

Healthy Aging in Oregon Counties

HEALTH BEHAVIORS

Data by County

2009

Physical Activity

Table 23: Percentage of adults 45 years and older reporting 30 minutes or more of moderate activity 5 days per week or 20 minutes or more of vigorous activity 2 days per week, data from BRFSS, by County, Oregon, 2004-2007

BRFSS Questions: We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate. Now, thinking about the moderate activities you do in a usual week [when you are not working], do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate? How many days per week do you do these moderate activities for at least 10 minutes at a time? On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? Now, thinking about the vigorous activities you do [when you are not working] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate? How many days per week do you do these vigorous activities for at least 10 minutes at a time? On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

County	45 years and older		45-59 years		60-74 years		75 years and older	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon	733,687	55	439,557	57	219,502	55	74,629	46
Baker	3,838	48	2,083	54†	1,405	44†	*	*
Benton	17,354	64	11,159	65	4,704	67	1,491	49†
Clackamas	77,834	56	46,250	54	23,178	62	8,406	48
Clatsop	9,186	58	5,468	61	2,522	56	1,196	53†
Columbia	8,870	56	5,082	60	3,121	53	667	41†
Coos	16,326	59	8,305	65	5,769	53	2,251	54
Crook	5,407	69	2,869	83†	2,141	66†	396	34†
Curry	4,978	43	2,089	45	2,217	40	773	48†
Deschutes	32,448	60	17,413	62	11,983	62	3,053	50
Douglas	23,107	52	12,530	54	8,160	51	2,112	43
Grant	2,305	71†	1,252	78†	*	*	*	*
Harney	2,302	65†	1,391	62†	*	*	*	*
Hood River	4,601	57	3,043	65†	1,175	54†	*	*
Jackson	43,573	56	23,137	57	13,907	56	6,530	53
Jefferson	4,101	54	1,887	53†	1,986	61†	*	*
Josephine	20,137	53	10,941	55	7,140	52	2,148	46
Klamath	12,906	50	7,354	51	4,946	55	948	35†
Lake	2,249	69†	1,190	74†	658	57†	*	*
Lane	73,300	57	42,861	59	21,709	54	8,730	51
Lincoln	11,703	53	6,205	57	4,117	55	1,380	38
Linn	20,408	48	12,028	47	6,813	50	1,567	45
Malheur	5,278	46	2,930	45	2,111	58†	*	*
Marion	52,827	52	33,201	55	15,502	53	4,233	37
Morrow	2,039	46†	815	29†	*	*	*	*
Multnomah	130,954	56	86,738	59	31,192	53	13,023	46
Polk	12,057	52	5,919	49	4,097	59	2,141	52
Tillamook	6,201	50	3,190	56	2,108	49†	903	40†
Umatilla	12,804	52	7,168	50	4,136	58	1,500	44†
Union	4,866	55	2,703	62	1,730	54†	*	*
Wallowa	1,921	51	897	48†	996	60†	*	*
Washington	82,954	56	55,428	59	20,928	55	6,652	41
Yamhill	18,242	57	12,369	62	4,704	51	1,421	47
Gilliam/Wheeler	1,304	73†	*	*	*	*	*	*
Sherman/Wasco	6,153	57	3,134	58	2,235	55†	784	60†

* Data not available.

†Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

Nutrition

Table 24: Percentage of adults 45 years and older reporting consumption of 5 or more servings of fruits and vegetables per day, data from BRFSS, by County, Oregon, 2004-2007

BRFSS Questions: How often do you drink fruit juices such as orange, grapefruit, or tomato? Not counting juice, how often do you eat fruit? How often do you eat green salad? How often do you eat potatoes not including French fries, fried potatoes, or potato chips? How often do you eat carrots? Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)

