

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

Updated June 2011

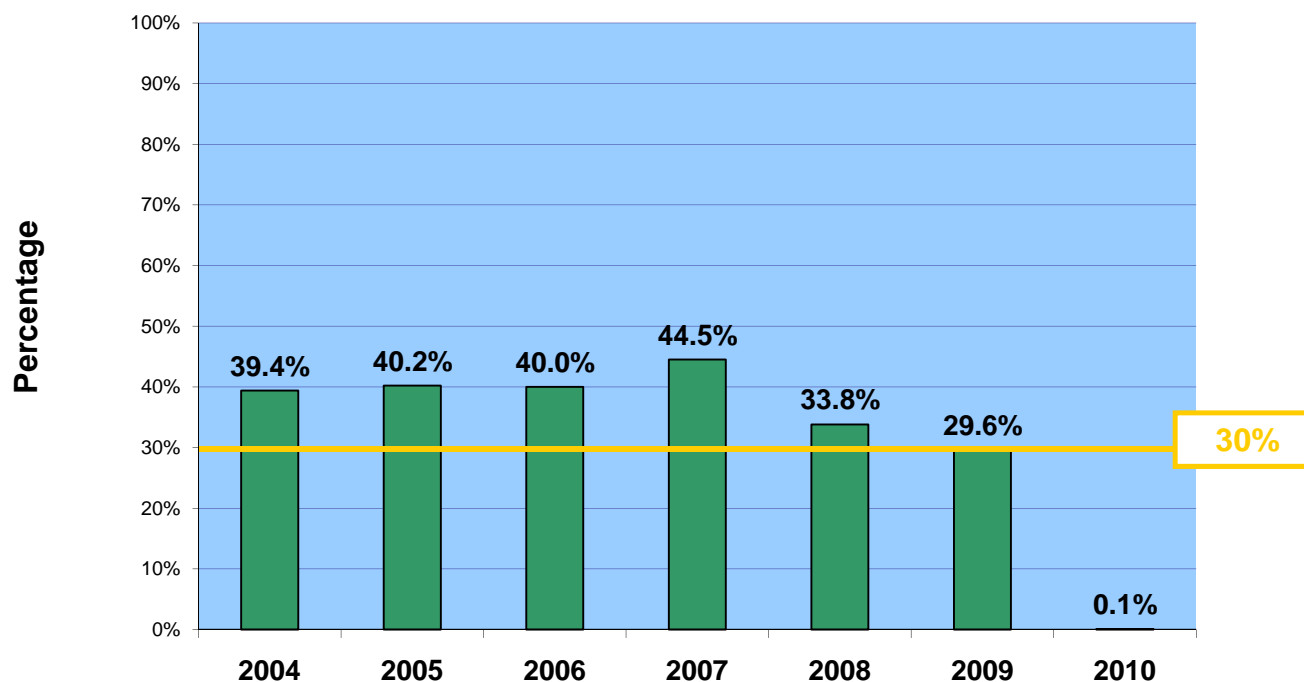
- Physical Activity: Adults 1
- Nutrition: Fruits & Vegetable – Adults 2
- Nutrition: Obesity – Adults 3
- Nutrition: Diabetes 4
- Safety: Motor Vehicle Deaths 5
- Safety: Motor Vehicle Injuries 6



