

Health risk and protective factors among adults by race and ethnicity, Oregon 2010-2011



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

	White, NL		African American, NL		Asian or Pacific Islander, NL		American Indian or Alaska Native, NL		Latino	
	Unadjusted (%)	Number of adults	Unadjusted (%)	Number of adults	Unadjusted (%)	Number of adults	Unadjusted (%)	Number of adults	Unadjusted (%)	Number of adults
Risk factors										
Consumed seven or more sodas per week	11.6	288,600	23.4	13,100	14.4	18,900	25.8	10,100	30.2	83,700
High blood cholesterol	40.8	1,015,000	38.2	21,400	32.5	42,600	40.9	15,900	20.9	57,900
High blood pressure	32.4	806,000	48.8	27,300	22.5	29,500	34.1	13,300	17.5	48,500
No physical activity outside of work within past month	18.0	447,800	22.5	12,600	22.6	29,600	24.0	9,300	21.8	60,400
Obese (female) ¹	25.7	328,500	33.4	8,500	10.1 ^	7,200	39.8	7,900	39.2	50,900
Obese (male) ¹	26.3	318,100	30.8	9,400	18.3	10,900	40.5	7,700	27.5	40,500
Obese (total) ¹	26.0	646,800	31.9	17,800	13.9	18,200	40.2	15,700	32.8	90,900
Morbidly obese	4.0	99,500	7.0	3,900	--	--	6.1	2,400	4.4 ^	12,200
Protective factors										
Consumed fruits and vegetables five or more times per day	21.9	544,800	26.1	14,600	20.7	27,100	19.3	7,500	24.6	68,100
Health status was good, very good, or excellent	82.7	2,057,400	77.9	43,600	86.2	112,900	73.2	28,500	76.4	211,600
Healthy weight	37.0	920,700	32.3	18,100	54.6	71,500	25.9	10,100	26.3	72,800
Participated in 150 or more minutes of aerobic physical activity per week	65.5	1,629,500	64.5	36,100	59.2	77,500	68.4	26,600	55.7	154,300
Received a flu immunization within past year	36.6	910,500	34.4	19,200	40.1	52,500	45.3	17,600	29.1	80,600

NL = non-Latino

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

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

¹ Includes morbidly obese.

Health risk and protective factors among adults by race and ethnicity, Oregon 2010-2011

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

	Age-adjusted (%)				
	White, NL	African American, NL	Asian or Pacific Islander, NL	American Indian or Alaska Native, NL	Latino
Risk factors					
Consumed seven or more sodas per week	12.6	21.7	14.7	25.8	21.9
High blood cholesterol	34.0	38.3	32.9	38.6	25.9
High blood pressure	28.9	51.7	23.6	35.1	21.8
No physical activity outside of work within past month	17.2	22.8	22.9	24.6	23.1
Obese (female) ¹	25.4	35.5	10.3 ^	39.8	38.4
Obese (male) ¹	26.0	32.2	16.5	40.1	29.6
Obese (total) ¹	25.7	33.7	13.5	40.0	33.5
Morbidly obese	4.0	7.1	--	5.6	4.1 ^
Protective factors					
Consumed fruits and vegetables five or more times per day	21.9	25.9	21.0	19.1	24.5
Health status was good, very good, or excellent	83.3	76.1	85.9	72.3	73.1
Healthy weight	37.7	31.7	54.8	25.5	24.3
Participated in 150 or more minutes of aerobic physical activity per week	65.5	64.4	60.1	67.9	55.2
Received a flu immunization within past year	34.0	36.4	41.5	45.4	30.3

NL = non-Latino

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

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

¹ Includes morbidly obese.

Source: Oregon Behavioral Risk Factors Surveillance System Race Oversample Dataset 2010-2011; age-adjusted to the 2000 standard population.

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

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Health risk and protective factors among adults by race and ethnicity, Oregon 2010-2011. <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Pages/AdultData.aspx>.

Created August 11, 2014. Accessed [DOWNLOAD DATE].