

**Year 2010 Health Objectives for the Nation: County Summary of Colorado BRFSS¹ Data for 2009
Mesa County**

**Mesa
County,
Colorado,
2009**

Healthy People 2010² Objective³	Yr 2010 Target	n=385
Health Insurance (Objective #1.1) Ages \geq 18	100%	77% (70%, 83%) ⁴
Specific Source of Ongoing Primary Care (Objective #1.4c) Ages \geq 18	96%	87% (82%, 92%)
Limitation in Activities Due to Arthritis (Objective #2.2) Adults with Chronic Joint Symptoms, Ages \geq 18	21%	50% (40%, 61%)
Pap Smear, Ever Had (Objective #3.11a) Women, Ages \geq 18	97%	N/A
Pap Smear, Within Past Three Years (Objective #3.11b) Women, Ages \geq 18	90%	N/A
Fecal Occult Blood Test (FOBT) Within Past Two Years (Objective #3.12a) Ages \geq 50	50%	N/A
Sigmoidoscopy, Ever Had (Objective #3.12b) Ages \geq 50	50%	N/A
Mammogram, Within Past Two Years (Objective #3.14) Women, Ages \geq 40	70%	N/A
Diabetes, Diagnosed (Objective #5.3) Ages \geq 18	2.5%	7.9% (3.4%, 12.4%)
Cholesterol Screening, Within Past Five Years (Objective #12.15) Ages \geq 18	80%	71% (64%, 78%)
Influenza Immunization, Within Past Year (Objective #14.29a) Ages \geq 65	90%	71% (61%, 81%)
Pneumococcal Pneumonia Vaccination, Ever Had (Objective #14.29b) Ages \geq 65	90%	76% (67%, 86%)
Obese, BMI \geq 30 (Objective #19.2) Ages \geq 20	15%	22% (16%, 28%)

Healthy People 2010 ² Objective ³	Yr 2010 Target	n=385
(No) Permanent Teeth Extracted Due to Caries or Periodontal Disease (Objective #21.3) Ages 35-44	42%	N/A
Reduce Proportion of Adults with High Blood Pressure (Objective # 12.9) Ages ≥ 20	16%	24% (18%, 29%)
Extraction of All Natural Teeth (Objective # 21.4) Ages ≥65	20%	N/A
No Leisure Time Physical Activity (Objective # 22.1) Ages ≥18	20%	18% (12%, 24%)
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%	52% (45%, 60%)
Regular, Vigorous Physical Activity, 3 or more Days/Week for 20 or more Minutes (Objective #22.3) Ages ≥18	30%	27% (21%, 34%)
Binge Drinking, During the Past Month (Objective #26.11c) Ages ≥18	6%	23% (16%, 30%)
Cigarette Smoking (Objective #27.1a) Ages ≥18	12%	23% (17%, 28%)
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