

## MEN AND WOMEN BEHAVING BADLY: SUPPORT YOUR PATIENTS'

**P**HYSICIANS HAVE an impact on the behavior of their patients. Patients' behavior leads to the development of chronic disease. The development of chronic disease could lead to death. Have you asked your patients how they are doing? How do your patients compare to other Oregonians? We know as we call them up and ask all kinds of personal questions. Approximately 450 Oregonians are called monthly and asked the Behavior Risk Factor Surveillance Survey.\* Adult Oregonians tell us:

### NO EXERCISE

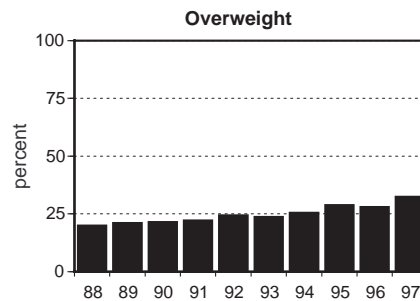
There are Oregonians who report no leisure-time physical activity whatsoever. Of those Oregonians surveyed in 1996, twenty percent were classified as sedentary. The most active individuals were 18 to 24 years-old. This percentage drops with age. Oregonians 65+ reported two times the amount of couch potato leisure as 18-24 year-olds (27 vs. 11%). Among Oregonians in 1996, men typically chose to walk, do yard work, and run; while women who exercised chose walking, yard work, and aerobics. Compared to the rest of the nation, our estimates rank favorably. Estimates in 1996 place Oregonians, along with our Washington neighbors and folks in Utah as the states reporting the least sedentary lifestyles in the nation. We need to get a few more Oregonians moving.

### OVERWEIGHT

Oregonians have wider horizons and a tighter beltline with the total girth increasing. Slightly over 32% of respondents reported heights and weights

\* The BRFSS survey is a random digit telephone survey conducted since 1989 in Oregon. The average survey is 20 minutes in length; but 10% of people are on the phone longer than 30 minutes and 84% of those tell us they would talk to us again in future studies. They don't like the income questions, but they'll tell us about guns, sex partners, and their colorectal exam. More Behavioral Risk Factor Surveillance System (BRFSS) data and methodology for this telephone survey can be found on the following web sites:

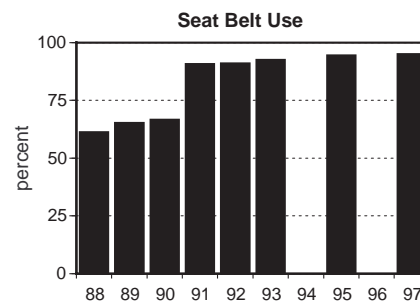
Oregon data -- <http://www.ohd.hr.state.or.us/cdpe/chs/brfss.htm>  
National data -- [www.cdc.gov/nccdphp/brfss](http://www.cdc.gov/nccdphp/brfss)



which categorized them as having an excessive body mass.† Overweight status peaks between ages 55-64 for both sexes then decreases with age. Compared to other states in 1997, Oregonians weighed in average on this measure. The range nationally was 25% to 36% among states in 1997.

### SEATBELT USE

Another belt that Oregonians have been tightening is their auto seatbelts. Very few states report regular use of seatbelts as often as Oregon citizens. The percent of respondents reporting they "always or nearly always" use seatbelts has increased considerably since the enactment of the Oregon mandatory seatbelt law. By 1997, 95% of Oregonians reported that they buckled up nearly every single time. In 1997, only Hawaii, North Carolina, and California had more people fastening their safety restraints.



### DRINKING

Little change has been seen in three of the major risk measures for alcohol consumption: acute/binge drinking

† Index (BMI=weight in kilograms/height in meters squared, overweight is 27.3 for females and 27.8 for males)

(more than 5 drinks at one time); chronic drinking (more than 60 drinks in a month); and drinking and driving. In 1997, 14% of Oregonians reported engaging in acute or binge drinking episodes during the previous month. At the same time, 1.6 percent of Oregonians reported driving after they felt they had too much to drink. Males were 3 times more likely to engage in acute drinking and 3.6 times more likely to drink and drive than females. Acute drinking decreased with age. When compared to the 1997 ranking of states, Oregon was 18th in reporting drinking and driving compared to Kentucky's low of .06 % and 25th for acute drinking behavior versus Maryland's low of 6.3%.

Chronic drinkers are over 6 times more likely to be men than women. At 3.5 percent, Oregon was higher than 36 other states. Nationally among the states in 1997, the median prevalence for chronic drinking was 3.0 percent with a range from 1.2 to 5.1 percent.

