



MMWRTM

Morbidity and Mortality Weekly Report

www.cdc.gov/mmwr

Surveillance Summaries

September 24, 2010 / Vol. 59 / No. SS-8

**Prevalence of Selected Risk Behaviors
and Chronic Diseases and Conditions—
Steps Communities, United States,
2006–2007**

The *MMWR* series of publications is published by the Office of Surveillance, Epidemiology, and Laboratory Services, Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services, Atlanta, GA 30333.

Suggested Citation: Centers for Disease Control and Prevention. [Title]. MMWR 2010;59(No. SS-#):[inclusive page numbers].

Centers for Disease Control and Prevention

Thomas R. Frieden, MD, MPH
Director
Harold W. Jaffe, MD, MA
Associate Director for Science
James W. Stephens, PhD
Office of the Associate Director for Science
Stephen B. Thacker, MD, MSc
*Deputy Director for
Surveillance, Epidemiology, and Laboratory Services*

Editorial and Production Staff

Ronald L. Moolenaar, MD, MPH
Editor, MMWR Series
Christine G. Casey, MD
Deputy Editor, MMWR Series
Teresa F. Rutledge
Managing Editor, MMWR Series
David C. Johnson
Lead Technical Writer-Editor
Douglas J. Bialecki
Project Editor
Martha F. Boyd
Lead Visual Information Specialist
Malbea A. LaPete
Stephen R. Spriggs
Terraye M. Starr
Visual Information Specialists
Quang M. Doan, MBA
Phyllis H. King
Information Technology Specialists

Editorial Board

William L. Roper, MD, MPH, Chapel Hill, NC, Chairman
Virginia A. Caine, MD, Indianapolis, IN
Jonathan E. Fielding, MD, MPH, MBA, Los Angeles, CA
David W. Fleming, MD, Seattle, WA
William E. Halperin, MD, DrPH, MPH, Newark, NJ
King K. Holmes, MD, PhD, Seattle, WA
Deborah Holtzman, PhD, Atlanta, GA
John K. Iglehart, Bethesda, MD
Dennis G. Maki, MD, Madison, WI
Patricia Quinlisk, MD, MPH, Des Moines, IA
Patrick L. Remington, MD, MPH, Madison, WI
Barbara K. Rimer, DrPH, Chapel Hill, NC
John V. Rullan, MD, MPH, San Juan, PR
William Schaffner, MD, Nashville, TN
Anne Schuchat, MD, Atlanta, GA
Dixie E. Snider, MD, MPH, Atlanta, GA
John W. Ward, MD, Atlanta, GA

CONTENTS

Introduction	2
Methods	3
Results	4
Discussion.....	7
Conclusion.....	8
References	8

Prevalence of Selected Risk Behaviors and Chronic Diseases and Conditions—Steps Communities, United States, 2006–2007

Stella Cory, MD¹
Ann Ussery-Hall, MPH²
Shannon Griffin-Blake, PhD¹
Alyssa Easton, PhD¹
Justin Vigeant³
Lina Balluz, MPH¹
William Garvin¹
Kurt Greenlund, PhD¹

¹*Division of Adult and Community Health, National Center for Chronic Disease and Prevention*

²*Ginn Group, Atlanta, Georgia*

³*Northrop Grumman, Atlanta, Georgia*

Abstract

Problem: At least one chronic disease or condition affects 45% of persons and account for seven of the 10 leading causes of death in the United States. Persons who suffer from chronic diseases and conditions, (e.g., obesity, diabetes, and asthma) experience limitations in function, health, activity, and work, affecting the quality of their lives as well as the lives of their family. Preventable health-risk factors (e.g., insufficient physical activity, poor nutrition, and tobacco use and exposure) contribute substantially to the development and severity of certain chronic diseases and conditions.

Reporting Period Covered: 2006–2007

Description of the System: CDC's Healthy Communities Program funds communities to address chronic diseases and related risk factors through policy, systems, and environmental change strategies. As part of the Healthy Communities Program, 40 Steps communities were funded nationwide to address six focus areas: obesity, diabetes, asthma, physical inactivity, poor nutrition, and tobacco use and exposure. During 2006–2007, 38 and 39 of the 40 communities conducted a survey to collect adult health outcome data. The survey instrument was a modified version of the Behavioral Risk Factor Surveillance System (BRFSS) survey, a state-based, random-digit-dialed telephone survey. The survey instrument collected information on chronic diseases and conditions, health risk behaviors, and preventive health practices related to Steps community outcomes from noninstitutionalized community members aged ≥18 years.

Results: Prevalence estimates of chronic diseases and conditions and risk behaviors varied among Steps communities that reported data for 2006 and 2007. The proportion of the population that achieved Healthy People 2010 (HP 2010) objectives also varied among the communities.

In 2006, the estimated prevalence of respondents aged ≥18 years being overweight or obese as calculated from self-reported weight and height ranged from 51.8% to 73.7%. The nationwide 2006 BRFSS median was 62.3%; a total of 20 communities exceeded this median. In 2007, the estimated prevalence being overweight or obese ranged from 50.5% to 77.2%. The nationwide 2007 BRFSS median was 63.0%; a total of 18 communities exceeded this median.

In 2006, the estimated prevalence of diagnosed diabetes (excluding gestational diabetes) ranged from 3.7% to 19.7%. None of the communities achieved the HP 2010 objective of increasing to 91% the proportion of adults with diabetes who have at least an annual clinical foot examination. Six communities reached the HP 2010 objective of increasing to 76% the proportion of adults with diabetes who have an annual dilated eye examination; 20 communities reached the HP 2010 objective of increasing to 65% the proportion of adults who have a glycosylated hemoglobin measurement (A1c) at least once a year.

In 2007, the estimated prevalence of diagnosed diabetes (excluding gestational diabetes) ranged from 4.4% to 17.9%. None of the communities achieved the HP 2010 objective of increasing to 91% the proportion of adults with diabetes who have at least an annual clinical foot examination, eight communities achieved the HP 2010

Corresponding author: Stella Cory, MD, MPH, Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, MS K-93, 4770 Buford Hwy, N.E., Atlanta, GA 30341. Telephone: 770-488-4187; Fax: 770-488-8488; E-mail: spk9@cdc.gov.

objective of increasing to 76% the proportion of adults with diabetes who have an annual dilated eye examination, and 16 communities achieved the HP 2010 objective of increasing to 65% the proportion of adults who have an A1c at least once a year.

In 2006, the prevalence of reported asthma ranged from 6.5% to 18.9%. Among those who reported having asthma, the prevalence of having no symptoms of asthma during the preceding 30 days ranged from 11.5% to 29.5% for five communities with sufficient data for estimates.

In 2007, the estimated prevalence of reported asthma ranged from 7.5% to 18.9%. Among those who reported having asthma, the prevalence of having no symptoms of asthma during the preceding 30 days ranged from 10.3% to 36.1% for 12 communities with sufficient data for estimates.

In 2006, the prevalence of respondents who engaged in moderate physical activity for ≥ 30 minutes at least five times a week or who reported vigorous physical activity for ≥ 20 minutes at least three times a week ranged from 42.3% to 59.9%. The prevalence of consumption of fruits and vegetables at least five times/day ranged from 11.1% to 30.2%.

In 2007, the prevalence of moderate or vigorous physical activity ranged from 40.6% to 69.8%; 25 communities reached the HP 2010 objective to increase the proportion of adults who engage in physical activity to 50%. The prevalence of consumption of fruits and vegetables ≥ 5 times/day ranged from 14.6% to 37.6%.

In 2006, the estimated prevalence among respondents aged > 18 years who reported having smoked > 100 cigarettes in their lifetime and who were current smokers on every day or some days at the time of the survey ranged from 12.5% to 48.0%. Among smokers, the prevalence of having stopped smoking for ≥ 1 day because of trying to quit smoking during the previous 12 months ranged from 48.4% to 67.9% for 31 communities. No communities reached the HP 2010 target of increasing to 75% smoking cessation attempts by adult smokers.

In 2007, the estimated prevalence of current smokers ranged from 11.2% to 33.7%. Two communities reached the HP 2010 objective to reduce the proportion of adults who smoke. Among smokers, the prevalence of having stopped smoking for ≥ 1 day because of trying to quit smoking during the preceding 12 months ranged from 50.8% to 69.6% for 26 communities. No communities reached the HP 2010 objective of increasing to 75% smoking cessation attempts by adult smokers.

Interpretation: The findings in this report indicate variations in health risk behaviors, chronic diseases and conditions, and use of preventive health screenings and health services among Steps communities. These findings underscore the continued need to evaluate prevention interventions at the community level and to design and implement policies to promote and encourage healthy behaviors.

Public Health Action: Steps BRFSS data monitored the prevalence of health behaviors, conditions, and use of preventive health services. CDC (at the national level), and Steps staff at state, local, and tribal levels can use BRFSS data to demonstrate accountability to stakeholders; monitor progress in meeting objectives; focus activities on policy, systems and environmental change strategies with the greatest promise of results; identify collaboration opportunities; and identify and disseminate successes and lessons learned.

Introduction

At least one chronic disease or condition affects 45% of persons (1) and account for seven of the 10 leading causes of death in the United States (2). Chronic diseases and conditions (e.g., heart disease, stroke, diabetes, cancer, obesity, and arthritis) account for $> 75\%$ of the \$2 trillion spent annually on medical care in the United States and cost the economy approximately \$1 trillion a year in lost productivity (1). Preventable health-risk factors (e.g., insufficient physical activity, poor nutrition, and tobacco use and exposure) substantially contribute to the development and severity of certain chronic diseases and con-

ditions. In 2007, $< 50\%$ (3) of adults met the recommended levels for physical activity and only 24% (4) reported eating 5 or more servings of fruits and vegetables/day. In addition, an estimated 20.6% (46 million) of U.S. adults were current cigarette smokers (5).

The Steps program was funded through CDC's Healthy Communities Program to use population-based community-level approaches (e.g., policy, systems, and environmental change strategies) that address multiple determinants of health (6). During 2003–2009, the Healthy Communities Program operated two Steps cooperative agreements that funded 40 communities nationwide. In 2003, CDC's Healthy

Communities Program funded 12 awardees representing 24 Steps communities; in 2004, the program funded 10 additional awardees representing 16 communities. Key elements of the CDC's Healthy Communities Program include implementing evidence-based strategies; responding to community needs; reaching diverse population groups; working across multiple sectors (e.g., schools, work sites, health care, and the community); creating nontraditional partnerships; (e.g., media, businesses, transportation, public safety, and planning and development departments), and using policy, systems, and environmental change strategies to affect sustainable, community-level change. All of these elements aim to accelerate positive health changes in communities and reduce chronic diseases and conditions.

Steps communities' efforts supported policies and interventions that focused on six priority areas, comprising three health conditions or diseases (i.e., obesity, diabetes, and asthma) and three related risk behaviors (i.e., physical inactivity, poor nutrition, and tobacco use and exposure). Communities were selected as part of a Request for Funding Announcement (RFA) designed to ensure inclusion of populations disproportionately affected by chronic diseases and associated risk factors; inclusion of geographic areas with high age-adjusted rates of chronic disease and associated risk factors; geographic distribution of communities nationwide; and inclusion of communities of varying sizes, including rural, suburban, and urban communities. Steps sites included small cities and rural communities (with sites coordinated at the state level), large cities and urban communities, and tribal communities. As part of the RFA, grantees participated in the Steps Behavioral Risk Factor Surveillance System (BRFSS) to collect data on health conditions and diseases and on related risk factors at the community level and tracked Steps communities' health outcomes and behaviors over time. This report presents data from the second and third years of funding for the Steps communities as they implemented policies and interventions to address Steps priority chronic diseases and conditions.

Methods

The Steps BRFSS survey instrument is a modified version of the BRFSS state-based survey and includes standardized questions related to the three diseases and outcomes (obesity, diabetes, and asthma) and the three related risk factors (physical inactivity, poor nutrition, and tobacco use and exposure). BRFSS uses a disproportionate stratified sample design to select a representative sample of the civilian, noninstitutionalized population aged ≥ 18 years. To ensure coordinated efforts and efficient use of resources, most Steps communities used BRFSS infrastructure and capacity already in place at the national,

state, and local levels to collect data. The survey instrument included standard 2006 and 2007 BRFSS questions (available at <http://www.cdc.gov/brfss/>) related to the six priority areas. Data collection procedures or processes varied by community because of each community's particular characteristics. For example, certain Steps communities conducted a stand-alone survey whereas others coordinated data collection with the state or local BRFSS. Certain communities adapted their data collection methods to respond to local cultural needs. For the majority of communities, CDC provided technical assistance, data cleaning, weighting, and analysis of surveillance data.

Questionnaire

The 2006 and 2007 Steps BRFSS questionnaire comprised three parts: 1) core questions, 2) optional supplemental modules containing sets of questions on specific topics (e.g., diabetes, health-related quality of life, and arthritis management), and 3) community-specific questions. The questionnaires asked core and optional questions related to risk factors associated with obesity, diabetes, and asthma and the accompanying underlying risk factors of physical inactivity, poor nutrition, and tobacco use and exposure. Questions from the following Core Sections of the 2006 and 2007 BRFSS National Survey were used: Healthy Days, Health Care Access, Diabetes, Asthma, Tobacco Use, Demographics, Fruit and Vegetable Consumption, and Physical Activity. In addition, certain questions from the following optional modules were part of the survey: Diabetes Self Management, Adult Asthma History, and Smoking Cessation. Additional information regarding the national BRFSS standard questions is available at <http://www.cdc.gov/brfss/questionnaires>.

Data Collection and Processing

Thirty eight communities collected data in 2006 and 39 communities collected data in 2007* using trained interviewers to administer the survey via computer-assisted telephone interviewing (CATI) system. In 2006, a total of 29 communities submitted their data to CDC for data reliability checks and preparation for analyses, and nine communities conducted analysis at the local level, of which seven sent weighted data to CDC's Healthy Communities Program. Among the tasks included in data reliability checks, CDC validates responses based on expected values for categorical variables. In addition, CDC checks the reliability of the disposition code assigned

*In 2006, Orleans Parish, Louisiana did not collect data because of displacement of population after Hurricane Katrina. In 2006 and 2007, the Tohono O'odham Tribe, did not report data because BRFSS does not include persons residing in households without telephones. The community's low telephone coverage precluded reaching the numbers required for standard sampling methodology.

by the community. However, a record marked as complete might not have enough data according to CDC standards and will need to be reassigned as an incomplete record. For each community, data were collected either monthly or over a fixed period as a point in time.

Data Weighting and Analysis

Upon completion of data collection, communities submitted their data to CDC, which edited and aggregated the data files to create a sample for each community. For this analysis, each sample was weighted to the respondent's probability of selection and to the age- and sex-specific population or age-, sex-, and race-specific population data using current population estimates provided by the community or 2006 and 2007 intercensal estimates provided by Claritas, Inc., a private data vendor that uses census projections to develop yearly population estimates. These sampling weights were then used to calculate community-level prevalence estimates. Detailed weighting and analytic methodologies used for BRFSS have been reported previously (7).

Statistical Analyses

SAS® (release 9.1.3) and SUDAAN® were used in the analyses to account for the complex sampling design and to calculate prevalence estimates, standard errors, and 95% confidence intervals (CIs) (8,9). Statistics for selected communities were reported as "not available" if the unweighted sample size for the denominator was <50 or the confidence interval half width was >10. Because those data are not included in this report and certain communities did not measure every indicator, the number of communities represented varies in 2006 (range: 5–38), and in 2007 (range: 12–38).

Data Presented

Because of the slightly different methodologies, populations of interest, and primary goal of Steps projects, this report presents yearly data for Steps communities. Given the early stages of Steps, rather than compare with nonintervention communities, *Healthy People 2010* (HP 2010) goals were used as a benchmark. HP 2010 objectives were analyzed separately for each year so that communities could continue to track their progress. The tables in this report contain the weighted percentage, sample size, standard error, and CIs. Data for the communities that conducted their own data analysis are reported without standard errors. Standard errors are reported for the five communities that conducted their own data analysis and sent their data to CDC to produce estimates from the weighted data set that they provided. When BRFSS data and

HP 2010 objective statements were comparable, nationwide BRFSS median prevalence estimates and HP 2010 targets are presented (10–12). For several questions, comparative HP 2010 goals are not presented because BRFSS data definitions are not comparable to the HP 2010 definitions.

Results

Overweight and Obesity

Prevalence of Overweight and Obesity Among Adults Aged ≥18 Years

Self-reported weight and height were used to calculate body mass index (BMI) (weight[kg]/height [m]). Being overweight or obese was defined as having a BMI of ≥ 25.0 kg/m²; obesity alone was classified as BMI of ≥ 30.0 kg/m².

