



<b>City of Saint Paul: Selected Indicators from the Behavioral Risk Factor Surveillance System (BRFSS) Survey, 2006</b>	<b>%</b>	<b>95% C.I.<sup>1</sup></b>
Fruit and vegetable consumption. <i>Respondents aged greater than or equal to 18 years who report eating at least 5 fruits and vegetables per day.</i>	30.0	27.57 - 32.7
Recommended physical activity. <i>Number of adults aged greater than 18 years who report moderate physical activity for greater than or equal to 30 minutes at least 5 times/week or who report vigorous physical activity for greater than or equal to 20 minutes at least 3 times/week.</i>	57.0	54.54 - 60.4
Health Care Access: Health Plan. <i>Respondents aged greater than or equal to 18 years who report having any kind of health care coverage</i>	89.0	86.8 - 91.59
Health Care Access: Medical Cost. <i>Respondents aged greater than or equal to 18 years who report a time in the past 12 months when they needed to see a doctor but could not because of cost (excluding unknowns and refusals).</i>	9.3.0	7.56 - 11.06
Health Care Access: Routine Checkup ≤ 12 Months. <i>Respondents aged greater than or equal to 18 years who report having visited a doctor for a routine checkup in the past 12 months (1-12 months).</i>	59.0	56.27 - 62.1
Health Care Access: Routine Checkup > 5 Years. <i>Respondents aged greater than or equal to 18 years who report having visited a doctor for a routine checkup 5 or more years ago.</i>	18.0	15.62 - 20.1
Foot examination among adults aged greater than or equal to 18 years with diabetes. <i>Respondents aged greater than or equal to 18 years ever told by a doctor that they have diabetes (excluding women who were told only when pregnant) who report having a clinical foot exam within the past 12 months.</i>	83.0	75.72 - 90.3
Dilated eye examination among adults aged greater than or equal to 18 years with diabetes. <i>Respondents aged greater than or equal to 18 years ever told by a doctor that they have diabetes (excluding women who were told only when pregnant) who report having received a dilated eye exam within the past 12 months.</i>	9.1	7.51 - 10.7

<sup>1</sup> 95% Confidence Interval: This is a statistical range with a 95 percent probability that the stated parameter lies within the range.



<b>City of Saint Paul: Selected Indicators from Behavioral Risk Factor Surveillance System (BRFSS) Survey, 2006 (contd.)</b>	<b>%</b>	<b>95% C.I.<sup>2</sup></b>
Reduce the overall rate of diabetes that is clinically diagnosed among adults aged greater than or equal to 18 years. <i>Respondents aged greater than or equal to 18 years who report ever having been told by a doctor that they have diabetes other than diabetes during pregnancy.</i>	5.9	4.76 - 7.05
Self foot exam among adults aged greater than or equal to 18 years with diabetes. <i>Respondents aged greater than or equal to 18 years ever told by a doctor that they have diabetes (excluding women who were told only when pregnant, refusals, and unknowns) who report checking their feet at least 1 time daily for any sores or irritations.</i>	66.0	56.27 - 75.8
Tobacco use cessation attempts by adult smokers aged great than or equal to 18 years. <i>Respondents aged greater than or equal to 18 years who report having stopped smoking for one day or longer because they were trying to quit smoking in the past 12 months.</i>	57.0	50.12 - 64.1
Cigarette smoking among adults aged greater than or equal to 18 years. <i>Respondents aged greater than or equal to 18 years who report having smoked 100 cigarettes in their lifetime and are current smokers on every day or some days.</i>	18.0	15.84 - 20.5
Prevalence of overweight among adults aged greater than or equal to 18 years. <i>Respondents aged greater than or equal to 18 years who have a body mass index (BMI) between 25.0 and 29.9 kg/m<sup>2</sup> calculated from self-reported weight and height.</i>	56.0	53.36 - 59.2
Obesity prevalence among adults aged greater than or equal to 18 years. <i>Respondents aged greater than or equal to 18 years who have a body mass index (BMI) greater than or equal to 30.0 kg/m<sup>2</sup> calculated from self-reported weight and height.</i>	21.0	18.78 - 23.2
Hospitalization with diabetes among adults aged greater than or equal to 18 years <i>Respondents aged ge 18 years ever told by a doctor that they have diabetes (excluding women who were told only when pregnant) who have seen a doctor, nurse, or other health professional for their diabetes =5 times in the past 12 months.</i>	16.0	9.03 - 22.99
Mean number of Healthy Days among adults aged greater than or equal to 18 years. <i>Mean number of healthy days in the past 30 days</i>	25.0	24.18 - 25.28

<sup>2</sup> 95% Confidence Interval: This is a statistical range with a 95 percent probability that the stated parameter lies within the range.