32.9%	41.4%	38.3%	40.1%	39.6%	36.9%	39.0%	39.0%	39.0%	35.2%	33.9%	38.7%	32.4%	35.3%	two-thirds	36.2%	36.8%	42.1%	
Obese	28.0%	24.3%	22.2%	29.7%	25.8%	26.6%	24.7%	27.8%	29.6%	27.2%	24.9%	20.9%	31.3%	30.2%	26.5%	29.8%	32.6%	25.5%	37.0%	31.0%	27.8%	overweight+	28.0%	27.2%	20.5%	
Doctor Advice																										
55 Saw Doctor in past year	71.8%	73.9%	74.5%	73.0%	72.6%	76.5%	74.5%	74.0%	80.8%	76.6%	72.0%	60.5%	71.6%	71.2%	68.6%	76.0%	81.8%	68.3%	75.9%	75.2%	73.5%	3/4 see Dr	78.3%	79.2%	79.3%	
The doctor: (n=only those who had visited a doctor)																										
56 Advised me to go on a diet	*	*	*	*	*	30.3%	32.8%	41.9%	41.9%	36.7%	*	*	*	*	*	*	*	*	*	*	*	36.7%		36.4%	38.4%	40.5%
57 Advised me to increase Physical Activity	*	*	*	*	*	37.1%	43.4%	40.7%	47.8%	42.4%	*	*	*	*	*	*	*	*	*	*	*	42.3%		41.2%	42.3%	46.7%
58 Told me I am at risk for diabetes	*	*	*	*	*	5.9%	9.3%	9.4%	10.0%	8.6%	7.1%	9.9%	6.3%	5.8%	7.2%	2.4%	6.2%	9.2%	3.9%	5.5%	7.1%	Very	7.8%	9.0%	8.7%	
59 Told me I had pre-diabetes	*	*	*	*	*	16.1%	22.5%	13.2%	34.6%	23.3%	2.7%	2.4%	1.8%	3.2%	2.6%	2.0%	4.1%	3.5%	2.0%	2.9%	9.0%	rare	26.9%	22.9%	31.3%	
Knowledge of Healthy Behaviors																										
60 Knowledge of FV servings needed per day																										
% respond 0	*	*	*	*	*	0.3%	0.4%	0.5%	0.3%	0.4%	2.2%	0.0%	0.0%	0.2%	0.6%	0.6%	0.3%	0.0%	0.0%	0.2%	0.4%		0.4%	0.2%	0.9%	
% respond 1-2	*	*	*	*	*	22.2%	32.9%	24.2%	24.6%	25.9%	19.8%	20.0%	15.2%	14.7%	17.6%	15.5%	19.3%	16.8%	20.9%	18.1%	20.5%	Stable	22.5%	28.5%	28.2%	
% respond 3-4	*	*	*	*	*	43.9%	34.6%	48.3%	39.7%	41.5%	44.3%	43.1%	44.7%	51.0%	45.9%	47.5%	40.5%	43.8%	39.2%	42.8%	43.4%	here	37.0%	35.4%	35.8%	
% respond 5+	*	*	*	*	*	33.7%	32.1%	27.1%	35.4%	32.3%	33.7%	36.9%	40.1%	34.2%	35.9%	33.6%	36.6%	34.7%	35.2%	35.0%	34.4%		40.1%	35.9%	35.2%	
