

ND BRFSS

NORTH DAKOTA BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM



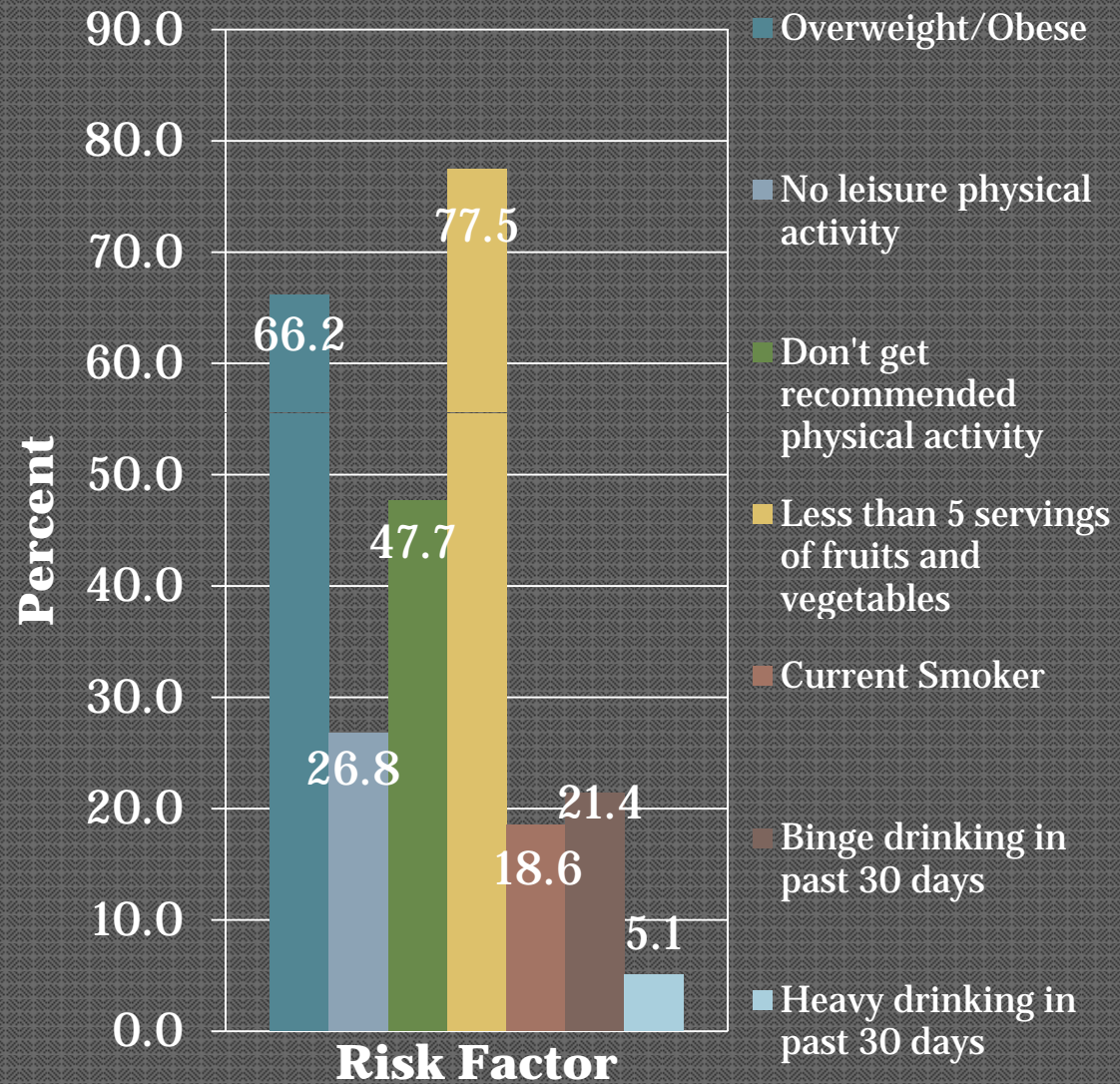
Annual telephone survey of randomly selected respondents 18 years and older; Conducted jointly by NDDoH and CDC since 1984.

Data collected is used to develop health policy, design and evaluate public health programs, monitor the health risk and status of ND residents, determine attitudes about important health issues, and meet data needs for researchers both in the state and nationwide.