County	45 years and older		45-59 years		60-74 years		75 years and older	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon	400,277	28	214,481	27	117,794	27	68,002	37
Baker	2,232	26	1,078	27†	869	25†	284	25†
Benton	12,140	42	7,105	41	3,149	41	1,885	51
Clackamas	39,728	27	23,016	26	10,054	25	6,659	36
Clatsop	4,460	27	2,404	26	1,128	23	929	36†
Columbia	4,640	28	2,370	28	1,700	27	571	27†
Coos	7,458	25	2,686	20	3,327	28	1,445	32
Crook	2,542	30	995	28†	935	27†	612	40†
Curry	2,449	19	859	17	1,056	18	534	28†
Deschutes	16,052	28	8,218	28	5,867	27	1,967	29
Douglas	13,758	29	6,554	27	4,603	26	2,600	45
Grant	814	24†	572	36†	*	*	*	*
Harney	446	12†	402	18†	*	*	*	*
Hood River	3,178	37	2,152	45†	452	20†	574	37†
Jackson	25,522	31	12,235	29	7,373	27	5,914	44
Jefferson	2,221	28	764	20†	1,234	37†	*	*
Josephine	9,272	23	4,576	22	3,220	22	1,475	26
Klamath	8,619	31	4,702	31	2,591	27	1,326	39†
Lake	826	24	402	24†	261	22†	*	*
Lane	34,484	25	16,111	22	10,590	24	7,783	42
Lincoln	6,931	29	4,224	37	1,469	17	1,238	33
Linn	9,792	22	5,133	19	3,148	22	1,511	38
Malheur	2,353	19	1,228	18	909	23†	216	13†
Marion	30,692	29	19,078	30	7,346	23	4,269	33
Morrow	768	17†	439	15†	*	*	*	*
Multnomah	74,526	30	42,659	28	19,812	32	12,054	39
Polk	7,241	30	3,884	32	2,138	29	1,219	28
Tillamook	4,601	35	1,916	33	1,582	35†	1,102	41†
Umatilla	7,131	27	4,791	31	1,307	17	1,033	29
Union	2,889	30	880	20	1,533	41	*	*
Wallowa	1,450	37	601	32†	720	42†	*	*
Washington	46,335	29	24,325	25	14,248	34	7,761	41
Yamhill	11,577	33	7,014	33	3,401	33	1,162	33
Gilliam/Wheeler	550	30†	*	*	*	*	*	*
Sherman/Wasco	2,602	23	841	16	1,206	27	555	38†

* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

Healthy Weight

Table 25: Percentage of adults 45 years and older reporting a healthy weight,¹ data from BRFSS, by County, Oregon, 2004-2007

BRFSS Questions: How much do you weigh without shoes? About how tall are you without shoes? (BMI is calculated by dividing the weight by height squared.)

County	45 years and older		45-59 years		60-74 years		75 years and older	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon	466,517	33	259,198	33	127,867	30	79,452	43
Baker	2,400	29	1,277	31	845	26	279	35†
Benton	11,232	39	6,475	38	2,936	37	1,822	49
Clackamas	49,422	35	28,422	34	13,110	32	7,889	46
Clatsop	5,342	32	2,906	32	1,678	33	1,254	31
Columbia	4,519	24	2,454	22	1,325	24	740	34
Coos	10,142	34	4,600	33	3,705	31	1,837	43
Crook	3,219	33	1,961	33	1,192	34	430	34†
Curry	4,090	33	1,648	33	1,725	32	970	38
Deschutes	21,694	36	11,969	37	6,591	32	3,134	45
Douglas	13,983	29	6,771	28	4,927	28	2,285	40
Grant	1,061	30	520	26	328	30†	172	43†
Harney	1,359	35	571	24	609	53†	*	*
Hood River	2,418	31	1,506	35	617	25	294	27†
Jackson	29,147	35	14,534	35	8,422	31	6,191	46
Jefferson	2,502	32	1,022	26	1,015	35	465	45†
Josephine	14,658	37	7,397	39	4,494	32	2,767	42
Klamath	9,190	35	4,892	36	2,520	27	1,778	50
Lake	1,085	30	577	35†	307	23†	*	*
Lane	43,041	32	22,842	31	12,611	31	7,588	43
Lincoln	6,131	27	2,904	26	2,026	24	1,200	36
Linn	12,003	28	6,422	27	3,382	24	2,198	44
Malheur	2,848	23	997	15	1,207	29	645	46†
Marion	32,414	31	17,186	28	8,897	30	6,331	40
Morrow	1,186	28	664	26†	384	31†	*	*
Multnomah	89,562	37	56,842	38	18,997	31	13,722	43
Polk	8,885	35	4,596	35	2,365	29	1,924	47
Tillamook	3,880	31	1,636	29	1,261	29	984	42
Umatilla	7,347	27	3,409	22	2,095	25	1,844	51
Union	3,384	36	1,886	38	901	29	597	45†
Wallowa	1,775	43	806	38	665	42†	130	32†
Washington	52,849	34	32,007	33	13,096	32	7,745	42
Yamhill	9,667	29	5,607	28	2,389	24	1,671	44
Gilliam/Wheeler	587	42	272	29†	209	28†	*	*
Sherman/Wasco	3,669	31	1,970	32	1,038	26	661	46

