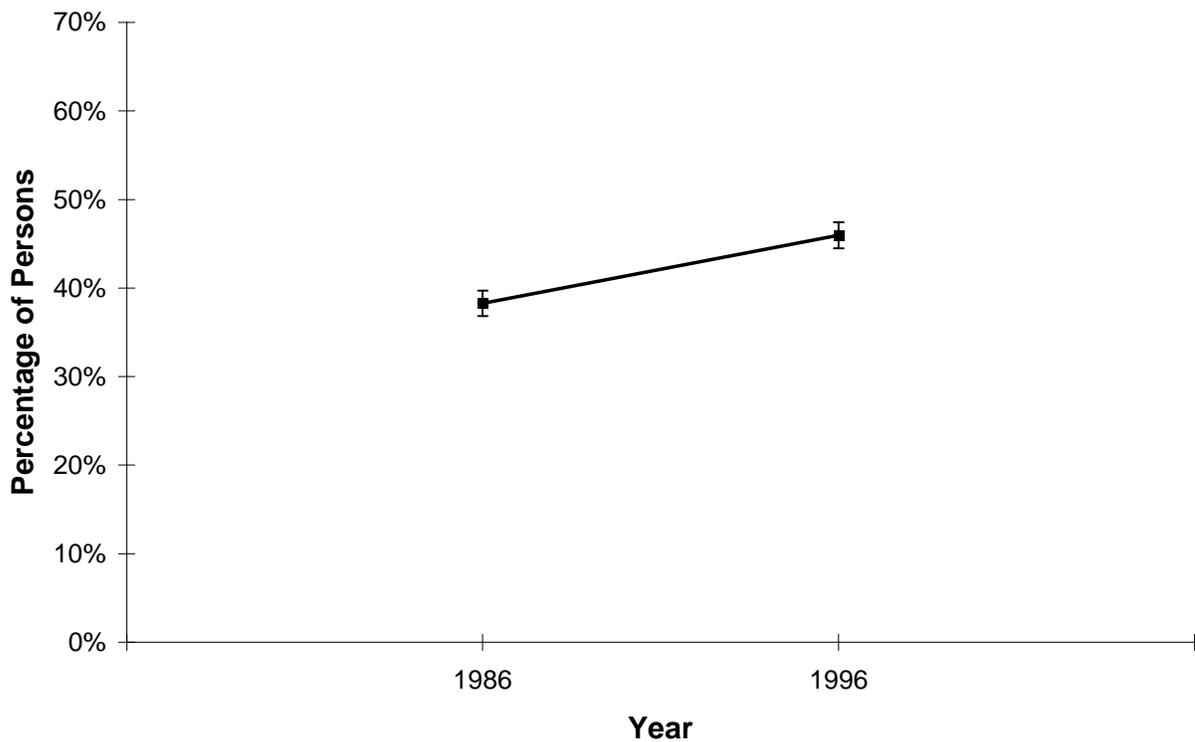


# HIGHLIGHTS



Figure 1. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise.<sup>1</sup> Utahns Age 14 or Over, 1986 and 1996.

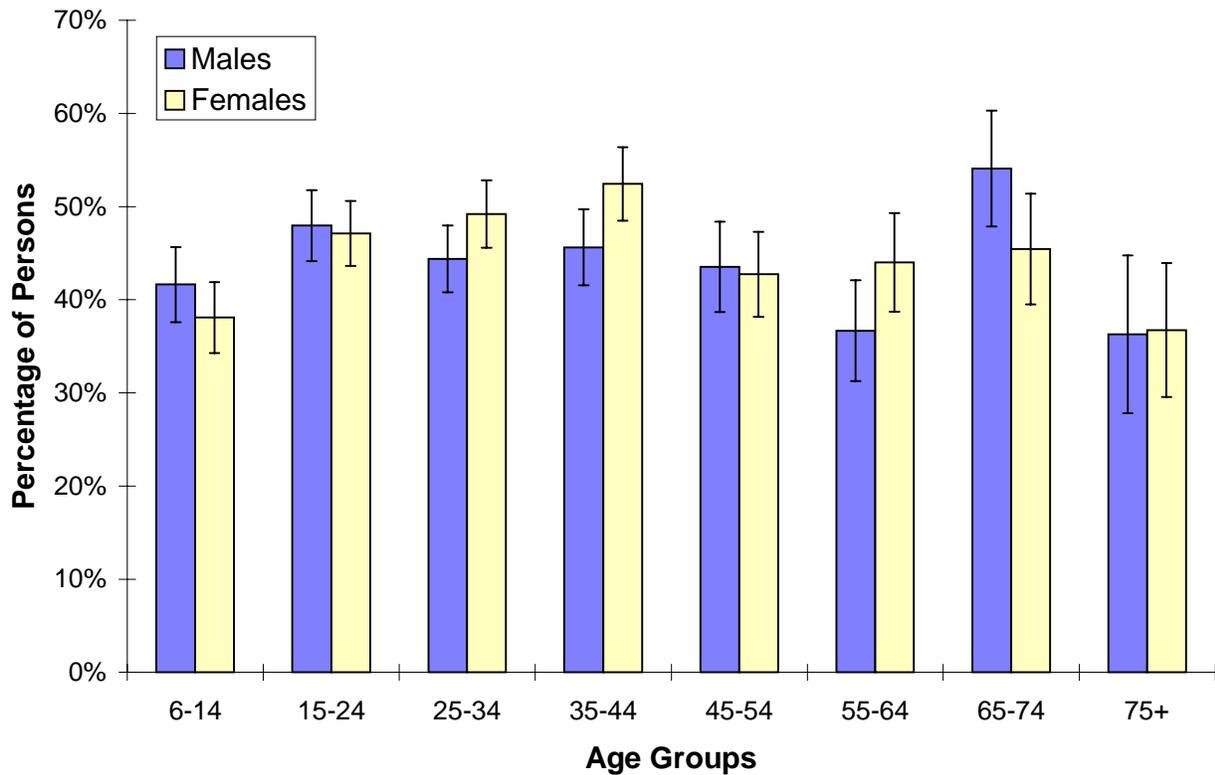


<sup>1</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

\* Comparable data were not collected in the 1991 survey.

