

Health risk and protective factors among adults, Oregon 2017



	Unadjusted (%)	Age-adjusted (%)	Number of adults
Risk factors			
Consumed seven or more sugar sweetened sodas per week	13.2	14.1	431,500
Current cigarette smoking	16.2	17.0	529,600
Binge drinking within past month ¹	16.7	18.1	545,900
Heavy drinking within past month ²	7.7	7.8	251,700
High blood cholesterol	29.8	26.2	974,200
High blood pressure	30.1	27.1	984,000
Obese ³	29.0	29.0	948,100
Morbidly obese	5.0	5.0	163,500
One or more risk factors ⁴	74.0	71.9	2,419,200
Protective factors			
Exercised outside of work within past month	78.7	79.5	2,572,800
Health status was good, very good, or excellent	81.9	82.5	2,677,400
Healthy weight	34.1	34.3	1,114,800
Meets CDC guidelines for both aerobics and muscle strengthening activities	22.3	22.3	729,000
Walked for physical activity	50.6	50.1	1,654,200

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.

⁴ 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 2017; 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 2017.

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

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