

Healthy Aging in Oregon Counties

# **HEALTH BEHAVIORS**

Data by Area Agency on Aging

2009

## Physical Activity

Table 23: Percentage of adults 45 years and older reporting 30 minutes or more of moderate activity 5 days per week or 20 minutes or more of vigorous activity 2 days per week, data from BRFSS, by Area Agency on Aging, Oregon, 2004-2007 (see BRFSS questions on page 65)

Region	Counties	45 years and older		45-59 years		60-74 years		75 years and older	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon		733,687	55	439,557	57	219,502	55	74,629	46
Central Oregon Council on Aging	Crook, Deschutes, Jefferson	41,871	60	22,205	63	16,181	62	3,611	45
Clackamas County Social Services	Clackamas	77,834	56	46,250	54	23,178	62	8,406	48
Community Action Program East Central Oregon	Morrow, Umatilla	14,889	51	7,895	47	5,151	61	1,843	50
Community Action Team – Area Agency on Aging	Columbia	8,870	56	5,082	60	3,121	53	667	41†
Community Connection of Northeast Oregon	Baker, Grant, Union, Wallowa	13,013	54	6,805	59	4,858	53	1,151	37†
Douglas County Seniors and People with Disabilities	Douglas	23,102	52	12,530	54	8,160	51	2,112	43
Harney County Senior and Community Services	Harney	2,375	63†	1,441	60†	*	*	*	*
Klamath Basin Senior Citizens Council	Klamath, Lake	15,361	53	8,674	54	5,604	55	1,414	44†
Lane COG Seniors and People with Disabilities	Lane	73,300	57	42,861	59	21,709	54	8,730	51
Malheur Council on Aging and Community Services	Malheur	5,290	47	2,930	45	2,111	58†	*	*
Mid-Columbia COG - Senior and Disabled Services	Gilliam, Hood River, Sherman, Wasco, Wheeler	12,232	59	7,107	63	4,011	60	1,114	43†
Multnomah Aging and Disability Services	Multnomah	130,954	56	86,738	59	31,192	53	13,023	46
Northwest Senior and Disability Services	Clatsop, Marion, Polk, Tillamook, Yamhill	98,548	54	59,738	56	28,904	53	9,906	43
Oregon Cascades West COG Seniors and People with Disabilities	Benton, Lincoln, Linn	49,095	54	28,891	55	15,704	56	4,499	44
Rogue Valley COG - Senior and Disabled Services	Jackson, Josephine	63,477	55	33,852	56	21,047	55	8,864	51
South Coast Business Employment Corp.	Coos, Curry	21,324	54	10,393	59	7,736	48	2,953	52
Washington County Disabled, Aging and Veterans Services	Washington	82,954	56	55,428	59	20,928	55	6,652	41

\* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

## Nutrition

Table 24: Percentage of adults 45 years and older reporting consumption of 5 or more servings of fruits and vegetables per day, data from BRFSS, by Area Agency on Aging, Oregon, 2004-2007 (see BRFSS questions on page 65)

Region	Counties	45 years and older		45-59 years		60-74 years		75 years and older	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon		400,277	28	214,481	27	117,794	27	68,002	37
Central Oregon Council on Aging	Crook, Deschutes, Jefferson	20,977	28	10,003	27	8,089	29	2,885	32
Clackamas County Social Services	Clackamas	39,728	27	23,016	26	10,054	25	6,659	36
Community Action Program East Central Oregon	Morrow, Umatilla	7,963	26	5,291	29	1,456	16	1,217	31
Community Action Team – Area Agency on Aging	Columbia	4,640	28	2,370	28	1,700	27	571	27†
Community Connection of Northeast Oregon	Baker, Grant, Union, Wallowa	7,558	29	3,146	26	3,433	34	980	27
Douglas County Seniors and People with Disabilities	Douglas	13,758	29	6,554	27	4,603	26	2,600	45
Harney County Senior and Community Services	Harney	446	12†	402	18†	*	*	*	*
Klamath Basin Senior Citizens Council	Klamath, Lake	9,437	30	5,121	30	2,832	27	1,484	36
Lane COG Seniors and People with Disabilities	Lane	34,484	25	16,111	22	10,590	24	7,783	42
Malheur Council on Aging and Community Services	Malheur	2,353	19	1,228	18	909	23†	216	13†
Mid-Columbia COG - Senior and Disabled Services	Gilliam, Hood River, Sherman, Wasco, Wheeler	6,271	29	3,164	28	1,916	26	1,190	42†
Multnomah Aging and Disability Services	Multnomah	74,526	30	42,659	28	19,812	32	12,054	39
Northwest Senior and Disability Services	Clatsop, Marion, Polk, Tillamook, Yamhill	58,478	30	33,926	31	15,839	27	8,713	34
Oregon Cascades West COG Seniors and People with Disabilities	Benton, Lincoln, Linn	28,629	30	15,992	29	7,865	26	4,772	41
Rogue Valley COG - Senior and Disabled Services	Jackson, Josephine	34,782	28	16,834	27	10,589	25	7,360	39
South Coast Business Employment Corp.	Coos, Curry	9,837	23	3,595	19	4,304	24	1,938	31
Washington County Disabled, Aging and Veterans Services	Washington	46,335	29	24,325	25	14,248	34	7,761	41

\* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

## Healthy Weight

Table 25: Percentage of adults 45 years and older reporting a healthy weight<sup>1</sup>, data from BRFSS, by Area Agency on Aging, Oregon, 2004-2007 (see BRFSS questions on page 65)

Region	Counties	45 years and older		45-59 years		60-74 years		75 years and older	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon		466,517	33	259,198	33	127,867	30	79,452	43
Central Oregon Council on Aging	Crook, Deschutes, Jefferson	27,320	35	14,437	35	8,871	33	4,012	43
Clackamas County Social Services	Clackamas	49,422	35	28,422	34	13,110	32	7,889	46
Community Action Program East Central Oregon	Morrow, Umatilla	8,571	27	4,103	23	2,511	26	1,957	49
Community Action Team – Area Agency on Aging	Columbia	4,519	24	2,454	22	1,325	24	740	34
Community Connection of Northeast Oregon	Baker, Grant, Union, Wallowa	8,534	33	4,480	34	2,799	31	1,256	41
Douglas County Seniors and People with Disabilities	Douglas	13,983	29	6,771	28	4,927	28	2,285	40
Harney County Senior and Community Services	Harney	1,359	35	571	24	609	53†	*	*
Klamath Basin Senior Citizens Council	Klamath, Lake	10,317	34	5,524	36	2,817	26	1,976	46
Lane COG Seniors and People with Disabilities	Lane	43,041	32	22,842	31	12,611	31	7,588	43
Malheur Council on Aging and Community Services	Malheur	2,848	23	997	15	1,207	29	645	46†
Mid-Columbia COG - Senior and Disabled Services	Gilliam, Hood River, Sherman, Wasco, Wheeler	6,552	31	3,664	32	3,507	47	1,035	39
Multnomah Aging and Disability Services	Multnomah	89,562	37	56,842	38	18,997	31	13,722	43
Northwest Senior and Disability Services	Clatsop, Marion, Polk, Tillamook, Yamhill	60,254	31	32,013	30	16,598	29	11,644	41
Oregon Cascades West COG Seniors and People with Disabilities	Benton, Lincoln, Linn	29,718	31	15,898	31	8,493	28	5,327	42
Rogue Valley COG - Senior and Disabled Services	Jackson, Josephine	43,807	36	21,962	36	12,921	31	8,924	44
South Coast Business Employment Corp.	Coos, Curry	14,139	33	6,196	32	5,405	31	2,538	41
Washington County Disabled, Aging and Veterans Services	Washington	52,849	34	32,007	33	13,096	32	7,745	42

<sup>1</sup> A healthy weight is a BMI at or above 18.5 and less than 25.0 kg/m<sup>2</sup>.

\* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

## Current Smoker

Table 26: Percentage of adults 45 years and older reporting that they are a current cigarette smoker, data from BRFSS, by Area Agency on Aging, Oregon, 2004-2007 (see BRFSS questions on page 65)

Region	Counties	45 years and older		45-59 years		60-74 years		75 years and older	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon		217,531	15	153,201	19	55,047	13	9,283	5
Central Oregon Council on Aging	Crook, Deschutes, Jefferson	10,200	13	6,752	16	2,721	10	727	8
Clackamas County Social Services	Clackamas	18,682	13	13,014	15	5,020	12	648	4
Community Action Program East Central Oregon	Morrow, Umatilla	5,980	18	3,933	21	1,607	16	439	11
Community Action Team – Area Agency on Aging	Columbia	3,493	18	2,651	23	751	13	91	4
Community Connection of Northeast Oregon	Baker, Grant, Union, Wallowa	3,790	14	2,282	17	1,189	13	319	10
Douglas County Seniors and People with Disabilities	Douglas	9,450	19	5,899	23	3,141	17	409	7
Harney County Senior and Community Services	Harney	989	25	584	25	363	30†	*	*
Klamath Basin Senior Citizens Council	Klamath, Lake	6,011	19	3,766	24	1,989	18	256	6
Lane COG Seniors and People with Disabilities	Lane	22,289	16	16,248	21	5,154	12	887	5
Malheur Council on Aging and Community Services	Malheur	1,792	14	1,317	19	351	8	124	8
Mid-Columbia COG - Senior and Disabled Services	Gilliam, Hood River, Sherman, Wasco, Wheeler	3,121	14	2,207	18	779	10	135	5
Multnomah Aging and Disability Services	Multnomah	40,297	16	30,718	20	8,272	13	1,307	4
Northwest Senior and Disability Services	Clatsop, Marion, Polk, Tillamook, Yamhill	29,092	14	20,019	18	7,980	13	1,094	4
Oregon Cascades West COG Seniors and People with Disabilities	Benton, Lincoln, Linn	15,238	16	10,643	20	3,993	13	601	5
Rogue Valley COG - Senior and Disabled Services	Jackson, Josephine	20,156	16	13,667	22	5,502	13	987	5
South Coast Business Employment Corp.	Coos, Curry	8,833	20	5,979	29	2,445	14	409	6
Washington County Disabled, Aging and Veterans Services	Washington	17,403	11	12,793	13	3,790	9	821	4

\* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.