






































Mason County Behavioral Risk Factor Survey Results 2015

Health Risk Behaviors			
	DHD#10	Mason	Compare
Obese	32.2%	33.5%	
Overweight	33.9%	30.9%	
Cigarette smoker	29.1%	20.8%	
Heavy drinker	7.7%	3.3%	
Binge drinker	16.0%	12.6%	
Fruit/vegetable <5/day	83.3%	84.8%	
No leisure time physical activity	32.6%	35.5%	

Health Status and Health Care Access			
	DHD#10	Mason	Compare
Fair/poor general health status	19.6%	16.2%	
Very dissatisfied/dissatisfied with life	6.0%	3.6%	
Rarely/never receive social or emotional support	6.9%	4.4%	
Poor physical health for 14 or more of past 30 days	15.1%	10.9%	
Poor mental health for 14 or more of past 30 days	12.1%	8.0%	
Activity limitation from poor health for 14 of past 30 days	10.9%	8.7%	
No health care coverage	11.1%	8.7%	
No primary care provider	17.4%	12.2%	
Had to forego care in past year due to costs	12.4%	8.6%	
Visited ER/ED two or more times in past year	13.5%	17.8%	
Confident can navigate health care system	78.7%	83.7%	

Clinical Preventive Practices			
	DHD#10	Mason	Compare
No routine check up in past year	19.3%	15.8%	
Have had cholesterol checked	74.4%	80.0%	
Ever had mammogram (females, 40+)	91.9%	89.0%	
Ever had pap test	88.3%	87.8%	
Ever had PSA test (males, 50+)	70.1%	76.7%	
Ever had sigmoidoscopy or colonoscopy (50+)	74.8%	80.6%	
No dental visit in past year	30.1%	21.8%	
Flu vaccine in past year (65+)	68.7%	73.4%	
Pneumonia vaccine (65+)	67.8%	63.3%	

Chronic Conditions			
	DHD#10	Mason	Compare
High blood pressure	33.4%	34.7%	
High cholesterol	32.2%	28.7%	
Arthritis	31.3%	28.2%	
Lifetime asthma	16.0%	12.2%	
Current asthma	11.0%	8.3%	
Diabetes	10.2%	10.7%	
Any cardiovascular disease	10.2%	8.5%	
COPD	9.0%	6.0%	
Cancer, non-skin	6.9%	6.9%	---
Heart attack	5.2%	3.7%	
Skin cancer	4.9%	7.0%	
Stroke	3.0%	2.6%	