

Risk Factor Definitions

Obesity	Among adults age 20 and older, the proportion who have BMI 30 kg/m ² 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 – Recommended	Among adults age 20 and older, the proportion who report, on average, at least 150 minutes of moderate or 75 minutes of vigorous leisure-time physical activity (or an equivalent combination) per 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 with diabetes and/or have high fasting plasma glucose and/or have high A1c, the proportion who have been previously diagnosed.
Diabetes – Control	Among adults age 20 and older who have been previously diagnosed with diabetes and/or have high fasting plasma glucose and/or have high A1c, the proportion who do not currently have high fasting 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 and/or have systolic blood pressure 140 mmHg or higher, the proportion who have been previously diagnosed.

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