In 2006, the estimated prevalence of respondents aged ≥ 18 years being overweight or obese ranged from 51.8% (95% CI = 46.9–56.8) in Teller, Colorado, to 73.7% (95% CI = 69.4–78.0) in SouthEast Alaska Regional Health Consortium, Alaska (median: 62.6) (Table 1). The nationwide 2006 BRFSS median was 62.3%; 20 communities exceeded this median.

In 2007, the estimated prevalence among respondents aged ≥ 18 years who had a BMI ≥ 25.0 kg/m² ranged from 50.5% (95% CI = 45.6–55.4) in Teller County, Colorado, to 77.2% (95% CI = 71.5–83.0) in Inter-Tribal Council, Michigan (median: 63.2%) (Table 2). The 2007 nationwide BRFSS median was 63.0%; 18 communities exceeded this median.

Prevalence of Obesity Among Adults Aged ≥18 Years

In 2006, the estimated prevalence of obesity (BMI ≥ 30.0 kg/m²) among respondents aged ≥ 18 years ranged from 14.6% (95% CI = 11.2–18.0) in Teller County, Colorado, to 38.3% (95% CI = 32.3–44.2) in Inter-Tribal Council, Michigan (median: 24.8%) (Table 3). The 2006 nationwide BRFSS median was 25.1%; 17 communities exceeded this median. One community (Teller County, Colorado) achieved the HP 2010 objective[†] of reducing to 15% the proportion of adults who are obese (objective 19.2).

In 2007, the estimated prevalence of adults who were obese ranged from 16.6% (95% CI = 13.1–20.1) in Teller County, Colorado, to 41.0% (95% CI = 34.0–47.9) in Inter-Tribal Council, Michigan (median: 25.4%) (Table 4). The 2007 nationwide BRFSS median was 26.3%; 17 communities exceeded this median. No communities reached the HP 2010 objective.

[†] The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

Diabetes

Overall Rate of Diabetes Among Adults Aged ≥18 Years

In 2006, the estimated prevalence of respondents aged ≥18 years who reported ever having been told by a doctor that they have diabetes (other than during pregnancy) ranged from 3.7% (95% CI = 2.2–5.1) in Teller, Colorado, to 19.7% (95% CI = 15.1–24.3) in Inter-Tribal Council, Michigan (median: 7.6%) (Table 5). The nationwide 2006 BRFSS median was 7.5%; 19 communities exceeded this median.

In 2007, the estimated prevalence of adults who reported ever having been told by a doctor that they had diabetes (other than during pregnancy) ranged from 4.4% (95% CI = 3.3–5.5) in Minneapolis, Minnesota, to 17.9% (95% CI = 12.5–23.2) in Inter-Tribal Council, Michigan (median: 8.2%) (Table 6). The nationwide 2007 BRFSS median was 8.1%; 19 communities exceeded this median.

Clinical Foot Examination Among Adults Aged ≥18 Years with Diabetes

In 2006, among adults in 27 Steps communities who were ever told by a doctor that they have diabetes (excluding women who were pregnant), the estimated prevalence who reported having a clinical foot examination during the preceding 12 months ranged from 68.2% (95% CI = 61.4–74.9) in San Antonio-Bexar County, Texas, to 89.3% (95% CI = 82.8–95.7) in Willmar, Minnesota (median: 77.4%) (Table 7). The nationwide BRFSS median was 71.6%; 27 communities exceeded this median. No Steps communities achieved the HP 2010 objective of increasing to 91% the proportion of adults with diabetes who have at least an annual clinical foot examination (objective 5-14).

In 2007, among adults with diabetes in 26 communities, the estimated prevalence who reported having a clinical foot examination during the preceding 12 months ranged from 51.1% (95% CI = 41.9–60.4) in Santa Clara County, California, to 83.5% (95% CI = 75.9–91.1) in Minneapolis, Minnesota (median: 77.1%) (Table 8). The nationwide BRFSS median was 73.2%; 19 communities exceeded this median. No communities achieved the HP 2010 objective.

Dilated Eye Examination Among Adults Aged ≥18 Years with Diabetes

In 2006, among adults with diabetes aged ≥18 years in 22 Steps communities, the estimated prevalence who reported having received a dilated eye examination during the preceding 12 months ranged from 63.2% (95% CI = 54.3–72.1) in Cherokee Nation, Oklahoma, to 84.4% (95% CI = 78.7–90.1) in Cleveland, Ohio (median: 72.55%) (Table 9). The nation-

wide BRFSS median was 70.9%; 11 communities exceeded this median. Six Steps communities achieved the HP 2010 objective of increasing to 76% the proportion of adults with diabetes who have an annual dilated eye examination (objective 5-13).

In 2007, among 26 Steps communities, the estimated prevalence of adults with diabetes who received a dilated eye examination during the preceding 12 months ranged from 60.3% (95% CI = 51.5–69.1) in Cherokee Nation, Oklahoma, to 85.4% (95% CI = 78.5–92.3) in Rochester, Minnesota (median: 72.9%) (Table 10). The nationwide BRFSS median was 71.3%; 16 communities exceeded this median. Eight communities achieved the HP 2010 objective.

Glycosylated Hemoglobin Measurement at Least Once a Year Among Adults Aged ≥18 Years with Diabetes

In 2006, among adults with diabetes aged ≥18 years in 23 Steps communities, the estimated prevalence who reported having received a glycosylated hemoglobin measurement (A1c) at least once a year ranged from 62.5% (95% CI = 53.5–71.4) in Hillsborough, Florida, to 85.1% (95% CI = 76.7–93.5) in Rockland, New York (median: 70.7%) (Table 11). The nationwide BRFSS median was 66.3%; 17 communities exceeded this median. Twenty Steps communities achieved the HP 2010 objective of increasing to 65% the proportion of adults with diabetes who have an A1c at least once a year (objective 5-12).

In 2007, among adults with diabetes in 22 communities, the estimated prevalence who reported having received an A1c at least once a year ranged from 54.5% (95% CI = 46.7–62.2) in San Antonio, Texas, to 90.4% (95% CI = 85.6–95.2) in Boston, Massachusetts (median: 69.9%) (Table 12). The nationwide BRFSS median was 66.3%; 16 communities exceeded this median. Sixteen communities achieved the HP 2010 objective.

Self Blood-Glucose Monitoring Among Adults Aged ≥18 Years with Diabetes

In 2006, among adults with diabetes aged ≥18 years in 19 Steps communities, the estimated prevalence who reported self-blood glucose monitoring at least 2 times daily ranged from 24.8% (95% CI = 17.7–31.9) in St. Petersburg-Pinellas County, Florida, to 51.6% (95% CI = 42.0–61.1) in Broome County, New York (median: 43.5%) (Table 13). The nationwide BRFSS median was 38.8%; 11 communities exceeded this median.

In 2007, among adults with diabetes in 23 communities, the estimated prevalence who reported self-blood glucose monitoring at least 2 times daily ranged from 28.9% (95% CI =

20.9–36.9) in Santa Clara County, California, to 53.3% (95% CI = 43.4–63.1) in Rockland County, New York (median: 41.4%) (Table 14). The nationwide BRFSS median was 38.6%; 16 communities exceeded this median.

Self-Foot Examination Among Adults Aged ≥18 Years with Diabetes

In 2006, among adults aged ≥18 years with diabetes in 21 Steps communities, the estimated prevalence who reported checking their feet at least one time daily for any sore or irritations ranged from 57.5% (95% CI = 47.6–67.5) in Minneapolis, Minnesota, to 88% (95% CI = 81.6–94.5) in Austin-Travis County, Texas (median: 69.3%) (Table 15). The nationwide BRFSS median was 68.8%; 11 communities exceeded this median.

In 2007, among adults with diabetes in 22 communities, the estimated prevalence who reported checking their feet at least once daily for any sores or irritations ranged from 59.2% (95% CI = 49.7–68.8) in Jefferson County, New York, to 80.6% (95% CI = 75.4–85.7) in Cherokee Nation, Oklahoma (median: 68.5%) (Table 16). The nationwide BRFSS median was 69.1%; nine communities exceeded this median.

Asthma

Told by Health Professional that they had Asthma Among Adults Aged ≥18 Years

In 2006, the estimated prevalence among respondents aged ≥18 years who reported being told by a health professional that they have asthma ranged from 6.5% (95% CI = 3.2–9.8) in Santa Cruz County, Arizona, to 18.9% (95% CI = 16.0–21.9) in Philadelphia, Pennsylvania (median: 13.1%) (Table 17). The nationwide 2006 BRFSS median was 13.0%; 19 communities exceeded this median.

In 2007, the estimated prevalence of reported asthma in the Steps communities ranged from 7.5% (CI = 4.7–10.2) in Santa Cruz County, Arizona, to 18.9% (95% CI = 16.1–21.7) in Cleveland, Ohio (Table 18). The nationwide 2007 BRFSS median was 13.0%; 18 communities exceeded this median.

Symptom-Free Days Among Adults Aged ≥18 Years with Asthma

In 2006, among five steps communities, of those adults with asthma who reported having had an episode of asthma or asthma attack during the preceding 12 months, the estimated prevalence with no symptoms of asthma during the preceding 30 days ranged from 11.5% (95% CI = 6.4–16.6) in Cherokee Nation, Oklahoma, to 29.5% (95% CI = 20.8–38.1) in Jefferson County, New York. Among five communities, the

median was 25.6% (Table 19). The nationwide BRFSS median was 26.2%; one community exceeded this median.

In 2007, among 12 Steps communities, of those adults with asthma who reported having had an episode of asthma or an asthma attack during the preceding 12 months, the estimated prevalence who reported having no symptoms during the preceding 30 days ranged from 10.3% (95% CI = 4.8–15.7) in Cherokee Nation, Oklahoma, to 36.1% (95% CI = 26.7–45.4) in DeKalb County, Georgia. Among 12 communities, the median was 21.5% (Table 20). The nationwide BRFSS median was 27.1%; two communities exceeded this median.

Physical Activity

Recommended Physical Activity Among Adults Aged ≥18 Years

In 2006, among 22 Steps communities, the estimated prevalence among adults who reported engaging in moderate physical activity for ≥30 minutes at least five times/week or who reported vigorous physical activity for ≥20 minutes at least three times/week ranged from 42.3% (95% CI = 37.5–47.1) in Cherokee Nation, Oklahoma, to 59.9% (95% CI = 55.2–64.7) in SouthEast Alaska Regional Health Consortium, Alaska. Among these 22 communities, the median was 52.4% (Table 21). Seventeen Steps communities achieved the HP 2010 objective of increasing to 50% the proportion of adults engaging in moderate or vigorous physical activity (objective 22-02)

In 2007, the estimated prevalence of adults who reported moderate or vigorous physical activity ranged from 40.6% (95% CI = 36.3–44.8) in Southeast Alabama, to 69.8% (95% CI = 62.4–77.2) in Inter-Tribal Council, Michigan (median: 51.5%) (Table 22). The nationwide 2007 BRFSS median was 49.2%; 26 communities exceeded this median. A total of 25 Steps communities achieved the HP 2010 objective.

Fruits and Vegetables

Fruit and Vegetable Consumption Among Adults Aged ≥18 Years

In 2006, among 22 Steps communities, the percentage of respondents aged ≥18 years who reported eating at least five fruits and vegetables/day ranged from 11.1% (95% CI = 8.0–14.2) in Inter-Tribal Council, Michigan, to 30.2 (95% CI = 27.6–32.8) in St. Paul-Ramsey County, Minnesota (median: 26.4%) (Table 23)[§].

[§] BRFSS did not have a nationwide estimate for fruits and vegetables for 2006.

In 2007, the estimated prevalence among respondents aged ≥ 18 years who reported eating fruits and vegetables ≥ 5 times/day ranged from 14.6% (95% CI = 2.3–16.9) in Cherokee Nation, Oklahoma, to 37.6% (95% CI = 34.3–40.9) in Salinas-Monterey County, California (median: 26.4%) (Table 24). The nationwide 2007 BRFSS median was 24.3%; 25 communities exceeded this median.

Tobacco Use

Cigarette Smoking Among Adults Aged ≥ 18 Years

In 2006, among 37 Steps communities, the estimated prevalence of respondents aged ≥ 18 years who reported having smoked 100 cigarettes in their lifetime and were current smokers on every day or certain days ranged from 12.5% (95% CI = 10.4–14.7) in Rochester-Olmstead County, Minnesota, to 48.0% (95% CI = 27.0–69.6) in Colville Confederated Tribes, Washington (median: 19.6%) (Table 25). The nationwide 2006 BRFSS median was 20.1; 18 communities exceeded this median. No Steps community achieved the HP 2010 objective of reducing to 12% the proportion of adults who smoke cigarettes (objective 27-1a).

In 2007, the estimated prevalence of adult current smokers ranged from 11.2% (95% CI = 9.0–13.4) in Rockland County, New York, to 33.7% (95% CI = 30.3–37.0) in Cleveland, Ohio (median: 21.1%) (Table 26). The nationwide 2007 BRFSS median was 19.7%; 21 communities exceeded this median. Two Steps communities achieved the HP 2010 objective.

Tobacco Use Cessation Attempts by Adult Smokers Aged ≥ 18 Years

In 2006, among adult smokers in 31 Steps communities, the estimated prevalence of who reported having stopped smoking for one day or longer because they were trying to quit smoking during the preceding 12 months ranged from 48.4% (95% CI = 42.2–54.5) in St. Petersburg-Pinellas County, Florida, to 67.9% (95% CI = 59.3–76.5) in Austin-Travis County, Texas (median: 58.4%) (Table 27). No Steps communities achieved the HP 2010 objective of increasing to 75% smoking cessation attempts by adult smokers (objective 27-5).

In 2007, among adult smokers in 26 communities, the estimated prevalence of smokers who reported having stopped smoking for one day or longer during the preceding 12 months because they were trying to quit smoking ranged from 50.8% (95% CI = 43.4–58.2) in Chautauqua County, New York, to 69.6% (95% CI = 62.2–77.1) in Pueblo County, Colorado (median: 55.4%) (Table 28). The nationwide BRFSS median was 57.6%; eight communities exceeded this median. No communities achieved the HP 2010 objective.

Discussion

CDC's Healthy Communities Program responds to community needs and works to affect change at the population level using community-based approaches that include policy, systems, and environmental change. As part of the Healthy Communities Program, Steps communities were funded across the country to demonstrate how local initiatives across sectors (e.g., schools, work sites, health care, and the community) in collaboration with traditional and nontraditional partners (e.g., media, businesses, transportation, public safety, and departments of planning and development) can impact the burden of chronic diseases and conditions (e.g., obesity, diabetes, and asthma), and the underlying risk factors of physical inactivity, poor nutrition, and tobacco use and exposure. For example, approximately 100 work site interventions, advancing policy, systems, and environmental changes were implemented, including implementation of health risk assessments and policies promoting increased access to nutritious foods in vending machines and at meetings. Other strategies used in work sites included development of smoke-free policies and onsite space for exercise. By focusing on joining resources and perspectives of a wide range of sectors and entities dedicated to collaboration for health improvement, the Healthy Communities Program draws on common interests and accelerates progress toward health promotion efforts. Such efforts create measurable improvements in the health of Steps communities through the selection, implementation, and evaluation of interventions promoting policy, systems, and environmental change. For example, the Steps Program in Austin, Texas, partnered with Capital Metro, the Austin transit authority, to implement a worksite wellness program. As a result of worksite wellness program implementation, the Capital Metro has experienced substantial reductions in its health care costs.

The findings in this report indicate variations in the estimated prevalence of chronic diseases and conditions, health-risk behaviors, and use of preventive screening practices across Steps communities. In 2006, six communities achieved the HP 2010 objective of increasing to 76% the proportion of adults with diabetes who have an annual dilated eye examination; eight communities achieved the objective in 2007. In 2006, a total of 20 communities achieved the HP 2010 objective of increasing to 65% the proportion of adults who have an A1c at least once a year; 16 communities achieved the objective in 2007. In 2006, no Steps community achieved the HP 2010 objective of reducing to 12% the proportion of adults who smoke; two communities achieved the objective in 2007. In 2006, a total of 17 communities achieved the HP 2010 objective of increasing to 50% the proportion of adults who engage in moderate physical activity ≥ 30 minutes/day at least 5 days a

week, or vigorous physical activity ≥ 20 minutes/day at least 3 days a week; 25 communities achieved the objective in 2007. In 2006, one community achieved the HP 2010 objective of reducing to 15% the proportion of adults who are obese; no communities achieved this objective in 2007. No communities achieved the HP 2010 objective of increasing to 75% smoking cessation attempts by adult smokers in 2006 or 2007. In 2007, no communities achieved the HP 2010 objective of increasing to 91% the proportion of adults with diabetes who have at least an annual clinical foot examination.

