

## Health risk and protective factors among adults, Oregon 2010-2015



	Age-adjusted (%)					
	2010	2011	2012	2013	2014	2015
<b>Risk factors</b>						
Consumed seven or more sodas per week	15.3	13.0	14.6	11.5	13.1	12.2
Current cigarette smoking	20.7	20.5	18.5	17.8	16.9	17.7
Binge drinking within past month <sup>1</sup>	17.3	17.5	16.2	17.6	17.4	17.9
Heavy drinking within past month <sup>2</sup>	7.6	7.4	7.3	8.9	7.7	7.3
High blood cholesterol	32.5	32.7	NA	31.1	NA	31.3
High blood pressure	29.1	27.6	NA	29.3	25.6	26.9
No physical activity outside of work within past month	19.1	19.5	15.8	18.3	15.9	18.2
Obese <sup>3</sup>	26.6	26.6	26.7	26.8	26.7	29.2
Morbidly obese	4.1	4.2	4.1	4.6	4.3	4.8
One or more risk factors <sup>4</sup>	79.4	78.7	NA	77.4	NA	76.9
<b>Protective factors</b>						
Consumed fruits and vegetables five or more times per day	20.4	22.4	NA	21.6	NA	19.9
Health status was good, very good, or excellent	82.1	83.3	82.1	82.9	84.2	82.1
Healthy weight	37.1	36.7	37.5	38.3	36.0	34.8
Participated in 150 or more minutes of aerobic physical activity per week	67.7	61.2	NA	63.7	NA	59.9
Participated in muscle strengthening exercises two or more times per week	NA	31.5	NA	32.4	NA	31.1
Meets CDC guidelines for both aerobic and muscle strengthening activities	NA	24.0	NA	25.2	NA	22.9
Received a flu immunization within last year	36.5	32.0	32.6	33.0	35.1	37.7

NA = not applicable or available

<sup>1</sup> Binge drinking is consuming five or more drinks for men, or four or more drinks for women, on one occasion.

<sup>2</sup> Heavy drinking is consuming an average of more than two drinks a day for men or more than one drink a day for women.

<sup>3</sup> Includes morbidly obese.

<sup>4</sup> One or more risk factors includes current cigarette smoking, current smokeless tobacco user, high blood pressure, high blood cholesterol, no physical activity outside of work within past month, or obese.

Source: Oregon Behavioral Risk Factors Surveillance System 2010-2015; age-adjusted to the 2000 standard population.

Note: For an explanation of age-adjusted estimates, please see <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/TechnicalNotes.aspx>.

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<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/AdultData.aspx>.

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