

SUMMARY OF FINDINGS

Exercise

- The percentage of persons reporting regular vigorous exercise increased from 38% to 46% between 1986 and 1996. However, fewer than half of people reported such exercise in 1996.
- Reported participation in regular vigorous exercise varied somewhat by age for both males and females, but fewer than 55% of people reported regular vigorous exercise in all age and gender groups.
- Reported participation in regular vigorous exercise increased with income level, but only about half of people reported such exercise even in the highest income group.
- Persons reporting that their health was fair or poor were much less likely to participate in regular vigorous exercise than those in good/very good/excellent health.
- Nearly half of those who reported regular vigorous exercise had been at that level of activity for 5 or more years.
- Males were somewhat more likely than females to have been participating in regular vigorous exercise for five years or more.
- A substantially higher percentage of people reported having participated in regular vigorous exercise for 5 or more years in 1996 than was true in 1986.

5 a Day

- Only about one in eight adult Utahns consumed five servings of fruits or vegetables per day in 1996 (12.9%; 95% confidence interval, 11.6%-14.2%).
- The percentage of adults who reported eating five or more servings of fruits or vegetables per day appeared to increase with age, but less than one in five Utahns reported eating “5 a Day” in all age groups.
- Women were more likely to report eating five or more servings of fruits and vegetables per day than were men.
- The proportion of Utahns eating five or more servings of fruits or vegetables per day was higher for those with higher education levels.

Alcohol

- The percentage of persons reporting heavy drinking did not change between survey years.
- Men were about four times as likely to be heavy drinkers as were women (3.4% for men compared to 0.8% for women).
- Persons living in households with higher incomes were less likely to report being nondrinkers, and more likely to report being light to moderate drinkers.
- Heavy drinking was more common at lower income levels.
- Persons who reported being LDS and attended services once a week or more were much more likely to report being a non-drinker.
- The percentage of adults who reported “binge drinking” defined as drinking five or more drinks on at least one occasion in the previous month, increased from 6.5% in 1991 to 8.5% in 1996.
- Men were more likely to report “binge drinking” than were women in every age group.
- Binge drinking was more common for younger adults and for those with less than a high school education.
- The percentage of adult Utahns who reported drinking and driving decreased substantially from 1986 to 1991, but remained stable at about 1% from 1991 to 1996.

- Men were more likely to report drinking and driving than were women in every age group.
- Adults who reported binge drinking were much more likely to report drinking and driving than other adults who did not binge drink.

Cigarette Smoking

- The percentage of adults who reported current smoking decreased from 15.3% in 1986 to 12.4% in 1996.
- Among adults with less than high school education, 38% were current smokers, compared to 4% of those with a college degree. However, most current smokers (81%) had at least a high school education.
- The association between smoking and education reflects differences in smoking rate by socioeconomic class as well as any effects that education itself has on smoking. Income was also strongly related to current smoking; 21% of persons with annual household income less than \$15,000 were current smokers, compared to 8% of those with income over \$55,000.
- Persons who reported good/very good/excellent health status were more likely to report never being smokers.
- Cross-sectional analyses, such as this one, underestimate the extent to which smoking worsens health status, because smokers who were in the poorest health have died and are not able to be surveyed.
- People without health insurance were more likely to be current smokers than were persons with health insurance coverage.
- People who reported being active in any religion were less likely to be current smokers.
- An estimated 49,800 Utah households contained an adult household member who smoked inside a home that was shared by others.
- Approximately 28,200 of these households included children under age 18.
- An estimated 114,200 nonsmoking adults and children under 18 were exposed in their home to environmental tobacco smoke in 1996.

* Those questions were not included in the 1996 BRFSS.