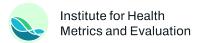
Institute for Health Metrics and Evaluation

## **Risk Factor Definitions**

| Obesity                            | Among adults age 20 and older, the proportion who have BMI 30 kg/m2 or higher.  |
|------------------------------------|---|
| Physical activity – Any            | Among adults age 20 and older, the proportion who report any leisure-time physical activity during the previous month.  |
| Physical activity –<br>Recommended | Among adults age 20 and older, the proportion who report, on<br>average, at least 150 minutes of moderate or 75 minutes of vigorous<br>leisure-time physical activity (or an equivalent combination) per<br>week during the previous month. |
| Smoking – All                      | Among adults age 18 and older, the proportion who smoke cigarettes.   |
| Smoking – Daily                    | Among adults age 18 and older, the proportion who smoke cigarettes daily.   |
| Diabetes – Total                   | Among all adults age 20 and older, the proportion who have been previously diagnosed with diabetes and/or have high fasting plasma glucose and/or have high A1c.  |
| Diabetes – Diagnosed               | Among all adults age 20 and older, the proportion who have been previously diagnosed with diabetes.   |
| Diabetes – Undiagnosed             | Among all adults age 20 and older, the proportion who have high fasting plasma glucose and/or have high A1c and have not been previously diagnosed with diabetes.   |
| Diabetes – Awareness               | Among adults age 20 and older who have been previously diagnosed<br>with diabetes and/or have high fasting plasma glucose and/or have<br>high A1c, the proportion who have been previously diagnosed.                                       |
| Diabetes – Control                 | Among adults age 20 and older who have been previously diagnosed<br>with diabetes and/or have high fasting plasma glucose and/or have<br>high A1c, the proportion who do not currently have high fasting<br>plasma glucose or high A1c.     |
| Hypertension – Total               | Among all adults age 30 and older, the proportion who have been previously diagnosed and/or have systolic blood pressure 140 mmHg or higher.  |
| Hypertension – Uncontrolled        | Among all adults age 30 and older, the proportion who have systolic blood pressure 140 mmHg or higher.  |
| Hypertension – Awareness           | Among adults age 30 and older who have been previously diagnosed<br>and/or have systolic blood pressure 140 mmHg or higher, the<br>proportion who have been previously diagnosed.   |



## **Risk Factor Definitions**

| Hypertension – Treatment                       | Among adults age 30 and older who have been previously diagnosed<br>and/or have systolic blood pressure 140 mmHg or higher, the<br>proportion who are receiving treatment.   |
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| Hypertension – Control                         | Among adults age 30 and older who have been previously diagnosed<br>and/or have systolic blood pressure 140 mmHg or higher, the<br>proportion who are receiving treatment and currently have systolic<br>blood pressure less than 140 mmHg.                    |
| Alcohol use – Any drinking                     | Among all adults age 21 and older, the proportion who have had one or more alcoholic drinks in the previous month.   |
| Alcohol use – Binge drinking                   | Among all adults age 21 and older, the proportion who have had at<br>least four (for women) or five (for men) alcoholic drinks in a single<br>occasion one or more times in the previous month.  |
| Alcohol use – Heavy drinking                   | Among all adults age 21 and older, the proportion who have had, on<br>average, more than one (for women) or two (for men) alcoholic<br>drinks per day during the previous month.   |
| Alcohol use – Binge drinking<br>among drinkers | Among adults age 21 and older who have had one or more alcoholic<br>drinks in the previous month, the proportion who have had at least<br>four (for women) or five (for men) alcoholic drinks in a single<br>occasion one or more times in the previous month. |
| Alcohol use – Heavy drinking<br>among drinkers | Among adults age 21 and older who have had one or more alcoholic drinks in the previous month, the proportion who have had, on average, more than one (for women) or two (for men) alcoholic drinks per day during the previous month.                         |