

HEALTHY CARROLL VITAL SIGNS: Measures of Community Health PREVENTION & WELLNESS Data Charts

Updated April 2009

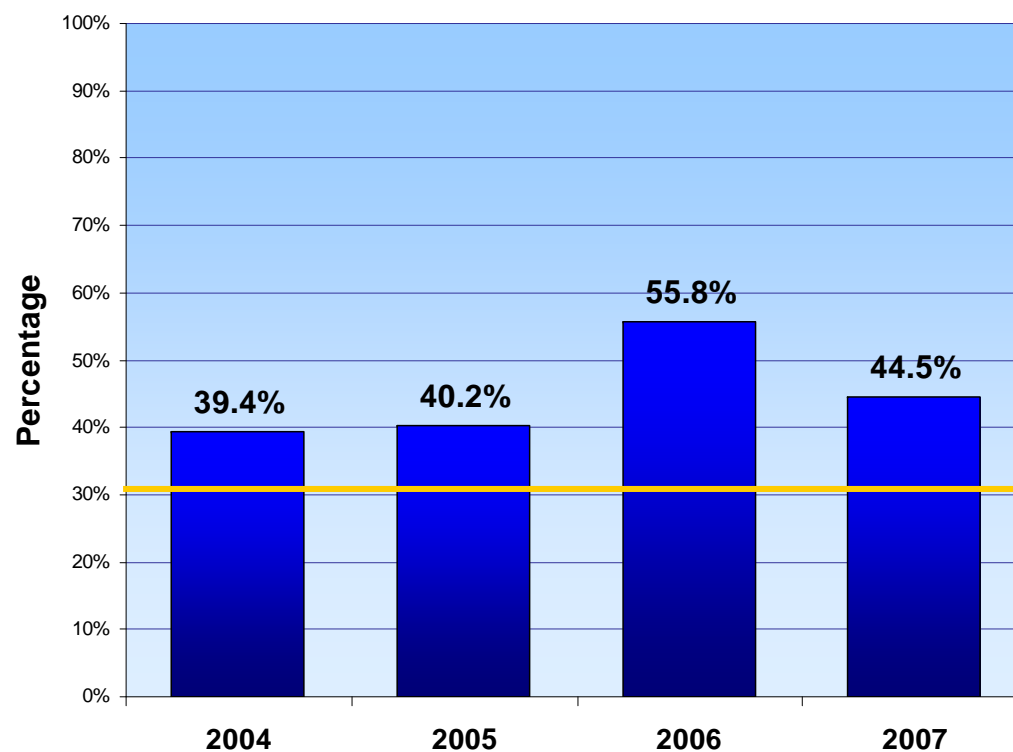
- Physical Activity: Adults 1
- Nutrition: Fruits & Vegetable – Adults 2
- Nutrition: Fruits & Vegetables – Youth 3
- Nutrition: Obesity – Adults 4
- Nutrition: Diabetes 5
- Tobacco-Free Living: Smoking – Adults 6
- Tobacco-Free Living: Smoking – Youth 7
- Safety: Motor Vehicle Deaths 8
- Safety: Motor Vehicle Injuries 9



Prevention & Wellness – Physical Activity

Percent of Adults in Carroll County Who Exercise 30 Minutes or More At Least 5 Times Per Week

