

**Year 2010 Health Objectives for the Nation: County Summary of Colorado BRFSS¹ Data for 2006
Mesa County**

**Mesa
County,
Colorado,
2006**

Healthy People 2010² Objective³	Yr 2010 Target	n=219
Health Insurance (Objective #1.1) Ages \geq 18	100%	82% (75%, 88%) ⁴
Specific Source of Ongoing Primary Care (Objective #1.4c) Ages \geq 18	96%	76% (69%, 84%)
Limitation in Activities Due to Arthritis (Objective #2.2) Adults with Chronic Joint Symptoms, Ages \geq 18	21%	N/A
Pap Smear, Ever Had (Objective #3.11a) Women, Ages \geq 18	97%	97% (91%, 100%)
Pap Smear, Within Past Three Years (Objective #3.11b) Women, Ages \geq 18	90%	75% (66%, 85%)
Fecal Occult Blood Test (FOBT) Within Past Two Years (Objective #3.12a) Ages \geq 50	50%	22% (14%, 31%)
Sigmoidoscopy, Ever Had (Objective #3.12b) Ages \geq 50	50%	58% (48%, 68%)
Mammogram, Within Past Two Years (Objective #3.14) Women, Ages \geq 40	70%	70% (59%, 82%)
Diabetes, Diagnosed (Objective #5.3) Ages \geq 18	2.5%	5.3% (2.2%, 8.4%)
Cholesterol Screening, Within Past Five Years (Objective #12.15) Ages \geq 18	80%	N/A
Influenza Immunization, Within Past Year (Objective #14.29a) Ages \geq 65	90%	--
Pneumococcal Pneumonia Vaccination, Ever Had (Objective #14.29b) Ages \geq 65	90%	--
Obese, BMI \geq 30 (Objective #19.2) Ages \geq 20	15%	22% (15%, 28%)

Healthy People 2010 ² Objective ³	Yr 2010 Target	n=219
(No) Permanent Teeth Extracted Due to Caries or Periodontal Disease (Objective #21.3) Ages 35-44	42%	--
Reduce Proportion of Adults with High Blood Pressure (Objective # 12.9) Ages ≥ 20	16%	N/A
Extraction of All Natural Teeth (Objective # 21.4) Ages ≥65	20%	--
No Leisure Time Physical Activity (Objective # 22.1) Ages ≥18	20%	20% (14%, 26%)
Regular, Moderate Physical Activity, 5 or more Days/Week for 30 or more Minutes or vigorous physical activity 20 minutes or more per day, three or more days per week (Objective #22.2) Ages ≥18	30%	N/A
Regular, Vigorous Physical Activity, 3 or more Days/Week for 20 or more Minutes (Objective #22.3) Ages ≥18	30%	N/A
Binge Drinking, During the Past Month (Objective #26.11c) Ages ≥18	6%	18% (12%, 25%)
Cigarette Smoking (Objective #27.1a) Ages ≥18	12%	17% (11%, 23%)
Cigars (Objective #27.1c) Ages ≥18	1.2%	N/A

¹ Behavioral Risk Factor Surveillance System

² Public Health Service. Healthy People 2010: National Health Promotion and Disease Prevention Objectives--full report with commentary. Washington, DC: U.S. Department of Health and Human Services, 2000.

³ In some cases, BRFSS definitions of objectives differ slightly from those in Healthy People 2010. See Healthy People 2010 for the exact definition of the objective.

⁴ 95% Confidence Interval

⁵ -- Unable to estimate due to small number of respondents