

Maps of California NEOPB Training and Resource Centers, 2013 BRFS

The Behavioral Risk Factor Survey (BRFS) is a large-scale national telephone survey conducted as part of the Behavioral Risk Factor Surveillance System (BRFSS) by state health departments with technical and methodological assistance provided by the Centers for Disease Control (CDC) <http://www.cdc.gov/brfss/index.htm> . The surveillance system provides timely estimates of the adult general population's rate of risk-related behaviors such as low consumption of fruits and vegetables or not exercising.

The California Nutrition Education and Obesity Prevention Branch (NEOPB) has organized seven Training and Resource Centers (TRCs) covering the state. In order to provide feedback from the 2013 California BRFS findings to the TRCs, data from California's 58 counties were aggregated into seven corresponding areas. In this way, comparative estimates between TRCs could be made of:

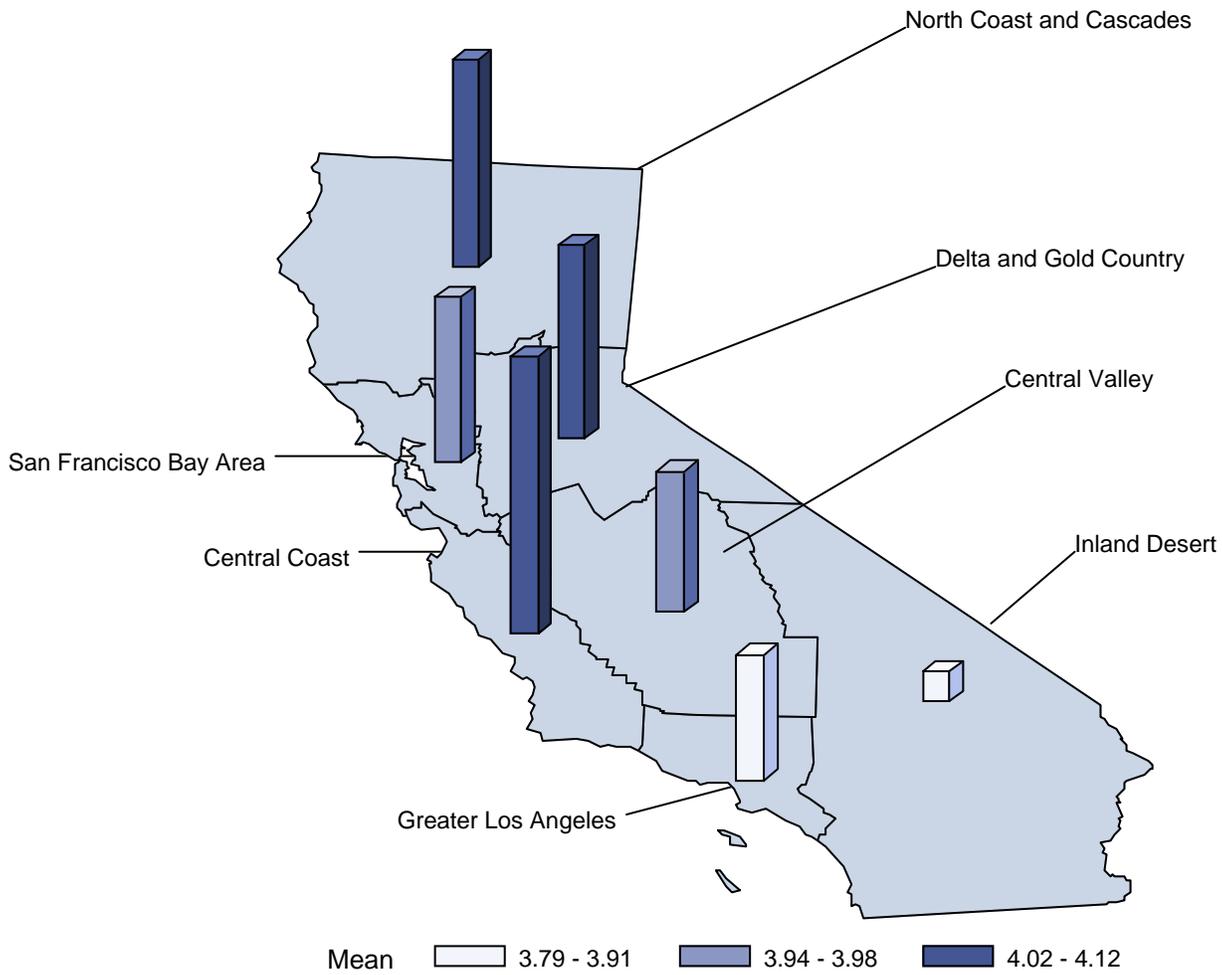
- **Fruit and Vegetable Consumption**
 - Average Fruit and Vegetable Consumption
- **Food Insecurity**
 - Percent Food Insecure
- **Physical Activity**
 - Percent No Physical Activity
 - Percent achieving 150 minutes of Moderate or Vigorous Physical Activity
- **Sugar Sweetened Beverages**
 - Percent Consuming 2+ sugar sweetened beverages/day
- **Body Mass Index**
 - Average Body Mass Index
 - Percent Overweight or Obese