61 Knowledge of # steps needed per day																										
% respond <2,000	*	*	*	*	*	10.8%	11.8%	10.6%	10.6%	11.0%	*	*	*	*	*	*	*	*	*	*	*	11.0%		11.5%	10.1%	18.8%
% respond 2,000-4,999	*	*	*	*	*	37.1%	42.0%	39.8%	50.0%	42.3%	*	*	*	*	*	*	*	*	*	*	*	42.2%		44.6%	46.1%	43.4%
% respond 5,000-9,999	*	*	*	*	*	29.0%	27.8%	30.0%	23.0%	27.3%	*	*	*	*	*	*	*	*	*	*	*	27.5%		21.9%	24.5%	22.8%
% respond 10,000+	*	*	*	*	*	23.1%	18.4%	19.6%	16.4%	19.4%	*	*	*	*	*	*	*	*	*	*	*	19.4%		22.0%	19.2%	15.0%
62 Knowledge of Moderate Physical Activity needed (% reporting 5+ days)	*	*	*	*	*	46.8%	42.4%	43.4%	46.8%	44.9%	48.6%	50.3%	47.9%	46.0%	48.2%	52.0%	42.6%	46.0%	51.2%	47.8%	47.0%	Half!	44.4%	46.7%	41.8%	
63 Knowledge of Vigorous Physical Activity needed (% reporting 3+ days)	*	*	*	*	*	74.1%	72.6%	80.3%	82.5%	77.3%	79.3%	81.8%	77.8%	82.0%	80.5%	76.3%	72.7%	74.1%	71.1%	73.5%	77.1%	4-Mar	75.3%	73.6%	70.2%	

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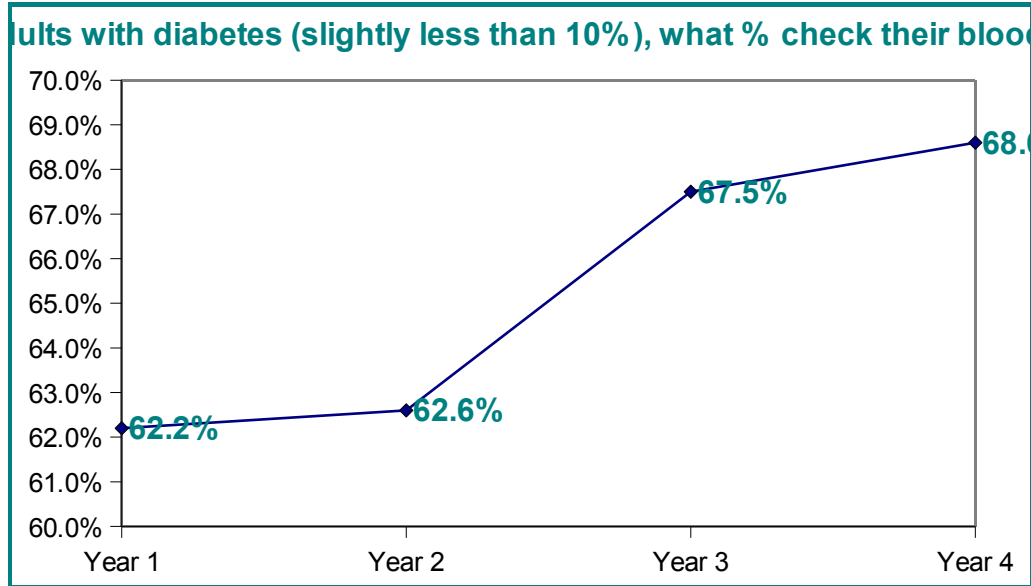
BRFSS (STEPS Survey) Items:		May-July 2004 (n ₁ =467)	Aug-Oct 2004 (n ₂ =358)	Nov-Jan 2004-5 (n ₃ =353)	Feb-Apr 2005 (n ₄ =414)	Year 1 (n _{v1} =1592)	May-July 2005 (n ₁ =388)	Aug-Oct 2005 (n ₂ =371)	Nov-Jan 2005-6 (n ₃ =324)	Feb-Apr 2006 (n ₄ =441)	Year 2 (n _{v2} =1524)	May-July 2006 (n ₁ =384)	Aug-Oct 2006 (n ₂ =384)	Nov-Jan 2006-7 (n ₃ =307)	Feb-Apr 2007 (n ₄ =442)	Year 3 (n _{v3} =1517)	May-July 2007 (n ₁ =350)	Aug-Oct 2007 (n ₂ =399)	Nov-Jan 2007-8 (n ₃ =388)	Feb-Apr 2008 (n ₄ =351)	Year 4 (n _{v4} =1488)	Jefferson Average Quarter Result	Jefferson County Comments	Broome (n _{v2} =1529) Year 2	Chautauqua (n _{v2} =1488) Year 2	Rockland (n _{v2} =1457) Year 2	
