

Mecosta County Behavioral Risk Factor Survey Results 2015

Health Risk Behaviors				
	DHD#10	Mecosta	Compare	
Obese	32.2%	23.1%		
Overweight	33.9%	32.3%		
Cigarette smoker	29.1%	31.6%		
Heavy drinker	7.7%	7.0%		
Binge drinker	16.0%	18.9%		
Fruit/vegetable <5/day	83.3%	89.4%		
No leisure time physical activity	32.6%	42.5%		

Health Status and Health Care Access				
	DHD#10	Mecosta	Compare	
Fair/poor general health status	19.6%	18.7%		
Very dissatisfied/dissatisfied with life	6.0%	4.7%		
Rarely/never receive social or emotional support	6.9%	13.2%		
Poor physical health for 14 or more of past 30 days	15.1%	13.8%		
Poor mental health for 14 or more of past 30 days	12.1%	8.3%		
Activity limitation from poor health for 14 of past 30 days	10.9%	9.3%		
No health care coverage	11.1%	16.7%		
No primary care provider	17.4%	15.8%		
Had to forego care in past year due to costs	12.4%	12.6%		
Visited ER/ED two or more times in past year	13.5%	14.9%		
Confident can navigate health care system	78.7%	86.7%		

Clinical Preventive Practices				
	DHD#10	Mecosta	Compare	
No routine check up in past year	19.3%	21.4%		
Have had cholesterol checked	74.4%	68.1%		
Ever had mammogram (females, 40+)	91.9%	94.6%		
Ever had pap test	88.3%	81.4%		
Ever had PSA test (males, 50+)	70.1%	74.1%		
Ever had sigmoidoscopy or colonoscopy (50+)	74.8%	77.6%		
No dental visit in past year	30.1%	27.9%		
Flu vaccine in past year (65+)	68.7%	72.4%		
Pneumonia vaccine (65+)	67.8%	69.1%		

Chronic Conditions				
	DHD#10	Mecosta	Compare	
High blood pressure	33.4%	25.4%		
High cholesterol	32.2%	30.9%		
Arthritis	31.3%	25.6%		
Lifetime asthma	16.0%	18.1%		
Current asthma	11.0%	14.7%		
Diabetes	10.2%	7.3%		
Any cardiovascular disease	10.2%	6.7%		
COPD	9.0%	7.7%		
Cancer, non-skin	6.9%	5.2%		
Heart attack	5.2%	2.8%		
Skin cancer	4.9%	4.0%		
Stroke	3.0%	2.8%		