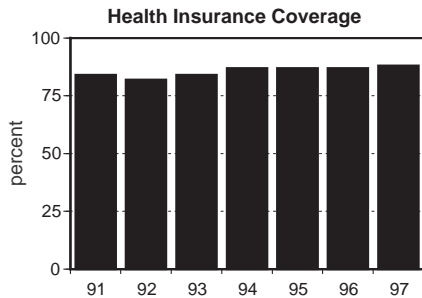
### GENERAL HEALTH

Three out of five adults reported that they were in excellent or very good health. As is to be expected, this percentage declined among the later age groups. Just over two thirds (68 percent) of those 18-24 reported they were in excellent or good health. By age 65 and over this percentage dropped to 42 percent. Males are more likely to report excellent or good health than females (72% vs 58%). Citizens in 26 other states reported higher levels of good and excellent health. In 1997, those in the District of Columbia and Minnesota felt the best about their general health.

### HAVE HEALTH CARE COVERAGE

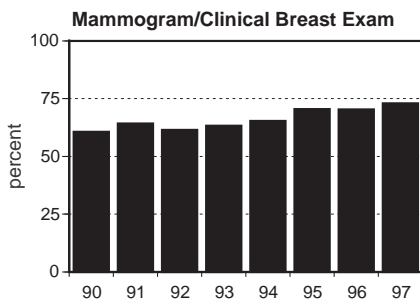
Over 87% percent of all Oregonians reported they had no health insurance. In 1997, three out of four Oregonians age 18-24 were covered by health insurance. The likelihood that an Oregonian is covered by health insurance increases

with age. More than 90% of Oregonians are covered by health insurance by the time they reach age 55. In 1997, there were 29 other states that had more citizens with health insurance.



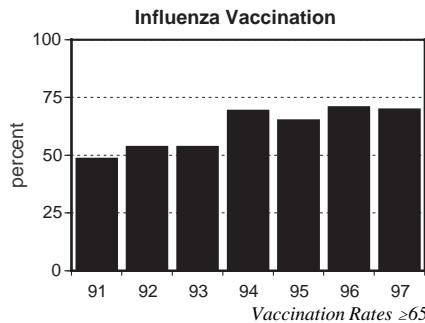
**MAMMOGRAM AND CLINICAL BREAST EXAMS WITHIN THE LAST 2 YEARS**

More women age 50 and older have begun obtaining mammograms to screen for breast cancer. In 1990, sixty-one percent of Oregon females obtained mammograms, but by 1997 over seventy-three percent of older women were being screened. In 1997, only seven states had better breast cancer screening rates than Oregon. The national prevalence statistic for mammogram and clinical breast cancer screening in this age group ranged from 48% to 76%.



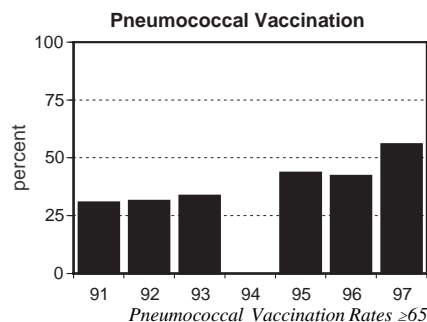
**IMMUNIZED AGAINST INFLUENZA AMONG PERSONS 65+**

Nearly seventy percent of persons 65 and older were immunized against influenza in 1997. Oregon has met both the Oregon Benchmarks and the national Healthy People 2000 goals. In 1997, Oregon ranked ninth highest for residents who had received their annual immunizations. The range nationally was 42% to 74% in 1997. This rate has risen since 1991.



**IMMUNIZED AGAINST PNEUMONIA AMONG PERSONS 65+**

Immunization rates for those most at risk of pneumonia have risen significantly in Oregon. Since 1991, when only



31% of Oregonians over the age of 65 were immunized, the percentage of people protected has risen to 56%. In

1997, Oregon had the second highest vaccination coverage for this age group in the U.S., lagging slightly behind Arizona's 59% pneumonia immunization rate.

**TOBACCO USE:**

We hope you noticed that the most dangerous modifiable habit of all, tobacco use is missing from this text. That topic will be covered in more detail in a subsequent *CD Summary*.

**FIRST RABID COW IN OREGON**

**R**ABIES WAS CONFIRMED in an Oregon cow for the first time on April 9; testing was performed at Oregon State University's Veterinary Diagnostics Laboratory. Two Curry County residents received post-exposure prophylaxis in the wake of this finding. The cow's brain is being forwarded to CDC for viral strain typing.

Nationwide during 1988-1997 an average of 153 cattle/year have tested positive for rabies, but Western cattle have been relatively spared. In Oregon, rabies is enzootic in bats, and they pose the biggest threat to Oregonians. Rapid animals confirmed in Oregon since 1960 are enumerated in the following table.

| Rabid Oregon Animals, 1960-Present |     |
|------------------------------------|-----|
| Bats                               | 289 |
| Foxes                              | 20  |
| Cats                               | 6   |
| Dogs                               | 4   |
| Skunks                             | 4   |
| Raccoons                           | 1*  |
| Cattle                             | 1   |
| *Vaccine-Induced                   |     |