

Healthy People 2010 Objectives for the Nation: A Summary of Broome County Data for the Steps Behavioral Risk Factor Surveillance System (Steps BRFSS) for 2004-2005 (Year 01), 2005-2006 (Year 02), 2006-2007 (Year 03) and the Steps Youth Risk Behavior Survey (Steps YRBS) for 2005 (Year 01)

Health People 2010 Objective	Broome County			HP 2010 Target
	Year 01	Year 02	Year 03	
DIABETES				
5-1. Increase the proportion of persons with diabetes who receive formal diabetes education. ^a	71.9% ✓	NA	NA	60%
5-3. Reduce the overall rate of diabetes that is clinically diagnosed. ^a	7.2%	7.6%	7.6%	25 overall cases per 1,000 population [2.5%]
5-12. Increase the proportion of adults with diabetes who have a glycosylated hemoglobin measurement at least once a year. ^a	88.2% ✓	95.4% ✓	83.4% ✓	50%
5-13. Increase the proportion of adults with diabetes who have an annual dilated eye examination. ^a	72.2%	72.8%	66.0%	75%
5-14. Increase the proportion of adults with diabetes who have at least an annual foot examination. ^a	83.3% ✓	86.1% ✓	79.3% ✓	75%
5-17. Increase the proportion of adults with diabetes who perform self-blood-glucose-monitoring at least once daily. ^a	63.8% ✓	63.0% ✓	74.4% ✓	60%

* Leading Health Indicator

NA = Not Available

^a Steps BRFSS

^b Steps YRBS

✓ HP 2010 Target met or exceeded

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<i>NUTRITION AND OVERWEIGHT</i>				
19-1. Increase the proportion of adults who are at a healthy weight. ^a	38.7%	35.7%	36.3%	60%
19-2. * Reduce the proportion of adults who are obese. ^a	24.5%	28.0%	24.9%	15%
19-3. Reduce the proportion of children and adolescents who are overweight or obese. ^b 19-3b. Adolescents aged 12 to 19 years * 19-3c. Children and adolescents aged 6 to 19 years [data for adolescents in grades 9 through 12]	≥ 95 th percentile 11.5% ≥85 th but <95 th percentile 14.3%	NA	≥ 95 th percentile 10.2% ≥85 th but <95 th percentile 14.5%	5% 5%
19-5. Increase the proportion of persons aged 2 years and older who consume at least 2 daily servings of fruit. ^{a,b} [≥ 2 servings of fruit or fruit juice per day] Adults aged 18 or older ^a Adolescents in grades 9 through 12 ^b	38.3% 29.9%	39.9% NA	39.0% 30.4%	75%
19-6. Increase the proportion of persons aged 2 years and older who consume at least 3 daily servings of vegetables with at least one-third being dark green or orange vegetables. ^{a,b} [≥ 3 servings of vegetables per day] Adults aged 18 or older ^a Adolescents in grades 9 through 12 ^b	8.7% 10.6%	8.0% NA	7.9% 14.9%	50%
19-17. Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition. ^a [data for adults with diabetes]	NA	71.0%	NA	75%

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PHYSICAL ACTIVITY				
22-1. Reduce the proportion of adults who engage in no leisure-time physical activity. ^a	9.2% ✓	6.9% ✓	6.9% ✓	20%
22-2. * Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day. ^a [5 or more days per week]	37.4% ✓	40.1% ✓	41.4% ✓	30%
22-3. Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion. ^a	26.1%	28.5%	28.2%	30%
22-6. Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days. ^b [data for adolescents in grades 9 through 12]	32.4%	NA	36.8% ✓	35%
22-7. * Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion. ^b [data for adolescents in grades 9 through 12]	71.9%	NA	67.2%	85%
22-9. Increase the proportion of adolescents who participate in daily school physical education. ^b [data for adolescents in grades 9 through 12]	5.3%	NA	5.4%	50%

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22-10. Increase the proportion of adolescents who spend at least 50 percent of school physical education class being physically active. ^b [data for adolescents in grades 9 through 12 who actually exercise or play sports for > 20 minutes during an average PE class]	75.7% ✓	NA	67.4% ✓	50%
22-11. Increase the proportion of adolescents who view television 2 or fewer hours on a school day. ^b [data for adolescents in grades 9 through 12]	73.9%	NA	74.9%	75%
RESPIRATORY - ASTHMA				
24-4. Reduce activity limitations among persons with asthma. ^a	25%	NA	NA	10%
TOBACCO				
27-1. Reduce tobacco use by adults. ^a * 27-1a. Cigarette smoking	23.1%	24.3%	24.8%	12%
27-2. Reduce tobacco use by students in grades 9 through 12. ^b * 27-2b. Cigarettes (past month)	17.1%	NA	12.6% ✓	16%
27-5. Increase smoking cessation attempts by adult smokers. ^a [stopped smoking 1 day or longer because they were trying to quit]	48.6%	50.8%	57.6%	75%
27-7. Increase tobacco use cessation attempts by adolescent smokers. ^b [data for adolescents in grades 9 through 12 who tried to quit smoking during the past 12 months]	59.7%	NA	43.2%	84%

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