STEPS Awareness and Participation & Jefferson County Specific Items																											
64	Heard of STEPS to a Healthier NY? (% Yes)	42.0%	34.7%	47.3%	46.4%	42.4%	43.0%	42.9%	49.2%	50.9%	46.5%	51.0%	48.0%	53.0%	45.5%	49.0%	42.4%	52.3%	52.2%	55.6%	50.8%	47.3%	Still impressive	56.2%	43.3%	17.8%	
65	Heard of North Country STEPS Forward? (% Yes)	19.9%	27.9%	35.8%	33.9%	31.3%	32.4%	34.5%	25.6%	28.2%	30.2%	25.2%	24.6%	21.8%	25.1%	24.4%	*	*	*	*	*	27.9%		55.1%	*	*	
66	Household pledges for NC STEPS Forward (% at least 1) (n=those w	24.7%	13.4%	13.0%	9.5%	13.8%	10.0%	24.2%	14.8%	16.5%	16.5%	7.2%	15.1%	9.2%	7.8%	9.7%	*	*	*	*	*	13.8%		*	*	*	
67	"The community supports health promotion programs." (% Agree +% S	*	*	*	*	*	77.6%	74.7%	74.0%	75.0%	75.4%	*	*	*	*	*	*	*	*	*	*	75.3%		80.9%	77.7%	77.7%	
68	"I see people exercising in my neighborhood." (% Agree +% Strongly A	*	*	*	*	*	74.9%	72.2%	65.2%	69.1%	70.5%	*	*	*	*	*	69.1%	66.4%	59.7%	58.7%	63.2%	66.9%	Comparably low	74.5%	72.2%	78.5%	
69	"I see people eating healthy in my community." (% Agree +% Strongly	*	*	*	*	*	46.6%	46.1%	43.2%	45.7%	45.5%	*	*	*	*	*	52.3%	47.1%	46.3%	37.9%	45.7%	45.7%	Stable	43.1%	42.8%	46.0%	
70	Walk 20 minutes specifically to exercise																										
	Never	*	*	*	*	*	*	*	*	*	*	27.3%	23.7%	33.4%	27.1%	27.3%	23.4%	27.4%	30.9%	23.1%	26.4%	27.0%	3/4 at least some	*	*	*	
	<1 Per Week	*	*	*	*	*	*	*	*	*	*	7.4%	7.8%	9.0%	10.6%	8.7%	5.2%	7.0%	7.7%	10.3%	7.6%	8.1%		*	*	*	
	Once Per Week	*	*	*	*	*	*	*	*	*	*	10.6%	13.7%	8.1%	9.2%	10.6%	12.0%	10.1%	10.2%	10.7%	10.7%	10.6%		*	*	*	
	2-3 times Per Week	*	*	*	*	*	*	*	*	*	*	23.0%	25.2%	23.4%	25.3%	24.3%	24.2%	20.3%	19.0%	27.3%	22.5%	23.5%		*	*	*	
	4-6 times Per Week	*	*	*	*	*	*	*	*	*	*	20.9%	13.5%	16.1%	14.0%	16.0%	15.9%	16.6%	14.8%	15.7%	15.7%	15.9%		*	*	*	