- **Regular vigorous exercise has substantial health benefits, including reduced risk of heart disease, stroke, diabetes, and high blood pressure; prevention of osteoporosis, and improved mental health.**
- **The percentage of persons reporting regular vigorous exercise increased from 38.3% to 46.0% between 1986 and 1996. However, fewer than half of people reported such exercise in 1996.**

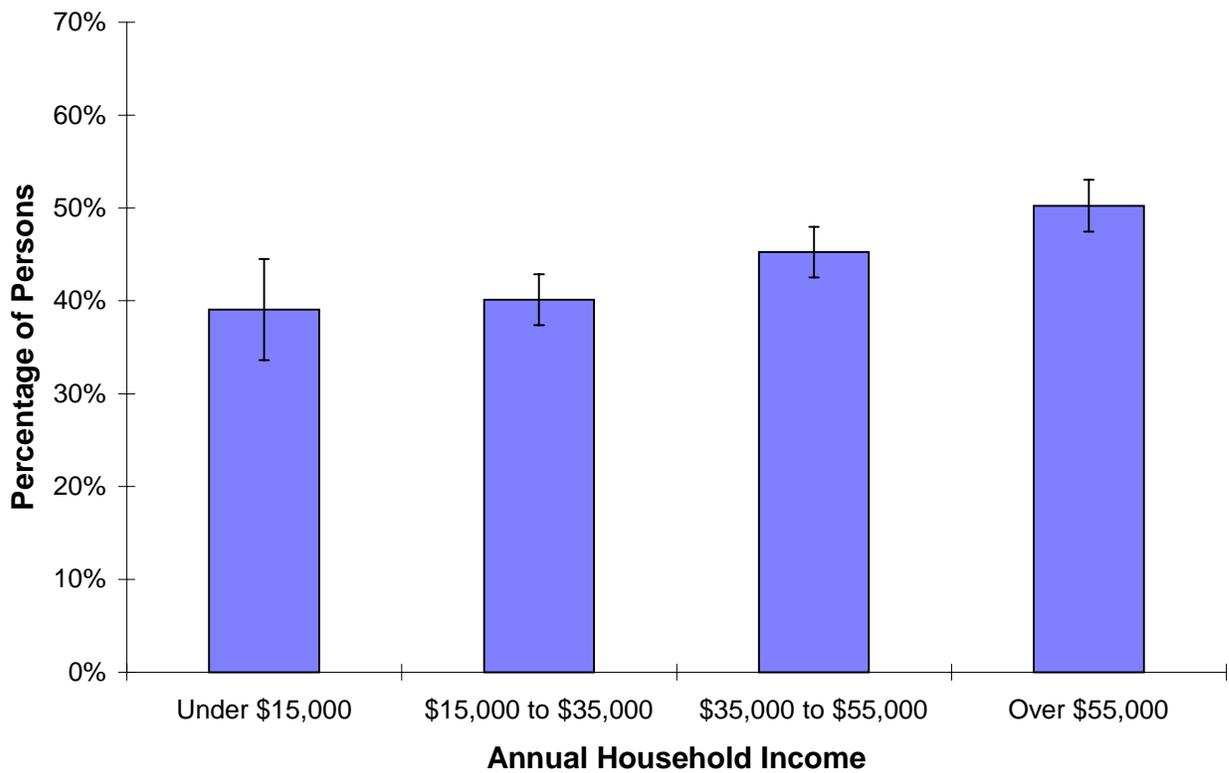
Figure 2. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise<sup>1</sup> by Age and Sex. Utahns Age 6 or Over, 1996.



<sup>1</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **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.**

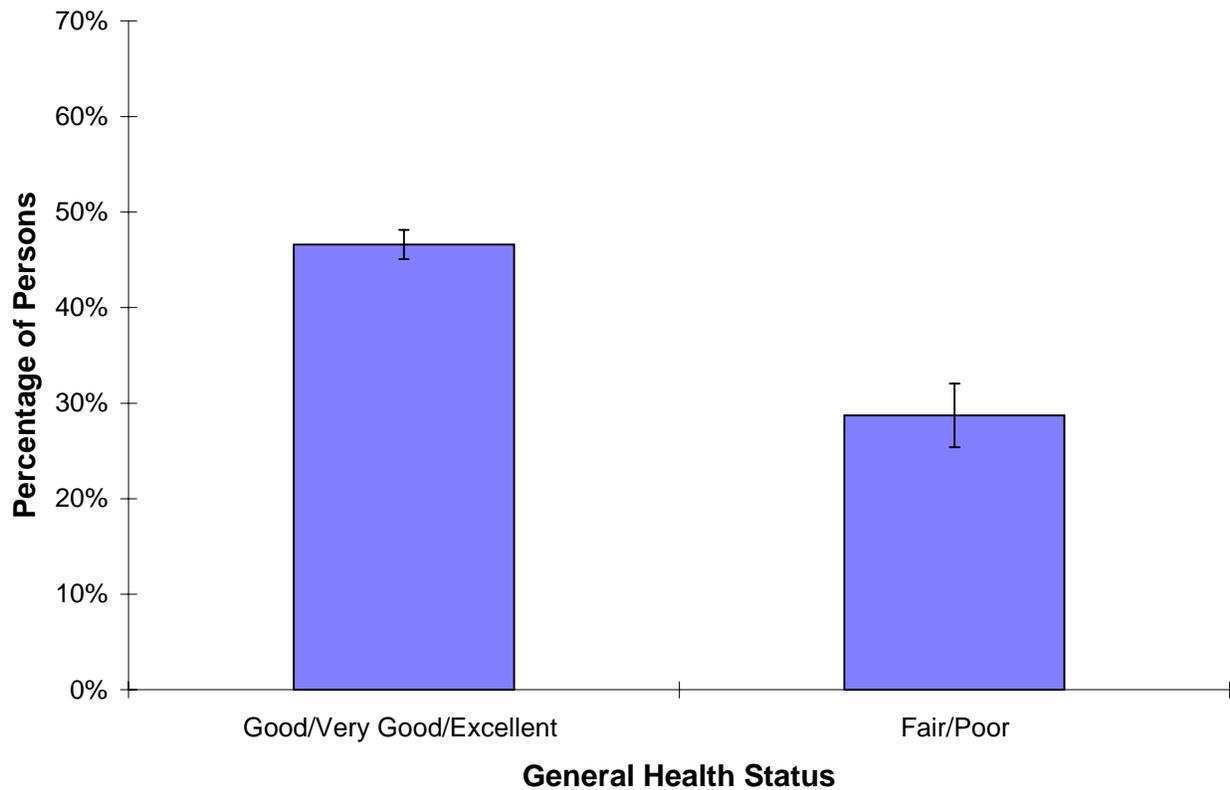
Figure 3. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise<sup>1</sup> by Annual Household Income. Utahns Age 6 or Over, 1996.



<sup>1</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **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.**