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%



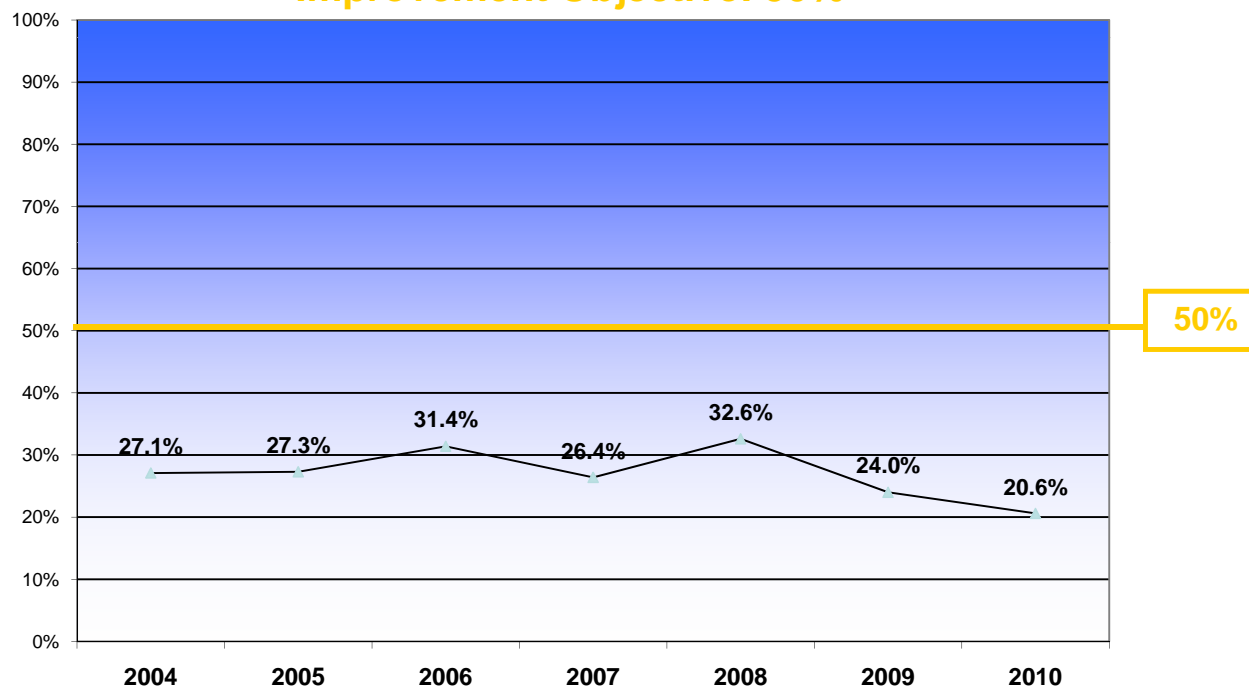
NOTE: Data are based on a sample and are subject to sampling variability.

