

**Year 2010 Health Objectives for the Nation: County Summary of Colorado BRFSS<sup>1</sup> Data for 2008  
Mesa County**

**Mesa  
County,  
Colorado,  
2008**

<b>Healthy People 2010<sup>2</sup> Objective<sup>3</sup></b>	<b>Yr 2010 Target</b>	<b>n=411</b>
<b>Health Insurance (Objective #1.1)</b> Ages $\geq 18$	100%	82% (76%, 88%) <sup>4</sup>
<b>Specific Source of Ongoing Primary Care (Objective #1.4c)</b> Ages $\geq 18$	96%	82% (76%, 88%)
<b>Limitation in Activities Due to Arthritis (Objective #2.2)</b> Adults with Chronic Joint Symptoms, Ages $\geq 18$	21%	N/A
<b>Pap Smear, Ever Had (Objective #3.11a)</b> Women, Ages $\geq 18$	97%	98% (96%, 99%)
<b>Pap Smear, Within Past Three Years (Objective #3.11b)</b> Women, Ages $\geq 18$	90%	84% (76%, 92%)
<b>Fecal Occult Blood Test (FOBT) Within Past Two Years (Objective #3.12a)</b> Ages $\geq 50$	50%	19% (14%, 25%)
<b>Sigmoidoscopy, Ever Had (Objective #3.12b)</b> Ages $\geq 50$	50%	63% (57%, 70%)
<b>Mammogram, Within Past Two Years (Objective #3.14)</b> Women, Ages $\geq 40$	70%	72% (64%, 80%)
<b>Diabetes, Diagnosed (Objective #5.3)</b> Ages $\geq 18$	2.5%	4.8% (2.9%, 6.6%)
<b>Cholesterol Screening, Within Past Five Years (Objective #12.15)</b> Ages $\geq 18$	80%	N/A
<b>Influenza Immunization, Within Past Year (Objective #14.29a)</b> Ages $\geq 65$	90%	72% (64%, 81%)
<b>Pneumococcal Pneumonia Vaccination, Ever Had (Objective #14.29b)</b> Ages $\geq 65$	90%	81% (73%, 87%)
<b>Obese, BMI <math>\geq 30</math> (Objective #19.2)</b> Ages $\geq 20$	15%	22% (17%, 28%)

Healthy People 2010 <sup>2</sup> Objective <sup>3</sup>	Yr 2010 Target	n=411
<b>(No) Permanent Teeth Extracted Due to Caries or Periodontal Disease (Objective #21.3)</b> Ages 35-44	42%	52% (45%, 59%)
<b>Reduce Proportion of Adults with High Blood Pressure (Objective # 12.9)</b> Ages ≥ 20	16%	N/A
<b>Extraction of All Natural Teeth (Objective # 21.4)</b> Ages ≥65	20%	14% (8%, 20%)
<b>No Leisure Time Physical Activity (Objective # 22.1)</b> Ages ≥18	20%	22% (16%, 27%)
<b>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)</b> Ages ≥18	30%	N/A
<b>Regular, Vigorous Physical Activity, 3 or more Days/Week for 20 or more Minutes (Objective #22.3)</b> Ages ≥18	30%	N/A
<b>Binge Drinking, During the Past Month (Objective #26.11c)</b> Ages ≥18	6%	15% (10%, 20%)
<b>Cigarette Smoking (Objective #27.1a)</b> Ages ≥18	12%	20% (15%, 25%)
<b>Cigars (Objective #27.1c)</b> Ages ≥18	1.2%	N/A

<sup>1</sup> Behavioral Risk Factor Surveillance System

<sup>2</sup> 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.

<sup>3</sup> 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.

<sup>4</sup> 95% Confidence Interval

<sup>5</sup> -- Unable to estimate due to small number of respondents