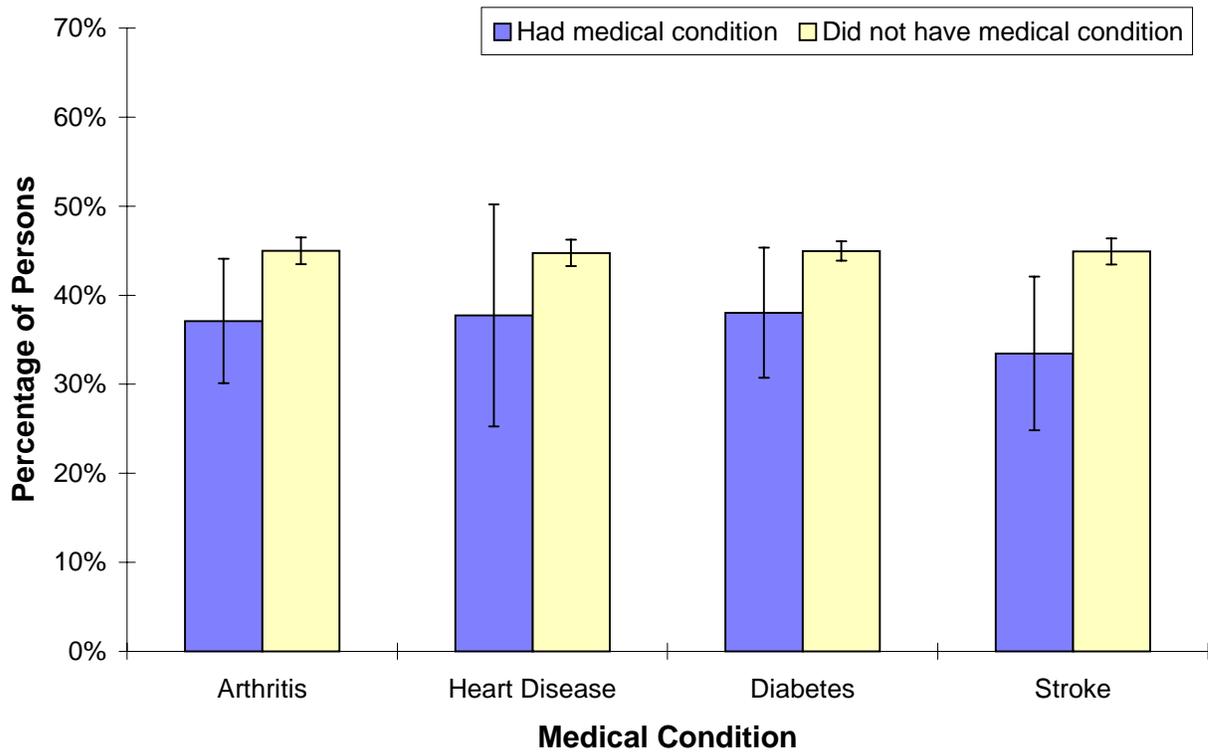
Figure 4. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise<sup>1</sup> by General Health Status. Utahns Age 6 or Over, 1996.



<sup>1</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **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.**

Figure 5. Physical Activity: Percentage<sup>1</sup> of Persons Reporting Regular Vigorous Exercise<sup>2</sup> by Selected Medical Conditions. Utahns Age 6 or Over, 1996.

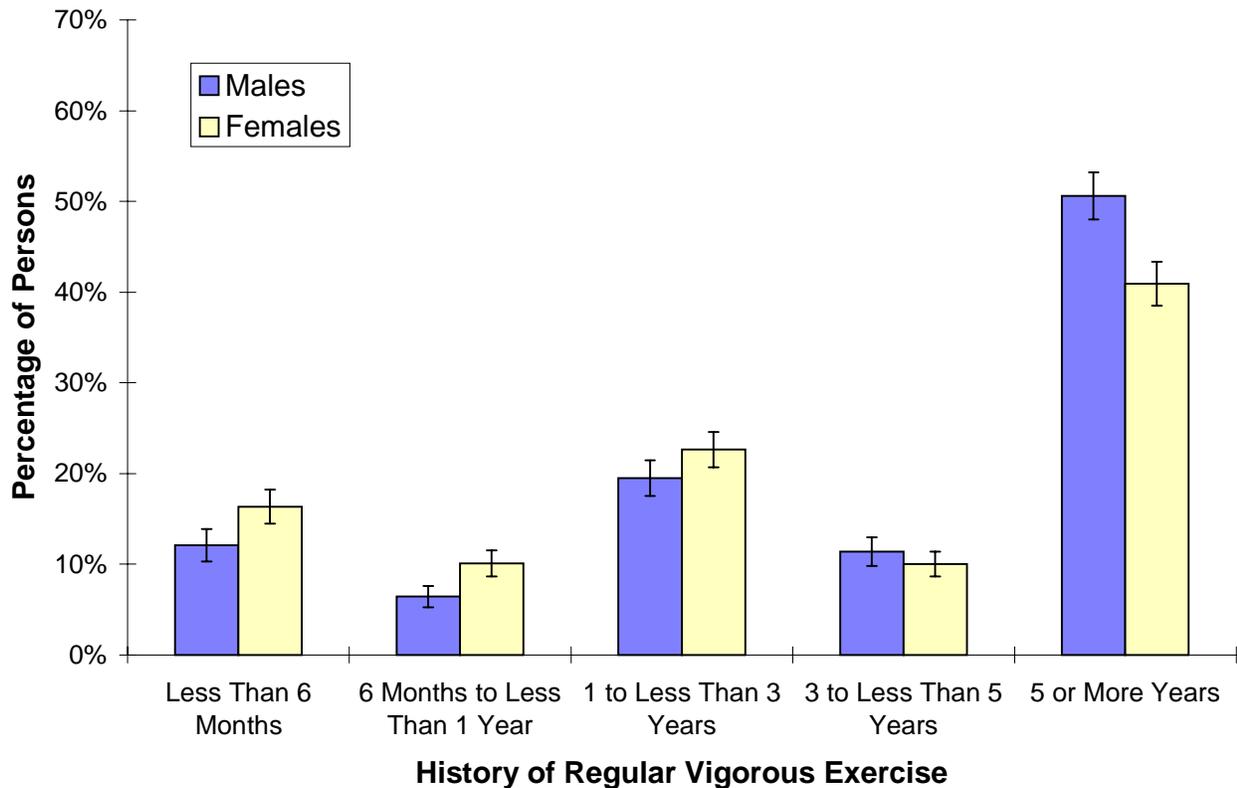


<sup>1</sup> Age-adjusted percentages.

<sup>2</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **People who were reported to have these medical conditions, were less likely to engage in regular vigorous exercise than were persons without those diseases.**

