

how do you stack up against the average Health District resident?

Below is the percentage of respondents to the Health District's 2001 survey compared to the national goal or, where unavailable, the national rate.

DOING WELL

- **Health status:** Excellent or very good (73%, exceeds 56% U.S. comparison)
- **Had colon scope exam ever — age 50+:** (66%, exceeds 50% U.S. goal)

NEEDS WORK

- **Height, weight:** 5'9" 183 lbs. (47% are normal weight, trails 60% U.S. goal)
- **Doesn't smoke:** (82%, trails 88% U.S. goal)
- **Always wears seat belt:** (62%, trails 79% U.S. comparison)
- **Had cholesterol test within past 5 years:** (76%, trails 80% U.S. goal)
- **Had blood pressure checked within past 2 years:** (89%, trails 95% U.S. goal)
- **Eats at least 2 daily servings of fruit:** (29%, trails 75% U.S. goal)
- **Eats at least 3 daily servings of vegetables:** (16%, trails 50% U.S. goal)