

Health risk and protective factors among adults, Oregon 2016



	Unadjusted (%)	Age-adjusted (%)	Number of adults
Risk factors			
Consumed seven or more sodas per week	10.8	11.4	346,300
Current cigarette smoking	16.4	17.1	525,800
Binge drinking within past month ¹	16.6	18.1	532,300
Heavy drinking within past month ²	7.6	7.9	243,700
No physical activity outside of work within past month	17.2	16.7	551,500
Obese ³	29.1	29.3	933,000
Morbidly obese	4.7	4.9	150,700
Protective factors			
Health status was good, very good, or excellent	83.2	83.7	2,667,700
Healthy weight	35.8	36.1	1,147,900
Received a flu immunization within last year	35.6	33.8	1,141,500

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

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

³ Includes morbidly obese.

Source: Oregon Behavioral Risk Factors Surveillance System 2016; age-adjusted to the 2000 standard population.

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

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Health risk and protective factors among adults, Oregon 2016.

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

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