The direct estimates might be different from those using similar geographic units but based on other small area analysis methods (12). For example, estimates of diabetes and obesity presented here might be slightly different from those using small area analysis methods. Steps communities will need to continue to monitor data and continue to focus on improving health to achieve and maintain these improvements.

Steps communities' use of BRFSS questions for community-specific surveys permits useful collection of data at the local level. Data presented in this report indicate that prevalence rates of important chronic disease indicators vary widely among the communities. This variability might reflect differences in state and local laws and policies, enforcement practices, availability of effective community policies and interventions, prevailing behavioral and social norms, demographic and adult practices, characteristics of the population, and other social determinants of health.

Collection of Steps BRFSS data will provide trend estimates that will enable community-to-community, nationwide, and HP 2010 comparisons. These data also will provide useful information for decision making at the community, district, and state levels and guide local health officials and decision makers in intervention planning and evaluation. CDC staff and other public health and education practitioners can use these data to assess changes in these behaviors over time and assist in evaluating the effectiveness of Steps communities' interventions. An examination of the variations among communities can identify which ones would benefit from additional technical assistance related to effective community policies and interventions. Differences also can alert community representatives to the opportunity to learn from each other by taking advantage of the national Steps network. Communities can use these data to identify, prioritize, and develop community-specific activities to address obesity, diabetes, and asthma by increasing physical activity, encouraging healthy eating, and reducing tobacco use and exposure.

Limitations

The findings in this report are subject to at least five limitations. First, the Steps BRFSS survey is a telephone-based survey, which only queries persons with landline telephone access. Differences might exist in the characteristics of persons who reside in households with telephones compared with those without telephone access or those households that use cell phones only. Therefore, the data might not be generalizable to persons who reside in households without landline telephones. Second, prevalence estimates are self-reported and, for certain behaviors, the reported estimates might be subject to recall and social desirability biases. Third, each Steps community has the option to administer its own data collection method, which might preclude standardization in certain cases. Fourth, the number of interviews ranged from 464 to 2,934. Therefore, estimates for certain communities are based on small sample sizes, and for relatively rare events might yield unstable estimates. Fifth, Steps BRFSS does not collect information from institutionalized persons, thereby excluding persons residing in nursing homes, long-term care, and correctional facilities.

BRFSS offers important benefits for making community-to-community comparisons because of its standardized questionnaire and data collection. BRFSS provides data to guide additional analysis on selected risk factors. The information is invaluable for assisting local health officials in intervention planning and evaluation.

Conclusion

Steps BRFSS data collected in the communities will be used to examine whether the Steps communities made progress on intended health outcomes in the selected intervention areas. BRFSS is a unique surveillance tool that demonstrates its usefulness at gathering comparable state-specific and local area health behavioral data, monitoring health risk behaviors over time, and supporting focused prevention interventions. Steps staff at the national, state, local, and tribal levels will use these data for decision-making, planning, and enhancing technical assistance. CDC's Healthy Communities Program, through Steps and other community funding models, strives toward achieving the established HP 2010 objectives by using BRFSS data to enhance existing program activities, focus efforts on activities with the greatest promise of results, identify opportunities for strategic collaboration, and disseminate lessons learned.

References

1. Partnership to Fight Chronic Disease (PFCD). Almanac of chronic disease, 2008 edition. Available at <http://www.fightchronicdisease.org>. Accessed January 28, 2010.
2. Heron M, Hoyert D, Murphy S, et al. Deaths: final data for 2006. *Natl Vital Stat Rep* 2009;57(14). Available at http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_14.pdf. Accessed January 8, 2010.
3. Behavior Risk Factor Surveillance System. Prevalence and trends data, nationwide—2007 physical activity. Available at <http://apps.nccd.cdc.gov/brfss/display.asp?cat=&yr=2007&qkey=4418&state=US>. Accessed January 8, 2010.
4. Behavior Risk Factor Surveillance System. Prevalence and trends data, nationwide—2007 fruits and vegetables. Available at <http://apps.nccd.cdc.gov/brfss/display.asp?cat=&yr=2007&qkey=4415&state=>. Accessed January 8, 2010.
5. CDC. Cigarette smoking among adults and trends in smoking cessation—United States, 2008. *MMWR* 2009; 58:1227–32.
6. CDC Healthy communities program. Available at <http://www.cdc.gov/healthycommunitiesprogram>. Accessed January 8, 2010.
7. CDC. Behavioral Risk Factor Surveillance System operational and user's guide, version 3.0. Atlanta, GA: US Department of Health and Human Services, CDC; 2004.
8. SAS Institute, Inc. SAS® version 8.02 [software and documentation]. Cary, NC: SAS Institute; 2001.
9. Research Triangle Institute. SUDAAN®, version 9 [software and documentation]. Triangle Park, NC: Research Triangle Institute; 2004.
10. US Department of Health and Human Services. Healthy people 2010: national health promotion and disease prevention objective—full report, with commentary. Washington, DC: US Department of Health and Human Services, US Public Health Service; 2000. Available at <http://www.cdc.gov/nchs/about/otgeract/hpdata2010/abouthp.htm>. Accessed January 8, 2010.
11. CDC Wonder. The healthy people 2010 database. Available at <http://wonder.cdc.gov/data2010>. Accessed January 14, 2010.
12. Demeny P, McNicoll G, eds. *Encyclopedia of Population*. Farmington Hills, MI: Macmillan Reference; 2003:898–901.

TABLE 1. Estimated prevalence of respondents aged ≥ 18 years who had a body mass index (BMI) of ≥ 25.0 kg/m² calculated from self-reported weight and height, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI) [†]
River Region, Alabama	982	67.4	2.0	(63.5–71.3)
Southeast Alabama, Alabama	1,073	68.0	2.0	(64.1–71.9)
SouthEast Alaska Regional Health Consortium, Alaska	587	73.7	2.2	(69.4–78.0)
Cochise County, Arizona	466	60.9	3.1	(54.9–66.9)
Santa Cruz County, Arizona	446	63.4	3.0	(57.6–69.3)
Yuma County, Arizona	474	71.3	2.5	(66.3–76.2)
Salinas County, California	1,560	63.9	1.6	(60.8–67.0)
Santa Clara County, California	1,342	58.4	1.8	(54.8–61.9)
Mesa County, Colorado	1,041	57.7	1.9	(54.0–61.4)
Pueblo County, Colorado	1,020	61.5	1.8	(58.0–65.0)
Teller County, Colorado	555	51.8	2.5	(46.9–56.8)
Weld County, Colorado	1,015	62.5	1.9	(58.8–66.2)
Tampa-Hillsborough, Florida	1,504	63.9	1.5	(60.9–66.9)
St. Petersburg-Pinellas County, Florida	1,617	61.4	1.4	(58.5–64.2)
DeKalb County, Georgia	3,527	56.2	1.4	(53.5–58.8)
Boston, Massachusetts	1,568	54.0	[§]	(50.2–57.9)
Inter-Tribal Council of Michigan, Michigan	550	69.7	3.2	(63.5–75.9)
St. Paul-Ramsey County, Minnesota	1,681	56.3	1.5	(53.4–59.3)
Minneapolis, Minnesota	1,534	56.3	1.5	(53.3–59.3)
Rochester-Olmstead County, Minnesota	1,453	55.6	1.7	(52.3–58.9)
Willmar, Minnesota	1,137	63.5	1.9	(59.8–67.2)
Broome County, New York	1,401	60.0	1.8	(56.5–63.5)
Chautauqua County, New York	1,432	59.6	1.8	(56.1–63.1)
Jefferson County, New York	1,439	62.6	1.9	(58.8–66.4)
Rockland County, New York	1,411	56.7	1.7	(53.4–59.9)
Cleveland, Ohio	1,409	68.9	1.7	(65.6–72.1)
Cherokee Nation, Oklahoma	4,365	69.0	1.8	(65.4–72.6)
Philadelphia, Pennsylvania	1,459	66.8	1.8	(63.4–70.2)
Fayette County, Pennsylvania	2,581	66.6	1.1	(64.3–68.8)
Luzerne County, Pennsylvania	2,583	63.3	1.1	(61.1–65.5)
Tioga County, Pennsylvania	1,417	63.6	1.7	(60.2–66.9)
Austin-Travis County, Texas	1,433	62.8	2.6	(57.7–67.9)
San Antonio-Bexar County, Texas	1,566	70.4	1.6	(67.1–73.6)
Chelan-Douglas-Okanogan Counties, Washington	1,457	59.8	1.8	(56.4–63.3)
Clark County, Washington	1,463	63.2	1.6	(60.1–66.3)
Colville Confederated Tribes, Washington	36	— [¶]	[§]	—
Seattle-King County, Washington	1,012	56.3	1.9	(52.6–59.9)
Thurston County, Washington	1,502	59.9	1.6	(56.7–63.1)
<i>Range</i>		51.8–73.7		
<i>Median</i>		62.6		
<i>BRFSS Nationwide Range</i>		54.6–67.0		
<i>BRFSS Nationwide Median</i>		62.3		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

TABLE 2. Estimated prevalence of respondents aged ≥ 18 years who had a body mass index (BMI) of ≥ 25.0 kg/m² calculated from self-reported weight and height, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI) [†]
River Region, Alabama	1,331	68.0	1.8	(64.4–71.6)
Southeast Alabama, Alabama	1,102	71.6	2.0	(67.7–75.5)
SouthEast Alaska Regional Health Consortium, Alaska	571	74.1	2.3	(69.7–78.5)
Cochise County, Arizona	445	62.9	3.2	(56.6–69.2)
Santa Cruz County, Arizona	498	64.5	2.8	(59.0–70.0)
Yuma County, Arizona	527	71.1	2.7	(65.9–76.4)
Salinas-Monterey County, California	1,603	70.3	1.6	(67.2–73.5)
Santa Clara County, California	1,345	62.5	1.8	(58.9–66.0)
Mesa County, Colorado	1,017	60.5	1.9	(56.8–64.2)
Pueblo County, Colorado	1,036	62.8	2.0	(58.9–66.6)
Teller County, Colorado	572	50.5	2.5	(45.6–55.4)
Weld County, Colorado	979	63.7	2.0	(59.7–67.6)
Tampa-Hillsborough, Florida	1,445	61.8	1.9	(58.1–65.4)
St. Petersburg-Pinellas County, Florida	1,518	64.0	1.8	(60.5–67.5)
DeKalb County, Georgia	2,194	58.1	1.6	(55.1–61.2)
New Orleans, Louisiana	1,424	54.3	2.0	(50.4–58.2)
Boston, Massachusetts	1,490	57.5	§	(53.5–61.5)
Inter-Tribal Council of Michigan, Michigan	563	77.2	2.9	(71.5–83.0)
St. Paul-Ramsey County, Minnesota	1,462	57.1	1.9	(53.4–60.9)
Minneapolis, Minnesota	1,487	51.6	1.9	(47.9–55.2)
Rochester-Olmstead County, Minnesota	1,514	57.0	2.0	(53.0–61.0)
Willmar, Minnesota	939	60.6	2.3	(56.0–65.2)
Broome County, New York	1,411	58.5	1.9	(54.8–62.1)
Chautauqua County, New York	1,422	61.7	1.8	(58.1–65.2)
Jefferson County, New York	1,432	64.6	1.8	(61.1–68.0)
Rockland County, New York	1,420	57.5	1.8	(54.0–60.9)
Cleveland, Ohio	1,155	69.6	1.8	(66.1–73.1)
Cherokee Nation, Oklahoma	2,848	66.8	1.7	(63.5–70.1)
Philadelphia, Pennsylvania	1,431	64.8	1.8	(61.4–68.2)
Fayette County, Pennsylvania	1,732	66.7	1.4	(64.0–69.5)
Luzerne County, Pennsylvania	2,296	64.8	1.2	(62.5–67.1)
Tioga County, Pennsylvania	1,452	68.2	1.7	(64.9–71.5)
Austin-Travis County, Texas	1,379	56.6	2.5	(51.7–61.5)
San Antonio-Bexar County, Texas	1,443	70.6	1.7	(67.2–74.0)
Chelan-Douglas-Okanogan Counties, Washington	1,503	63.0	1.7	(59.7–66.3)
Clark County, Washington	1,602	64.9	1.7	(61.6–68.1)
Colville Confederated Tribes, Washington	35	— [¶]	§	—
Seattle-King County, Washington	1,400	60.0	1.7	(56.7–63.3)
Thurston County, Washington	1,860	63.3	1.5	(60.5–66.2)
<i>Range</i>		50.5–77.2		
<i>Median</i>		63.2		
<i>BRFSS Nationwide Range</i>		55.3–69.1		
<i>BRFSS Nationwide Median</i>		63.0		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

