

# The Health Status of Kittitas County: Behavioral Risk Factors



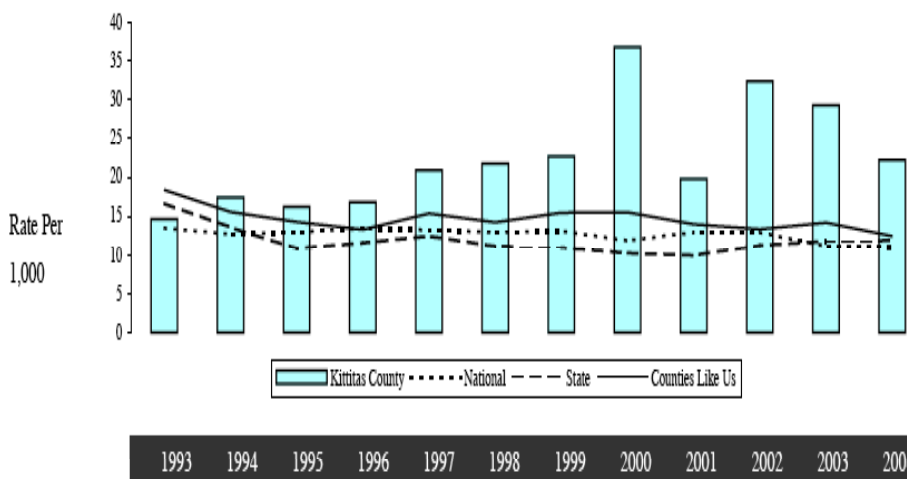
Behavioral risk factors are conditions or actions that may predispose an individual to a health problem due to unhealthy behavior or lifestyle. Many are modifiable and changes in behaviors can lead to changes in disease risk. Because behavioral risk factors, like smoking, are closely linked to disease, we look at the prevalence of these to better understand the future healthy of a community.

### Symbol Key:

- improving from previous years
- worsening from previous years
- neither worsening nor improving
- ☺ Healthy People 2010 Target met
- ☹ Healthy People 2010 Target unmet

	Kittitas County Rate	State Rate	HP 2010 target
Adult Tobacco Use	● 11.6%	● 17.6%	☺ 12%
Adult Binge Drinking	● 32.9%	● 13.8%	☹ 6%
Youth Tobacco Use	● 23.7%	● 19.8%	☹ 16%
Youth Drug Use	● 19.4%	● 18.1%	☹ 11%
Youth Alcohol Use	● 41.0%	● 32.6%	☹ 19%
Youth Binge Drinking	● 24.4%	● 18.7%	☹ 11%
Alcohol-related Motor Vehicle Death rate per 100,000	● 7	N/A	☹ 4
Nutrition	● 24.2%	● 24.0%	☹ 62.5%
Exercise/Sedentary Lifestyle	● 85.9%	● 54.7%	☺ 80%
Overweight/Obesity	● 56.5%	● 58.4%	☹ 40%
Improper gun storage at home	● 17.4%	● 21.6%	☹ 16%
Seat belts used (youth)	● 78.2%	● 73.1%	☹ 92%
Bike helmets used (youth)	● 13.3%	● 9.5%	☹ 76%

Arrests (Age 18+), Alcohol-Related



**State Source:** Washington State Patrol, Records Section, Traffic Collisions in Washington State, Accident Records Database; **National Source:** National Center for Statistics and Analysis, Fatal Accident Reporting System (FARS)

## Shape Up Kittitas County



56.5% of the population of Kittitas County are overweight or obese. In 2003, the community mobilized to halt the rise in overweight and reverse the trend. This mobilization took the form of **Shape Up Kittitas County**. Shape Up has representatives from the private sector, school districts, the health department, faith based organizations and others.

Shape Up works to improve nutrition, increase physical activity, influence policy and planning decisions, and educate the public about making healthy lifestyle decisions. Activities include hosting community walking events, collaboration with local food banks, helping increase physical activity opportunities in schools, and participation in the city planning process.

## Data Sources and Statistics

**Adult Tobacco Use:** Measured by current use questions on the Behavioral Risk Factors Surveillance System Survey 2004. 11.6% of Kittitas County adults reported being current smokers either smoking daily or some days. This represents an improvement since 2001. Compared to Washington State a lower proportion of Kittitas County residents are current smokers. Kittitas County has met the Healthy People 2010 target of 12% of residents reporting cigarette smoking. (Source: BRFSS 2004.)