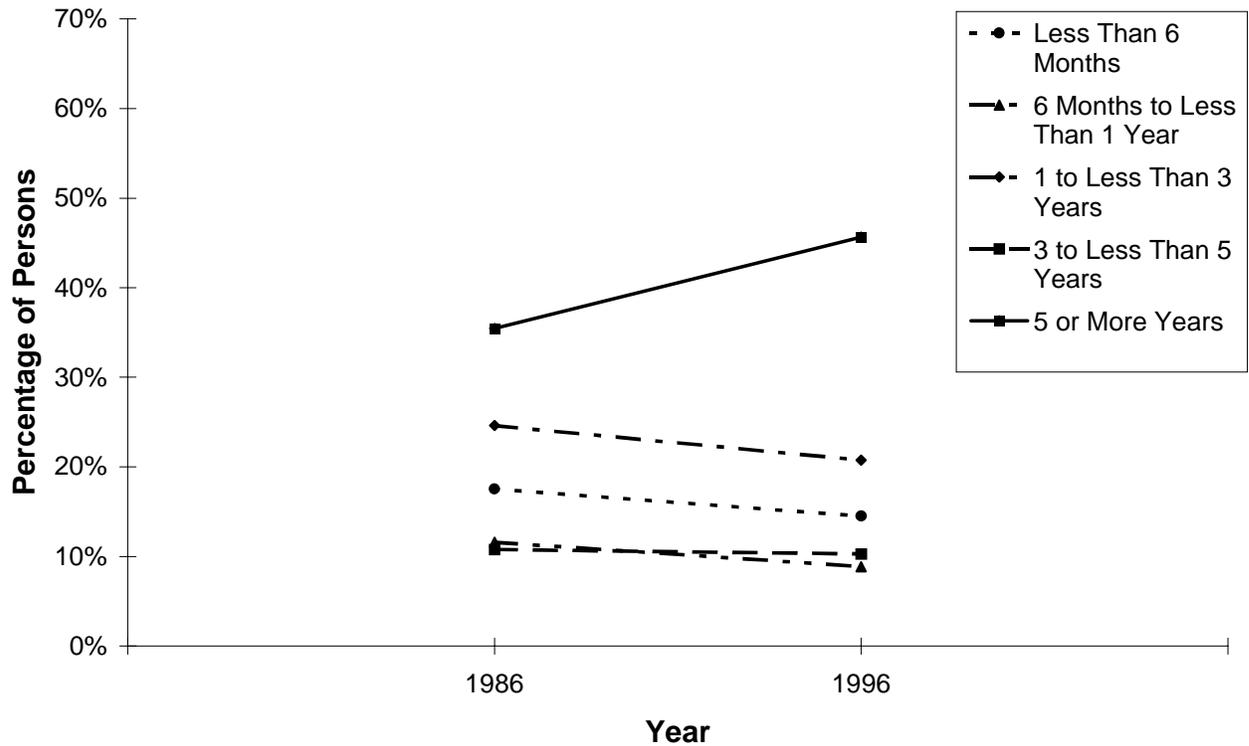
Figure 6. History of Vigorous Exercise: Percentage of Persons Reporting Regular Vigorous Exercise<sup>1</sup> by the Number of Years of Activity and by Sex. Utahns Age 6 or Over, 1996.



<sup>1</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **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.**

Figure 7. History of Vigorous Exercise: Percentage of Persons Reporting Regular Vigorous Exercise<sup>1</sup> by the Number of Years of Activity. Utahns Age 14 or Over, 1986 and 1996.

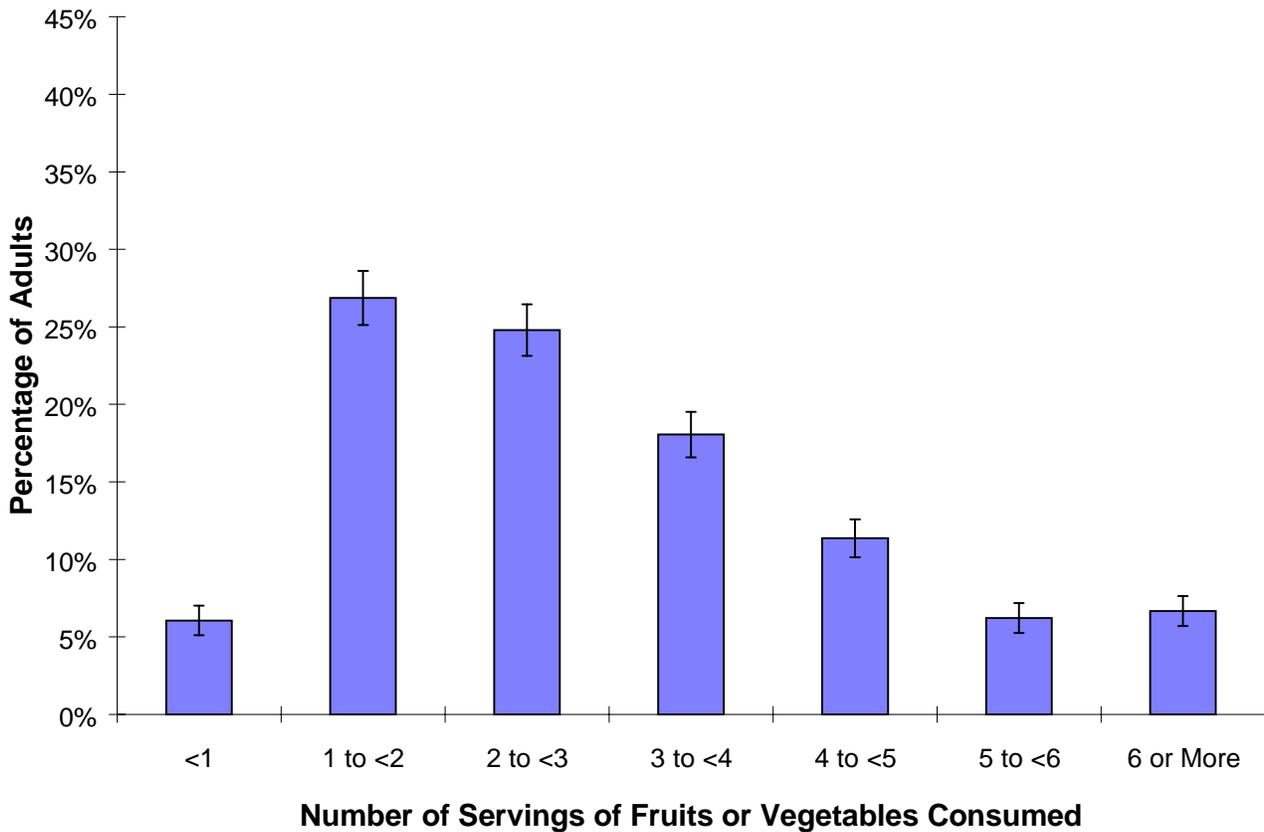


<sup>1</sup> Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

\* Comparable data were not collected in the 1991 survey.