TABLE 3. Estimated prevalence of respondents aged ≥ 18 years who had a body mass index (BMI) of ≥ 30.0 kg/m² calculated from self-reported weight and height, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	982	29.2	1.9	(25.5–33.0)
Southeast Alabama, Alabama	1,073	35.8	1.9	(32.0–39.6)
SouthEast Alaska Regional Health Consortium, Alaska	587	36.6	2.4	(31.9–41.4)
Cochise County, Arizona	466	26.2	2.8	(20.7–31.6)
Santa Cruz County, Arizona	446	25.6	2.7	(20.2–30.9)
Yuma County, Arizona	474	30.9	3.1	(24.9–36.9)
Salinas County, California	1,560	23.5	1.3	(21.0–26.0)
Santa Clara County, California	1,342	22.0	1.4	(19.1–24.8)
Mesa County, Colorado	1,041	24.3	1.7	(21.0–27.6)
Pueblo County, Colorado	1,020	25.5	1.6	(22.2–28.7)
Teller County, Colorado	555	14.6	1.7	(11.2–18.0)
Weld County, Colorado	1,015	24.0	1.6	(20.9–27.1)
Tampa-Hillsborough, Florida	1,504	27.1	1.5	(24.2–29.9)
St. Petersburg-Pinellas County, Florida	1,617	22.0	1.2	(19.7–24.4)
DeKalb County, Georgia	3,527	21.5	1.0	(19.5–23.5)
Boston, Massachusetts	1,568	22.1	§	(19.3–24.8)
Inter-Tribal Council of Michigan, Michigan	550	38.3	3.0	(32.3–44.2)
St. Paul-Ramsey County, Minnesota	1,681	21.0	1.2	(18.8–23.3)
Minneapolis, Minnesota	1,534	19.7	1.2	(17.4–22.0)
Rochester-Olmstead County, Minnesota	1,453	20.0	1.2	(17.6–22.3)
Willmar, Minnesota	1,137	22.6	1.5	(19.7–25.6)
Broome County, New York	1,401	22.9	1.4	(20.1–25.7)
Chautauqua County, New York	1,432	24.8	1.5	(21.9–27.6)
Jefferson County, New York	1,439	24.8	1.4	(21.9–27.6)
Rockland County, New York	1,411	20.2	1.3	(17.6–22.8)
Cleveland, Ohio	1,409	33.9	1.7	(30.6–37.3)
Cherokee Nation, Oklahoma	4,365	35.9	1.9	(32.2–39.5)
Philadelphia, Pennsylvania	1,459	31.9	1.6	(28.8–34.9)
Fayette County, Pennsylvania	2,581	29.3	1.0	(27.3–31.4)
Luzerne County, Pennsylvania	2,583	26.4	1.0	(24.4–28.4)
Tioga County, Pennsylvania	1,417	29.1	1.5	(26.2–32.0)
Austin-Travis County, Texas	1,433	26.3	2.0	(22.3–30.3)
San Antonio-Bexar County, Texas	1,566	33.8	1.6	(30.7–36.9)
Chelan-Douglas-Okanogan Counties, Washington	1,457	23.2	1.4	(20.5–25.9)
Clark County, Washington	1,463	24.7	1.3	(22.1–27.3)
Colville Confederated Tribes, Washington	36	—¶	§	—
Seattle-King County, Washington	1,012	20.8	1.5	(17.8–23.8)
Thurston County, Washington	1,502	24.1	1.3	(21.5–26.7)
Range		14.6–38.3		
Median		24.8		
BRFSS Nationwide Range		18.2–31.4		
BRFSS Nationwide Median		25.1		
Healthy People 2010 (HP 2010) objective**		15.0		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 4. Estimated prevalence of respondents aged ≥ 18 years who had a body mass index (BMI) of ≥ 30.0 kg/m² calculated from self-reported weight and height, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	1,331	34.1	1.8	(30.6–37.7)
Southeast Alabama, Alabama	1,102	37.0	2.1	(32.8–41.1)
SouthEast Alaska Regional Health Consortium, Alaska	571	36.2	2.6	(31.1–41.2)
Cochise County, Arizona	445	25.5	2.8	(20.0–31.0)
Santa Cruz County, Arizona	498	25.5	2.5	(20.6–30.4)
Yuma County, Arizona	527	24.4	2.2	(20.1–28.7)
Salinas-Monterey County, California	1,603	30.6	1.6	(27.4–33.8)
Santa Clara County, California	1,345	25.0	1.7	(21.7–28.2)
Mesa County, Colorado	1,017	22.9	1.6	(19.8–26.0)
Pueblo County, Colorado	1,036	25.2	1.7	(21.9–28.4)
Teller County, Colorado	572	16.6	1.8	(13.1–20.1)
Weld County, Colorado	979	26.5	1.7	(23.1–29.8)
Tampa-Hillsborough, Florida	1,445	24.2	1.5	(21.3–27.2)
St. Petersburg-Pinellas County, Florida	1,518	24.3	1.6	(21.2–27.4)
DeKalb County, Georgia	2,194	23.5	1.3	(21.0–26.0)
New Orleans, Louisiana	1,424	22.9	1.5	(20.0–25.8)
Boston, Massachusetts	1,490	22.8	§	(19.8–25.8)
Inter-Tribal Council of Michigan, Michigan	563	41.0	3.5	(34.0–47.9)
St. Paul-Ramsey County, Minnesota	1,462	23.9	1.5	(20.9–26.9)
Minneapolis, Minnesota	1,487	17.9	1.4	(15.2–20.7)
Rochester-Olmstead County, Minnesota	1,514	21.7	1.5	(18.7–24.7)
Willmar, Minnesota	939	23.2	1.7	(19.9–26.6)
Broome County, New York	1,411	24.7	1.5	(21.8–27.6)
Chautauqua County, New York	1,422	23.6	1.5	(20.8–26.4)
Jefferson County, New York	1,432	29.1	1.6	(26.0–32.3)
Rockland County, New York	1,420	18.9	1.3	(16.4–21.3)
Cleveland, Ohio	1,155	34.7	1.8	(31.2–38.1)
Cherokee Nation, Oklahoma	2,848	31.8	1.6	(28.6–35.0)
Philadelphia, Pennsylvania	1,431	32.7	1.7	(29.5–35.9)
Fayette County, Pennsylvania	1,732	30.6	1.3	(28.0–33.2)
Luzerne County, Pennsylvania	2,296	27.9	1.1	(25.7–30.1)
Tioga County, Pennsylvania	1,452	31.4	1.5	(28.4–34.3)
Austin-Travis County, Texas	1,379	23.6	1.8	(20.0–27.1)
San Antonio-Bexar County, Texas	1,443	33.3	1.7	(30.0–36.7)
Chelan-Douglas-Okanogan Counties, Washington	1,503	26.4	1.6	(23.3–29.5)
Clark County, Washington	1,602	28.6	1.5	(25.7–31.4)
Colville Confederated Tribes, Washington	35	—¶	§	—
Seattle-King County, Washington	1,400	23.2	1.4	(20.6–25.9)
Thurston County, Washington	1,860	26.8	1.3	(24.3–29.3)
Range		16.6–41.0		
Median		25.4		
BRFSS Nationwide Range		19.3–32.6		
BRFSS Nationwide Median		26.3		
Healthy People 2010 (HP 2010) objective**		15.0		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 5. Estimated prevalence of respondents aged ≥18 years who reported ever having been told by a doctor that they had diabetes (other than during pregnancy), by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI)†
River Region, Alabama	1,027	9.5	1.0	(7.5–11.4)
Southeast Alabama, Alabama	1,116	9.4	0.9	(7.6–11.2)
SouthEast Alaska Regional Health Consortium, Alaska	610	6.3	1.0	(4.3–8.3)
Cochise County, Arizona	493	7.5	1.2	(5.1–10.0)
Santa Cruz County, Arizona	498	7.6	1.3	(5.0–10.1)
Yuma County, Arizona	522	10.0	1.5	(7.1–12.9)
Salinas County, California	1,640	7.0	0.7	(5.6–8.4)
Santa Clara County, California	1,484	8.5	0.9	(6.8–10.2)
Mesa County, Colorado	1,083	6.8	0.8	(5.2–8.4)
Pueblo County, Colorado	1,081	8.7	0.9	(7.0–10.5)
Teller County, Colorado	580	3.7	0.8	(2.2–5.1)
Weld County, Colorado	1,071	5.1	0.7	(3.7–6.4)
Tampa-Hillsborough, Florida	1,556	10.2	0.9	(8.5–11.9)
St. Petersburg-Pinellas County, Florida	1,663	9.2	0.8	(7.7–10.7)
DeKalb County, Georgia	3,761	7.5	0.6	(6.3–8.6)
Boston, Massachusetts	1,668	6.6	‡	(5.5–7.7)
Inter-Tribal Council of Michigan, Michigan	565	19.7	2.3	(15.1–24.3)
St. Paul-Ramsey County, Minnesota	1,746	5.9	0.6	(4.8–7.0)
Minneapolis, Minnesota	1,604	5.9	0.6	(4.7–7.0)
Rochester-Olmstead County, Minnesota	1,503	5.1	0.5	(4.1–6.1)
Willmar, Minnesota	1,201	6.2	0.7	(4.8–7.6)
Broome County, New York	1,487	7.6	0.7	(6.2–9.1)
Chautauqua County, New York	1,495	7.7	0.7	(6.4–9.1)
Jefferson County, New York	1,516	7.8	0.8	(6.2–9.4)
Rockland County, New York	1,484	7.3	0.8	(5.7–8.9)
Cleveland, Ohio	1,500	10.8	0.9	(9.0–12.6)
Cherokee Nation, Oklahoma	4,497	11.3	1.0	(9.3–13.3)
Philadelphia, Pennsylvania	1,526	10.8	0.9	(9.0–12.6)
Fayette County, Pennsylvania	2,711	10.6	0.6	(9.3–11.8)
Luzerne County, Pennsylvania	2,706	8.8	0.6	(7.7–9.9)
Tioga County, Pennsylvania	1,503	8.9	0.8	(7.4–10.4)
Austin-Travis County, Texas	1,574	4.7	0.7	(3.3–6.1)
San Antonio-Bexar County, Texas	1,689	13.5	0.9	(11.7–15.3)
Chelan-Douglas-Okanogan Counties, Washington	1,542	6.9	0.8	(5.5–8.4)
Clark County, Washington	1,524	6.6	0.7	(5.4–7.9)
Colville Confederated Tribes, Washington	37	—¶	§	—
Seattle-King County, Washington	1,063	7.1	0.9	(5.4–8.8)
Thurston County, Washington	1,582	6.6	0.7	(5.3–7.8)
<i>Range</i>		3.7–19.7		
<i>Median</i>		7.6		
<i>BRFSS Nationwide Range</i>		5.3–12.1		
<i>BRFSS Nationwide Median</i>		7.5		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

TABLE 6. Estimated prevalence of respondents aged ≥ 18 years who reported ever having been told by a doctor that they had diabetes (other than during pregnancy), by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI) [†]
River Region, Alabama	1,331	68.0	1.8	(64.4–71.6)
Southeast Alabama, Alabama	1,102	71.6	2.0	(67.7–75.5)
SouthEast Alaska Regional Health Consortium, Alaska	571	74.1	2.3	(69.7–78.5)
Cochise County, Arizona	445	62.9	3.2	(56.6–69.2)
Santa Cruz County, Arizona	498	64.5	2.8	(59.0–70.0)
Yuma County, Arizona	527	71.1	2.7	(65.9–76.4)
Salinas-Monterey County, California	1,603	70.3	1.6	(67.2–73.5)
Santa Clara County, California	1,345	62.5	1.8	(58.9–66.0)
Mesa County, Colorado	1,017	60.5	1.9	(56.8–64.2)
Pueblo County, Colorado	1,036	62.8	2.0	(58.9–66.6)
Teller County, Colorado	572	50.5	2.5	(45.6–55.4)
Weld County, Colorado	979	63.7	2.0	(59.7–67.6)
Tampa-Hillsborough, Florida	1,445	61.8	1.9	(58.1–65.4)
St. Petersburg-Pinellas County, Florida	1,518	64.0	1.8	(60.5–67.5)
DeKalb County, Georgia	2,194	58.1	1.6	(55.1–61.2)
New Orleans, Louisiana	1,424	54.3	2.0	(50.4–58.2)
Boston, Massachusetts	1,490	57.5	§	(53.5–61.5)
Inter-Tribal Council of Michigan, Michigan	563	77.2	2.9	(71.5–83.0)
St. Paul-Ramsey County, Minnesota	1,462	57.1	1.9	(53.4–60.9)
Minneapolis, Minnesota	1,487	51.6	1.9	(47.9–55.2)
Rochester-Olmstead County, Minnesota	1,514	57.0	2.0	(53.0–61.0)
Willmar, Minnesota	939	60.6	2.3	(56.0–65.2)
Broome County, New York	1,411	58.5	1.9	(54.8–62.1)
Chautauqua County, New York	1,422	61.7	1.8	(58.1–65.2)
Jefferson County, New York	1,432	64.6	1.8	(61.1–68.0)
Rockland County, New York	1,420	57.5	1.8	(54.0–60.9)
Cleveland, Ohio	1,155	69.6	1.8	(66.1–73.1)
Cherokee Nation, Oklahoma	2,848	66.8	1.7	(63.5–70.1)
Philadelphia, Pennsylvania	1,431	64.8	1.8	(61.4–68.2)
Fayette County, Pennsylvania	1,732	66.7	1.4	(64.0–69.5)
Luzerne County, Pennsylvania	2,296	64.8	1.2	(62.5–67.1)
Tioga County, Pennsylvania	1,452	68.2	1.7	(64.9–71.5)
Austin-Travis County, Texas	1,379	56.6	2.5	(51.7–61.5)
San Antonio-Bexar County, Texas	1,443	70.6	1.7	(67.2–74.0)
Chelan-Douglas-Okanogan Counties, Washington	1,503	63.0	1.7	(59.7–66.3)
Clark County, Washington	1,602	64.9	1.7	(61.6–68.1)
Colville Confederated Tribes, Washington	35	— [¶]	§	—
Seattle-King County, Washington	1,400	60.0	1.7	(56.7–63.3)
Thurston County, Washington	1,860	63.3	1.5	(60.5–66.2)
<i>Range</i>		50.5–77.2		
<i>Median</i>		63.2		
<i>BRFSS Nationwide Range</i>		55.3–69.1		
<i>BRFSS Nationwide Median</i>		63.0		

* Standard error.

[†] Confidence interval.[§] Data analysis conducted by the community; SE not reported.[¶] Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

TABLE 7. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported having a clinical foot examination during the preceding 12 months, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	116	75.7	4.7	(66.5–84.9)
Southeast Alabama, Alabama	142	72.7	4.2	(64.5–81.0)
SouthEast Alaska Regional Health Consortium, Alaska	50	— [§]	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	41	—	—	—
Yuma County, Arizona	56	—	—	—
Salinas County, California	142	—	—	—
Santa Clara County, California	¶	¶	¶	¶
Mesa County, Colorado	86	81.4	4.6	(72.5–90.3)
Pueblo County, Colorado	118	77.3	4.3	(68.9–85.7)
Teller County, Colorado	27	—	—	—
Weld County, Colorado	74	—	—	—
Tampa-Hillsborough, Florida	173	74.4	3.8	(67.0–81.9)
St. Petersburg-Pinellas County, Florida	160	77.3	3.6	(70.1–84.4)
DeKalb County, Georgia	314	84.3	2.6	(79.2–89.4)
Boston, Massachusetts	191	84.5	**	(78.8–90.2)
Inter-Tribal Council of Michigan, Michigan	114	—	**	—
St. Paul-Ramsey County, Minnesota	128	83.0	3.7	(75.7–90.3)
Minneapolis, Minnesota	115	79.8	4.3	(71.4–88.2)
Rochester-Olmstead County, Minnesota	108	80.6	3.9	(72.9–88.2)
Willmar, Minnesota	94	89.3	3.3	(82.8–95.7)
Broome County, New York	148	79.3	4.5	(70.5–88.0)
Chautauqua County, New York	154	87.7	2.8	(82.2–93.1)
Jefferson County, New York	157	78.2	3.9	(70.6–85.8)
Rockland County, New York	126	—	—	—
Cleveland, Ohio	197	77.4	4.3	(69.0–85.7)
Cherokee Nation, Oklahoma	534	72.7	4.4	(64.2–81.2)
Philadelphia, Pennsylvania	189	76.5	3.8	(69.2–83.9)
Fayette County, Pennsylvania	326	77.8	2.5	(72.9–82.7)
Luzerne County, Pennsylvania	277	77.3	2.8	(71.8–82.7)
Tioga County, Pennsylvania	154	74.7	3.9	(67.1–82.3)
Austin-Travis County, Texas	140	85.6	4.8	(76.2–94.9)
San Antonio-Bexar County, Texas	303	68.2	3.5	(61.4–74.9)
Chelan-Douglas-Okanogan Counties, Washington	142	77.2	4.5	(68.4–85.9)
Clark County, Washington	127	89.1	2.8	(83.6–94.5)
Colville Confederated Tribes, Washington	¶	¶	¶	¶
Seattle-King County, Washington	87	77.0	5.0	(67.2–86.8)
Thurston County, Washington	137	74.7	5.0	(65.0–84.4)
Range		68.2–89.3		
Median		77.4		
BRFSS Nationwide Range		44.6–88.3		
BRFSS Nationwide Median		71.6		
Healthy People 2010 (HP 2010) objective ^{††}		91.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Not available if the community did not measure this indicator.

