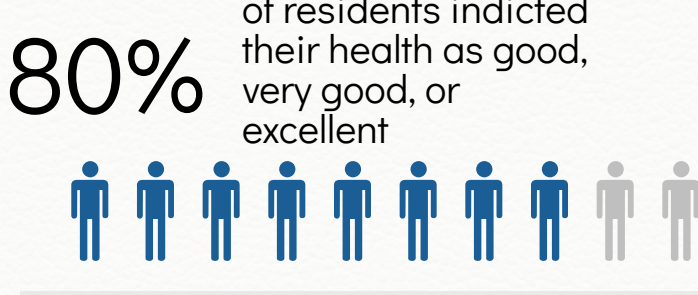




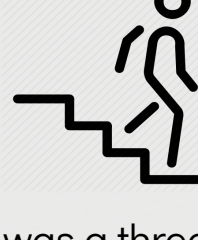
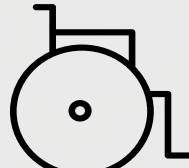
Maricopa County BRFSS

5 Year Trend
2011-2016

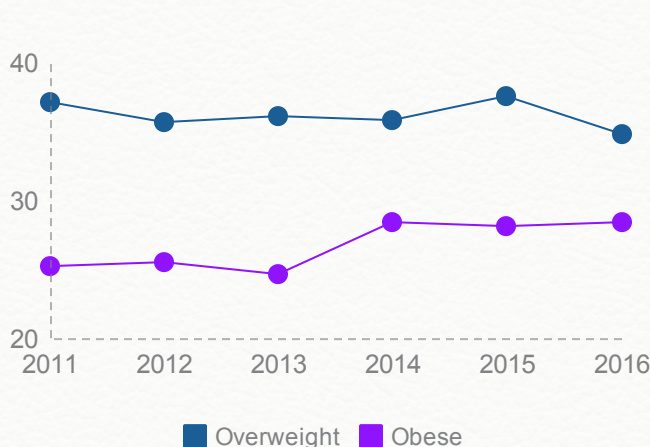
Self-Reported Health Indicators



On average, 7% of residents reported the use of special equipment each year



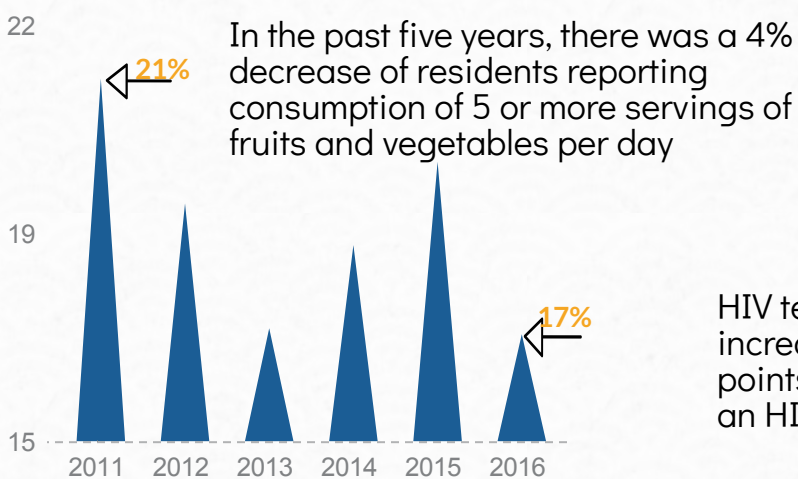
There was a three-percent reduction in reports (19%) of residents limited activity due to their health status



Calculated overweight reports have decreased to 35% in 2016.

Obesity reports have remained at 28% since 2014.

Self-Reported Health Behaviors

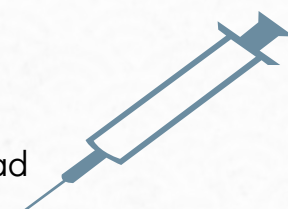


In the past five years, there was a 4% decrease of residents reporting consumption of 5 or more servings of fruits and vegetables per day



Seatbelt use in the county increased from 85% to 88% in 2016

HIV testing reports have increased by two percentage points- 37% of residents have had an HIV test



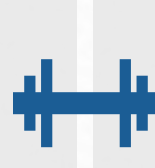
On average...