¹ A healthy weight is a body mass index at or above 18.5 and less than 25.0 kg/m².

* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

Current Smoker

Table 26: Percentage of adults 45 years and older reporting that they are a current cigarette smoker, data from BRFSS, by County, Oregon, 2004-2007

BRFSS Questions: Have you ever smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days, or not at all?

County	45 years and older		45-59 years		60-74 years		75 years and older	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Oregon	217,531	15	153,201	19	55,047	13	9,283	5
Baker	1,510	18	848	20	340	16	122	14†
Benton	2,347	8	1,683	10	548	7	117	3
Clackamas	18,682	13	13,014	15	5,020	12	648	4
Clatsop	3,242	19	2,139	23	1,044	20	59	2
Columbia	3,493	18	2,651	23	751	13	91	4
Coos	6,661	21	4,685	31	1,722	14	254	6
Crook	2,037	21	1,443	29	487	14	106	8†
Curry	2,242	17	1,358	25	714	12	170	9
Deschutes	7,010	11	4,752	14	1,690	8	568	8
Douglas	9,450	19	5,899	23	3,141	17	409	7
Grant	668	19	357	18	263	24†	49	9†
Harney	989	25	584	25	363	30†	*	*
Hood River	695	8	539	12	156	6	0	0†
Jackson	12,382	15	8,521	20	3,399	12	462	3
Jefferson	1,127	14	657	16	410	14	61	6†
Josephine	7,805	19	5,198	26	2,101	14	506	8
Klamath	5,337	19	3,437	24	1,686	18	213	6
Lake	642	17	311	18	291	22†	41	6†
Lane	22,289	16	16,248	21	5,154	12	887	5
Lincoln	5,190	22	3,380	29	1,575	18	235	7
Linn	8,220	18	5,925	24	2,025	14	270	5
Malheur	1,792	14	1,317	19	351	8	124	8
Marion	15,575	14	10,945	17	4,032	13	599	4
Morrow	1,414	32	1,043	38†	357	28†	*	*
Multnomah	40,297	16	30,718	20	8,272	13	1,307	4
Polk	3,035	12	1,991	15	860	10	184	4
Tillamook	2,021	16	1,201	20	633	14	187	8
Umatilla	4,753	17	3,032	19	1,309	15	412	11
Union	1,110	11	733	14	289	9	88	6
Wallowa	435	10	286	13	107	6	42	10†
Washington	17,403	11	12,793	13	3,790	9	821	4
Yamhill	5,266	15	3,844	19	1,358	13	64	2
Gilliam/Wheeler	252	13	217	23†	35	5†	*	*
Sherman/Wasco	2,159	18	1,450	22	579	13	131	9

* Data not available.

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.