

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

Use unadjusted percentages to estimate the overall burden of health risk factors; use age-adjusted percentages to compare between gay, lesbian, bisexual and heterosexual adult populations.



|   | Gay            |                  | Bisexual       |                  | Heterosexual   |                  |
|---|----------------|------------------|----------------|------------------|----------------|------------------|
|   | Unadjusted (%) | Age-Adjusted (%) | Unadjusted (%) | Age-Adjusted (%) | Unadjusted (%) | Age-Adjusted (%) |
| <b>Men</b>  |                |                  |                |                  |                |                  |
| Current cigarette smoking                             | 22.1           | 22.4             | 21.7           | 21.6             | 18.7           | 19.4             |
| Current electronic cigarette use                      | 9.7            | 8.6              | 10.6^          | 8.7^             | 5.5            | 5.9              |
| Heavy drinking within past month <sup>1</sup>         | 7.3            | 7.4              | 7.6^           | 8.5^             | 7.8            | 7.9              |
| Binge drinking within past month <sup>2</sup>         | 18.6           | 18.6             | 20.7           | 18.2             | 21.1           | 22.6             |
| High blood cholesterol                                | 36.3           | 39.0             | 27.9           | 31.1             | 35.7           | 31.1             |
| High blood pressure                                   | 34.4           | 35.8             | 26.2           | 31.7             | 32.7           | 29.7             |
| No exercise outside of work within past month         | 12.6           | 12.7             | 11.9           | 11.7             | 18.6           | 18.0             |
| Prediabetes   | 19.2           | 22.2             | 9.8^           | 11.6^            | 9.5            | 9.2              |
| Consumed seven or more sugar sweetened sodas per week | 13.1^          | 14.0^            | 24.7           | 23.7             | 16.0           | 17.2             |
| Obese   | 25.0           | 26.5             | 25.9           | 27.3             | 29.4           | 29.2             |
| Overweight  | 31.8           | 32.0             | 38.1           | 39.4             | 40.0           | 39.6             |

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

<sup>1</sup> Heavy drinking is consuming an average of more than 8 drinks per week for women or more than 15 drinks per week for men during the past month.

<sup>2</sup> Binge drinking is consuming five or more drinks for men, or four or more drinks for women, on one occasion.

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

Use unadjusted percentages to estimate the overall burden of health risk factors; use age-adjusted percentages to compare between gay, lesbian, bisexual and heterosexual adult populations.

|   | Lesbian        |                  | Bisexual       |                  | Heterosexual   |                  |
|---|----------------|------------------|----------------|------------------|----------------|------------------|
|   | Unadjusted (%) | Age-Adjusted (%) | Unadjusted (%) | Age-Adjusted (%) | Unadjusted (%) | Age-Adjusted (%) |
| <b>Women</b>  |                |                  |                |                  |                |                  |
| Current cigarette smoking                             | 19.3           | 19.3             | 29.0           | 27.5             | 14.7           | 15.6             |
| Current electronic cigarette use                      | 7.4^           | 7.6^             | 11.2           | 10.3             | 3.7            | 4.2              |
| Heavy drinking within past month <sup>1</sup>         | 10.9           | 10.9             | 15.4           | 15.4             | 7.5            | 7.6              |
| Binge drinking within past month <sup>2</sup>         | 17.7           | 17.4             | 28.9           | 21.4             | 12.2           | 14.0             |
| High blood cholesterol                                | 31.5           | 31.4             | 21.5           | 35.1             | 32.9           | 26.8             |
| High blood pressure                                   | 19.1           | 18.0             | 20.0           | 29.8             | 29.4           | 23.9             |
| No exercise outside of work within past month         | 21.3           | 20.5             | 13.2           | 16.2             | 18.7           | 17.5             |
| Prediabetes   | 9.8            | 11.0             | 12.3           | 12.8             | 10.1           | 9.4              |
| Consumed seven or more sugar sweetened sodas per week | 12.2^          | 12.7^            | 14.7           | 15.4             | 7.9            | 8.3              |
| Obese   | 32.3           | 32.4             | 34.7           | 37.4             | 28.6           | 28.4             |
| Overweight  | 26.6           | 26.9             | 22.2           | 24.7             | 28.2           | 27.5             |

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

<sup>1</sup> Heavy drinking is consuming an average of more than 8 drinks per week for women or more than 15 drinks per week for men during the past month.

<sup>2</sup> Binge drinking is consuming five or more drinks for men, or four or more drinks for women, on one occasion.

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 risk 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].