55%



of residents report meeting the aerobic physical activity recommendation*

31%



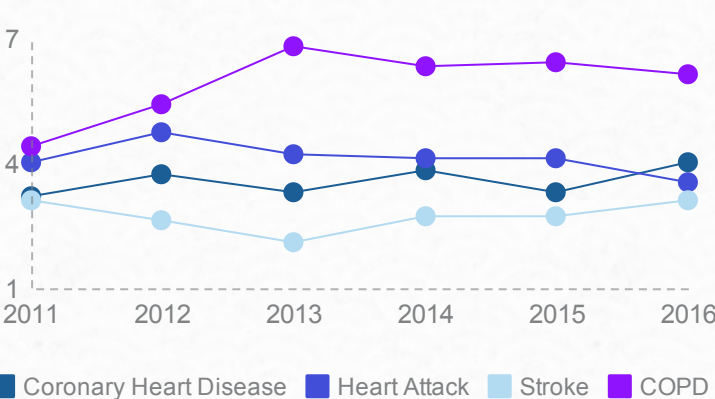
of residents report meeting the muscle strengthening physical activity recommendation*

59%

of residents met at least one physical activity guideline

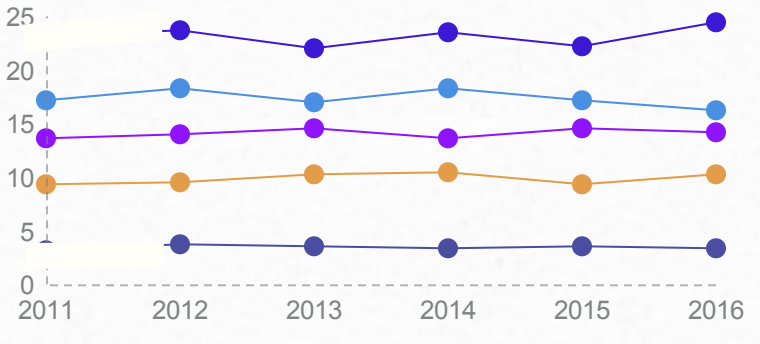
*Physical Activity Recommendations are set by the Department of Health & Human Service's Physical Activity Guidelines for Americans (PAG)

Medical Provider Diagnosed Conditions

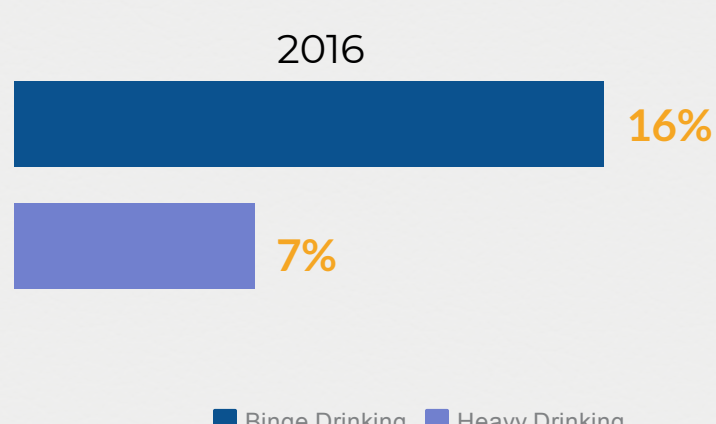


Self reporting of Chronic Obstructive Pulmonary Disorder remain higher than heart related conditions

Since 2011, doctor diagnosed conditions by respondents remained consistent.