** Data analysis conducted by the community; SE not reported.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 8. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported having a clinical foot examination during the preceding 12 months, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	181	66.2	4.5	(57.4–74.9)
Southeast Alabama, Alabama	173	— [§]	—	—
SouthEast Alaska Regional Health Consortium, Alaska	51	—	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	59	—	—	—
Yuma County, Arizona	77	—	—	—
Salinas-Monterey County, California	171	—	—	—
Santa Clara County, California	193	51.1	4.7	(41.9–60.4)
Mesa County, Colorado	70	—	—	—
Pueblo County, Colorado	125	69.9	4.9	(60.4–79.4)
Teller County, Colorado	35	—	—	—
Weld County, Colorado	86	—	—	—
Tampa-Hillsborough, Florida	175	77.3	4.2	(69.0–85.6)
St. Petersburg-Pinellas County, Florida	186	69.5	4.6	(60.4–78.6)
DeKalb County, Georgia	242	80.8	3.6	(73.8–87.7)
New Orleans, Louisiana	154	72.8	4.4	(64.2–81.4)
Boston, Massachusetts	¶	¶	¶	¶
Inter-Tribal Council of Michigan, Michigan	105	—	—	—
St. Paul-Ramsey County, Minnesota	136	79.6	4.3	(71.3–87.9)
Minneapolis, Minnesota	112	83.5	3.9	(75.9–91.1)
Rochester-Olmstead County, Minnesota	111	80.4	3.9	(72.6–88.0)
Willmar, Minnesota	91	—	—	—
Broome County, New York	152	80.6	3.8	(73.1–88.1)
Chautauqua County, New York	185	75.5	4.1	(67.5–83.6)
Jefferson County, New York	167	72.2	4.7	(63.1–81.3)
Rockland County, New York	147	83.3	4.1	(75.2–91.3)
Cleveland, Ohio	195	81.0	3.2	(74.8–87.2)
Cherokee Nation, Oklahoma	411	73.4	3.2	(67.1–79.7)
Philadelphia, Pennsylvania	176	75.7	4.1	(67.7–83.7)
Fayette County, Pennsylvania	210	79.4	3.2	(73.1–85.7)
Luzerne County, Pennsylvania	240	79.6	3.0	(73.8–85.5)
Tioga County, Pennsylvania	163	75.6	4.1	(67.6–83.6)
Austin-Travis County, Texas	167	76.5	4.9	(66.8–86.1)
San Antonio-Bexar County, Texas	304	72.2	3.4	(65.6–78.8)
Chelan-Douglas-Okanogan Counties, Washington	145	82.1	3.7	(74.8–89.3)
Clark County, Washington	179	77.6	3.6	(70.7–84.6)
Colville Confederated Tribes, Washington	¶	¶	¶	¶
Seattle-King County, Washington	146	78.7	4.2	(70.5–86.8)
Thurston County, Washington	178	76.9	4.2	(68.7–85.2)
Range		51.1–83.5		
Median		77.1		
BRFSS Nationwide Range		40.0–87.1		
BRFSS Nationwide Median		73.2		
Healthy People 2010 (HP 2010) objective**		91.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Not available if community did not measure this indicator.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 9. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported having received a dilated eye examination during the preceding 12 months, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	123	— [§]	—	—
Southeast Alabama, Alabama	149	76.6	4.2	(68.3–84.9)
SouthEast Alaska Regional Health Consortium, Alaska	51	—	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	42	—	—	—
Yuma County, Arizona	60	—	—	—
Salinas County, California	142	—	—	—
Santa Clara County, California	142	69.7	5.1	(59.7–79.6)
Mesa County, Colorado	89	—	—	—
Pueblo County, Colorado	118	75.9	4.7	(66.7–85.0)
Teller County, Colorado	27	—	—	—
Weld County, Colorado	73	—	—	—
Tampa-Hillsborough, Florida	186	68.4	4.3	(59.9–76.9)
St. Petersburg-Pinellas County, Florida	172	75.4	3.8	(68.0–82.8)
DeKalb County, Georgia	331	69.9	4.5	(61.1–78.7)
Boston, Massachusetts	199	84.4	†	(78.7–90.1)
Inter-Tribal Council of Michigan, Michigan	115	—	—	—
St. Paul-Ramsey County, Minnesota	124	81.5	3.9	(73.8–89.1)
Minneapolis, Minnesota	119	69.5	4.9	(60.0–79.0)
Rochester-Olmstead County, Minnesota	110	82.0	4.1	(74.0–90.0)
Willmar, Minnesota	96	—	†	—
Broome County, New York	150	66.0	5.0	(56.3–75.7)
Chautauqua County, New York	157	75.9	3.9	(68.3–83.5)
Jefferson County, New York	159	65.9	4.9	(56.3–75.4)
Rockland County, New York	130	—	†	—
Cleveland, Ohio	195	83.4	3.6	(76.2–90.5)
Cherokee Nation, Oklahoma	550	63.2	4.5	(54.3–72.1)
Philadelphia, Pennsylvania	197	76.1	3.7	(68.8–83.4)
Fayette County, Pennsylvania	336	64.3	3.0	(58.4–70.2)
Luzerne County, Pennsylvania	285	72.0	3.1	(66.0–78.1)
Tioga County, Pennsylvania	159	68.6	4.2	(60.4–76.8)
Austin-Travis County, Texas	145	—	†	—
San Antonio-Bexar County, Texas	312	70.9	3.1	(64.9–76.9)
Chelan-Douglas-Okanogan Counties, Washington	149	—	†	—
Clark County, Washington	133	73.1	4.6	(64.1–82.1)
Colville Confederated Tribes, Washington	**	**	**	**
Seattle-King County, Washington	89	—	†	—
Thurston County, Washington	140	74.2	4.8	(64.9–83.6)
Range		63.2–83.4		
Median		72.0		
BRFSS Nationwide Range		58.7–80.6		
BRFSS Nationwide Median		70.9		
Healthy People 2010 (HP 2010) objective ^{††}		76.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Data analysis conducted by the community; SE not reported.

** Not available if community did not measure this indicator.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 10. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported having received a dilated eye examination during the preceding 12 months, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	183	65.5	4.6	(56.4–74.6)
Southeast Alabama, Alabama	180	— [§]	—	—
SouthEast Alaska Regional Health Consortium, Alaska	53	—	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	60	—	—	—
Yuma County, Arizona	83	—	—	—
Salinas-Monterey County, California	175	—	—	—
Santa Clara County, California	192	64.4	4.9	(54.8–74.0)
Mesa County, Colorado	69	—	—	—
Pueblo County, Colorado	123	—	—	—
Teller County, Colorado	36	—	—	—
Weld County, Colorado	91	—	—	—
Tampa-Hillsborough, Florida	185	76.4	4.2	(68.1–84.7)
St. Petersburg-Pinellas County, Florida	198	74.3	4.1	(66.4–82.3)
DeKalb County, Georgia	250	70.1	4.1	(62.1–78.0)
New Orleans, Louisiana	157	66.2	5.0	(56.4–76.0)
Boston, Massachusetts	172	80.0	¶	(71.9–88.2)
Inter-Tribal Council of Michigan, Michigan	105	—	—	—
St. Paul-Ramsey County, Minnesota	139	—	—	—
Minneapolis, Minnesota	118	81.0	4.7	(71.9–90.1)
Rochester-Olmstead County, Minnesota	114	85.4	3.5	(78.5–92.3)
Willmar, Minnesota	93	79.4	4.8	(69.9–88.8)
Broome County, New York	155	77.5	3.6	(70.5–84.6)
Chautauqua County, New York	184	69.9	4.3	(61.5–78.3)
Jefferson County, New York	171	73.3	4.0	(65.4–81.2)
Rockland County, New York	145	76.7	4.3	(68.2–85.1)
Cleveland, Ohio	190	73.6	3.9	(66.0–81.2)
Cherokee Nation, Oklahoma	414	60.3	4.5	(51.5–69.1)
Philadelphia, Pennsylvania	188	68.1	4.5	(59.2–77.0)
Fayette County, Pennsylvania	223	64.8	3.8	(57.5–72.2)
Luzerne County, Pennsylvania	246	75.9	3.0	(70.0–81.9)
Tioga County, Pennsylvania	167	68.9	4.4	(60.3–77.5)
Austin-Travis County, Texas	166	79.2	4.5	(70.5–88.0)
San Antonio-Bexar County, Texas	313	72.5	3.1	(66.4–78.6)
Chelan-Douglas-Okanogan Counties, Washington	149	74.6	4.3	(66.1–83.1)
Clark County, Washington	180	72.0	4.0	(64.1–79.9)
Colville Confederated Tribes, Washington	5	—	¶	—
Seattle-King County, Washington	153	63.9	4.6	(54.9–73.0)
Thurston County, Washington	183	71.7	4.4	(63.1–80.3)
Range		60.3–85.4		
Median		72.9		
BRFSS Nationwide Range		60.0–82.2		
BRFSS Nationwide Median		71.3		
Healthy People 2010 (HP 2010) objective**		76.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Data analysis conducted by the community; SE not reported.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 11. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported having received a glycosylated hemoglobin measurement (A1c) at least twice a year, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	105	72.3	5.1	(62.4–82.2)
Southeast Alabama, Alabama	122	— [§]	—	—
SouthEast Alaska Regional Health Consortium, Alaska	50	—	—	—
Cochise County, Arizona	42	—	—	—
Santa Cruz County, Arizona	33	—	—	—
Yuma County, Arizona	50	—	—	—
Salinas County, California	134	—	—	—
Santa Clara County, California	¶	¶	¶	¶
Mesa County, Colorado	84	—	—	—
Pueblo County, Colorado	109	75.7	4.5	(66.9–84.5)
Teller County, Colorado	24	—	—	—
Weld County, Colorado	72	—	—	—
Tampa-Hillsborough, Florida	163	62.5	4.6	(53.5–71.4)
St. Petersburg-Pinellas County, Florida	140	70.5	4.4	(61.9–79.0)
DeKalb County, Georgia	308	67.1	4.6	(58.1–76.1)
Boston, Massachusetts	183	70.1	**	(62.5–77.7)
Inter-Tribal Council of Michigan, Michigan	107	—	—	—
St. Paul-Ramsey County, Minnesota	121	—	—	—
Minneapolis, Minnesota	104	70.8	5.1	(60.8–80.8)
Rochester-Olmstead County, Minnesota	101	71.6	4.7	(62.3–80.9)
Willmar, Minnesota	91	81.6	4.2	(73.5–89.8)
Broome County, New York	138	75.8	4.8	(66.4–85.1)
Chautauqua County, New York	146	79.8	3.7	(72.5–87.1)
Jefferson County, New York	148	72.4	4.4	(63.8–80.9)
Rockland County, New York	125	85.1	4.3	(76.7–93.5)
Cleveland, Ohio	163	66.4	5.1	(56.5–76.3)
Cherokee Nation, Oklahoma	522	71.0	4.3	(62.6–79.5)
Philadelphia, Pennsylvania	178	62.6	4.3	(54.1–71.1)
Fayette County, Pennsylvania	312	66.6	3.1	(60.5–72.7)
Luzerne County, Pennsylvania	260	65.3	3.3	(58.7–71.8)
Tioga County, Pennsylvania	151	66.3	4.3	(58.0–74.6)
Austin-Travis County, Texas	131	—	—	—
San Antonio-Bexar County, Texas	273	65.5	3.4	(58.8–72.3)
Chelan-Douglas-Okanogan Counties, Washington	138	67.5	5.1	(57.5–77.4)
Clark County, Washington	124	77.8	4.1	(69.7–85.9)
Colville Confederated Tribes, Washington	4	—	**	—
Seattle-King County, Washington	81	—	—	—
Thurston County, Washington	137	—	—	—
Range		62.5–85.1		
Median		70.65		
BRFSS Nationwide Range		46.8–76.7		
BRFSS Nationwide Median		66.3		
Healthy People 2010 (HP 2010) objective ^{††}		72.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Not available if community did not measure this indicator.

** Data analysis conducted by the community; SE not reported.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 12. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported having received a glycosylated hemoglobin measurement (A1c) at least twice a year, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	162	63.3	4.7	(54.0–72.5)
Southeast Alabama, Alabama	164	— [§]	—	—
SouthEast Alaska Regional Health Consortium, Alaska	47	—	—	—
Cochise County, Arizona	46	—	—	—
Santa Cruz County, Arizona	55	—	—	—
Yuma County, Arizona	75	—	—	—
Salinas-Monterey County, California	166	62.4	4.9	(52.7–72.0)
Santa Clara County, California	¶	¶	¶	¶
Mesa County, Colorado	65	—	—	—
Pueblo County, Colorado	108	—	—	—
Teller County, Colorado	35	—	—	—
Weld County, Colorado	83	—	—	—
Tampa-Hillsborough, Florida	167	66.5	4.8	(57.1–76.0)
St. Petersburg-Pinellas County, Florida	181	69.2	4.7	(59.9–78.4)
DeKalb County, Georgia	228	68.9	4.7	(59.6–78.2)
New Orleans, Louisiana	141	63.5	4.8	(54.0–73.0)
Boston, Massachusetts	172	90.4	**	(85.6–95.2)
Inter-Tribal Council of Michigan, Michigan	93	—	—	—
St. Paul-Ramsey County, Minnesota	135	—	—	—
Minneapolis, Minnesota	109	—	—	—
Rochester-Olmstead County, Minnesota	105	—	—	—
Willmar, Minnesota	92	—	—	—
Broome County, New York	147	72.5	4.5	(63.8–81.2)
Chautauqua County, New York	173	69.4	4.6	(60.5–78.4)
Jefferson County, New York	163	71.5	4.8	(62.2–80.8)
Rockland County, New York	139	78.4	3.8	(71.0–85.9)
Cleveland, Ohio	156	74.3	4.0	(66.3–82.2)
Cherokee Nation, Oklahoma	395	72.6	4.3	(64.2–81.0)
Philadelphia, Pennsylvania	166	64.8	5	(55.0–74.5)
Fayette County, Pennsylvania	202	72.9	3.5	(65.9–79.8)
Luzerne County, Pennsylvania	230	66.8	3.7	(59.5–73.9)
Tioga County, Pennsylvania	154	61.3	4.7	(52.1–70.6)
Austin-Travis County, Texas	145	—	—	—
San Antonio-Bexar County, Texas	277	54.5	4	(46.7–62.2)
Chelan-Douglas-Okanogan Counties, Washington	141	78.7	4.1	(70.7–86.8)
Clark County, Washington	175	74.8	3.8	(67.3–82.2)
Colville Confederated Tribes, Washington	5	—	**	—
Seattle-King County, Washington	143	73.1	4.5	(64.3–81.9)
Thurston County, Washington	185	70.4	3.8	(62.8–77.9)
<i>Range</i>		54.5–90.4		
<i>Median</i>		69.9		
<i>BRFSS Nationwide Range</i>		46.9–78.6		
<i>BRFSS Nationwide Median</i>		66.3		
<i>Healthy People 2010 (HP 2010) objective^{††}</i>		72.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Not available if community did not measure this indicator in 2007.

** Data analysis conducted by the community; SE not reported.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 13. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported self-blood glucose monitoring at least two times daily, by community — United States Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	123	30.9	5.0	(21.0–40.7)
Southeast Alabama, Alabama	147	47.4	4.9	(37.7–57.0)
SouthEast Alaska Regional Health Consortium, Alaska	52	— [§]	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	43	—	—	—
Yuma County, Arizona	59	—	—	—
Salinas County, California	142	—	—	—
Santa Clara County, California	139	—	—	—
Mesa County, Colorado	88	—	—	—
Pueblo County, Colorado	118	—	—	—
Teller County, Colorado	27	—	—	—
Weld County, Colorado	75	—	—	—
Tampa-Hillsborough, Florida	184	36.4	4.3	(28.1–44.8)
St. Petersburg-Pinellas County, Florida	168	24.8	3.6	(17.7–31.9)
DeKalb County, Georgia	334	37.0	3.7	(29.7–44.2)
Boston, Massachusetts	195	47	†	(38.9–55.1)
Inter-Tribal Council of Michigan, Michigan	113	—	—	—
St. Paul-Ramsey County, Minnesota	127	43.7	5.0	(33.9–53.5)
Minneapolis, Minnesota	115	—	—	—
Rochester-Olmstead County, Minnesota	110	—	—	—
Willmar, Minnesota	95	—	—	—
Broome County, New York	148	51.6	4.9	(42.0–61.1)
Chautauqua County, New York	158	35.5	4.3	(27.1–44.0)
Jefferson County, New York	160	—	—	—
Rockland County, New York	128	—	—	—
Cleveland, Ohio	210	43.5	4.5	(34.7–52.2)
Cherokee Nation, Oklahoma	552	45.2	4.9	(35.6–54.9)
Philadelphia, Pennsylvania	199	50.4	4.4	(41.8–58.9)
Fayette County, Pennsylvania	340	35.0	2.9	(29.3–40.7)
Luzerne County, Pennsylvania	283	47.4	3.4	(40.9–54.0)
Tioga County, Pennsylvania	158	46.6	4.5	(37.8–55.4)
Austin-Travis County, Texas	147	—	—	—
San Antonio-Bexar County, Texas	311	39.5	3.5	(32.7–46.4)
Chelan-Douglas-Okanogan Counties, Washington	146	37.1	4.6	(28.1–46.1)
Clark County, Washington	128	41.3	4.9	(31.7–50.9)
Colville Confederated Tribes, Washington	4	—	**	—
Seattle-King County, Washington	90	—	—	—
Thurston County, Washington	136	—	—	—
Range		24.8–51.6		
Median		42.4		
BRFSS Nationwide Range		22.9–46.8		
BRFSS Nationwide Median		38.8		
Healthy People 2010 (HP 2010) objective**		61.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Data analysis conducted by the community; SE not reported.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 14. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant) who reported self-blood glucose monitoring at least two times daily, by community — United States Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	182	32.2	4.2	(23.9–40.5)
Southeast Alabama, Alabama	179	41.3	4.8	(32.0–50.6)
SouthEast Alaska Regional Health Consortium, Alaska	50	— [§]	—	—
Cochise County, Arizona	46	—	—	—
Santa Cruz County, Arizona	57	—	—	—
Yuma County, Arizona	82	—	—	—
Salinas-Monterey County, California	174	34.7	4.7	(25.5–43.8)
Santa Clara County, California	190	28.9	4.1	(20.9–36.9)
Mesa County, Colorado	69	—	—	—
Pueblo County, Colorado	123	—	—	—
Teller County, Colorado	36	—	—	—
Weld County, Colorado	91	—	—	—
Tampa-Hillsborough, Florida	184	34.5	4.3	(26.0–43.0)
St. Petersburg-Pinellas County, Florida	200	31.4	4.5	(22.7–40.2)
DeKalb County, Georgia	250	38.0	3.9	(30.3–45.7)
New Orleans, Louisiana	156	—	—	—
Boston, Massachusetts	169	50.9	†	(40.5–61.3)
Inter-Tribal Council of Michigan, Michigan	106	—	—	—
St. Paul-Ramsey County, Minnesota	138	—	—	—
Minneapolis, Minnesota	117	—	—	—
Rochester-Olmstead County, Minnesota	114	—	—	—
Willmar, Minnesota	94	—	—	—
Broome County, New York	153	43.4	4.7	(34.3–52.6)
Chautauqua County, New York	184	42.3	4.5	(33.4–51.1)
Jefferson County, New York	173	44.1	4.6	(35.0–53.2)
Rockland County, New York	146	53.3	5.0	(43.4–63.1)
Cleveland, Ohio	200	49.5	4.4	(40.9–58.1)
Cherokee Nation, Oklahoma	415	43.2	4.2	(35.0–51.4)
Philadelphia, Pennsylvania	187	42.0	4.8	(32.6–51.5)
Fayette County, Pennsylvania	224	45.2	3.9	(37.6–52.8)
Luzerne County, Pennsylvania	250	44.7	3.7	(37.6–51.9)
Tioga County, Pennsylvania	167	38.3	4.9	(28.6–47.9)
Austin-Travis County, Texas	165	—	—	—
San Antonio-Bexar County, Texas	310	39.5	3.5	(32.5–46.4)
Chelan-Douglas-Okanogan Counties, Washington	142	41.4	5.0	(31.6–51.3)
Clark County, Washington	179	45.3	4.4	(36.6–53.9)
Colville Confederated Tribes, Washington	5	—	†	—
Seattle-King County, Washington	154	40.6	4.7	(31.3–49.8)
Thurston County, Washington	184	39.2	4.3	(30.7–47.6)
Range		28.9–53.3		
Median		41.4		
BRFSS Nationwide Range		9.3–46.8		
BRFSS Nationwide Median		38.6		
Healthy People 2010 (HP 2010) objective**		61.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Data analysis conducted by the community; SE not reported.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 15. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant, refusals, and unknowns) who reported checking their feet at least one time daily for any sores or irritations, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	119	— [§]	—	—
Southeast Alabama, Alabama	143	76.8	4.3	(68.5–85.2)
SouthEast Alaska Regional Health Consortium, Alaska	52	—	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	40	—	—	—
Yuma County, Arizona	60	—	—	—
Salinas County, California	139	—	—	—
Santa Clara County, California	¶	¶	¶	¶
Mesa County, Colorado	89	—	—	—
Pueblo County, Colorado	111	66.6	4.8	(57.2–76.1)
Teller County, Colorado	27	—	—	—
Weld County, Colorado	72	—	—	—
Tampa-Hillsborough, Florida	181	74.2	3.8	(66.7–81.7)
St. Petersburg-Pinellas County, Florida	168	65.2	4.2	(57.1–73.4)
DeKalb County, Georgia	318	74.5	3.5	(67.5–81.3)
Boston, Massachusetts	196	70.7	**	(63.3–78.1)
Inter-Tribal Council of Michigan, Michigan	114	—	—	—
St. Paul-Ramsey County, Minnesota	127	66.1	5.0	(56.3–75.9)
Minneapolis, Minnesota	117	57.5	5.1	(47.6–67.5)
Rochester-Olmstead County, Minnesota	103	—	—	—
Willmar, Minnesota	92	—	—	—
Broome County, New York	145	72.6	4.1	(64.6–80.5)
Chautauqua County, New York	154	76.6	3.8	(69.2–83.9)
Jefferson County, New York	159	—	—	—
Rockland County, New York	126	—	—	—
Cleveland, Ohio	204	68.5	4.6	(59.6–77.4)
Cherokee Nation, Oklahoma	546	75.0	3.7	(67.7–82.1)
Philadelphia, Pennsylvania	195	80.4	3.3	(74.0–86.8)
Fayette County, Pennsylvania	322	65.7	3.1	(59.6–71.9)
Luzerne County, Pennsylvania	271	69.3	3.2	(63.1–75.5)
Tioga County, Pennsylvania	156	63.8	4.4	(55.2–72.3)
Austin-Travis County, Texas	141	88.0	3.3	(81.6–94.5)
San Antonio-Bexar County, Texas	306	73.8	3.3	(67.3–80.2)
Chelan-Douglas-Okanogan Counties, Washington	142	—	—	—
Clark County, Washington	129	66.3	4.7	(57.0–75.5)
Colville Confederated Tribes, Washington	4	—	—	—
Seattle-King County, Washington	87	—	—	—
Thurston County, Washington	130	60.5	5.0	(50.6–70.3)
<i>Range</i>		53.1–88.0		
<i>Median</i>		70		
<i>BRFSS Nationwide Range</i>		55.2–82.0		
<i>BRFSS Nationwide Median</i>		68.8		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