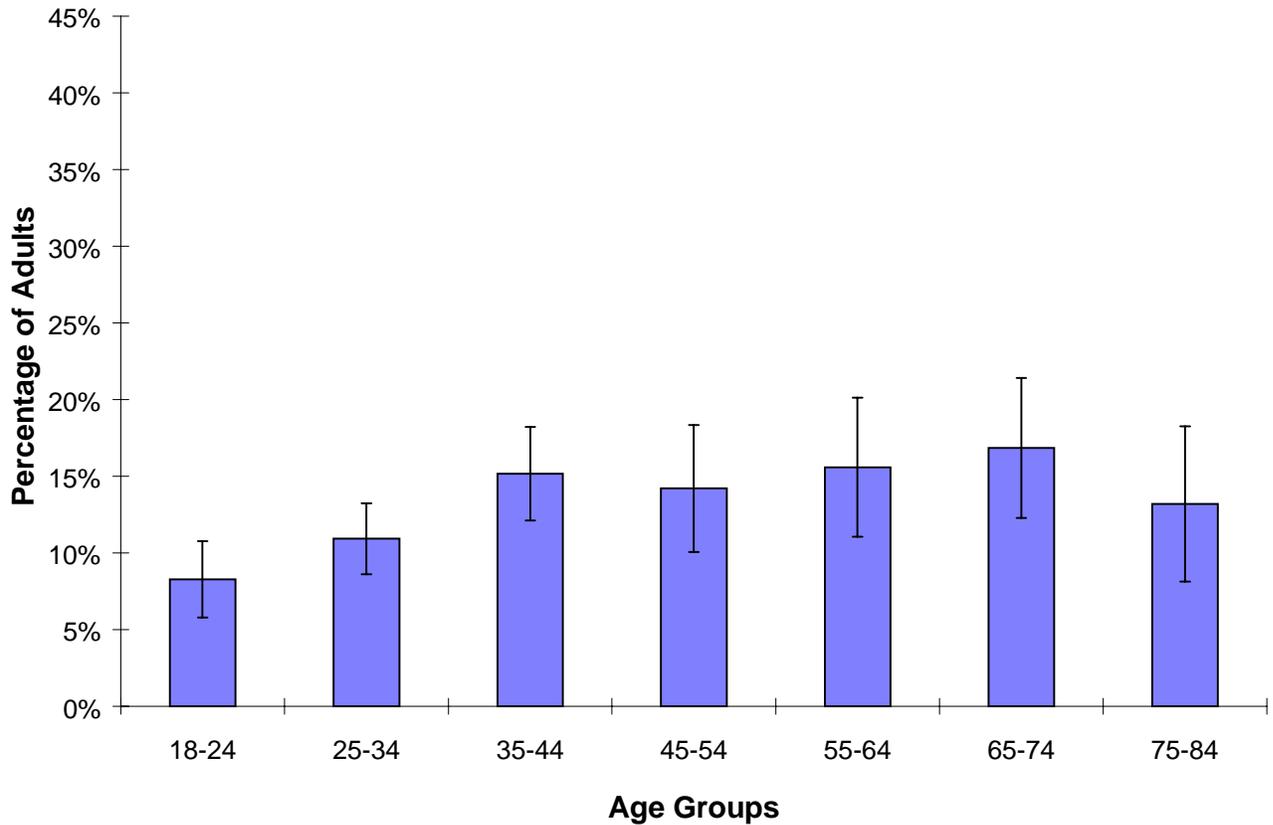
- **The percentage of people who reported participating in regular vigorous exercise for fewer than five years changed little between the 1986 and 1996 survey years.**
- **A substantially higher percentage of people reported having participated in regular vigorous exercise for 5 or more years in 1996 than was true in 1986.**

Figure 8. 5 a Day: Number of Servings of Fruits or Vegetables Consumed Each Day. Utah Adults, Age 18 or Over, 1996.



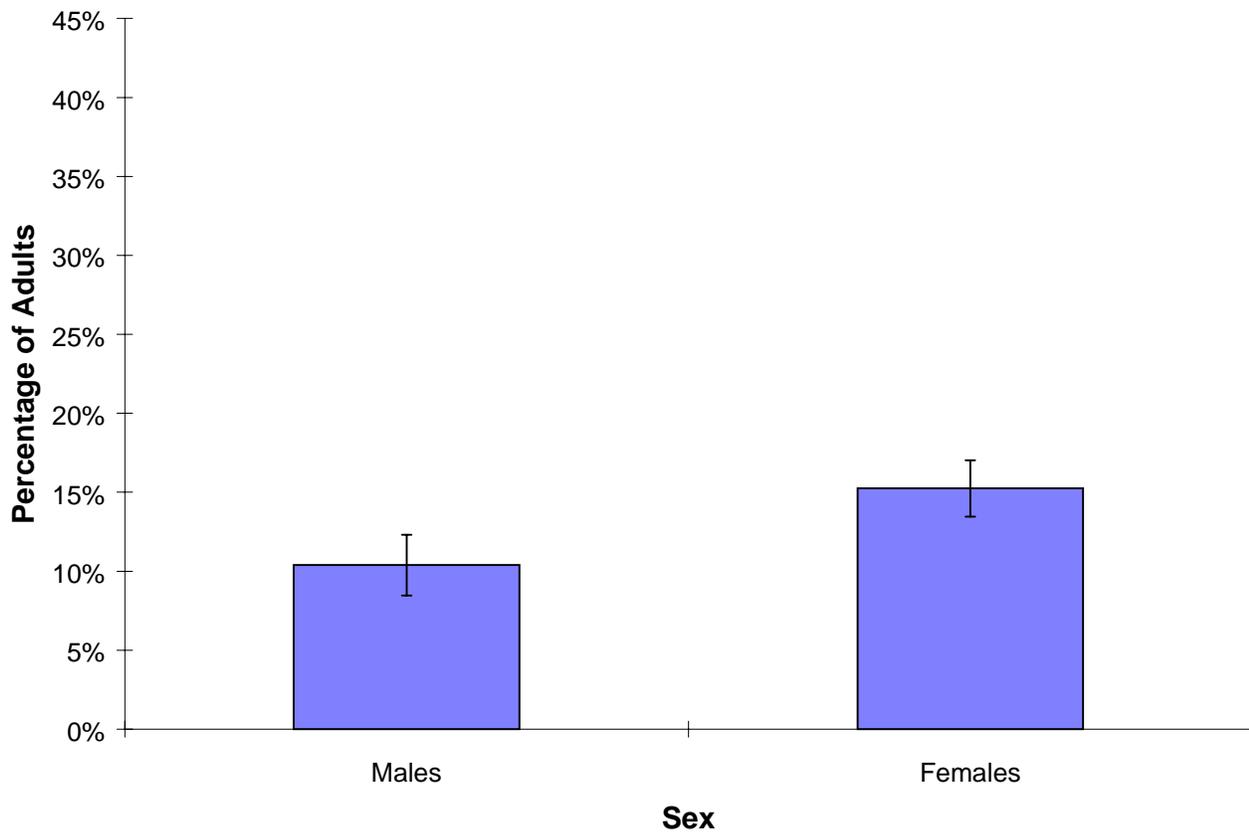
- **Eating more fruits and vegetables (5 or more servings a day is recommended) provides substantial health benefits. Fruits and vegetables have direct health benefits and people who eat more fruits and vegetables tend to eat less harmful foods, especially fatty foods. This helps control weight and reduce risk of heart disease, cancer, and diabetes.**
- **The 1996 Health Status Survey (HSS) found about one in eight adult Utahns consumed five servings of fruits or vegetables per day (12.9%; 95% confidence interval, 11.6%-14.2%).**
- **The 1996 Behavioral Risk Factor Surveillance System (BRFSS) found that 21.5% of adult Utahns consumed 5 a Day (95% confidence interval, 19.5%-23.5%). Findings from the HSS and the BRFSS likely differ because the questions asked about diet in each survey were different. The BRFSS result was derived from questions that asked how often respondents usually consume particular foods and beverages, including fruit juices. The HSS result is based on a survey question that asked respondents “if a serving is about a half a cup, about how many servings of fruits or vegetables would you say you eat on a typical day?”**

Figure 9. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Age. Utah Adults, Age 18 or Over, 1996.