	Daily	*	*	*	*	*	*	*	*	*	*	10.8%	16.2%	10.0%	13.8%	13.0%	19.2%	18.7%	17.4%	13.0%	17.1%	14.9%	=1/5	*	*	*	
71	Recall Seeing "COULD IT BE ASTHMA?" (% Yes)	*	*	*	*	*	*	*	*	*	*	21.4%	16.4%	13.4%	13.8%	16.4%	*	*	*	*	*	16.3%		*	*	*	
72	Main Reason not Eating More FV																										
	Too expensive	*	*	*	*	*	*	*	*	*	*	11.4%	11.3%	8.6%	12.2%	11.1%	*	*	*	*	*	10.9%	#2	*	*	*	
	Not sure how to select	*	*	*	*	*	*	*	*	*	*	0.2%	0.7%	0.0%	0.2%	0.3%	*	*	*	*	*	0.3%		*	*	*	
	Others don't like them	*	*	*	*	*	*	*	*	*	*	1.4%	0.6%	2.0%	1.0%	1.2%	*	*	*	*	*	1.3%		*	*	*	
	Too much time to prepare	*	*	*	*	*	*	*	*	*	*	12.5%	7.3%	9.7%	5.4%	8.5%	*	*	*	*	*	8.7%		*	*	*	
	Not sure how yo prepare	*	*	*	*	*	*	*	*	*	*	0.2%	1.4%	1.1%	0.0%	0.6%	*	*	*	*	*	0.7%		*	*	*	
	Don't like taste	*	*	*	*	*	*	*	*	*	*	12.7%	11.6%	10.2%	10.1%	11.2%	*	*	*	*	*	11.2%	#1	*	*	*	
	Not in habit	*	*	*	*	*	*	*	*	*	*	9.8%	5.9%	10.2%	12.7%	9.6%	*	*	*	*	*	9.7%	#3	*	*	*	
	Not available	*	*	*	*	*	*	*	*	*	*	6.2%	12.3%	9.5%	9.7%	9.5%	*	*	*	*	*	9.4%	#4	*	*	*	
	Too messy	*	*	*	*	*	*	*	*	*	*	0.0%	0.2%	0.0%	0.1%	0.1%	*	*	*	*	*	0.1%		*	*	*	
	Safety concerns	*	*	*	*	*	*	*	*	*	*	0.0%	0.3%	0.5%	0.4%	0.3%	*	*	*	*	*	0.3%		*	*	*	
	I eat enough already	*	*	*	*	*	*	*	*	*	*	16.5%	26.7%	18.6%	20.7%	20.9%	*	*	*	*	*	20.6%	4/5 not enough	*	*	*	
	Other reasons	*	*	*	*	*	*	*	*	*	*	29.2%	21.9%	29.7%	27.5%	26.8%	*	*	*	*	*	27.1%	what others?	*	*	*	
73	Main Reason not drinking Low Fat Milk																										
	Others don't like them	*	*	*	*	*	*	*	*	*	*	8.9%	5.3%	5.6%	6.6%	6.6%	8.0%	10.0%	9.4%	7.3%	8.8%	7.6%		*	*	*	
	Don't like taste	*	*	*	*	*	*	*	*	*	*	66.3%	62.0%	73.1%	62.0%	65.0%	52.1%	45.7%	52.2%	58.5%	52.0%	59.0%	Overwhelming #1	*	*	*	
