

CHELAN-DOUGLAS HEALTH DISTRICT

<i>Category: Prevention and Health Promotion</i>			Jurisdiction		State		US
Indicator Name	Year	Unit of Measure	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate
Years of healthy life expected at age 20¹ (Additional years a 20 year-old is expected to live in good, very good, or excellent health)	2003 - '05	number of years	51	(50, 52)	51	(50, 51)	48**
Adult cigarette smoking² (Percent of adults age 18 or older who smoked at least 100 cigarettes in their lifetime and are current smokers)	2004 - '06	%	19	(17, 21)	18	(17, 18)	20
Adult physical activity² (Percent of adults age 18 or older who report moderate physical activity (30 minutes a day, 5 times a week) or vigorous activity (20 minutes a day, 3 times a week) in work or leisure)	2003 & '05	%	67	(64, 70)	63	(63, 64)	58
Adults overweight/obese² (Percent of adults age 18 or older who have body mass index greater than 25)	2004 - '06	%	61	(59, 64)	59	(59, 60)	61
Adult fruit/vegetable consumption² (Percent of adults age 18 or older who report eating fruits and vegetables 5 or more times per day)	2003 & '05	%	23	(21, 26)	24	(24, 25)	24
Adult binge drinking² (Percent of adults age 18 or older who report binge drinking (5 drinks for men; 4 drinks for women) on at least 1 occasion in last 30 days)	2006	%	13	(10, 16)	14	(13, 15)	15
Adults with diabetes² (Percent of adults age 18 or older who have ever been told by a doctor that they have diabetes)	2004 - '06	%	6	(5, 8)	7	(6, 7)	8
Adult poor mental health² (Percent of adults age 18 or older who report 14 or more days of poor mental health in the past month)	2004 - '06	%	9	(7, 10)	10	(10, 10)	10

*N/A - data not available

**US year: 2003

Missing Data

†10%-19% missing data
 ††20% or more missing data

Source

¹State and local data:
 National data:
²State and local data:
 National data:

Suppressed Data

‡Data suppressed due to small numbers (less than 5 records per year or relative standard error >30%)

DOH, Behavioral Risk Factor Surveillance System and Death Certificates
 CDC, Behavioral Risk Factor Surveillance System combined with National Life Expectancy data
 DOH, Behavioral Risk Factor Surveillance System
 CDC, Behavioral Risk Factor Surveillance System