

## Unadjusted health protective factors among adults by race and ethnicity, Oregon 2015-2017

Use this table to estimate the overall burden of disease within each race and ethnicity

Protective factors		White, NL	African American, NL	American Indian or Alaska Native, NL	Asian, NL	Pacific Islander, NL	Asian or Pacific Islander, NL	Latino/a
Health status was good, very good, or excellent	Unadjusted (%)	83.4	78.5	73.6	86.0	79.0	84.9	72.2
	Number of adults	2,201,900	56,100	53,600	146,900	15,700	162,600	377,300
Healthy weight	Unadjusted (%)	35.2	29.2	27.1	52.7	18.6	47.0	27.3
	Number of adults	929,300	20,900	19,700	90,000	3,700	93,700	142,700
Exercised outside of work within past month	Unadjusted (%)	82.5	78.2	74.8	84.5	78.8	83.5	69.1
	Number of adults	2,178,100	55,900	54,500	144,400	15,700	160,100	361,100
Walked for physical activity within past month	Unadjusted (%)	53.2	48.2	43.6	48.3	40.2	46.9	42.5
	Number of adults	1,404,600	34,500	31,800	82,500	8,000	90,500	222,100
Met CDC guidelines for aerobic and muscle building	Unadjusted (%)	22.8	23.7	26.5	22.8	23.5	22.9	17.4
	Number of adults	602,000	16,900	19,300	39,000	4,700	43,700	90,900

NL = non-Latino

^ This number may be statistically unreliable and should be interpreted with caution.

-- This number is suppressed because it is statistically unreliable.

## Age-adjusted health protective factors among Oregon adults by race and ethnicity, 2015-2017

Use this table to compare burden of disease among each race and ethnicity

	White, NL	African American, NL	American Indian or Alaska Native, NL	Asian, NL	Pacific Islander, NL	Asian or Pacific Islander, NL	Latino/a
Health status was good, very good, or excellent (%)	84.2	77.2	73.8	85.5	76.5	84.3	68.2
Healthy weight (%)	35.9	27.3	26.8	52.7	16.7	47.2	25.8
Exercised outside of work within past month (%)	83.6	77.6	74.0	84.2	80.1	83.4	68.0
Walked for physical activity within past month (%)	52.6	49.2	44.0	49.6	41.5	48.5	44.6
Meet CDC guidelines for aerobic and muscle building (%)	23.1	23.5	25.1	24.2	21.6	24.2	15.1

NL = non-Latino

^ This number may be statistically unreliable and should be interpreted with caution.

Source: Oregon Behavioral Risk Factors Surveillance System Race Oversample Dataset 2015-2017; age-adjusted to the 2000 US standard population.

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Health protective factors among adults by race and ethnicity, Oregon 2015-2017. <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/DATAREPORTS/Pages/index.aspx> Created April 19, 2019. Accessed [DOWNLOAD DATE].