



BRFSS

2001-2005 Health Outcomes for Mecklenburg County

The Behavioral Risk Factor Surveillance System (BRFSS) is a random telephone survey of state residents aged 18 and older in households with telephones. BRFSS was initially developed in the early 1980s by the Centers for Disease Control and Prevention (CDC) in collaboration with state health departments and is currently conducted in all 50 states, the District of Columbia, and three United States territories.

Through BRFSS, information is collected in a routine, standardized manner on a variety of health behaviors and preventive health practices related to the leading causes of death and disability such as cardiovascular disease, cancer, diabetes, and injuries.

The following is an overview of 2001-2005 BRFSS survey data for Mecklenburg County.

Behavioral Risk Factor Surveillance System (BRFSS)					
Mecklenburg County, 2001-2005					
	2001	2002	2003	2004	2005
Health Care Access					
Has Health Insurance	91%	84%	85%	84%	82%
Has Personal Doctor	83%	77%	81%	81%	77%
Fair/Poor Health Status	11%	15%	18%	12%	13%
Behavioral Health Risks					
Smoking	20%	19%	20%	18%	16%
Overweight/Obesity	57%	53%	55%	59%	56%
No Physical Activity	21%	25%	22%	22%	21%
Fruit & Veg (≥5/day)	31%	24%	22%	N/A	24%
Chronic Conditions					
Arthritis	14%	24%	22%	N/A	22%
Diabetes	5%	4%	7%	7%	6%
Asthma	5%	6%	4%	7%	7%
Cardiovascular Disease	5%	N/A	7%	N/A	8%
High Blood Pressure	20%	N/A	25%	N/A	27%
High Cholesterol	25%	N/A	34%	N/A	33%