

Cardiovascular Risk Factors	DE Women	US Women
Ever told had high blood pressure	26.8%	24.9%
Ever told had high blood cholesterol	37.9%	34.4%
Current Smoker	20.3%	18.4%
Report a diagnosis of diabetes	7.2%	7.2%
Did not meet recommendation for moderate or vigorous activity	54.4%	52.3%
Adults who reported being overweight or obese	54.9%	54.1%
Do not eat 5 or more servings of fruits or vegetables per day	74.9%	71.9%

Table 1: Cardiovascular risk factors among Delaware women compared to US women, 2005-6. Source: Behavioral Risk Factor Surveillance System (BRFSS).