The BRFS questionnaire is developed jointly by CDC's Behavioral Surveillance Branch and the states. There is a core set of questions administered by all states, but states may add additional questions. In 2013, "Body Mass Index", "Fruit and Vegetable Consumption", and "Physical Activity", were on the core survey. NEOPB proposed and funded the inclusion of questions such as food insecurity and sugar sweetened beverage consumption to better inform our knowledge of healthy behaviors in California residents. Data derived from the questionnaire provide health departments, public health officials, and policymakers with necessary behavioral information. When combined with mortality and morbidity statistics, these data enable public health officials to establish policies and priorities and to initiate and assess health promotion strategies.

State BRFSS Coordinator contact:

Vanessa S. Miguelino-Keasling, MPH, Program Coordinator, California BRFSS, Chronic Disease Surveillance and Research Branch, California Department of Public Health, MS 7205, P.O. Box 997377, Sacramento, CA 95899-7377, Voice: (916) 322-5334, Email: Vanessa.Miguelino@cdph.ca.gov

Training and Resource Centers Mean Fruit and Vegetable Consumption

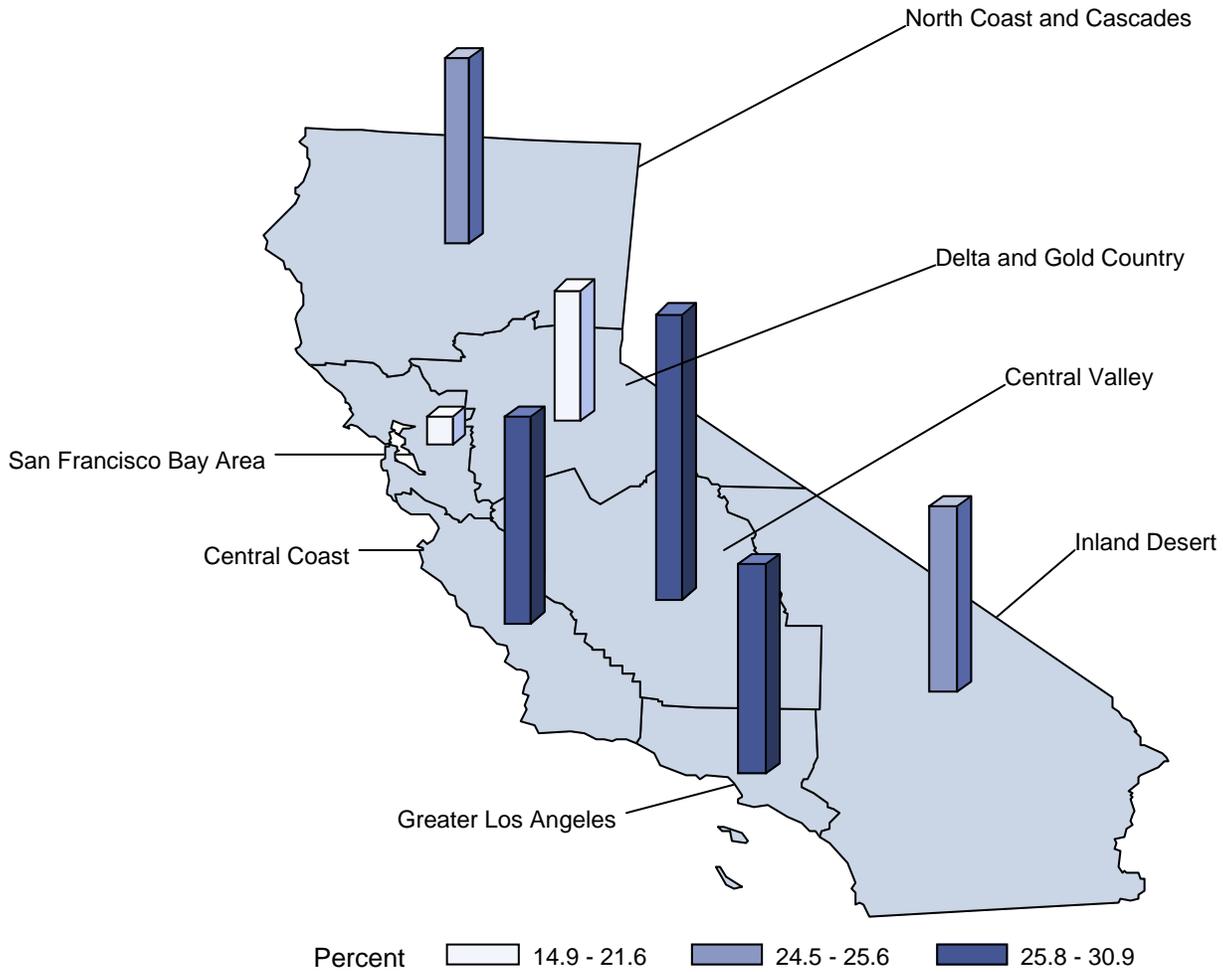


2013 BRFSS

Training Resource Center	Mean	95% Lower Confidence Limit	95% Upper Confidence Limit
Central Coast	4.1	3.9	4.4
North Coast and Cascades	4.0	3.6	4.5
Delta and Gold Country	4.0	3.8	4.2
San Francisco Bay Area	4.0	3.9	4.1
Central Valley	3.9	3.7	4.2
Total	3.9	3.9	4.0
Greater Los Angeles	3.9	3.8	4.0
Inland Desert	3.8	3.6	3.9

