PREVENTATIVE HEALTH 2016

• The number of African American women in NC aged 50-74 who reported receiving a mammogram in the past two years (84%) exceeds the Healthy People 2020 target of 81.1%. Caucasian women are almost at that target at 79%. BRFSS sample size for 2016 was too small for information on other minority groups.

• North Carolina women are exceeding Healthy People 2020 targets for colorectal screenings.

2015 Youth Risk Behavior Surveillance System
Female high school students (9th-12th) who:

- Get sufficient sleep on school nights: 21%
- Meet current Federal aerobic physical activity guidelines: 15%
- Participate in daily school physical education: 20%
- Spend 2 or more hours per day watching TV or playing video games: 30%
- Spend 2 or more hours per day using a computer for non-school work: 42%
- Women 50+ who have ever had a sigmoidoscopy or colonoscopy
- Women 50+ who have had a mammogram in last 2 years: 79%
- Women who have visited the dentist in the past year
- Women 18+ who have had a Pap test within the past 3 years: 77%
- Women 65+ who have ever had a pneumonia vaccination
- Women 18+ who have had a flu shot within the past year: 47%
- Women 65+ who have had a flu shot within the past year
- Women who participated in physical activities in the past month: 75%
- Women who had a routine checkup in the past year
- Women who get sufficient sleep each evening: 63%

• Dental care is a weakness for all women, but particularly African American women.

• 75% of women participated in physical activity outside of their work but we do not know if that is once a month or 5 times a week.