	Not in habit	*	*	*	*	*	*	*	*	*	*	4.9%	2.7%	2.9%	2.3%	3.1%	10.1%	14.7%	12.2%	6.8%	11.1%	7.1%		*	*	*	
	Don't need to eat less fat	*	*	*	*	*	*	*	*	*	*	1.3%	2.5%	0.4%	2.5%	1.9%	3.4%	2.4%	3.6%	0.2%	2.5%	2.0%		*	*	*	
	Quality not as good	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	3.6%	6.8%	11.4%	8.5%	7.9%	7.6%		*	*	*	
	Other reasons	*	*	*	*	*	*	*	*	*	*	18.5%	27.6%	18.1%	26.1%	23.3%	22.9%	20.5%	11.2%	18.7%	17.8%	20.5%		*	*	*	
74	Participated in a Steps program or event (% Yes)	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	9.0%	16.2%	12.1%	8.5%	11.6%	11.5%		*	*	*	
75	Length of time lived in Jefferson County																										
	1 year or less	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	4.1%	6.7%	10.4%	4.6%	6.6%	6.5%		*	*	*	
	2-3 years	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	14.2%	7.8%	11.5%	6.8%	10.1%	10.1%	Stable	*	*	*	
	4-5 years	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	2.7%	3.7%	5.2%	10.8%	5.6%	5.6%	Population	*	*	*	
	Over 5 years	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	78.9%	81.8%	73.0%	77.9%	77.7%	77.9%		*	*	*	
Employer Supported Healthy Activities																											
	Employer offers: (% Yes)																										
76	Tobacco cessation help	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	41.4%	50.7%	64.3%	43.0%	51.3%	49.9%	All	*	*	*	
77	Walking programs	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	27.2%	34.5%	40.5%	30.5%	33.6%	33.2%		*	*	*	
78	Healthy vending options	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	30.8%	19.0%	24.7%	24.2%	24.6%	24.7%	Quite	*	*	*	
79	Healthy food at meetings	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	36.8%	38.6%	41.4%	33.4%	37.8%	37.6%		*	*	*	