Training and Resource Centers

Percent Food Insecure

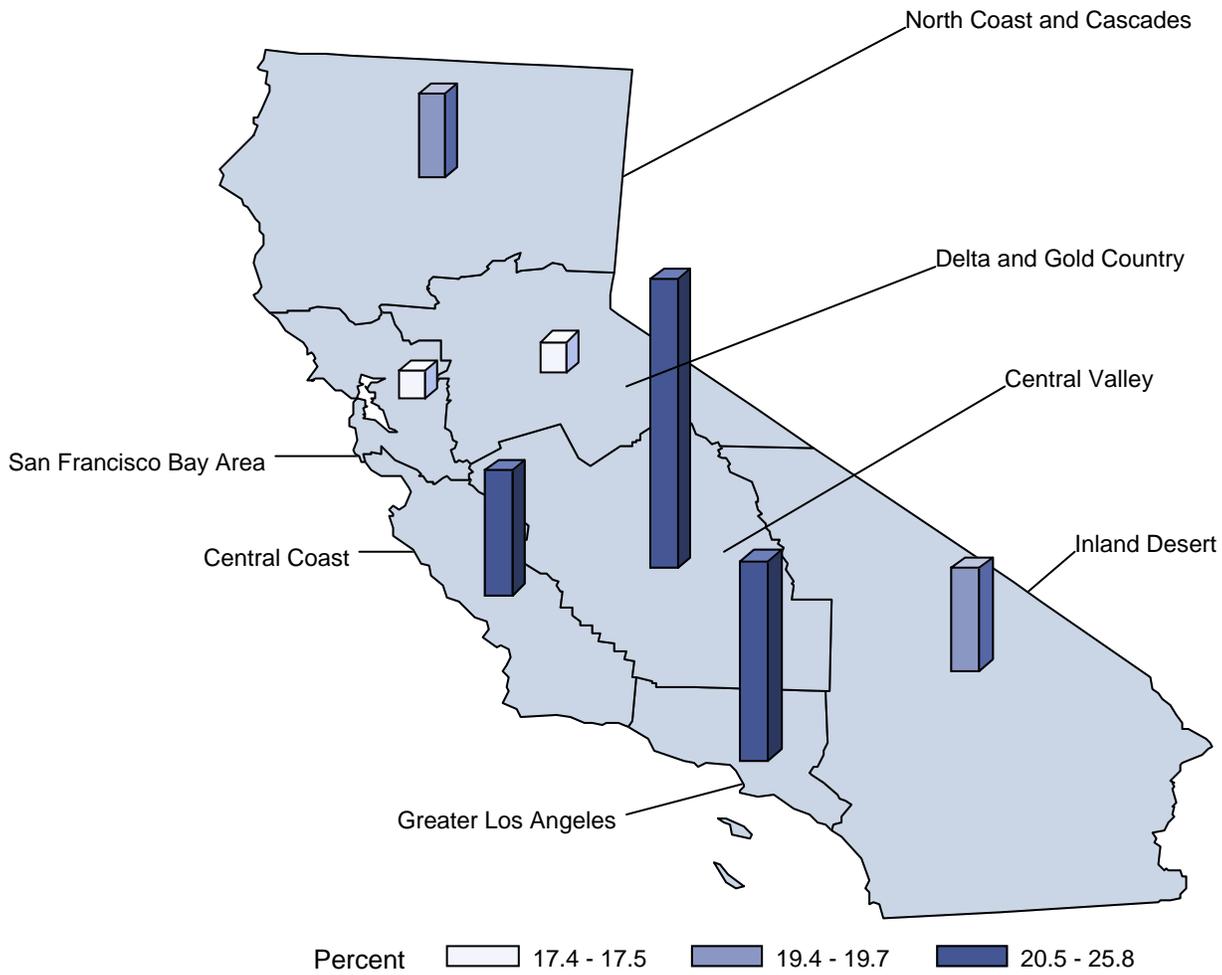


2013 BRFSS

Training Resource Centers	Percent	95% Lower Confidence Limit	95% Upper Confidence Limit
San Francisco Bay Area	14.9	12.3	17.6
Delta and Gold Country	21.6	17.6	25.5
Total	23.4	22.0	24.8
Inland Desert	24.5	21.3	27.7
North Coast and Cascades	25.6	17.0	34.1
Greater Los Angeles	25.8	23.1	28.5
Central Coast	25.9	19.4	32.4
Central Valley	30.9	25.9	35.9