Improvement Objective: 30%

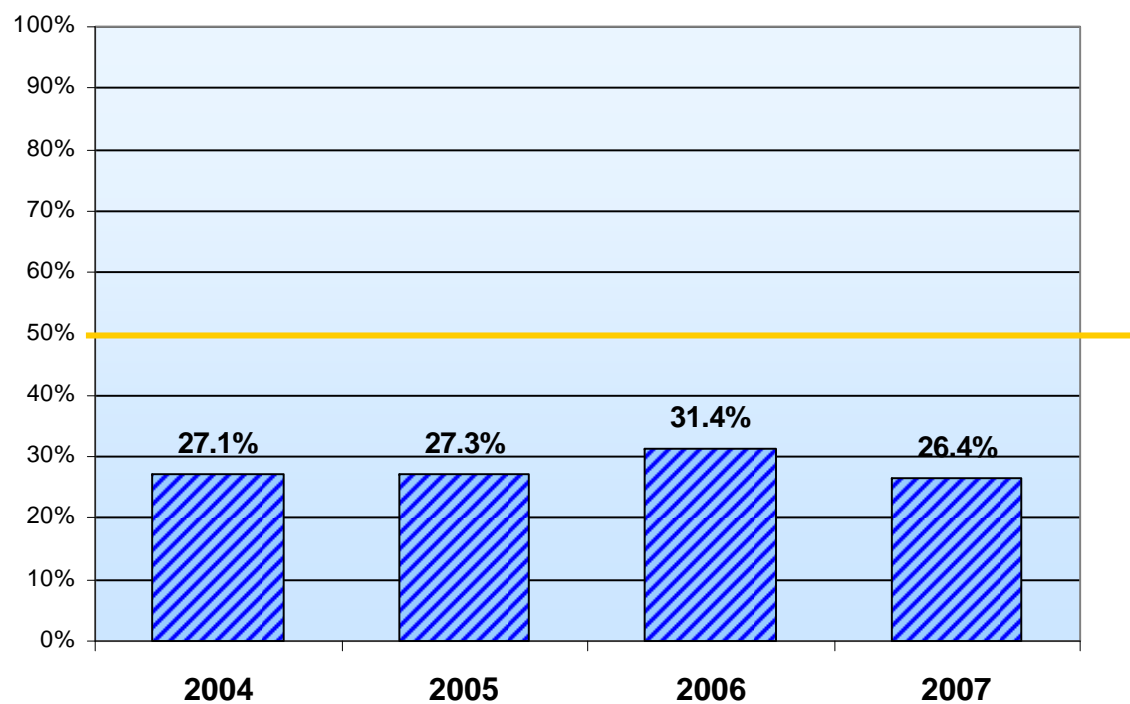


DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

Prevention & Wellness - Nutrition

Percent of Adults in Carroll County Who Consume Fruits & Vegetables At Least 5 Times Per Day

Improvement Objective: 50%



DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

Prevention & Wellness - Nutrition

Percent of Carroll County Youth Who Consume Fruits & Vegetables At Least 5 Times Per Day

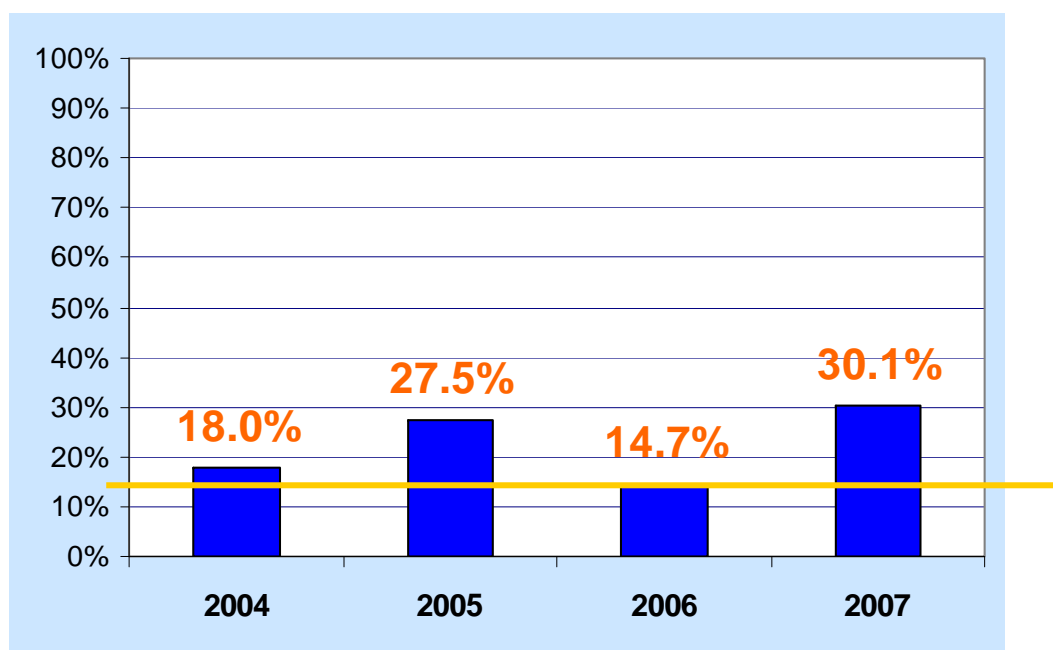
Improvement Objective: 50%

Carroll County did not participate in this study.