80	Breast feeding friendly policies	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	31.0%	20.9%	31.2%	38.1%	30.4%	30.3%	Impressive	*	*	*	
81	Fitness center discounts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	33.5%	38.4%	48.1%	34.3%	39.3%	38.6%		*	*	*	
82	Health screenings	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	33.1%	40.0%	54.8%	44.0%	43.7%	43.0%	(1/4 - 1/21)	*	*	*	

Steps to a Healthier Jefferson County
September 30, 2008

Socio-demographics (unweighted, actual sample)		May-July 2004	Aug-Oct 2004	Nov-Jan 2004-5	Feb-Apr 2005	Year 1	May-July 2005	Aug-Oct 2005	Nov-Jan 2005-6	Feb-Apr 2006	Year 2	May-July 2006	Aug-Oct 2006	Nov-Jan 2006-7	Feb-Apr 2007	Year 3	May-July 2007	Aug-Oct 2007	Nov-Jan 2007-8	Feb-Apr 2008	Year 4	Jefferson Average Quarter Result	US Census 2005 Jefferson County	Broome (n _{v2} =1529) Year 2	Chautauqua (n _{v2} =1488) Year 2	Rockland (n _{v2} =1457) Year 2	
		(n _v =467)	(n _v =358)	(n _v =353)	(n _v =414)	(n _{v1} =1592)	(n _v =388)	(n _v =371)	(n _v =324)	(n _v =441)	(n _{v2} =1524)	(n _v =384)	(n _v =384)	(n _v =307)	(n _v =442)	(n _{v3} =1517)	(n _v =350)	(n _v =399)	(n _v =388)	(n _v =351)	(n _{v3} =1488)						
83	Marital Status (% married)	56.3%	60.4%	61.5%	58.2%	58.6%	60.0%	59.7%	53.4%	57.3%	57.7%	61.0%	57.2%	60.3%	55.0%	58.1%	63.4%	63.0%	62.8%	54.5%	61.0%	59.0%	54.5%	52.2%	55.6%	65.5%	
84	Children in home (% at least 1)	27.2%	42.2%	44.0%	35.5%	36.6%	36.0%	36.3%	31.2%	32.0%	33.9%	33.9%	30.5%	36.8%	35.1%	33.9%	33.1%	29.3%	33.7%	31.3%	31.8%	34.3%	39.7%	28.5%	28.7%	38.3%	
85	Employment																										
	Employed	56.7%	57.0%	60.4%	53.9%	56.6%	52.7%	56.1%	56.3%	53.9%	54.6%	54.2%	53.3%	60.6%	53.6%	55.0%	49.4%	52.8%	55.7%	55.5%	53.4%	55.1%	60.1% (incl Mil.)	52.3%	53.2%	61.1%	