Training and Resource Centers

Percent No Physical Activity

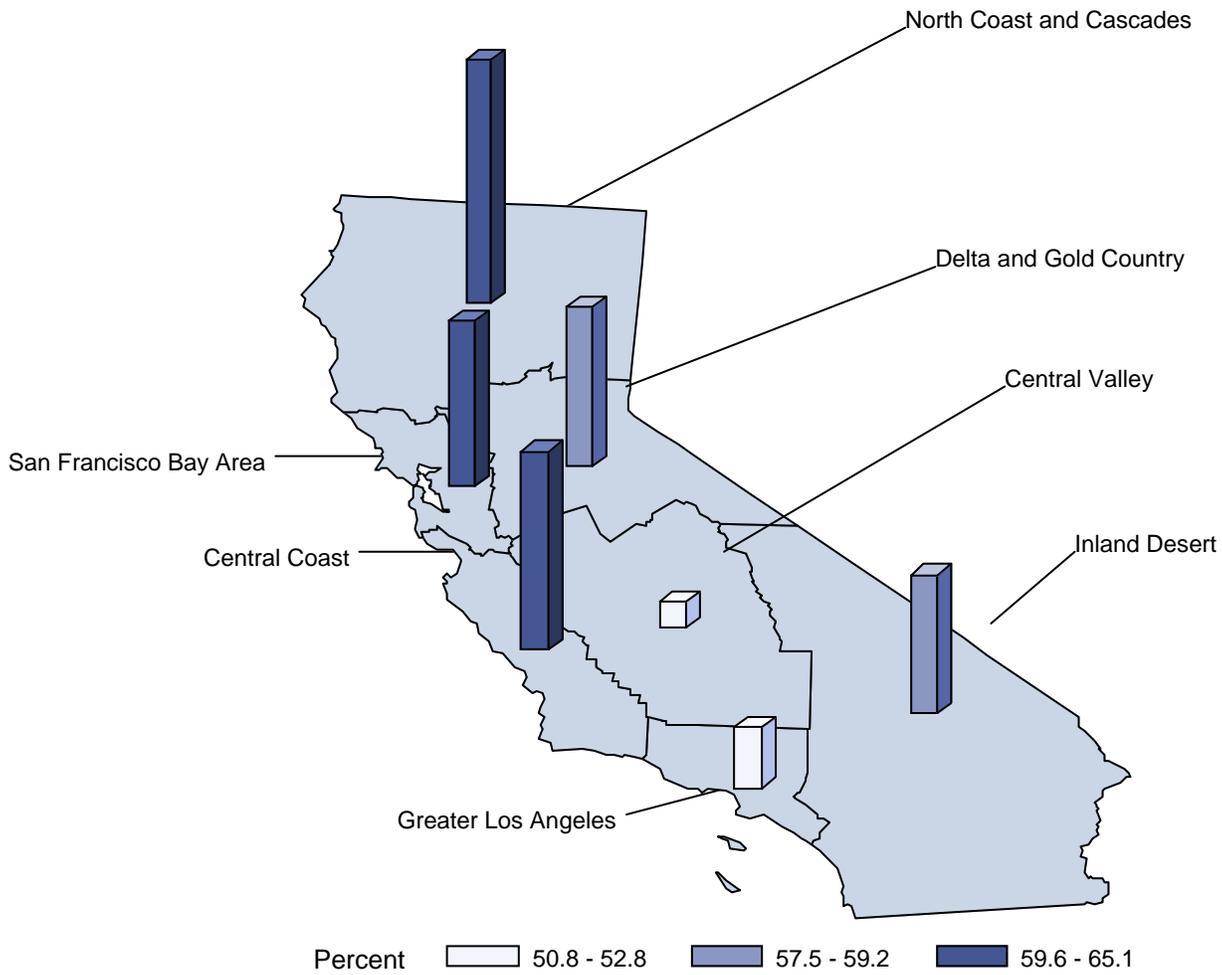


2013 BRFSS

Training Resource Centers	Percent	95% Lower Confidence Limit	95% Upper Confidence Limit
San Francisco Bay Area	17.4	15.2	19.7
Delta and Gold Country	17.5	14.8	20.3
North Coast and Cascades	19.4	14.2	24.6
Inland Desert	19.7	17.5	21.9
Central Coast	20.5	16.3	24.7
Total	20.6	19.6	21.7
Greater Los Angeles	22.7	20.7	24.7
Central Valley	25.8	22.0	29.5