2009 ND BRFSS Risk Factor Data

Sixty-six percent of North Dakota adults are overweight or obese.





Nearly forty-eight percent of North Dakota adults don't get the recommended physical activity per week.*

**Recommendations for weekly physical activity: 30 minutes of moderate activity on 5 or more days or 20 minutes of vigorous activity on 3 or more days.*



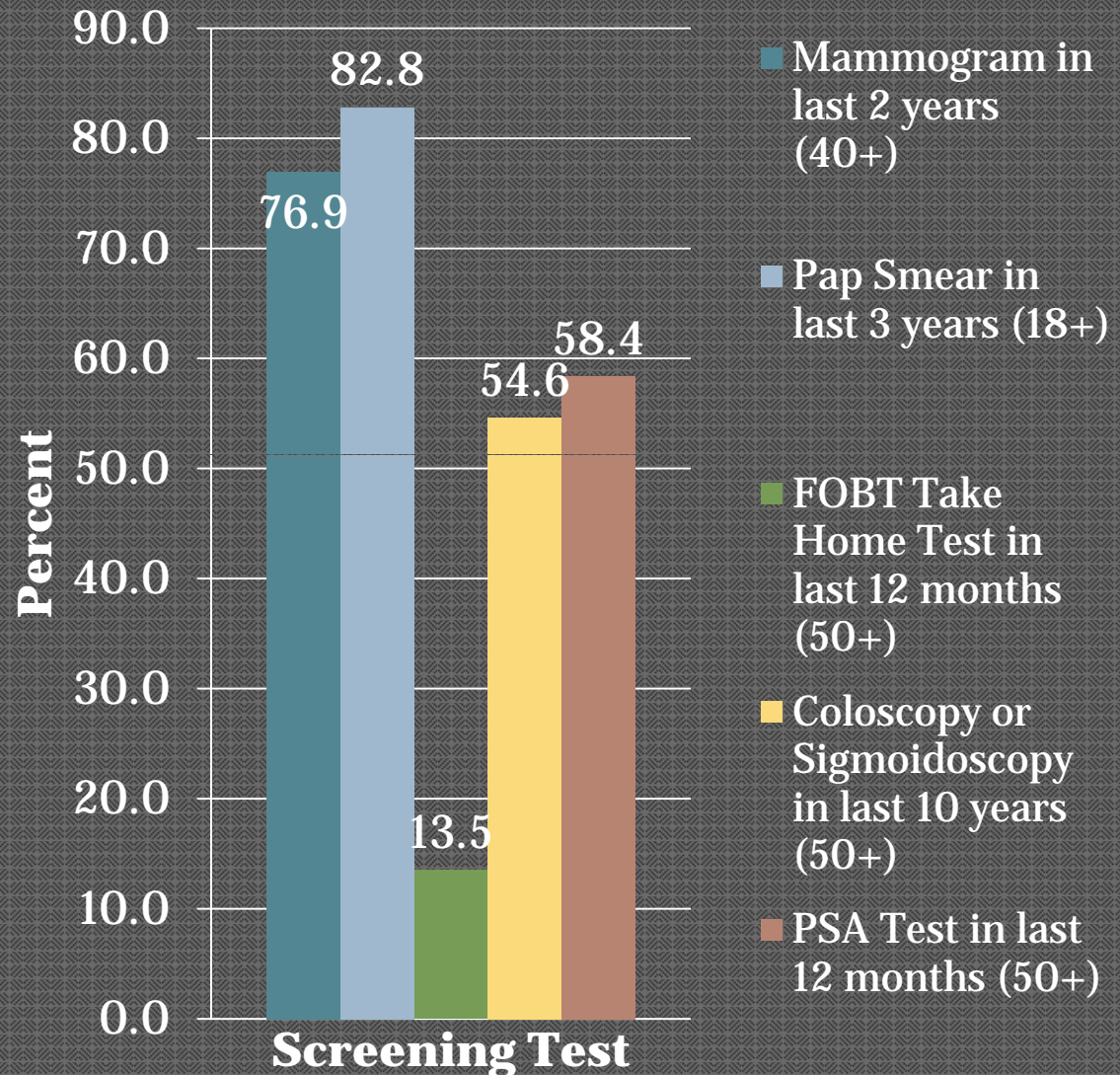
Physical activity can assist in maintaining a healthy weight.