	Retired	25.1%	21.8%	16.8%	22.0%	21.6%	22.8%	24.9%	22.6%	22.7%	23.2%	25.9%	25.8%	17.3%	27.4%	24.6%	30.0%	28.4%	23.6%	25.8%	26.9%	23.9%	35.6% not in LF	27.8%	26.9%	23.7%	
86	Household Income																										
	0-10k	5.3%	2.9%	4.7%	5.9%	4.8%	5.3%	4.7%	3.3%	5.3%	4.7%	4.4%	6.7%	5.9%	5.3%	5.5%	3.5%	5.7%	4.9%	6.0%	5.1%	5.0%	10.6%	4.5%	5.4%	1.5%	
	10k-15k	8.8%	6.1%	6.9%	8.1%	7.6%	7.6%	6.3%	6.9%	6.0%	6.7%	6.2%	4.5%	7.4%	8.3%	6.6%	6.4%	6.0%	5.5%	4.5%	7.3%	6.3%	6.8%	7.7%	6.8%	8.4%	2.7%
	15k-20k	5.6%	11.8%	9.3%	10.8%	9.2%	8.2%	7.5%	9.1%	9.3%	8.5%	7.9%	7.0%	7.7%	10.6%	8.4%	8.1%	8.8%	7.8%	7.0%	7.9%	8.5%	14.6% for	10.0%	9.8%	3.8%	
	20k-25k	14.5%	11.8%	11.8%	11.6%	12.5%	10.8%	11.9%	12.7%	12.0%	11.8%	9.7%	8.5%	8.5%	8.3%	8.7%	8.7%	10.3%	7.8%	11.1%	9.4%	10.6%	15k-25k	11.9%	11.4%	5.3%	
	25k-35k	15.7%	17.9%	19.3%	15.1%	16.9%	17.3%	15.1%	15.6%	14.3%	15.6%	14.4%	12.7%	13.2%	14.9%	13.9%	13.5%	11.4%	14.7%	11.7%	12.8%	14.8%	14.0%	14.0%	16.5%	8.6%	
	35k-50k	17.0%	18.2%	16.2%	19.1%	17.7%	17.8%	20.8%	23.9%	21.6%	20.9%	16.8%	18.8%	20.2%	14.6%	17.4%	21.0%	16.8%	22.2%	15.2%	18.8%	18.8%	15.4%	17.5%	19.6%	12.2%	
	50k-75k	18.3%	17.6%	18.1%	16.7%	17.7%	17.0%	17.6%	14.1%	15.0%	15.9%	21.8%	21.5%	17.3%	15.7%	19.0%	16.8%	19.9%	19.3%	19.6%	19.0%	17.9%	20.1%	16.8%	16.2%	16.0%	
	75k+	14.7%	13.7%	13.7%	12.7%	13.7%	16.1%	16.0%	14.5%	16.5%	15.9%	18.8%	20.3%	19.9%	22.2%	20.4%	21.9%	21.1%	17.9%	22.2%	20.7%	17.6%	17.5%	18.5%	12.7%	49.9%	
87	Gender (% Female)	61.9%	61.2%	61.5%	58.2%	60.7%	66.1%	59.8%	62.3%	62.8%	62.8%	64.0%	61.7%	62.5%	62.9%	62.8%	68.3%	60.7%	57.3%	64.0%	62.4%	62.2%	50.8%	61.9%	63.9%	62.0%	
88	Are you pregnant? (% Yes) (n=only young women)	1.0%	4.0%	5.3%	1.3%	2.9%	6.1%	4.5%	1.4%	4.0%	4.2%	3.4%	4.0%	4.6%	2.0%	3.3%	12.5%	4.6%	6.0%	4.9%	6.6%	4.4%	no comparison	5.1%	4.1%	5.3%	