Training and Resource Centers

Percent 150 minutes Moderate or Vigorous Physical Activity

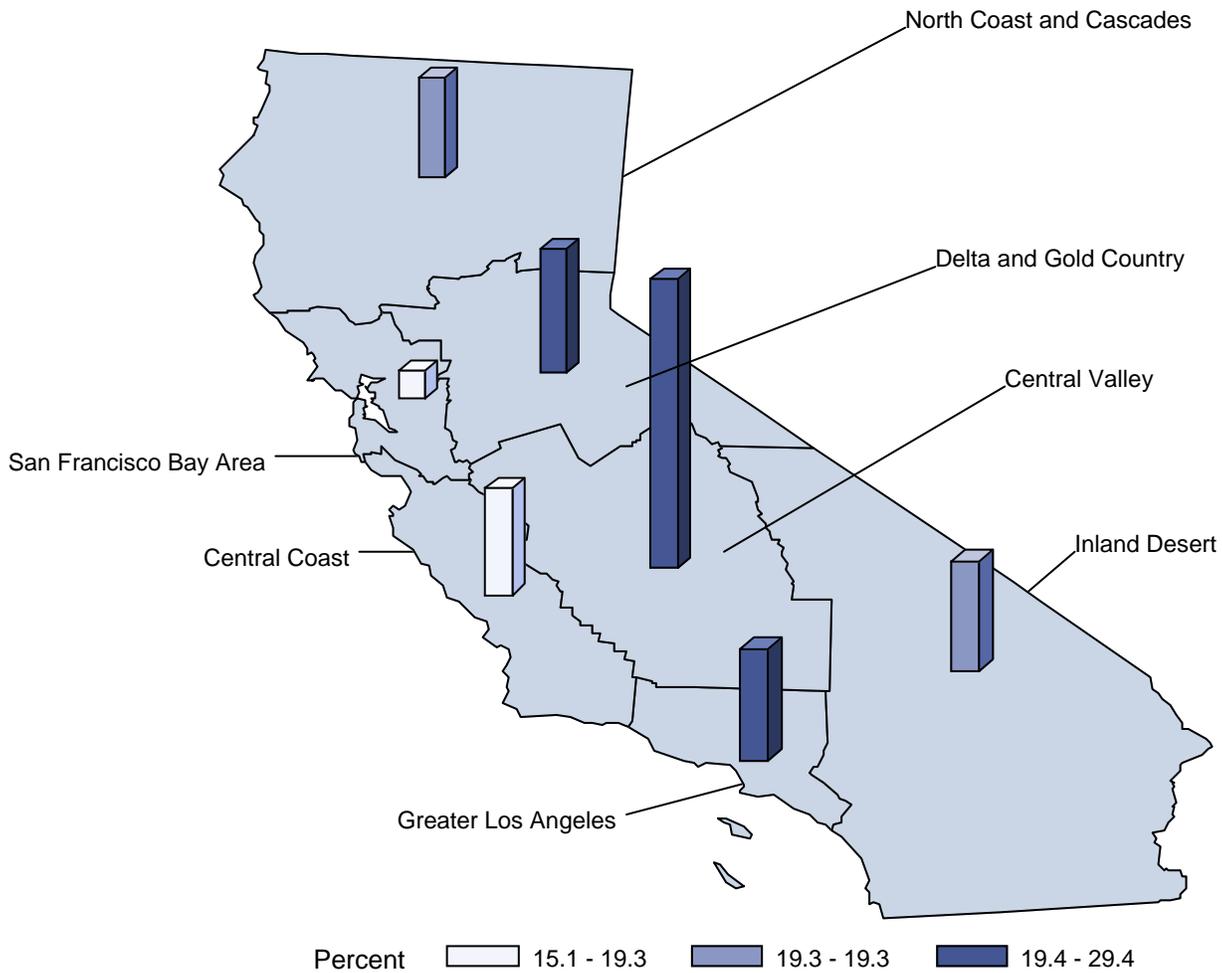


2013 BRFSS

Training Resource Centers	Percent	95% Lower Confidence Limit	95% Upper Confidence Limit
North Coast and Cascades	65.1	58.5	71.7
Central Coast	61.3	55.8	66.7
San Francisco Bay Area	59.6	56.7	62.6
Delta and Gold Country	59.2	55.3	63.0
Inland Desert	57.5	54.5	60.4
Total	56.2	54.9	57.6
Greater Los Angeles	52.8	50.3	55.2
Central Valley	50.8	46.1	55.5