2009 ND BRFSS Screening Data

“Not looking for cancer is like not checking oil pressure in a car. You might ignore it for a while, but it will catch up with you. There needs to be a push from the medical and public sectors to look for cancer, face it, and fix it.”

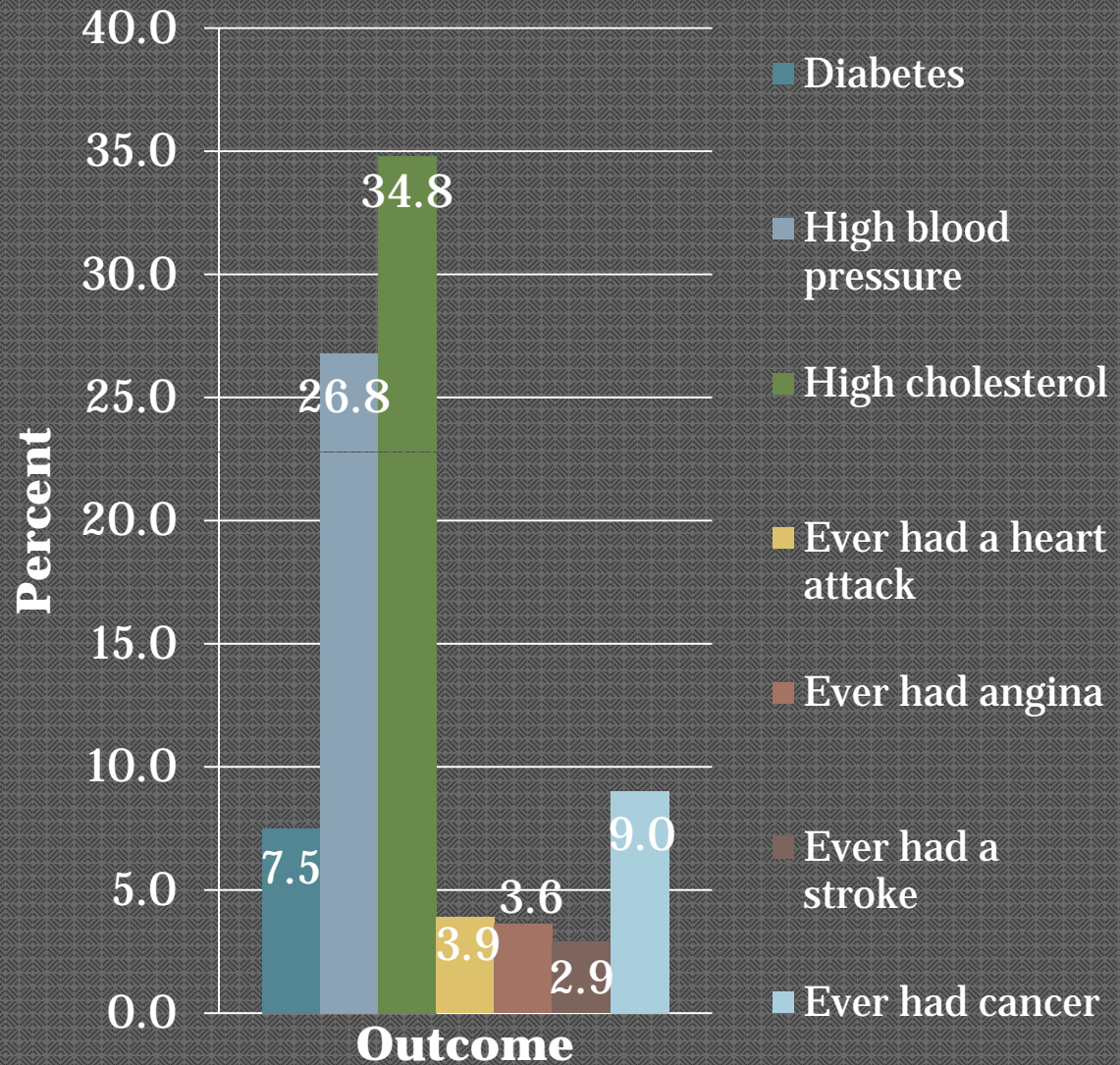
-Allen Lund, Prostate Cancer Patient, Stanley, ND





2009 ND BRFSS Outcome Data

High blood pressure and cholesterol are contributing factors to complications of diabetes, heart attack and stroke.