89	Age groups: (among those 18+)																										
	18-34	17.7%	23.8%	21.4%	16.8%	19.7%	20.2%	21.3%	23.0%	16.9%	20.1%	15.0%	18.1%	13.7%	16.0%	15.8%	14.4%	12.4%	18.1%	15.9%	15.2%	17.8%	39.1%	12.2%	13.2%	12.3%	
	35-64	57.8%	52.7%	60.3%	59.5%	57.6%	57.1%	50.3%	52.8%	60.1%	55.4%	59.1%	52.0%	65.1%	56.5%	57.8%	53.7%	57.0%	54.4%	55.8%	55.3%	56.5%	45.3%	57.5%	56.0%	60.8%	
	65+	24.5%	23.5%	18.3%	23.7%	22.7%	22.8%	28.4%	24.2%	23.0%	24.5%	25.9%	29.9%	21.2%	27.5%	26.4%	31.9%	30.6%	27.5%	28.3%	29.6%	25.7%	15.6%	30.3%	30.8%	26.9%	
90	Race (% White)	95.2%	93.2%	94.3%	?	?	94.8%	93.8%	95.3%	94.7%	94.6%	94.0%	93.4%	94.4%	95.9%	94.5%	94.5%	95.4%	93.8%	96.0%	94.9%	94.6%	89.6%	94.4%	96.1%	82.9%	
91	Education:																										
	< High School	7.1%	10.1%	9.1%	9.4%	8.8%	7.3%	10.5%	8.0%	7.3%	8.2%	7.3%	9.4%	8.1%	7.5%	8.0%	8.3%	7.5%	10.3%	6.5%	8.2%	8.4%	14.1%	7.6%	8.7%	3.7%	
	High School	39.8%	36.0%	38.1%	42.0%	39.0%	37.6%	32.5%	38.3%	40.1%	37.3%	34.2%	35.7%	40.7%	35.4%	36.3%	32.9%	34.8%	38.2%	36.1%	35.6%	37.0%	38.9%	36.1%	37.9%	22.0%	
	More than High School	53.0%	53.9%	52.8%	48.6%	52.2%	55.2%	57.0%	53.7%	52.6%	54.5%	58.5%	54.9%	51.1%	57.1%	55.7%	58.9%	57.6%	51.4%	57.4%	56.2%	54.6%	47.0%	56.3%	53.3%	74.3%	

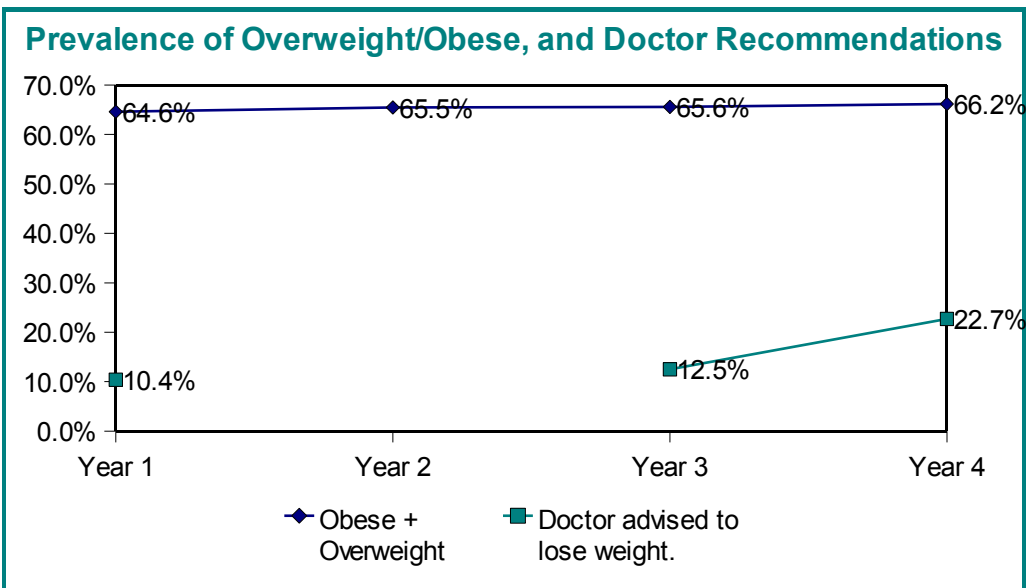


Year 1	26.2%
Year 2	26.7%
Year 3	40.2%
Year 4	40.0%

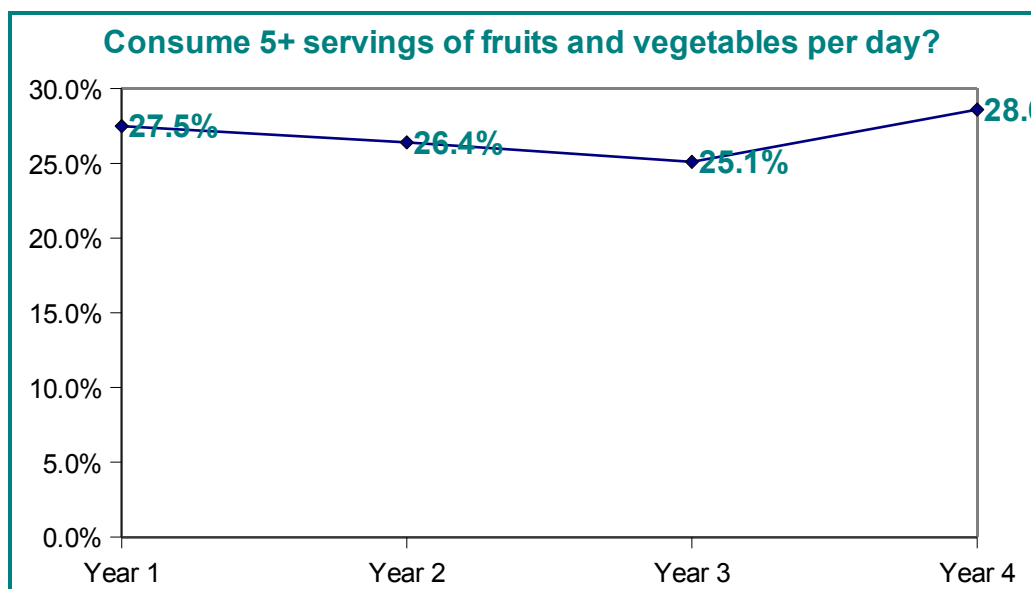


Year 1	62.2%
Year 2	62.6%
Year 3	67.5%
Year 4	68.6%

Obese + O Doctor advised to lose weight.

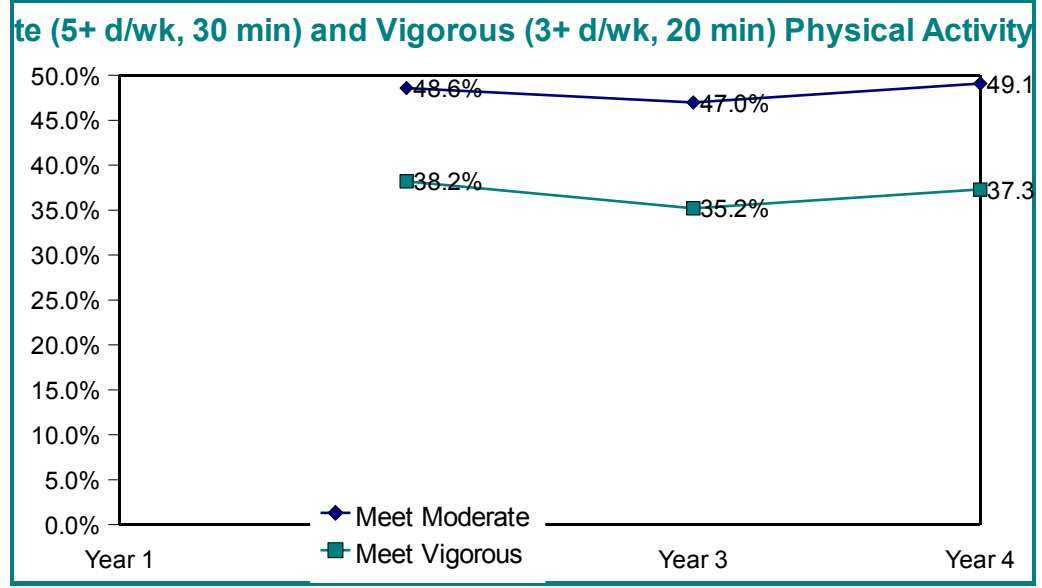


Year 1	64.6%	10.4%
Year 2	65.5%	
Year 3	65.6%	12.5%
Year 4	66.2%	22.7%



Year 1	27.5%
Year 2	26.4%
Year 3	25.1%
Year 4	28.6%

	Meet Moderate	Meet Vigorous
Year 1		
Year 2	48.6%	38.2%
Year 3	47.0%	35.2%
Year 4	49.1%	37.3%



Year 1	24.2%
Year 2	22.4%
Year 3	24.3%
Year 4	22.6%