Training and Resource Centers

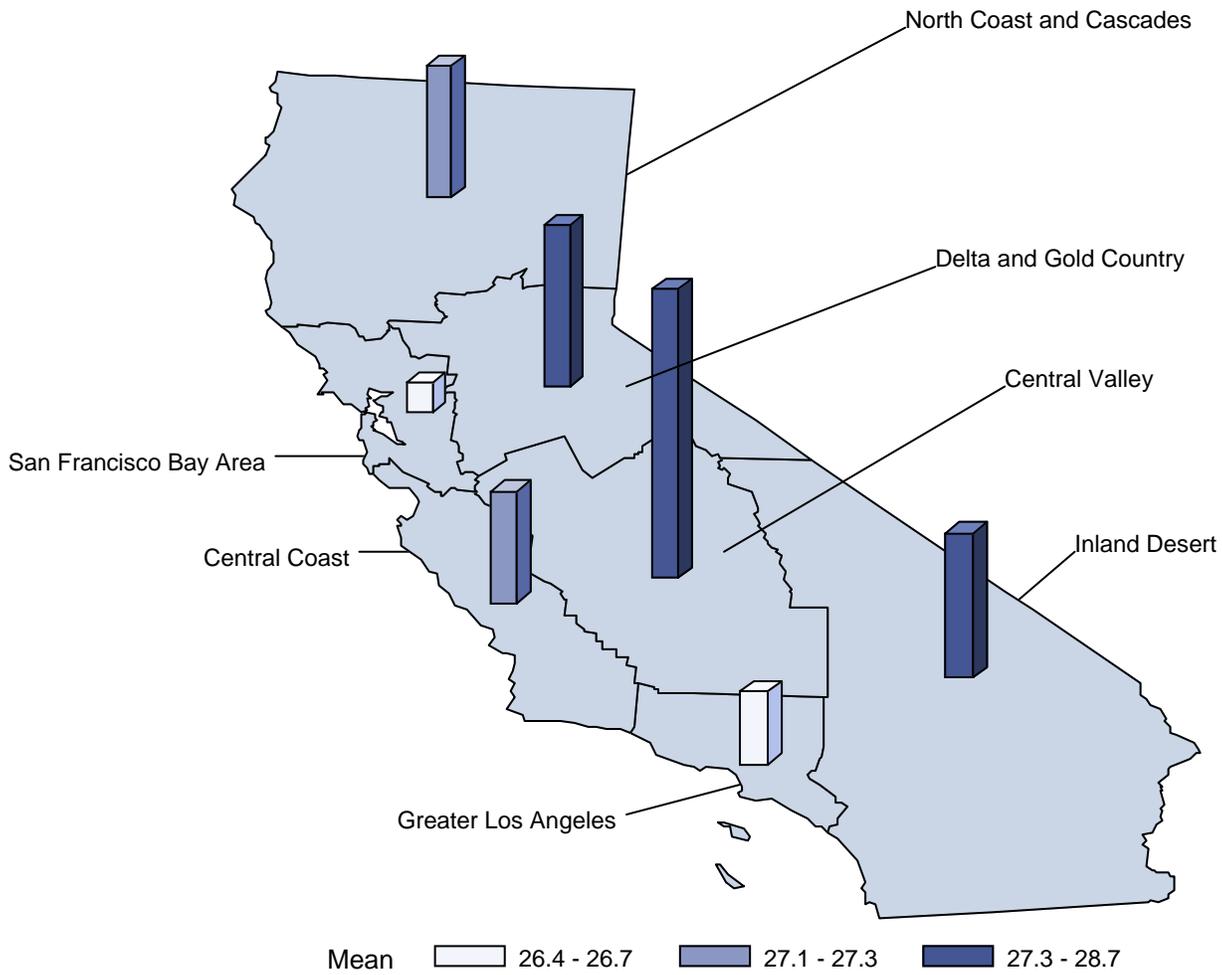
Percent consuming 2+ total Sugar Sweetened Beverages/day



2013 BRFSS

Training Resource Centers	Percent	95% Lower Confidence Limit	95% Upper Confidence Limit
San Francisco Bay Area	15.1	12.4	17.7
Central Coast	19.3	13.2	25.3
Inland Desert	19.3	16.2	22.4
North Coast and Cascades	19.3	11.4	27.3
Greater Los Angeles	19.4	16.9	21.9
Total	19.4	18.1	20.8
Delta and Gold Country	20.5	16.3	24.8
Central Valley	29.4	24.4	34.3