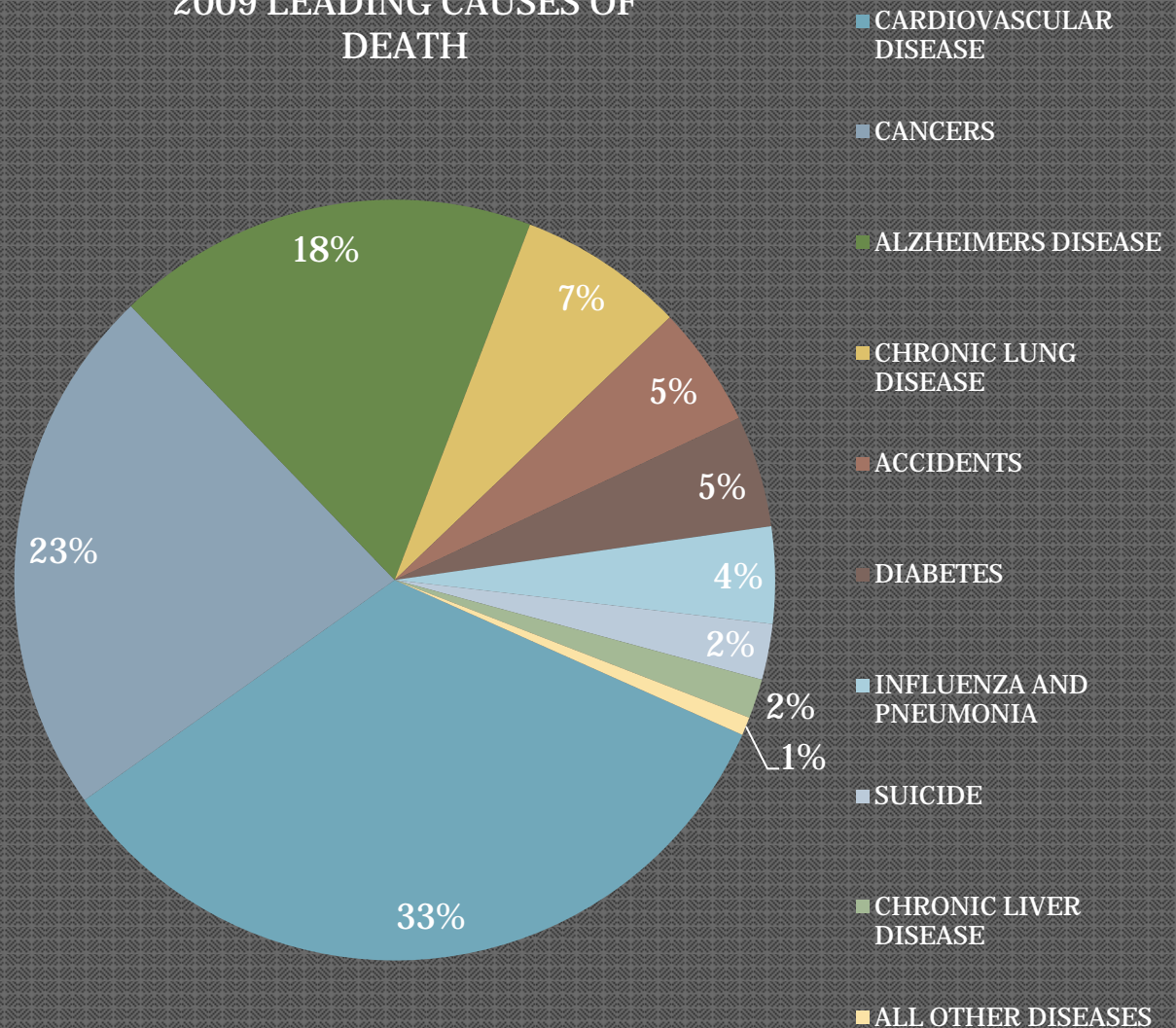


2009 ND Vital Records Mortality Data

The #1 cause of death in North Dakotans is cardiovascular disease, including stroke.

The 2nd leading cause of death in North Dakotans is cancer.

2009 LEADING CAUSES OF DEATH





It's a fact...

Your lifestyle
is your *best
defense*
against
chronic
diseases, like
cardiovascular
disease and
cancer.



KNOW the risks.
Change ***THE FUTURE.***