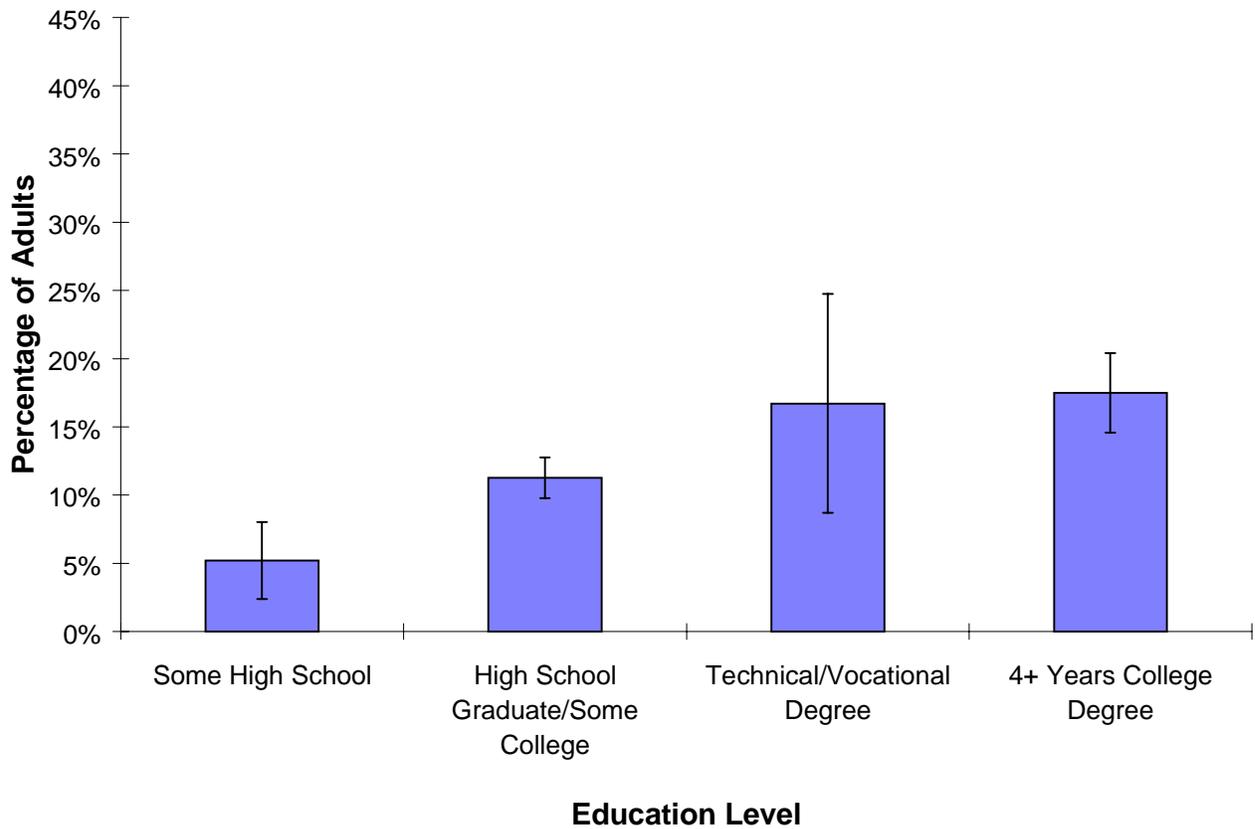
- **The percentage of adults who reported eating five or more servings of fruits or vegetables per day appeared to increase with age, but fewer than one in five Utahns reported eating “5 a Day” in all age groups.**

Figure 10. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Sex.  
Utah Adults, Age 18 or Over, 1996.



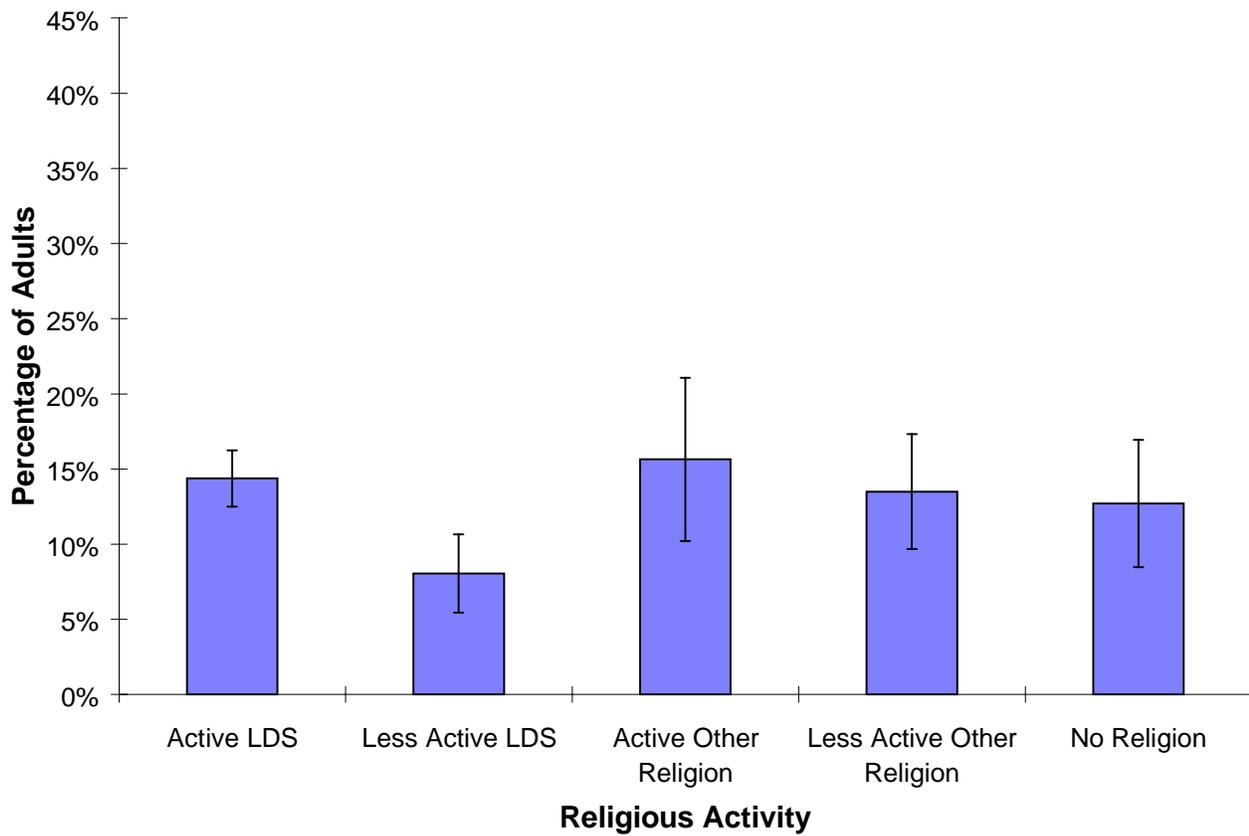
- **Women were more likely to report eating five or more servings of fruits and vegetables per day than were men.**

Figure 11. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Education Level. Utah Adults, Age 18 or Over, 1996.



