


# 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 (62%, exceeds 56% U.S. comparison)
- **Had cholesterol test within past 5 years:** (83%, exceeds 80% U.S. goal)
- **Had blood pressure checked within past 2 years:** (95%, meets U.S. goal)
- **Had mammogram within past 2 years — age 40+:** (78%, exceeds 70% U.S. goal)
- **Had colon scope exam ever — age 50+:** (56%, exceeds 50% U.S. goal)

## NEEDS WORK

- **Height, weight:** 5'4" 147 lbs. (58% are of normal weight, trails 60% U.S. goal)
- **Doesn't smoke:** (83%, trails 88% U.S. goal)
- **Always wears seat belt:** (78%, trails 79% U.S. comparison)
- **Had Pap smear within past 3 years:** (89%, trails 90% U.S. goal)
- **Eats at least 2 daily servings of fruit:** (45%, trails 75% U.S. goal)
- **Eats at least 3 daily servings of vegetables:** (30%, trails 50% U.S. goal)