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%

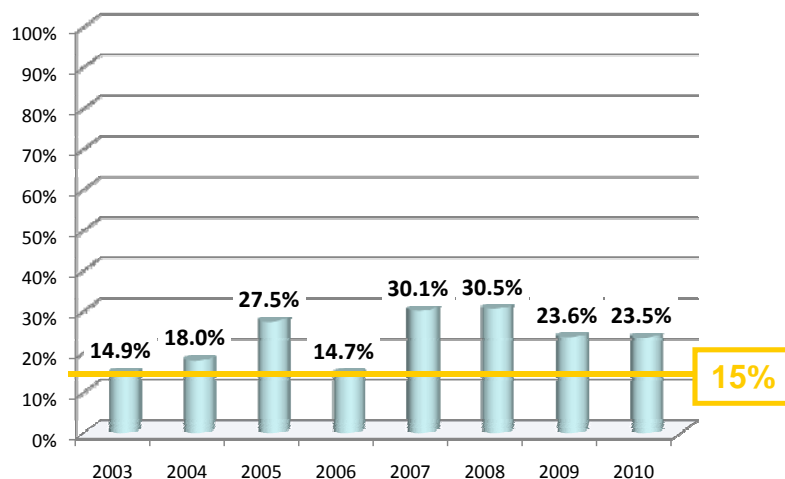


DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

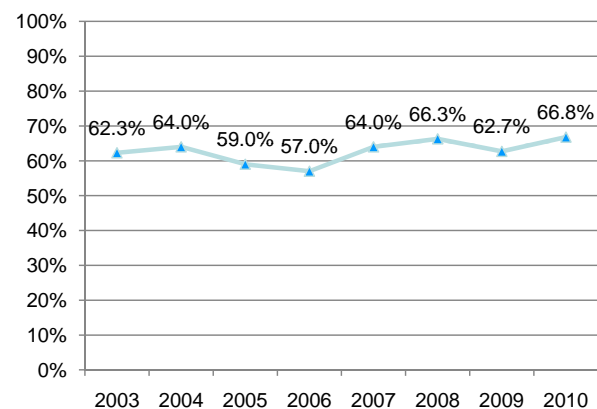
Prevention & Wellness - Nutrition

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

Improvement Objective: 15% or less



Obese



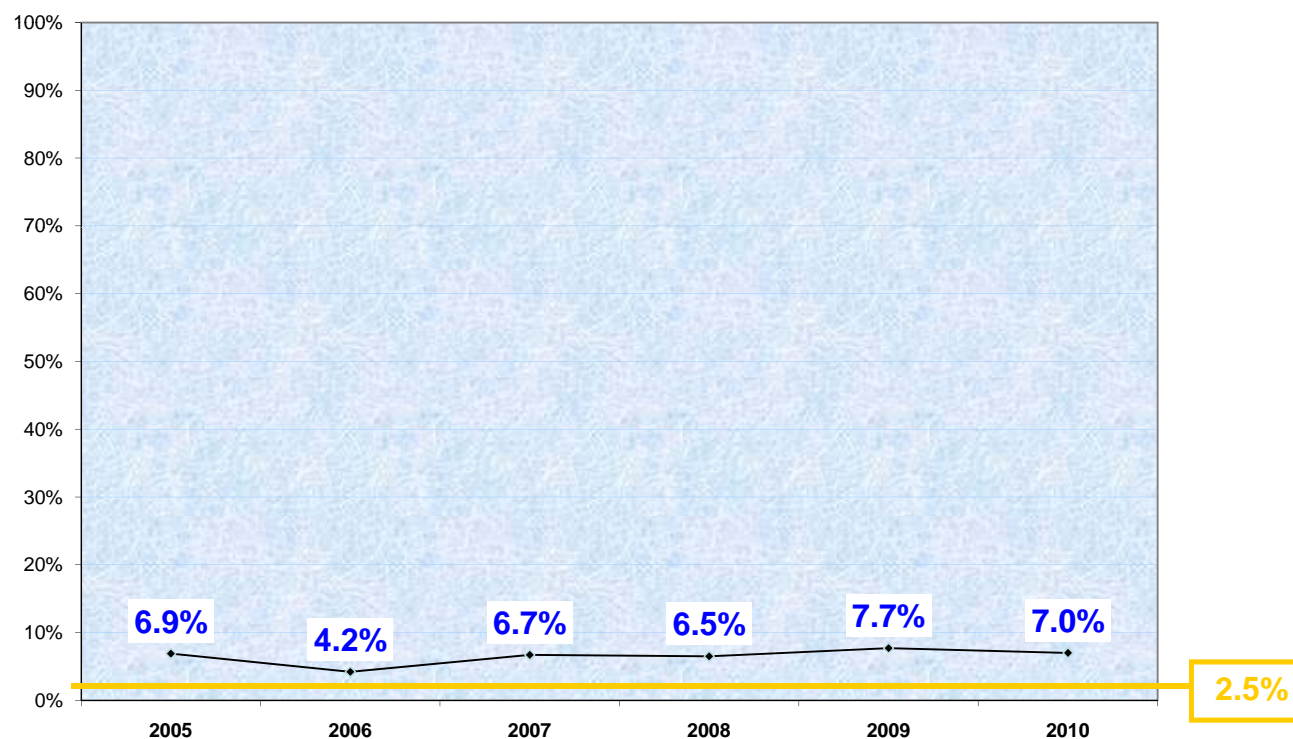
Overweight + Obese

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**



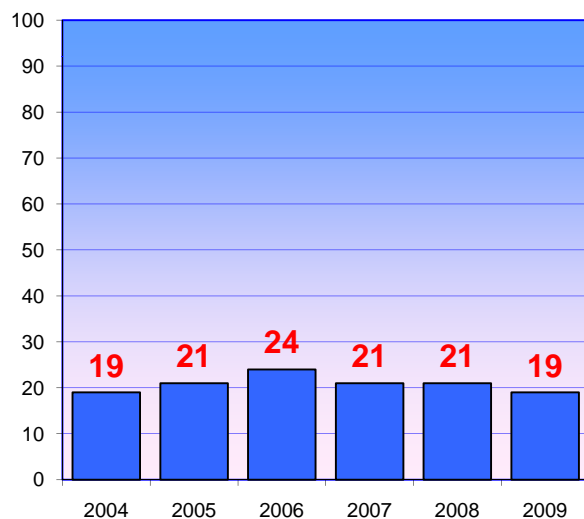
DATA SOURCE: Maryland Behavioral Risk Factor Surveillance System (MD BRFSS)