Prevention & Wellness - Nutrition

**Percent of Adults in Carroll County Who Are Obese
(Body Mass Index of 30 and Over)**

Improvement Objective: 15% or less

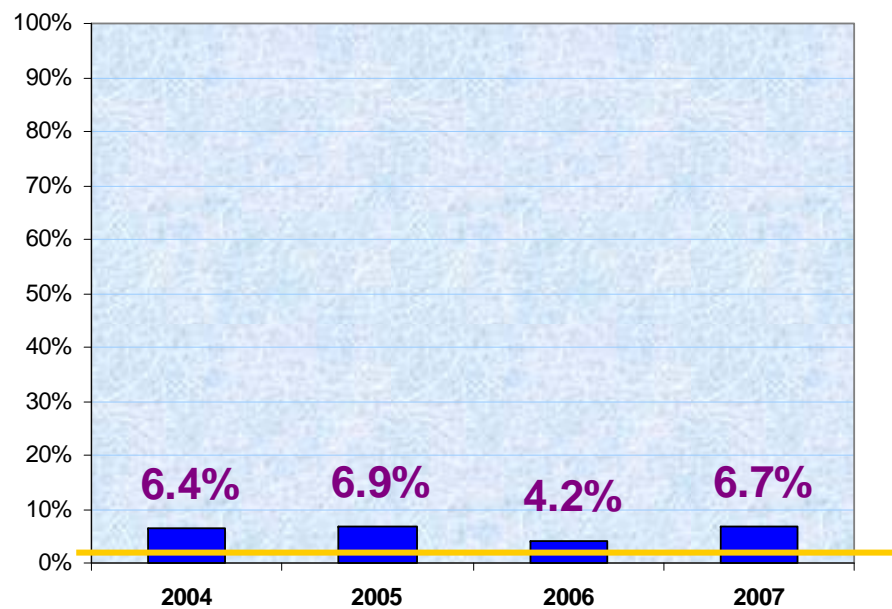


DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

Prevention & Wellness - Nutrition

Percentage of adults who have ever been told they have diabetes by a physician

Improvement Objective: 2.5% or Less

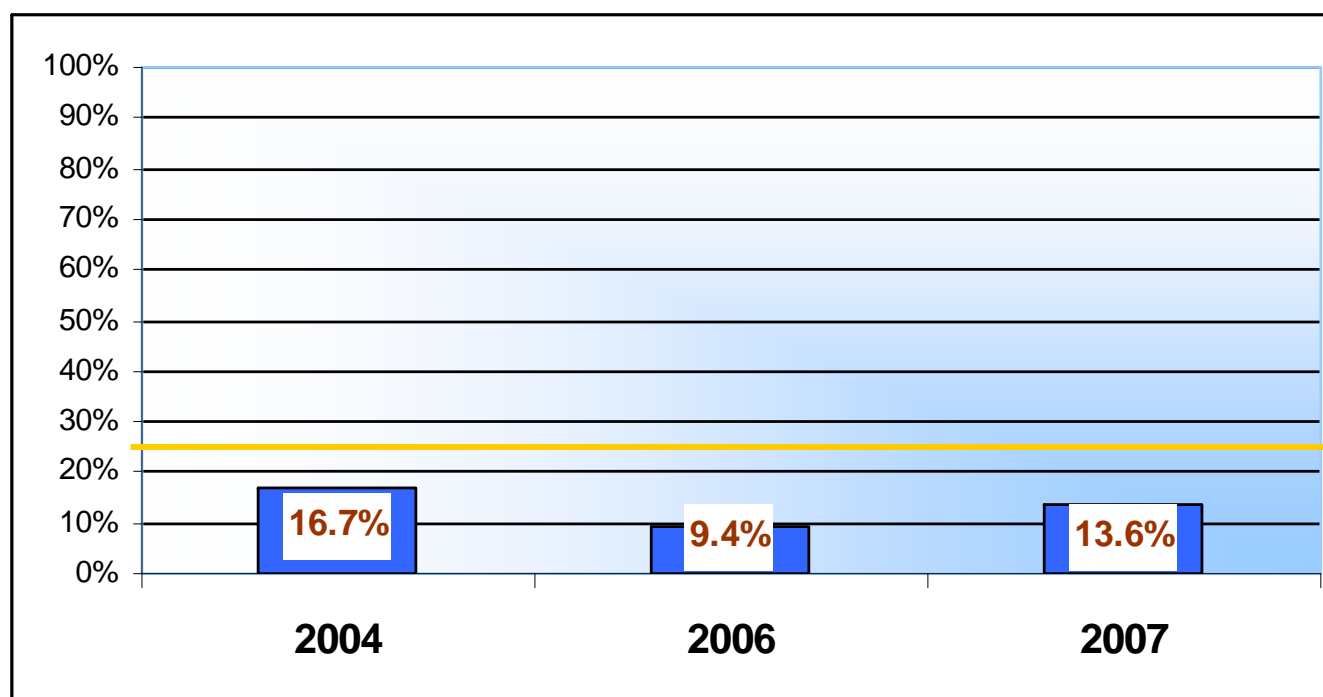


DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

Prevention & Wellness – Tobacco-Free