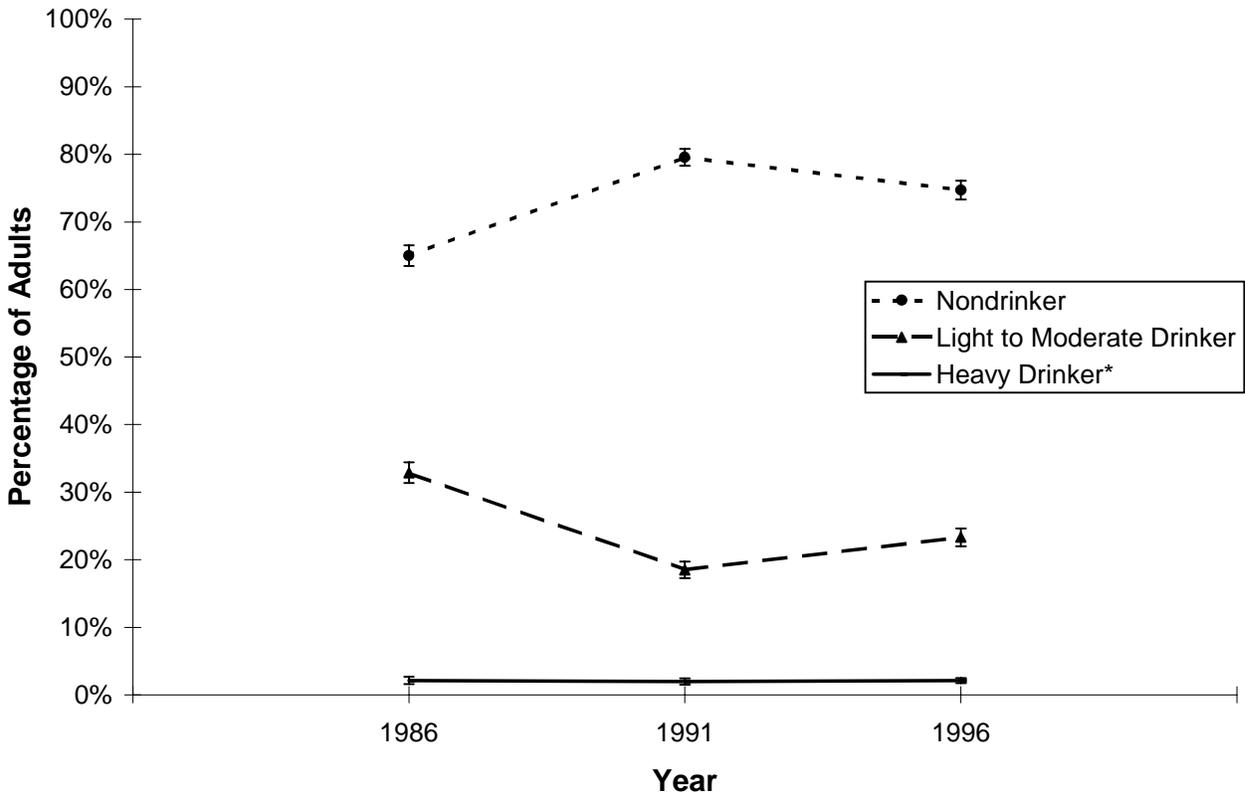
- **The proportion of Utahns eating five or more servings of fruits or vegetables per day was higher for those with higher education levels.**

Figure 12. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Religious Activity. Utah Adults, Age 18 or Over, 1996.



- **Less active LDS persons consumed fewer servings of fruits and vegetables than did the other groups.**

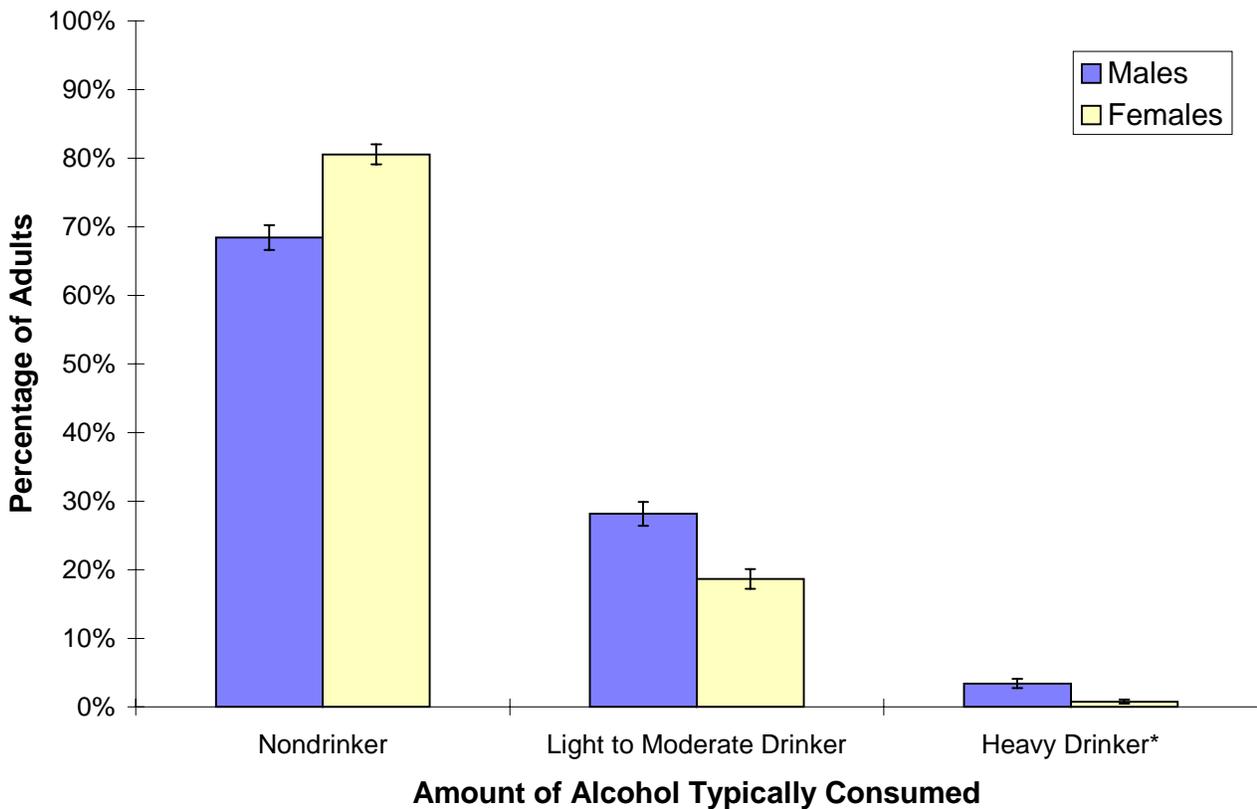
Figure 13. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed. Utah Adults, Age 18 or Over, 1986, 1991, and 1996.



\*Heavy drinkers were persons who on average, consumed more than 60 alcoholic drinks per month.