¶ Not available if the community did not measure this indicator.

** Data analysis conducted by the community; SE not reported.

TABLE 16. Estimated prevalence of respondents aged ≥ 18 years ever told by a doctor that they had diabetes (excluding women who were told only when pregnant, refusals, and unknowns) who reported checking their feet at least one time daily for any sores or irritations, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	177	66.7	4.7	(57.4–75.9)
Southeast Alabama, Alabama	176	77.3	5.0	(67.6–87.0)
SouthEast Alaska Regional Health Consortium, Alaska	48	— [§]	—	—
Cochise County, Arizona	48	—	—	—
Santa Cruz County, Arizona	60	—	—	—
Yuma County, Arizona	75	—	—	—
Salinas-Monterey County, California	175	—	—	—
Santa Clara County, California	¶	¶	¶	¶
Mesa County, Colorado	69	—	—	—
Pueblo County, Colorado	122	—	—	—
Teller County, Colorado	34	—	—	—
Weld County, Colorado	89	—	—	—
Tampa-Hillsborough, Florida	181	67.1	4.6	(58.0–76.1)
St. Petersburg-Pinellas County, Florida	193	69.7	4.4	(61.0–78.4)
DeKalb County, Georgia	247	68.6	4.2	(60.4–76.8)
New Orleans, Louisiana	153	64.7	5.1	(54.8–74.6)
Boston, Massachusetts	108	65.4	**	(55.7–75.1)
Inter-Tribal Council of Michigan, Michigan	104	—	—	—
St. Paul-Ramsey County, Minnesota	136	69.8	4.9	(60.2–79.4)
Minneapolis, Minnesota	112	—	—	—
Rochester-Olmstead County, Minnesota	108	—	—	—
Willmar, Minnesota	89	—	—	—
Broome County, New York	153	68.4	4.3	(60.0–76.9)
Chautauqua County, New York	183	59.5	4.6	(50.6–68.5)
Jefferson County, New York	170	59.2	4.9	(49.7–68.8)
Rockland County, New York	144	62.7	4.8	(53.3–72.1)
Cleveland, Ohio	194	71.9	3.8	(64.5–79.3)
Cherokee Nation, Oklahoma	413	80.6	2.6	(75.4–85.7)
Philadelphia, Pennsylvania	186	—	—	—
Fayette County, Pennsylvania	214	73.0	3.6	(66.0–80.1)
Luzerne County, Pennsylvania	243	71.1	3.4	(64.6–77.7)
Tioga County, Pennsylvania	162	68.5	4.2	(60.3–76.7)
Austin-Travis County, Texas	162	—	—	—
San Antonio-Bexar County, Texas	309	78.4	3.0	(72.5–84.2)
Chelan-Douglas-Okanogan Counties, Washington	147	67.9	4.7	(58.7–77.1)
Clark County, Washington	179	69.2	3.9	(61.5–76.9)
Colville Confederated Tribes, Washington	5	—	**	—
Seattle-King County, Washington	147	61.8	4.9	(52.2–71.5)
Thurston County, Washington	174	64.4	4.8	(55.0–73.8)
<i>Range</i>		59.2–80.6		
<i>Median</i>		68.5		
<i>BRFSS Nationwide Range</i>		54.6–80.1		
<i>BRFSS Nationwide Median</i>		69.1		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Not available if community did not measure this indicator.

** Data analysis conducted by the community; SE not reported.

TABLE 17. Estimated prevalence of respondents aged ≥ 18 years who reported being told by health professional that they had asthma, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI) [†]
River Region, Alabama	1,024	12.8	1.3	(10.1–15.4)
Southeast Alabama, Alabama	1,115	9.2	1.0	(7.2–11.2)
SouthEast Alaska Regional Health Consortium, Alaska	608	12.8	1.6	(9.7–15.9)
Cochise County, Arizona	493	14.6	1.9	(10.8–18.4)
Santa Cruz County, Arizona	498	6.5	1.7	(3.2–9.8)
Yuma County, Arizona	520	14.4	2.0	(10.5–18.3)
Salinas County, California	1,639	10.1	0.9	(8.3–12.0)
Santa Clara County, California	1,484	14.5	1.2	(12.3–16.8)
Mesa County, Colorado	1,083	14.3	1.4	(11.6–17.0)
Pueblo County, Colorado	1,080	14.5	1.3	(11.9–17.0)
Teller County, Colorado	580	12.7	1.5	(9.7–15.7)
Weld County, Colorado	1,070	11.8	1.2	(9.5–14.1)
Tampa-Hillsborough, Florida	1,553	13.8	1.1	(11.6–16.0)
St. Petersburg-Pinellas County, Florida	1,661	13.2	1.0	(11.1–15.2)
DeKalb County, Georgia	3,762	12.6	0.9	(10.8–14.4)
Boston, Massachusetts	§	§	¶	§
Inter-Tribal Council of Michigan, Michigan	568	15.2	2.0	(11.3–19.2)
St. Paul-Ramsey County, Minnesota	1,743	13.1	1.0	(11.2–15.0)
Minneapolis, Minnesota	1,598	11.9	1.0	(9.9–13.8)
Rochester-Olmstead County, Minnesota	1,504	11.1	1.1	(9.0–13.2)
Willmar, Minnesota	1,200	9.8	1.1	(7.6–11.9)
Broome County, New York	1,485	15.4	1.3	(13.0–17.9)
Chautauqua County, New York	1,491	14.9	1.3	(12.3–17.5)
Jefferson County, New York	1,516	11.4	1.0	(9.4–13.3)
Rockland County, New York	1,485	13.4	1.1	(11.2–15.6)
Cleveland, Ohio	1,498	14.3	1.1	(12.1–16.5)
Cherokee Nation, Oklahoma	4,487	17.1	1.5	(14.1–20.1)
Philadelphia, Pennsylvania	1,524	18.9	1.5	(16.0–21.9)
Fayette County, Pennsylvania	2,707	11.3	0.7	(9.9–12.7)
Luzerne County, Pennsylvania	2,701	10.5	0.7	(9.1–11.8)
Tioga County, Pennsylvania	1,496	13.3	1.2	(11.0–15.5)
Austin-Travis County, Texas	1,571	12.3	1.4	(9.5–15.1)
San Antonio-Bexar County, Texas	1,686	10.5	1.1	(8.3–12.6)
Chelan-Douglas-Okanogan Counties, Washington	1,544	14.9	1.2	(12.6–17.2)
Clark County, Washington	1,520	14.0	1.1	(11.9–16.1)
Colville Confederated Tribes, Washington	§	§	§	§
Seattle-King County, Washington	1,062	12.8	1.2	(10.5–15.0)
Thurston County, Washington	1,582	15.3	1.1	(13.1–17.6)
<i>Range</i>		6.5–18.9		
<i>Median</i>		13.1		
<i>BRFSS Nationwide Range</i>		9.4–18.8		
<i>BRFSS Nationwide Median</i>		13.0		

* Standard error.

† Confidence interval.

§ Not available if the community did not measure this indicator.

TABLE 18. Estimated prevalence of respondents aged ≥ 18 years who reported being told by health professional that they had asthma, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI) [†]
River Region, Alabama	1,395	11.7	1.2	(9.3–14.0)
Southeast Alabama, Alabama	1,154	11.7	1.4	(9.0–14.3)
SouthEast Alaska Regional Health Consortium, Alaska	601	11.5	1.6	(8.4–14.6)
Cochise County, Arizona	462	13.4	1.9	(9.6–17.2)
Santa Cruz County, Arizona	544	7.5	1.4	(4.7–10.2)
Yuma County, Arizona	580	10.9	1.5	(8.1–13.8)
Salinas-Monterey County, California	1,674	8.3	0.8	(6.7–9.9)
Santa Clara County, California	1,571	13.9	1.2	(11.5–16.3)
Mesa County, Colorado	1,067	15.8	1.5	(12.8–18.8)
Pueblo County, Colorado	1,076	15.0	1.6	(12.0–18.0)
Teller County, Colorado	588	13.5	1.6	(10.4–16.5)
Weld County, Colorado	1,055	15.4	1.6	(12.3–18.6)
Tampa-Hillsborough, Florida	1,520	14.2	1.4	(11.5–16.9)
St. Petersburg-Pinellas County, Florida	1,594	12.5	1.4	(9.9–15.1)
DeKalb County, Georgia	2,352	11.8	0.9	(10.0–13.5)
New Orleans, Louisiana	1,502	9.3	1.0	(7.3–11.2)
Boston, Massachusetts	§	§	§	§
Inter-Tribal Council of Michigan, Michigan	577	17.1	2.7	(11.9–22.3)
St. Paul-Ramsey County, Minnesota	1,531	12.6	1.3	(10.0–15.2)
Minneapolis, Minnesota	1,559	11.6	1.3	(9.1–14.1)
Rochester-Olmstead County, Minnesota	1,583	9.9	1.1	(7.9–12.0)
Willmar, Minnesota	999	9.9	1.2	(7.6–12.2)
Broome County, New York	1,471	13.1	1.4	(10.5–15.8)
Chautauqua County, New York	1,492	15.8	1.4	(13.2–18.5)
Jefferson County, New York	1,490	13.6	1.2	(11.2–16.1)
Rockland County, New York	1,494	10.4	0.9	(8.6–12.2)
Cleveland, Ohio	1,253	18.9	1.4	(16.1–21.7)
Cherokee Nation, Oklahoma	2,932	15.0	1.4	(12.2–17.7)
Philadelphia, Pennsylvania	1,479	16.4	1.4	(13.7–19.0)
Fayette County, Pennsylvania	1,813	11.3	0.9	(9.6–13.0)
Luzerne County, Pennsylvania	2,392	10.7	0.8	(9.2–12.2)
Tioga County, Pennsylvania	1,525	13.4	1.1	(11.3–15.5)
Austin-Travis County, Texas	1,535	11.7	1.4	(8.9–14.4)
San Antonio-Bexar County, Texas	1,547	11.4	1.1	(9.2–13.6)
Chelan-Douglas-Okanogan Counties, Washington	1,595	13.0	1.1	(10.8–15.1)
Clark County, Washington	1,674	15.1	1.1	(12.9–17.3)
Colville Confederated Tribes, Washington	§	§	§	§
Seattle-King County, Washington	1,477	12.9	1.1	(10.8–15.0)
Thurston County, Washington	1,938	15.6	1.1	(13.4–17.7)
<i>Range</i>		7.5–18.9		
<i>Median</i>		12.9		
<i>BRFSS Nationwide Range</i>		9.7–15.8		
<i>BRFSS Nationwide Median</i>		13.0		

* Standard error.

† Confidence interval.

§ Not available if the community did not measure this indicator.

TABLE 19. Estimated prevalence of respondents aged ≥ 18 years with asthma who reported having no symptoms of asthma during the preceding 30 days, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	§	§	§	§
Southeast Alabama, Alabama	§	§	§	§
SouthEast Alaska Regional Health Consortium, Alaska	47	¶	¶	¶
Cochise County, Arizona	§	—	§	§
Santa Cruz County, Arizona	§	§	§	§
Yuma County, Arizona	§	§	§	§
Salinas County, California	92	—	—	—
Santa Clara County, California	§	§	§	§
Mesa County, Colorado	92	—	—	—
Pueblo County, Colorado	95	—	—	—
Teller County, Colorado	41	—	—	—
Weld County, Colorado	80	—	—	—
Tampa-Hillsborough, Florida	124	25.6	4.4	(17.0–34.1)
St. Petersburg-Pinellas County, Florida	134	—	—	—
DeKalb County, Georgia	§	§	§	§
Boston, Massachusetts	§	§	§	§
Inter-Tribal Council of Michigan, Michigan	66	—	—	—
St. Paul-Ramsey County, Minnesota	§	§	§	§
Minneapolis, Minnesota	§	§	§	§
Rochester-Olmstead County, Minnesota	§	§	§	§
Willmar, Minnesota	§	§	§	§
Broome County, New York	163	—	—	—
Chautauqua County, New York	129	—	—	—
Jefferson County, New York	145	29.5	4.4	(20.8–38.1)
Rockland County, New York	110	—	—	—
Cleveland, Ohio	176	25.8	4.1	(17.8–33.8)
Cherokee Nation, Oklahoma	375	11.5	2.6	(6.4–16.6)
Philadelphia, Pennsylvania	§	§	§	§
Fayette County, Pennsylvania	§	§	§	§
Luzerne County, Pennsylvania	§	§	§	§
Tioga County, Pennsylvania	§	§	§	§
Austin-Travis County, Texas	130	—	—	—
San Antonio-Bexar County, Texas	141	19.4	3.9	(11.9–27.0)
Chelan-Douglas-Okanogan Counties, Washington	§	§	§	§
Clark County, Washington	§	§	§	§
Colville Confederated Tribes, Washington	§	§	§	§
Seattle-King County, Washington	§	§	§	§
Thurston County, Washington	§	§	§	§
<i>Range</i>		11.5–29.5		
<i>Median</i>		25.6		
<i>BRFSS Nationwide Range</i>		21.7–34.4		
<i>BRFSS Nationwide Median</i>		26.2		

* Standard error.

