

Health protective factors among Oregon adults by sexual orientation, 2014-2017

Use unadjusted percentages to estimate the overall prevalence of protective factors; use age-adjusted percentages to compare among gay, lesbian, bisexual and heterosexual adult populations.



	Gay/Lesbian		Bisexual		Heterosexual	
	Unadjusted (%)	Age-Adjusted (%)	Unadjusted (%)	Age-Adjusted (%)	Unadjusted (%)	Age-Adjusted (%)
Men						
Health status was good, very good, or excellent	80.7	80.2	77.0	74.9	83.1	83.8
Healthy weight	37.4	36.2	34.6	32.5	29.4	29.9
Exercised outside of work within past month	87.4	87.3	88.1	88.3	81.4	82.0
Walked for physical activity within past month	40.4	40.3	55.3	58.5	47.1	45.9
Meets CDC guidelines for both aerobics and muscle strengthening activities	29.3	31.4	31.7	24.8	23.3	23.5
Women						
Health status was good, very good, or excellent	79.6	79.5	74.4	70.5	83.2	84.2
Healthy weight	37.4	37.1	39.7	34.6	40.7	41.5
Exercised outside of work within past month	78.7	79.5	86.8	83.8	81.3	82.5
Walked for physical activity within past month	52.1	52.0	58.7	59.0	57.1	56.6
Meets CDC guidelines for both aerobics and muscle strengthening activities	24.8	24.1	25.5	21.6	21.3	21.7

Source: Oregon Behavioral Risk Factors Surveillance System 2014-2017; age-adjusted to the 2000 standard population.

Suggested citation: Oregon Health Authority, Public Health Division, Health Promotion and Chronic Disease Prevention section. Health protective factors among Oregon adults by sexual orientation, 2014-2017. <https://www.oregon.gov/oha/PH/DiseasesConditions/ChronicDisease/DataReports/Pages/index.aspx>. Created August 7, 2019. Accessed [DOWNLOAD DATE].