Percentage of Carroll County Adults
Who Smoke Every Day

Improvement Objective: 25% or Less

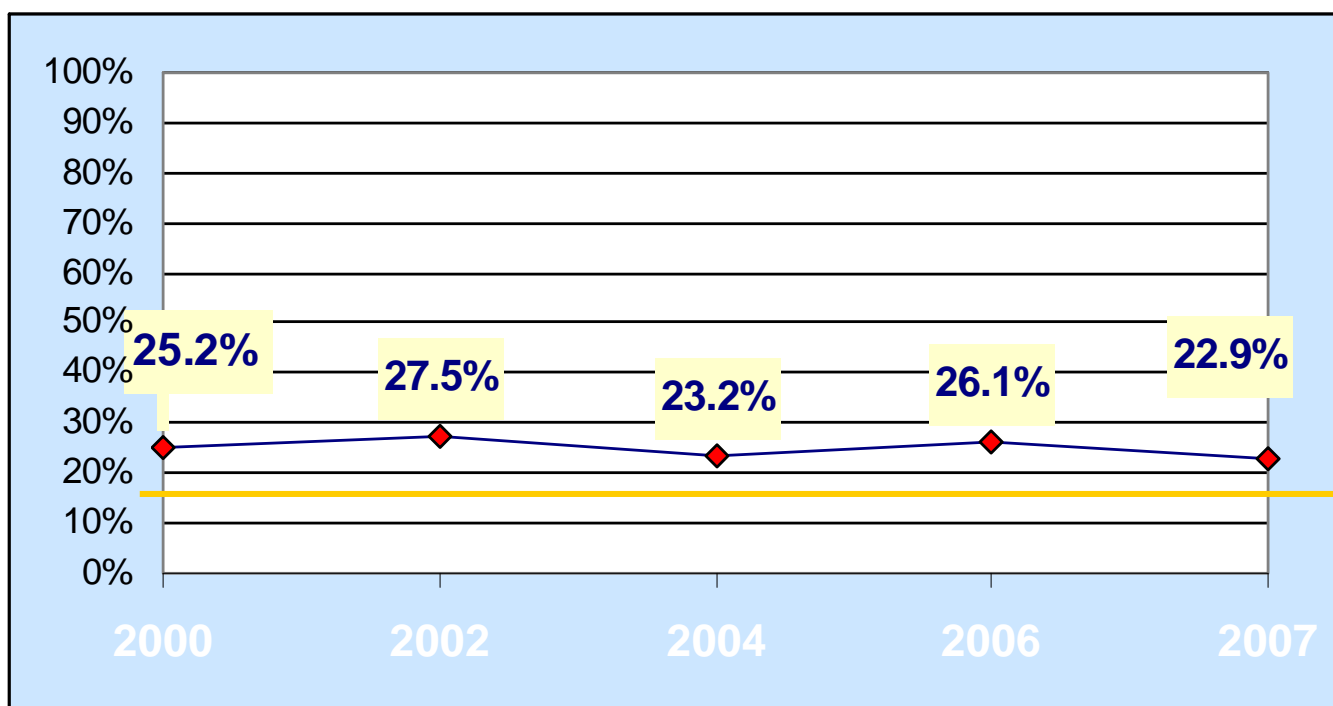


DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

Prevention & Wellness – Tobacco-Free

Percent of Carroll County 12th Graders Who Smoked Cigarettes in the Past 30 Days

Improvement Objective: 16% or Less



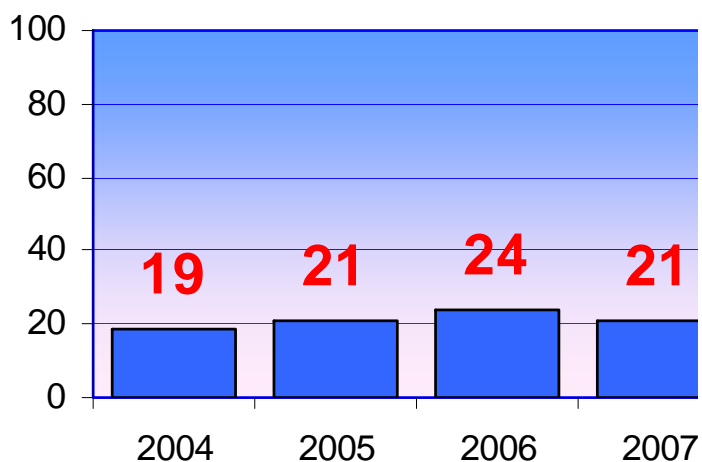
DATA SOURCE: Maryland Adolescent Survey

Prevention & Wellness - Safety

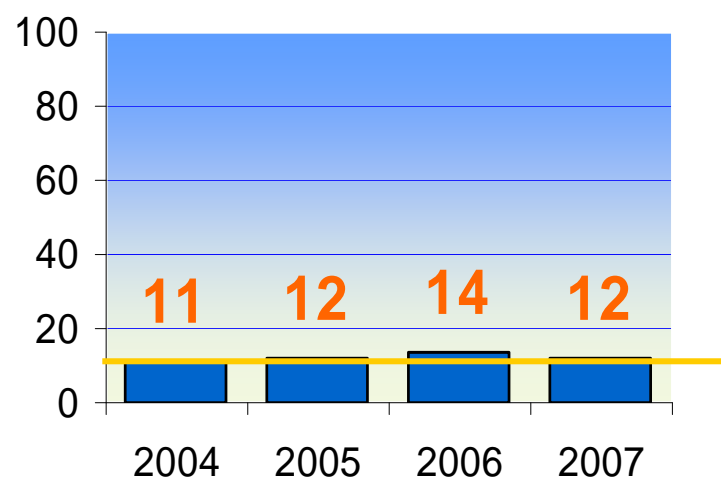