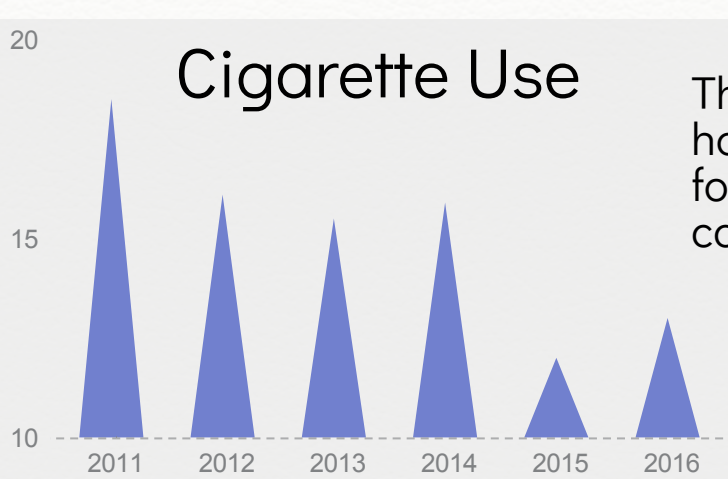
Self-Reported Alcohol and Cigarette Usage



Binge Drinking has only reduced by two-percent over five years

Self reported Heavy drinking has remained steady

Alcohol Use

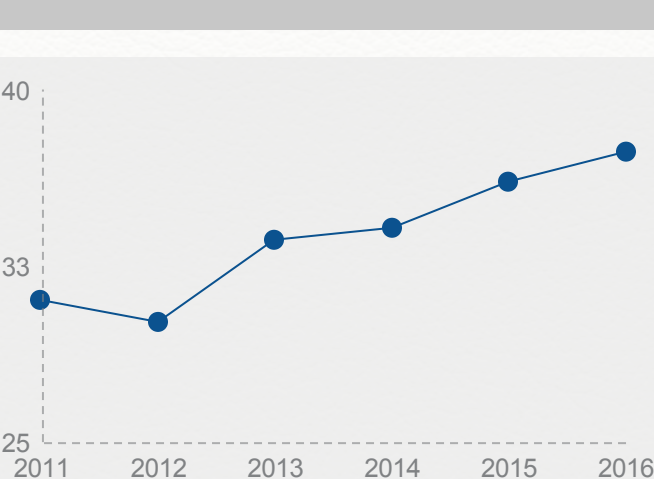


Cigarette Use

The percent of current smokers has decreased to 13% while former smokers remained constant at 24%



Vaccines and Health Care Coverage

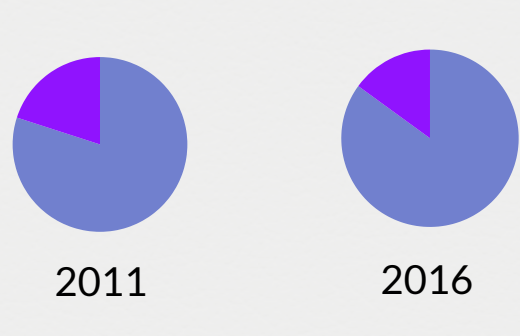


The percent of individuals reporting receiving a pneumonias vaccine have increased to 37% in 2016

34%

of residents report receiving the yearly influenza vaccine

In 2014, health care coverage increased to 83% and remained consistent. While coverage has increased, reports from residents that could not afford needed health care has steadily decreased since 2011.



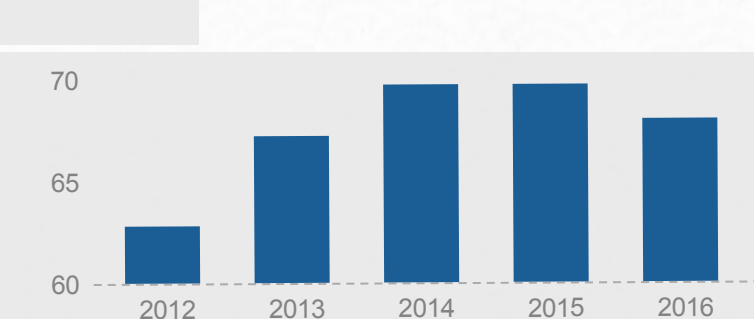
Screenings



Mammo (64%) No Mammo (36%)

Each year, 64% of women report receiving a mammogram

Since 2012, those reporting having had a Sigmoidoscopy/Colonoscopy has increased



The percentage of men reporting to have had a Prostate Specific Antigen (PSA) test has decreased by 16% to

52%

Respondents reporting having had their cholesterol checked has increased by four-percent to

78%