Training and Resource Centers Mean Body Mass Index

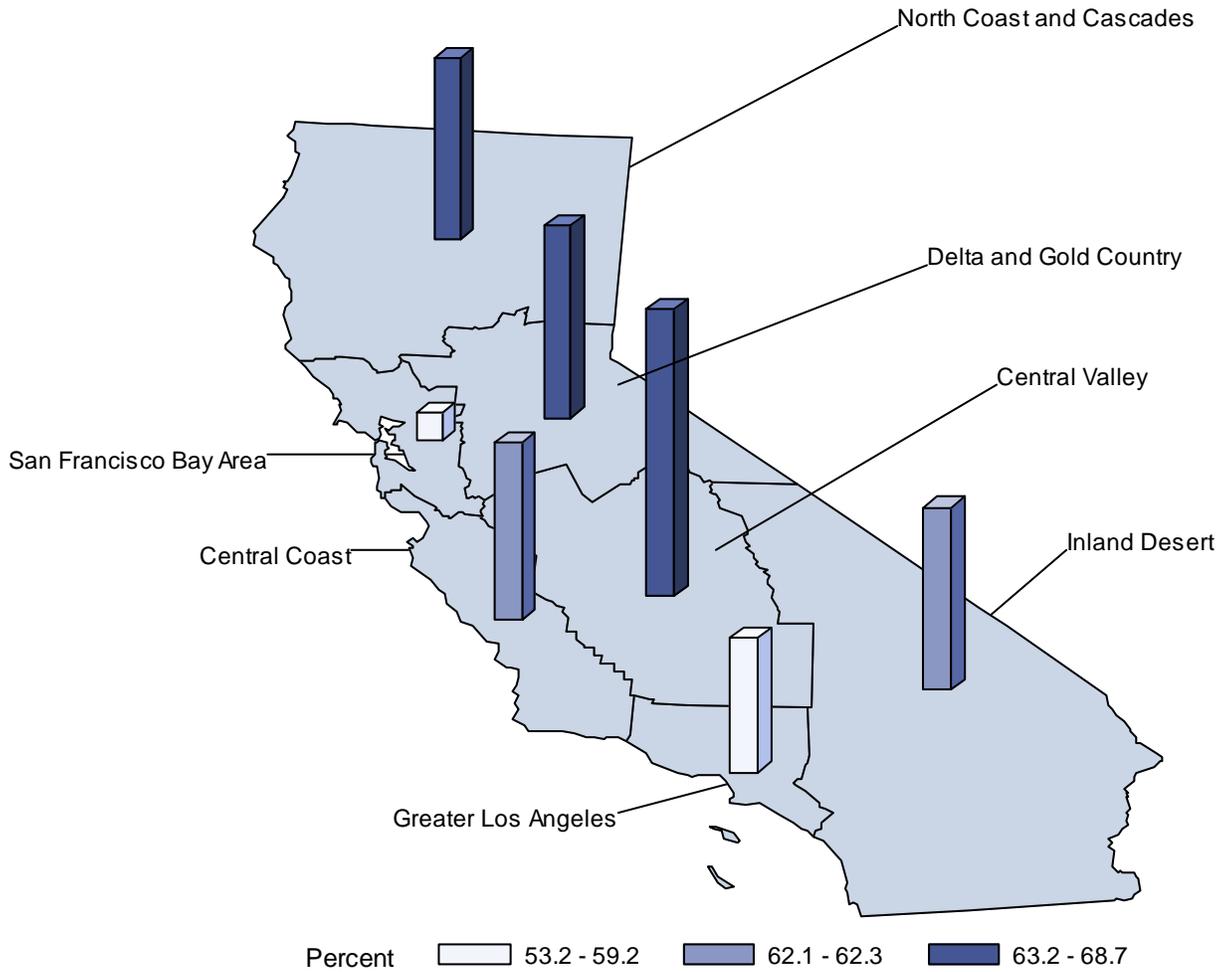


2013 BRFSS

Training Resource Center	Mean	95% Lower Confidence Limit	95% Upper Confidence Limit
San Francisco Bay Area	26.4	26.0	26.7
Greater Los Angeles	26.7	26.5	27.0
Total	27.0	26.9	27.2
Central Coast	27.1	26.5	27.6
North Coast and Cascades	27.3	26.4	28.2
Inland Desert	27.3	27.0	27.7
Delta and Gold Country	27.6	27.1	28.1
Central Valley	28.7	27.9	29.4

2013 BRFSS

Training and Resource Centers Percent Overweight/Obese



2013 BRFSS

Training Resource Centers	Percent	95% Lower Confidence Limit	95% Upper Confidence Limit
San Francisco Bay Area	53.2	50.5	55.9
Greater Los Angeles	59.2	57.0	61.5
Total	60.0	58.7	61.2
Central Coast	62.1	56.7	67.5
Inland Desert	62.3	59.5	65.0
North Coast and Cascades	63.2	56.8	69.5
Delta and Gold Country	63.4	59.9	66.9
Central Valley	68.7	64.6	72.9