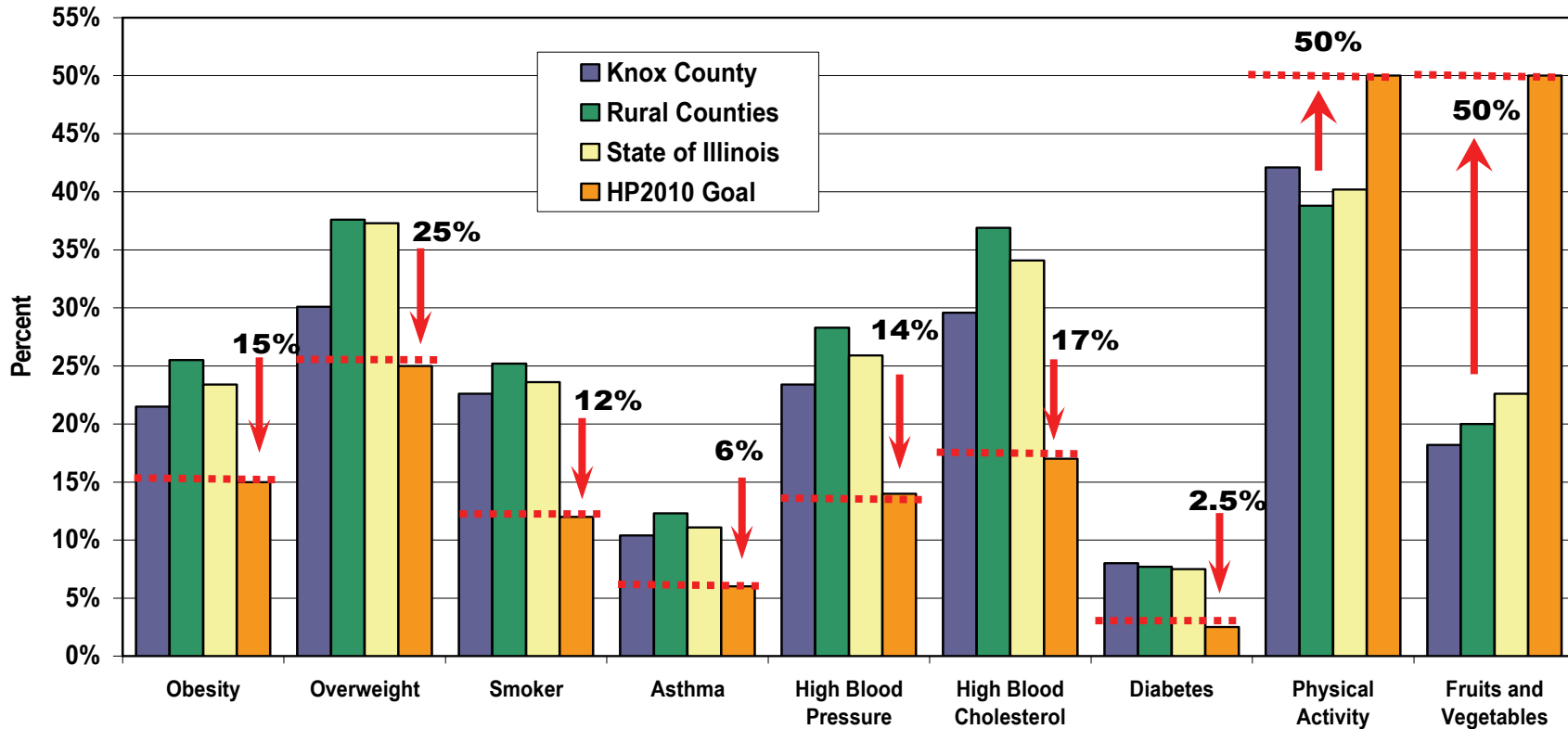


Knox County, IL Profile of Behavioral Risks, 2004

Behavioral Risk Factors for Knox County, Rural Illinois, & the State of Illinois
BRFSS 2004



Knox County Rural Counties State of Illinois

Risk Factor

Percent

Risk Factor	Knox County	Rural Counties	State of Illinois
Obesity (BMI greater than or equal to 30)	21.50%	25.50%	23.40%
Overweight (BMI between 25 and 30)	30.10%	37.60%	37.30%
Smoker (current)	22.60%	25.20%	23.60%
Asthma	10.40%	12.30%	11.10%
High Blood Pressure (Cardiovascular Disease)	23.40%	28.30%	25.90%
High Blood Cholesterol (Cardiovascular Disease)	29.60%	36.90%	34.10%
Diabetes	8.00%	7.70%	7.50%
Physical Activity (regular and sustained)	42.10%	38.80%	40.20%
Fruits and Vegetables (recommended 5+ serving/day)	18.20%	20.00%	22.60%

¹Illinois Behavioral Risk Factor Surveillance System Data; July 2004; Illinois Department of Public Health, Center for Health Statistics

²Healthy People 2010 Midcourse Review; December 2005; US Department of Health and Human Services, Office of Disease Prevention and Health Promotion