† Confidence interval.

§ Not available if the community did not measure this indicator.

¶ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

TABLE 20. Estimated prevalence of respondents aged ≥ 18 years with asthma who reported having no symptoms of asthma during the preceding 30 days, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	100	21.4	5.0	(11.7–31.1)
Southeast Alabama, Alabama	86	— [§]	—	—
SouthEast Alaska Regional Health Consortium, Alaska	¶	¶	¶	¶
Cochise County, Arizona	49	—	—	—
Santa Cruz County, Arizona	25	—	—	—
Yuma County, Arizona	52	—	—	—
Salinas-Monterey County, California	107	—	—	—
Santa Clara County, California	117	—	—	—
Mesa County, Colorado	85	11.0	3.5	(4.1–17.8)
Pueblo County, Colorado	96	17.6	4.7	(8.3–26.8)
Teller County, Colorado	53	—	—	—
Weld County, Colorado	86	—	—	—
Tampa-Hillsborough, Florida	¶	¶	¶	¶
St. Petersburg-Pinellas County, Florida	116	—	—	—
DeKalb County, Georgia	181	36.1	4.8	(26.7–45.4)
New Orleans, Louisiana	79	—	—	—
Boston, Massachusetts	186	32.0	**	(21.3–42.7)
Inter-Tribal Council of Michigan, Michigan	64	—	—	—
St. Paul-Ramsey County, Minnesota	105	—	—	—
Minneapolis, Minnesota	109	—	—	—
Rochester-Olmstead County, Minnesota	102	—	—	—
Willmar, Minnesota	74	—	—	—
Broome County, New York	137	17.3	3.7	(11.3–25.7)
Chautauqua County, New York	158	—	—	—
Jefferson County, New York	126	—	—	—
Rockland County, New York	104	—	—	—
Cleveland, Ohio	180	26.5	4.1	(18.5–34.6)
Cherokee Nation, Oklahoma	270	10.3	2.8	(4.8–15.7)
Philadelphia, Pennsylvania	161	—	—	—
Fayette County, Pennsylvania	149	21.9	4.3	(13.5–30.3)
Luzerne County, Pennsylvania	181	26.5	4.3	(18.2–34.9)
Tioga County, Pennsylvania	156	21.6	3.8	(14.1–29.0)
Austin-Travis County, Texas	123	—	—	—
San Antonio-Bexar County, Texas	117	—	—	—
Chelan-Douglas-Okanogan Counties, Washington	¶	¶	¶	¶
Clark County, Washington	¶	¶	¶	¶
Colville Confederated Tribes, Washington	¶	¶	**	¶
Seattle-King County, Washington	88	17.2	4.5	(8.3–26.1)
Thurston County, Washington	¶	¶	¶	¶
<i>Range</i>		10.3–36.1		
<i>Median</i>		21.5		
<i>BRFSS Nationwide Range</i>		21.9–34.3		
<i>BRFSS Nationwide Median</i>		27.1		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was <50 or if the CI half width is >10.

¶ Not available if community did not measure this indicator.

** Data analysis conducted by the community; SE not reported.

TABLE 21. Estimated prevalence of number of adults aged ≥ 18 years who reported moderate physical activity for ≥ 30 minutes at least five times a week or who reported vigorous physical activity for ≥ 20 minutes at least three times a week, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	§	§	§	§
Southeast Alabama, Alabama	§	§	§	§
SouthEast Alaska Regional Health Consortium, Alaska	583	59.9	2.4	(55.2–64.7)
Cochise County, Arizona	430	55.6	3.2	(49.4–61.8)
Santa Cruz County, Arizona	431	51.4	3.1	(45.2–57.6)
Yuma County, Arizona	432	52.1	3.0	(46.2–58.0)
Salinas County, California	§	§	§	§
Santa Clara County, California	1,426	47.1	1.8	(43.7–50.6)
Mesa County, Colorado	§	§	§	§
Pueblo County, Colorado	§	§	§	§
Teller County, Colorado	§	§	§	§
Weld County, Colorado	§	§	§	§
Tampa-Hillsborough, Florida	1,446	43.7	1.7	(40.4–47.0)
St. Petersburg-Pinellas County, Florida	1,535	46.7	1.6	(43.7–49.7)
DeKalb County, Georgia	3,477	51.0	1.3	(48.4–53.6)
Boston, Massachusetts	1,572	57	¶	(53.3–60.7)
Inter-Tribal Council of Michigan, Michigan	393	52.6	3.9	(45.0–60.1)
St. Paul-Ramsey County, Minnesota	1,659	57.5	1.5	(54.5–60.4)
Minneapolis, Minnesota	1,522	55.2	1.5	(52.2–58.2)
Rochester-Olmstead County, Minnesota	1,442	58.0	1.6	(54.8–61.2)
Willmar, Minnesota	1,131	49.4	1.9	(45.7–53.1)
Broome County, New York	1,416	51.9	1.8	(48.4–55.4)
Chautauqua County, New York	1,389	54.8	1.8	(51.4–58.2)
Jefferson County, New York	1,445	58.5	1.9	(54.8–62.1)
Rockland County, New York	1,407	52.2	1.7	(48.9–55.5)
Cleveland, Ohio	1,423	52.2	1.8	(48.7–55.7)
Cherokee Nation, Oklahoma	2,770	42.3	2.5	(37.5–47.1)
Philadelphia, Pennsylvania	§	§	§	§
Fayette County, Pennsylvania	§	§	§	§
Luzerne County, Pennsylvania	§	§	§	§
Tioga County, Pennsylvania	§	§	§	§
Austin-Travis County, Texas	1,469	54.7	2.5	(49.8–59.6)
San Antonio-Bexar County, Texas	1,572	54.2	1.7	(50.9–57.5)
Chelan-Douglas-Okanogan Counties, Washington	§	§	§	§
Clark County, Washington	§	§	§	§
Colville Confederated Tribes, Washington	§	§	§	§
Seattle-King County, Washington	§	§	§	§
Thurston County, Washington	§	§	§	§
Range		42.3–59.9		
Median		52.4		
BRFSS Nationwide Range		**		
BRFSS Nationwide Median		**		
Healthy People 2010 (HP 2010) objective ^{††}		50.0		

* Standard error.

† Confidence interval.

§ Not available if the community did not measure this indicator.

¶ Data analysis conducted by the community; SE not reported.

** Not available if the optional module questions for certain sectors are not used on even years.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 22. Estimated prevalence of number of adults aged ≥ 18 years who reported moderate physical activity for ≥ 30 minutes at least five times a week or who reported vigorous physical activity for ≥ 20 minutes at least three times a week, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	1,309	44.2	1.9	(40.4–48.0)
Southeast Alabama, Alabama	1,063	40.6	2.2	(36.3–44.8)
SouthEast Alaska Regional Health Consortium, Alaska	578	64.7	2.4	(60.0–69.5)
Cochise County, Arizona	427	51.1	3.3	(44.6–57.6)
Santa Cruz County, Arizona	498	56.2	2.9	(50.5–61.9)
Yuma County, Arizona	528	53.8	2.8	(48.4–59.2)
Salinas-Monterey County, California	1,529	58.0	1.8	(54.5–61.5)
Santa Clara County, California	432	52.1	3.0	(46.2–58.0)
Mesa County, Colorado	§	§	§	§
Pueblo County, Colorado	960	53.6	2.1	(49.5–57.6)
Teller County, Colorado	541	59.7	2.4	(54.9–64.5)
Weld County, Colorado	949	51.0	2.1	(46.8–55.2)
Tampa-Hillsborough, Florida	1,409	46.9	1.9	(43.1–50.6)
St. Petersburg-Pinellas County, Florida	1,468	45.4	2	(41.6–49.2)
DeKalb County, Georgia	2,129	47.6	1.6	(44.5–50.7)
New Orleans, Louisiana	1,397	46.5	2	(42.6–50.3)
Boston, Massachusetts	1,558	52.8	¶	(49.0–56.6)
Inter-Tribal Council of Michigan, Michigan	406	69.8	3.8	(62.4–77.2)
St. Paul-Ramsey County, Minnesota	1,443	56.1	1.9	(52.4–59.8)
Minneapolis, Minnesota	1,477	59.8	2.0	(56.0–63.7)
Rochester-Olmstead County, Minnesota	1,521	55.5	2.0	(51.6–59.5)
Willmar, Minnesota	934	52.8	2.3	(48.4–57.3)
Broome County, New York	1,386	48.7	1.9	(45.0–52.3)
Chautauqua County, New York	1,391	54.5	1.8	(50.9–58.1)
Jefferson County, New York	1,402	61.5	1.7	(58.2–64.9)
Rockland County, New York	1,420	47.9	1.8	(44.4–51.4)
Cleveland, Ohio	1,189	50.5	1.9	(46.8–54.1)
Cherokee Nation, Oklahoma	2,851	48.2	1.8	(44.7–51.7)
Philadelphia, Pennsylvania	1,320	45.2	1.9	(41.5–48.9)
Fayette County, Pennsylvania	1,661	50.5	1.5	(47.6–53.4)
Luzerne County, Pennsylvania	2,182	47.9	1.3	(45.4–50.5)
Tioga County, Pennsylvania	1,395	49.5	1.7	(46.1–52.9)
Austin-Travis County, Texas	1,441	55.6	2.4	(51.0–60.3)
San Antonio-Bexar County, Texas	1,422	51.2	1.9	(47.5–54.8)
Chelan-Douglas-Okanogan Counties, Washington	1,494	51.5	1.7	(48.0–54.9)
Clark County, Washington	1,575	54.6	1.7	(51.4–57.9)
Colville Confederated Tribes, Washington	36	—**	¶	—
Seattle-King County, Washington	1,409	50.1	1.7	(46.8–53.4)
Thurston County, Washington	1,841	56.4	1.5	(53.5–59.3)
Range		40.6–69.8		
Median		51.5		
BRFSS Nationwide range		30.9–60.8		
BRFSS Nationwide median		49.2		
Healthy People 2010 (HP 2010) objective††		50.0		

* Standard error.

† Confidence interval.

§ Not available if community did not measure this indicator in 2007.

¶ Data analysis conducted by the community; SE not reported.

** Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 23. Estimated prevalence of respondents aged ≥ 18 years who reported eating at least five fruits and vegetables/day, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI) [†]
River Region, Alabama	§	§	§	§
Southeast Alabama, Alabama	§	§	§	§
SouthEast Alaska Regional Health Consortium, Alaska	610	19.0	1.9	(15.4–22.7)
Cochise County, Arizona	463	28.5	2.7	(23.2–33.8)
Santa Cruz County, Arizona	449	28.7	2.8	(23.2–34.1)
Yuma County, Arizona	454	24.7	2.4	(20.1–29.3)
Salinas County, California	§	§	§	§
Santa Clara County, California	1,483	26.8	1.5	(23.9–29.7)
Mesa County, Colorado	§	§	§	§
Pueblo County, Colorado	§	§	§	§
Teller County, Colorado	§	§	§	§
Weld County, Colorado	§	§	§	§
Tampa-Hillsborough, Florida	1,489	23.7	1.3	(21.0–26.3)
St. Petersburg-Pinellas County, Florida	1,589	26.1	1.3	(23.5–28.6)
DeKalb County, Georgia	3,688	28.8	1.2	(26.5–31.1)
Boston, Massachusetts	1,664	26.7	†	(23.5–29.9)
Inter-Tribal Council of Michigan, Michigan	567	11.1	1.6	(8.0–14.2)
St. Paul-Ramsey County, Minnesota	1,728	30.2	1.3	(27.6–32.8)
Minneapolis, Minnesota	1,594	28.9	1.3	(26.3–31.4)
Rochester-Olmstead County, Minnesota	1,499	29.8	1.4	(27.0–32.6)
Willmar, Minnesota	1,189	22.6	1.4	(19.8–25.4)
Broome County, New York	1,491	27.8	1.6	(24.8–30.8)
Chautauqua County, New York	1,494	25.5	1.5	(22.5–28.4)
Jefferson County, New York	1,517	25.1	1.5	(22.2–28.1)
Rockland County, New York	1,485	27.2	1.4	(24.5–30.0)
Cleveland, Ohio	1,499	21.8	1.4	(19.1–24.5)
Cherokee Nation, Oklahoma	4,495	13.7	1.3	(11.1–16.2)
Philadelphia, Pennsylvania	§	§	§	§
Fayette County, Pennsylvania	§	§	§	§
Luzerne County, Pennsylvania	§	§	§	§
Tioga County, Pennsylvania	§	§	§	§
Austin-Travis County, Texas	1,528	28.8	2.4	(24.1–33.5)
San Antonio-Bexar County, Texas	1,637	25.9	1.4	(23.1–28.6)
Chelan-Douglas-Okanogan Counties, Washington	§	§	§	§
Clark County, Washington	§	§	§	§
Colville Confederated Tribes, Washington	§	§	§	§
Seattle-King County, Washington	§	§	§	§
Thurston County, Washington	§	§	§	§
<i>Range</i>		11.1–30.2		
<i>Median</i>		26.4		
<i>BRFSS Nationwide Range</i>		**		
<i>BRFSS Nationwide Median</i>		**		

* Standard error.

† Confidence interval.

§ Not available if the community did not measure this indicator.

¶ Data analysis conducted by the community; SE not reported.

** Not available if the optional module questions for certain sectors are not used on even years.

TABLE 24. Estimated prevalence of respondents aged ≥ 18 years who reported eating at least five fruits and vegetables/day, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI [†])
River Region, Alabama	1,375	23.8	1.5	(20.8–26.8)
Southeast Alabama, Alabama	1,127	17.9	1.5	(15.0–20.8)
SouthEast Alaska Regional Health Consortium, Alaska	604	22.3	2.2	(18.0–26.6)
Cochise County, Arizona	452	27.3	2.9	(21.6–33.1)
Santa Cruz County, Arizona	532	24.0	2.2	(19.7–28.2)
Yuma County, Arizona	563	28.8	2.5	(23.9–33.8)
Salinas-Monterey County, California	1,674	37.6	1.7	(34.3–40.9)
Santa Clara County, California	§	§	§	§
Mesa County, Colorado	1,033	25.2	1.6	(22.1–28.3)
Pueblo County, Colorado	1,032	21.7	1.7	(18.4–25.0)
Teller County, Colorado	569	25.3	2.1	(21.2–29.4)
Weld County, Colorado	1,013	25.6	1.8	(22.1–29.1)
Tampa-Hillsborough, Florida	1,468	29.6	1.7	(26.2–32.9)
St. Petersburg-Pinellas County, Florida	1,532	28.4	1.7	(25.1–31.7)
DeKalb County, Georgia	2,250	30.9	1.4	(28.2–33.6)
New Orleans, Louisiana	1,471	25.0	1.6	(22.0–28.1)
Boston, Massachusetts	1,601	26.6	†	(23.2–30.0)
Inter-Tribal Council of Michigan, Michigan	578	21.4	3.0	(15.5–27.2)
St. Paul-Ramsey County, Minnesota	1,522	29.5	1.7	(26.2–32.8)
Minneapolis, Minnesota	1,549	30.5	1.7	(27.1–33.9)
Rochester-Olmstead County, Minnesota	1,580	34.6	1.7	(31.3–38.0)
Willmar, Minnesota	993	28.0	2.0	(24.0–31.9)
Broome County, New York	1,473	28.3	1.5	(25.3–31.3)
Chautauqua County, New York	1,494	27.3	1.6	(24.2–30.4)
Jefferson County, New York	1,491	28.6	1.6	(25.5–31.8)
Rockland County, New York	1,496	28.0	1.4	(25.2–30.7)
Cleveland, Ohio	1,258	29.2	1.6	(26.1–32.4)
Cherokee Nation, Oklahoma	2,934	14.6	1.2	(12.3–16.9)
Philadelphia, Pennsylvania	1,425	26.9	1.6	(23.8–30.1)
Fayette County, Pennsylvania	1,773	20.4	1.1	(18.3–22.5)
Luzerne County, Pennsylvania	2,335	21.6	1.0	(19.7–23.6)
Tioga County, Pennsylvania	1,497	24.5	1.4	(21.9–27.2)
Austin-Travis County, Texas	1,493	26.7	2.2	(22.5–30.9)
San Antonio-Bexar County, Texas	1,479	24.1	1.5	(21.2–27.0)
Chelan-Douglas-Okanogan Counties, Washington	1,582	22.2	1.4	(19.6–24.9)
Clark County, Washington	1,664	26.2	1.4	(23.4–29.0)
Colville Confederated Tribes, Washington	38	**	†	**
Seattle-King County, Washington	1,470	24.3	1.3	(21.8–26.9)
Thurston County, Washington	1,925	26.4	1.3	(23.9–28.9)
Range		14.6–37.6		
Median		26.4		
BRFSS Nationwide Range		13.7–32.5		
BRFSS Nationwide Median		24.3		

* Standard error.

