

**Behavioral Risk Factor Surveillance System (BRFSS)
Mecklenburg, North Carolina and United States, 2011-2013**

	2011			2012			2013		
	Meck	NC	USA	Meck	NC	USA	Meck	NC	USA
Behavioral Health Risks									
Smoking	15%	22%	21%	20%	21%	20%	17%	20%	19%
Overweight/Obesity ¹	56%	65%	64%	63%	66%	63%	61%	66%	65%
No Physical Activity	22%	27%	26%	20%	25%	23%	21%	27%	25%
Fruit & Veg (≥5/day) ²	19%	14%	N/A	N/A	N/A	N/A	11%	12%	N/A
Chronic Conditions									
Diabetes	10%	11%	N/A	10%	10%	N/A	8%	11%	N/A
Cardiovascular Disease ⁴	6%	9%	N/A	7%	9%	N/A	8%	10%	N/A
High Blood Pressure ³	28%	32%	31%	N/A	N/A	N/A	33%	36%	31%
High Cholesterol ⁵	33%	39%	38%	N/A	N/A	N/A	41%	41%	38%
Mental Health									
Mental Health Not Good 7+ Days	14%	15%	N/A	14%	16%	N/A	15%	15%	N/A
Health Care Access									
Has Health Insurance	81%	79%	82%	79%	79%	83%	78%	80%	83%
Has Personal Doctor	72%	76%	N/A	76%	75%	N/A	69%	76%	77%

Source: NC DHHS/State Center for Health Statistics

¹Overweight/Obesity-Body Mass Index (BMI)>25.0. BMI is computed as weight in kilograms divided by height in meters squared: (kg/m²).

²Data for Fruit and Vegetable, High Blood Pressure and High Cholesterol was not collected for 2012

⁴History of any cardiovascular diseases includes heart attack, coronary heart disease or stroke.