**Adult Binge Drinking:** Measured by BRFSS question: "Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?" In 2004, the prevalence of binge drinking in Kittitas County had risen to 32.9% from 28.7% the prior year. Binge drinking is a greater problem in Kittitas County than Washington State as a whole, especially as the state rate has decreased through the last couple years to 13.8%. The target for Healthy People 2010 is 6%. (Source: BRFSS data 2003, 2004, Healthy People 2010)

**Youth Tobacco Use:** Measured by question on Healthy Youth Survey: "During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?" 23.7% of Kittitas County 10<sup>th</sup> graders reported smoking at least one cigarette in the last month, while only 19.8% of Washington State 10<sup>th</sup> graders reported the same. While youth tobacco use (cigarettes) is improving in Kittitas County, we have not met the Healthy People goal of 16%. (Sources: Healthy Youth Survey 2004 and 2002, Washington State Department of Health)

**Youth Drug Use:** Measured by the question on the Healthy Youth Survey: "During the past 30 days, on how many days did you use any illegal drug, including marijuana?" 19.4% of Kittitas County 10<sup>th</sup> graders had used on at least one day in the last month, while 18.1% of Washington State 10<sup>th</sup> graders had used on at least one day. The Healthy People 2010 target is 11% of youth reporting use of illicit drugs in the past 30 days. (Sources: Healthy Youth Survey 2004, Washington State Department of Health)

**Youth Alcohol Use:** Measured by the question on the Healthy Youth Survey: "During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?" 41.0% of Kittitas County 10<sup>th</sup> graders drank alcohol on at least one occasion in the last month, while 32.6% of Washington State 10<sup>th</sup> graders had done the same. There is not a specific Healthy People 2010 target for youth alcohol use. (Sources: Healthy Youth Survey 2004, Washington State Department of Health)

**Youth Binge Drinking:** Measured by the question on the Healthy Youth Survey: "Think back over the last 2 weeks. How many times have you had five or more drinks in a row?" 24.4% of Kittitas County 10<sup>th</sup> graders and 18.7% of Washington State 10<sup>th</sup> graders reported having five or more drinks in a row. Locally, the proportion of students binge drinking increased by 20% from 2002. The Healthy People 2010 target is 11%. (Sources: Health Youth Survey 2004, Washington Department of Health).

**Alcohol Related Motor Vehicle Deaths:** Averaging over the past 5 years Kittitas County has experienced an average rate of 7 alcohol related motor vehicle deaths per 100,000 people per year. However, due to small numbers it is difficult to ascertain a true trend from year to year. This rate is above the Healthy People 2010 target of 4 deaths per 100,000 people per year. (Source: The Health of Washington State, 2004 Supplement)

**Nutrition:** Kittitas County residents are on par with Washington for consumption of fruits and vegetables. 24.2% of Kittitas residents eat five or more servings of fruits and vegetables a day, 72.5% consume between one and four servings a day on average. However, this is still much below the Healthy People 2010 target of 62.5% eating five servings a day. (Source BRFSS 2003)

**Exercise/Sedentary Lifestyle:** Measured by the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" 85.9% of respondents from Kittitas County responded "yes." Compared to Washington State, a slightly larger percentage of Kittitas County residents reported exercise. The Healthy People 2010 target for percentage of adults engaged in physical activity is 80%. (Source: BRFSS 2003, 2004)

**Overweight/Obesity:** Individual BMI is calculated by asking adults their height and weight. In Kittitas County, 56.5% of adults were either obese or overweight, compared to 58.4% in Washington State. These rates are both well above the 40% target of Healthy People 2010. (Source: BRFSS 2004)

**Guns in Home:** Measured by BRFSS questions: "Are any firearms kept in or around your home?" and "Are any of these firearms now loaded?" In Kittitas County, 17.4% of those with firearms in the home indicated that at least one was currently loaded. Data was not available for the percentage that were kept in a locked container. In Washington State, the percentage of those with firearms in the home who indicated that some were currently loaded was 21.6%. (Source: BRFSS 2004)

**Seat Belts Used:** In Kittitas County, 78.2% of 10<sup>th</sup> graders report "always" wearing a seat belt while in the car. The Healthy People 2010 target for seat belt use is 92%. (Source: Healthy Youth Survey 2004.)

**Bicycle Helmet Used:** In Kittitas County, 13.3% of 10<sup>th</sup> graders reported "always wearing a helmet" when they rode a bicycle. The Healthy People 2010 target for bike helmet use in kids under 15 is 76%. (Source: Healthy Youth Survey 2004.)