Prevention & Wellness - Safety

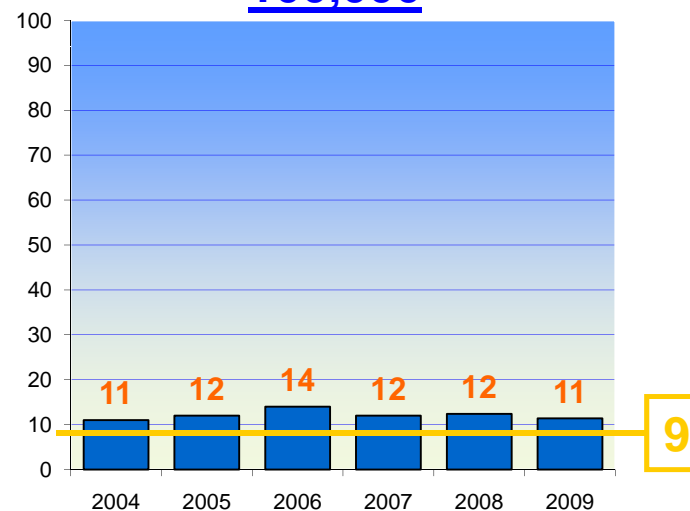
Carroll County Motor Vehicle Deaths

Improvement Objective: 9 per 100,000 or less

A. Number of motor vehicle deaths



B. Motor vehicle deaths: Rate per 100,000

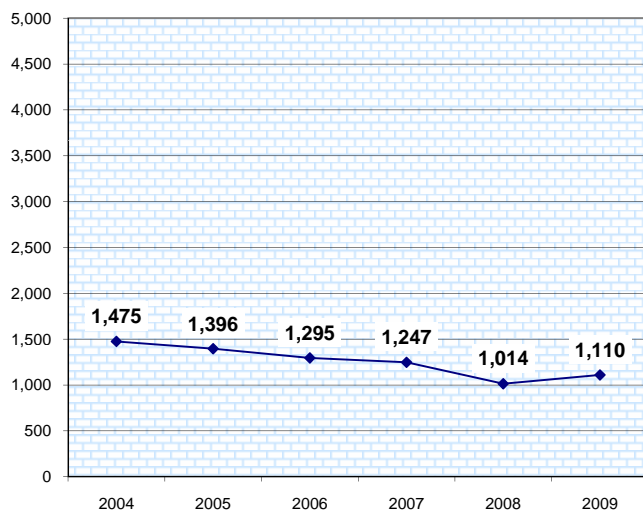


DATA SOURCE: University of MD School of Medicine National Study Center

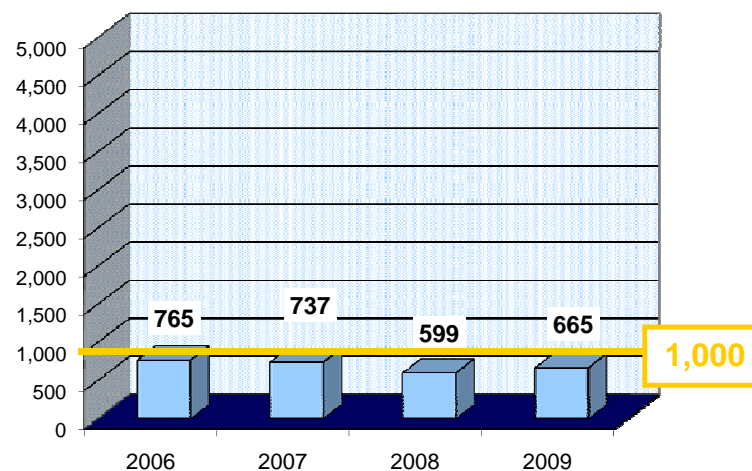
Prevention & Wellness - Safety

Injuries in Carroll County in Motor Vehicle Crashes

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



A. Number of Injuries



B. Rate of Injuries per 100,000

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