† Confidence interval.

§ Not available if the community did not measure this indicator.

† Data analysis conducted by the community; SE not reported.

** Not available if the optional module questions for certain sectors are not used on even years.

TABLE 25. Estimated prevalence of respondents aged ≥ 18 years who reported having smoked ≥ 100 cigarettes in their lifetime and who are current smokers on every day or certain days, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	1,019	19.0	1.7	(15.7–22.3)
Southeast Alabama, Alabama	1,114	19.3	1.8	(15.8–22.8)
SouthEast Alaska Regional Health Consortium, Alaska	609	35.6	2.5	(30.8–40.5)
Cochise County, Arizona	487	19.6	2.5	(14.7–24.4)
Santa Cruz County, Arizona	495	18.1	2.5	(13.3–22.9)
Yuma County, Arizona	520	13.5	1.9	(9.8–17.2)
Salinas County, California	1,639	15.4	1.2	(12.9–17.8)
Santa Clara County, California	1,480	14.2	1.4	(11.4–16.9)
Mesa County, Colorado	1,080	21.8	1.6	(18.7–24.9)
Pueblo County, Colorado	1,076	21.8	1.6	(18.8–24.8)
Teller County, Colorado	579	23.3	2.4	(18.6–28.0)
Weld County, Colorado	1,069	18.1	1.5	(15.3–20.9)
Tampa-Hillsborough, Florida	1,551	22.0	1.4	(19.4–24.7)
St. Petersburg-Pinellas County, Florida	1,656	24.1	1.3	(21.6–26.7)
DeKalb County, Georgia	3,756	13.4	0.9	(11.7–15.2)
Boston, Massachusetts	1,660	17.3	§	(14.6–19.9)
Inter-Tribal Council of Michigan, Michigan	¶	¶	¶	¶
St. Paul-Ramsey County, Minnesota	1,739	18.2	1.2	(15.8–20.6)
Minneapolis, Minnesota	1,599	17.1	1.1	(15.0–19.3)
Rochester-Olmstead County, Minnesota	1,503	12.5	1.1	(10.4–14.7)
Willmar, Minnesota	1,202	16.3	1.5	(13.4–19.2)
Broome County, New York	1,484	24.8	1.6	(21.7–27.9)
Chautauqua County, New York	1,494	22.9	1.5	(20.0–25.8)
Jefferson County, New York	1,515	24.3	1.8	(20.8–27.7)
Rockland County, New York	1,484	13.5	1.2	(11.2–15.8)
Cleveland, Ohio	1,493	31.5	1.7	(28.3–34.8)
Cherokee Nation, Oklahoma	4,489	31.4	1.8	(27.9–34.8)
Philadelphia, Pennsylvania	1,518	24.3	1.5	(21.5–27.2)
Fayette County, Pennsylvania	2,707	26.2	1.0	(24.2–28.2)
Luzerne County, Pennsylvania	2,704	26.0	1.0	(24.0–28.0)
Tioga County, Pennsylvania	1,496	23.7	1.5	(20.9–26.6)
Austin-Travis County, Texas	1,566	17.0	1.7	(13.8–20.2)
San Antonio-Bexar County, Texas	1,680	21.2	1.4	(18.4–23.9)
Chelan-Douglas-Okanogan Counties, Washington	1,534	18.0	1.4	(15.3–20.8)
Clark County, Washington	1,518	17.7	1.2	(15.2–20.1)
Colville Confederated Tribes, Washington	36	48.0	§	(27.0–69.6)
Seattle-King County, Washington	1,056	16.4	1.4	(13.6–19.1)
Thurston County, Washington	1,579	20.8	1.4	(18.1–23.4)
Range		12.5–48.0		
Median		19.6		
BRFSS Nationwide Range		08.9–28.5		
BRFSS Nationwide Median		20.1		
Healthy People 2010 (HP 2010) objective**		12.0		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if the community did not measure this indicator.

** The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 26. Estimated prevalence of respondents aged ≥ 18 years who reported having smoked ≥ 100 cigarettes in their lifetime and who are current smokers on every day or certain days, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	1,389	21.6	1.6	(18.5–24.7)
Southeast Alabama, Alabama	1,151	21.9	2.0	(18.0–25.8)
SouthEast Alaska Regional Health Consortium, Alaska	600	28.3	2.5	(23.3–33.2)
Cochise County, Arizona	463	24.2	3.1	(18.2–30.3)
Santa Cruz County, Arizona	546	21.2	2.5	(16.3–26.1)
Yuma County, Arizona	576	15.2	2.2	(10.9–19.5)
Salinas-Monterey County, California	1,674	12.5	1.2	(10.1–15.0)
Santa Clara County, California	1,566	13.2	1.3	(10.7–15.7)
Mesa County, Colorado	1,068	26.0	1.8	(22.5–29.5)
Pueblo County, Colorado	1,075	23.5	1.8	(20.0–26.9)
Teller County, Colorado	584	21.1	2.1	(16.9–25.2)
Weld County, Colorado	1,055	17.8	1.5	(14.9–20.7)
Tampa-Hillsborough, Florida	1,513	23.4	1.7	(20.0–26.8)
St. Petersburg-Pinellas County, Florida	1,594	24.4	1.7	(21.1–27.7)
DeKalb County, Georgia	2,343	12.1	1.0	(10.1–14.1)
New Orleans, Louisiana	1,497	16.2	1.6	(13.1–19.4)
Boston, Massachusetts	1,601	17.9	§	(14.8–21.0)
Inter-Tribal Council of Michigan, Michigan	¶	¶	¶	¶
St. Paul-Ramsey County, Minnesota	1,526	15.9	1.3	(13.3–18.6)
Minneapolis, Minnesota	1,559	17.8	1.7	(14.5–21.2)
Rochester-Olmstead County, Minnesota	1,583	11.8	1.2	(9.4–14.1)
Willmar, Minnesota	997	14.2	1.6	(11.2–17.2)
Broome County, New York	1,467	21.5	1.5	(18.5–24.4)
Chautauqua County, New York	1,486	24.2	1.5	(21.2–27.2)
Jefferson County, New York	1,489	22.6	1.5	(19.6–25.6)
Rockland County, New York	1,491	11.2	1.1	(9.0–13.4)
Cleveland, Ohio	1,253	33.7	1.7	(30.3–37.0)
Cherokee Nation, Oklahoma	2,931	29.1	1.6	(25.9–32.3)
Philadelphia, Pennsylvania	1,471	26.0	1.5	(22.9–29.0)
Fayette County, Pennsylvania	1,811	27.1	1.3	(24.7–29.6)
Luzerne County, Pennsylvania	2,387	24.3	1.1	(22.2–26.4)
Tioga County, Pennsylvania	1,520	21.7	1.5	(18.8–24.6)
Austin-Travis County, Texas	1,530	20.6	2.0	(16.6–24.5)
San Antonio-Bexar County, Texas	1,539	20.3	1.6	(17.3–23.4)
Chelan-Douglas-Okanogan Counties, Washington	1,593	17.8	1.3	(15.2–20.4)
Clark County, Washington	1,667	17.2	1.3	(14.7–19.7)
Colville Confederated Tribes, Washington	38	—**	§	—
Seattle-King County, Washington	1,473	15.9	1.2	(13.4–18.3)
Thurston County, Washington	1,933	17.5	1.2	(15.1–19.8)
Range		11.2–33.7		
Median		21.1		
BRFSS Nationwide range		8.7–31.0		
BRFSS Nationwide median		19.7		
Healthy People 2010 (HP 2010) objective††		12.0		

* Standard error.

† Confidence interval.

§ Data analysis conducted by the community; SE not reported.

¶ Not available if community did not measure this indicator.

** Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 27. Estimated prevalence of respondents aged ≥ 18 years who reported having stopped smoking for ≥ 1 day because they were trying to quit smoking during the preceding 12 months, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 38 Steps Communities, 2006

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	184	66.7	4.2	(58.4–75.0)
Southeast Alabama, Alabama	204	— [§]	—	—
SouthEast Alaska Regional Health Consortium, Alaska	196	61.2	4.3	(52.9–69.6)
Cochise County, Arizona	89	—	—	—
Santa Cruz County, Arizona	80	—	—	—
Yuma County, Arizona	74	—	—	—
Salinas County, California	210	55.2	4.5	(46.5–64.0)
Santa Clara County, California	182	—	—	—
Mesa County, Colorado	216	56.1	4.1	(48.0–64.2)
Pueblo County, Colorado	217	59.7	4.0	(51.8–67.5)
Teller County, Colorado	120	—	—	—
Weld County, Colorado	180	61.8	4.3	(53.3–70.3)
Tampa-Hillsborough, Florida	338	55.3	3.4	(48.7–61.8)
St. Petersburg-Pinellas County, Florida	386	48.4	3.1	(42.2–54.5)
DeKalb County, Georgia	473	58.5	3.6	(51.5–65.5)
Boston, Massachusetts	303	60.6	†	(52.2–69.0)
Inter-Tribal Council of Michigan, Michigan	**	**	**	**
St. Paul-Ramsey County, Minnesota	293	57.1	3.6	(50.1–64.2)
Minneapolis, Minnesota	278	54.3	3.5	(47.4–61.2)
Rochester-Olmstead County, Minnesota	184	52.4	4.7	(43.1–61.6)
Willmar, Minnesota	178	57.4	4.9	(47.7–67.1)
Broome County, New York	319	57.6	3.6	(50.5–64.7)
Chautauqua County, New York	290	54.8	3.7	(47.5–62.0)
Jefferson County, New York	303	58.9	4.1	(50.8–67.0)
Rockland County, New York	185	52.5	4.6	(43.4–61.6)
Cleveland, Ohio	425	58.6	3.2	(52.2–64.9)
Cherokee Nation, Oklahoma	1,062	58.8	3.3	(52.4–65.3)
Philadelphia, Pennsylvania	380	65.3	3.3	(58.9–71.7)
Fayette County, Pennsylvania	668	52.1	2.3	(47.5–56.6)
Luzerne County, Pennsylvania	656	54.3	2.4	(49.7–58.9)
Tioga County, Pennsylvania	314	60.0	3.4	(53.3–66.6)
Austin-Travis County, Texas	261	67.9	4.4	(59.3–76.5)
San Antonio-Bexar County, Texas	317	58.6	3.7	(51.5–65.8)
Chelan-Douglas-Okanogan Counties, Washington	260	58.4	4.2	(50.2–66.7)
Clark County, Washington	240	61.1	3.7	(53.8–68.4)
Colville Confederated Tribes, Washington	15	61.9	†	(30.4–85.8)
Seattle-King County, Washington	159	53.0	4.7	(43.8–62.2)
Thurston County, Washington	278	58.3	3.7	(51.1–65.6)
Range		48.4–67.9		
Median		58.4		
BRFSS Nationwide Range		48.3–68.0		
BRFSS Nationwide Median		57.4		
Healthy People 2010 (HP 2010) objective ^{††}		80.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Data analysis conducted by the community; SE not reported.

** Not available if the community did not measure this indicator.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

TABLE 28. Estimated prevalence of respondents aged ≥ 18 years who reported having stopped smoking for ≥ 1 day because they were trying to quit smoking during the preceding 12 months, by community — United States, Behavioral Risk Factor Surveillance System (BRFSS), 39 Steps Communities, 2007

Community	Sample size	Weighted %	SE*	(95% CI†)
River Region, Alabama	265	58.5	4.2	(50.2–66.8)
Southeast Alabama, Alabama	199	65.3	5.1	(55.3–75.2)
SouthEast Alaska Regional Health Consortium, Alaska	152	— [§]	—	—
Cochise County, Arizona	91	—	—	—
Santa Cruz County, Arizona	101	—	—	—
Yuma County, Arizona	85	—	—	—
Salinas-Monterey County, California	187	—	—	—
Santa Clara County, California	183	—	—	—
Mesa County, Colorado	223	53.3	4.1	(45.2–61.4)
Pueblo County, Colorado	233	69.6	3.8	(62.2–77.1)
Teller County, Colorado	114	—	—	—
Weld County, Colorado	190	50.8	4.6	(41.8–59.8)
Tampa-Hillsborough, Florida	307	53.8	4.3	(45.3–62.2)
St. Petersburg-Pinellas County, Florida	369	53.8	4.0	(45.9–61.7)
DeKalb County, Georgia	263	56.7	4.5	(48.0–65.4)
New Orleans, Louisiana	225	—	—	—
Boston, Massachusetts	280	55.7	¶	(46.1–65.3)
Inter-Tribal Council of Michigan, Michigan	**	**	**	**
St. Paul-Ramsey County, Minnesota	238	55.7	4.6	(46.8–64.7)
Minneapolis, Minnesota	250	63.1	4.8	(53.7–72.4)
Rochester-Olmstead County, Minnesota	170	65.5	4.2	(57.2–73.8)
Willmar, Minnesota	129	—	—	—
Broome County, New York	285	52.7	4.0	(44.9–60.5)
Chautauqua County, New York	308	50.8	3.8	(43.4–58.2)
Jefferson County, New York	297	51.5	4.0	(43.7–59.2)
Rockland County, New York	158	—	—	—
Cleveland, Ohio	400	62.0	3.0	(56.1–68.0)
Cherokee Nation, Oklahoma	703	53.9	3.5	(47.0–60.8)
Philadelphia, Pennsylvania	378	67.8	3.2	(61.6–74.0)
Fayette County, Pennsylvania	470	54.0	2.8	(48.6–59.3)
Luzerne County, Pennsylvania	571	57.4	2.5	(52.4–62.3)
Tioga County, Pennsylvania	287	57.0	3.9	(49.4–64.6)
Austin-Travis County, Texas	269	—	—	—
San Antonio-Bexar County, Texas	260	53.9	4.4	(45.4–62.5)
Chelan-Douglas-Okanogan Counties, Washington	266	51.0	4.2	(42.7–59.2)
Clark County, Washington	252	60.5	4.0	(52.7–68.3)
Colville Confederated Tribes, Washington	16	—	¶	—
Seattle-King County, Washington	226	55.1	4.3	(46.7–63.5)
Thurston County, Washington	290	53.7	3.8	(46.1–61.2)
<i>Range</i>		50.8–69.6		
<i>Median</i>		55.4		
<i>BRFSS Nationwide Range</i>		49.5–65.2		
<i>BRFSS Nationwide Median</i>		57.6		
<i>Healthy People 2010 (HP 2010) objective^{††}</i>		80.0		

* Standard error.

† Confidence interval.

§ Not available if the unweighted sample size for the denominator was < 50 or if the CI half width is > 10 .

¶ Data analysis conducted by the community; SE not reported.

** Not available if community did not measure this indicator.

†† The HP 2010 objective refers to adults aged ≥ 20 years whereas Steps data are collected for adults aged ≥ 18 years.

The *Morbidity and Mortality Weekly Report (MMWR)* Series is prepared by the Centers for Disease Control and Prevention (CDC) and is available free of charge in electronic format. To receive an electronic copy each week, visit *MMWR*'s free subscription page at <http://www.cdc.gov/mmwr/mmwrsubscribe.html>. Paper copy subscriptions are available through the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402; telephone 202-512-1800.

Data presented by the Notifiable Disease Data Team and 122 Cities Mortality Data Team in the weekly *MMWR* are provisional, based on weekly reports to CDC by state health departments. Address all inquiries about the *MMWR* Series, including material to be considered for publication, to Editor, *MMWR* Series, Mailstop E-90, CDC, 1600 Clifton Rd., N.E., Atlanta, GA 30333 or to mmwrq@cdc.gov.

All material in the *MMWR* Series is in the public domain and may be used and reprinted without permission; citation as to source, however, is appreciated.

Use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.

References to non-CDC sites on the Internet are provided as a service to *MMWR* readers and do not constitute or imply endorsement of these organizations or their programs by CDC or the U.S. Department of Health and Human Services. CDC is not responsible for the content of these sites. URL addresses listed in *MMWR* were current as of the date of publication.