Carroll County Motor Vehicle Deaths

Improvement Objective: 9 per 100,000 or less

A. Number of deaths from motor vehicle crashes



B. Motor vehicle deaths Rate per 100,000

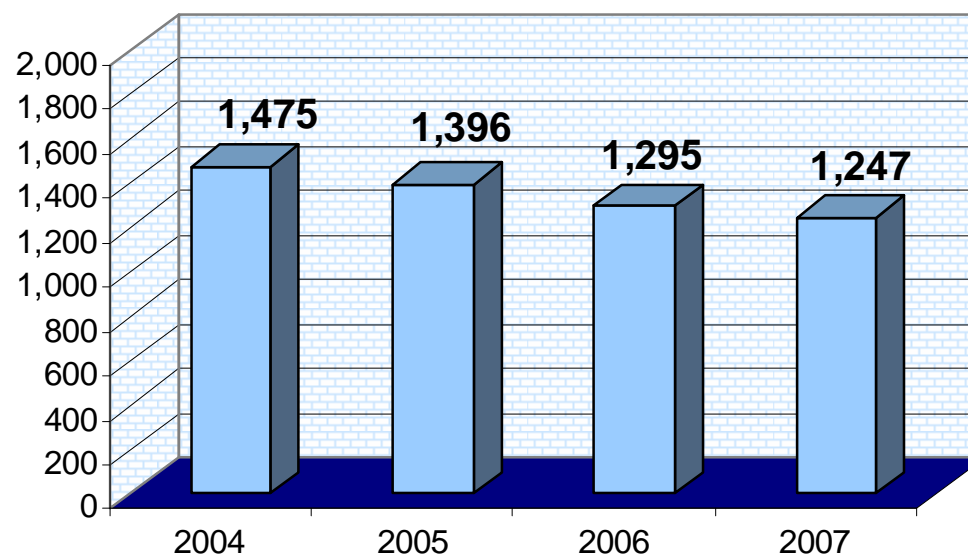


DATA SOURCE: University of MD School of Medicine National Study Center

Prevention & Wellness - Safety

Injuries in Carroll County in Motor Vehicle Crashes

Improvement Objective: 1,000 per 100,000 or less



Carroll County rate per 100,000 (1998-2007): 736.9

DATA SOURCE: University of MD School of Medicine National Study Center