- **The percentage of persons reporting heavy drinking remained unchanged between survey years at 2.1% of Utah adults.**
- **For comparable years, findings on alcohol consumption from the Behavioral Risk Factor Surveillance System were similar to those of the Health Status Survey.**

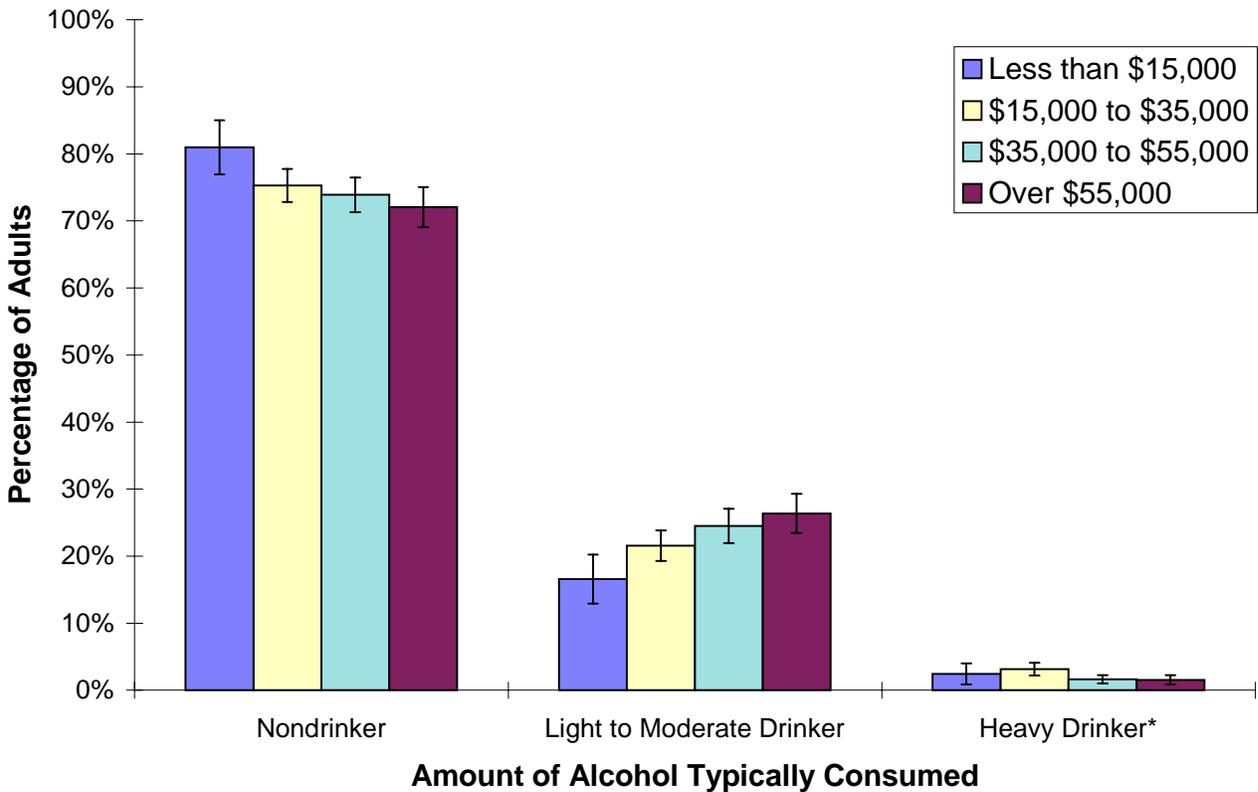
Figure 14. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed and by Sex. Utah Adults, Age 18 or Over, 1996.



\*Heavy drinkers were persons who on average, consumed more than 60 alcoholic drinks per month.

- **Men were somewhat more likely to be heavy or light to moderate drinkers, while women were more likely to be nondrinkers.**
- **Men were about four times as likely to be heavy drinkers as were women (3.4% for men compared to 0.8% for women).**

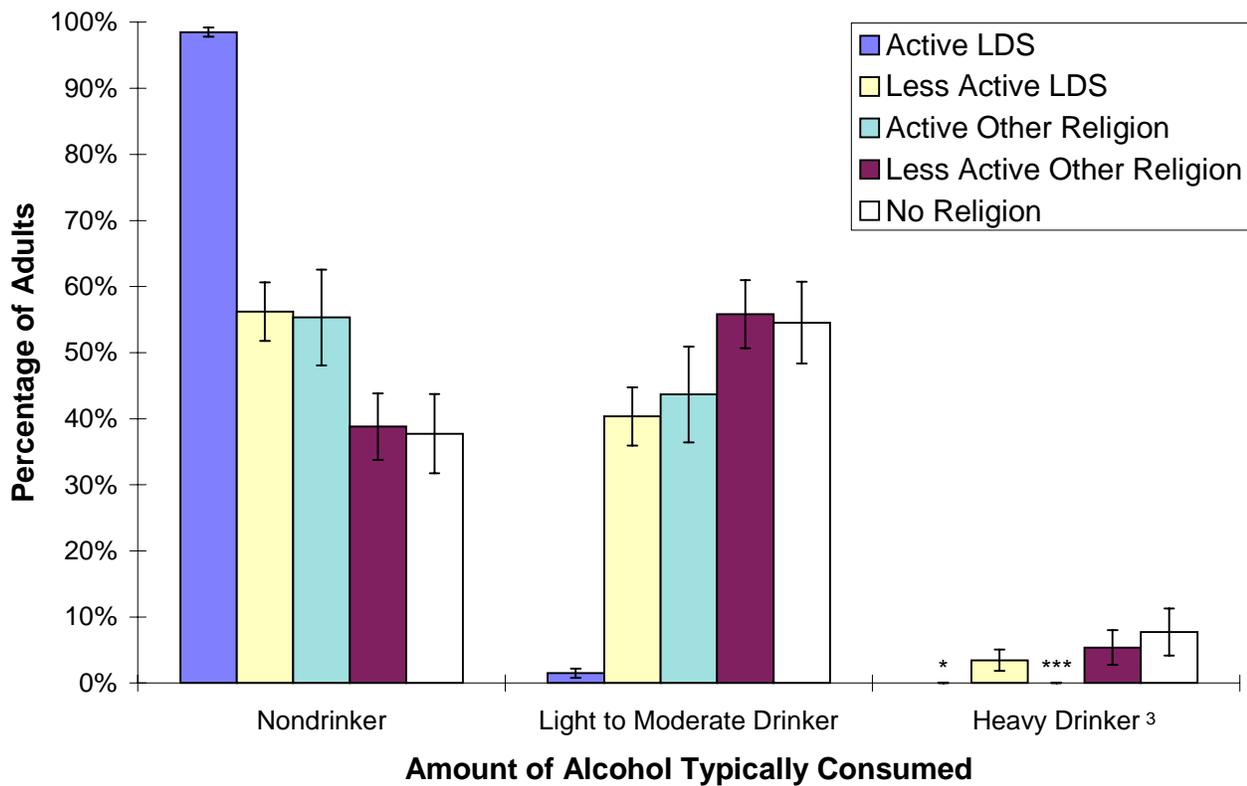
Figure 15. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed and by Annual Household Income. Utah Adults, Age 18 or Over, 1996.



\*Heavy drinkers were persons who on average, consumed more than 60 alcoholic drinks per month.

- **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 somewhat more common at lower income levels.**

Figure 16. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed and by Religious Activity. Utah Adults, Age 18 or Over, 1996.



\* Confidence intervals were not calculated for values of 0% and 100%.

\*\*\* Insufficient sample size for calculation of population estimates.

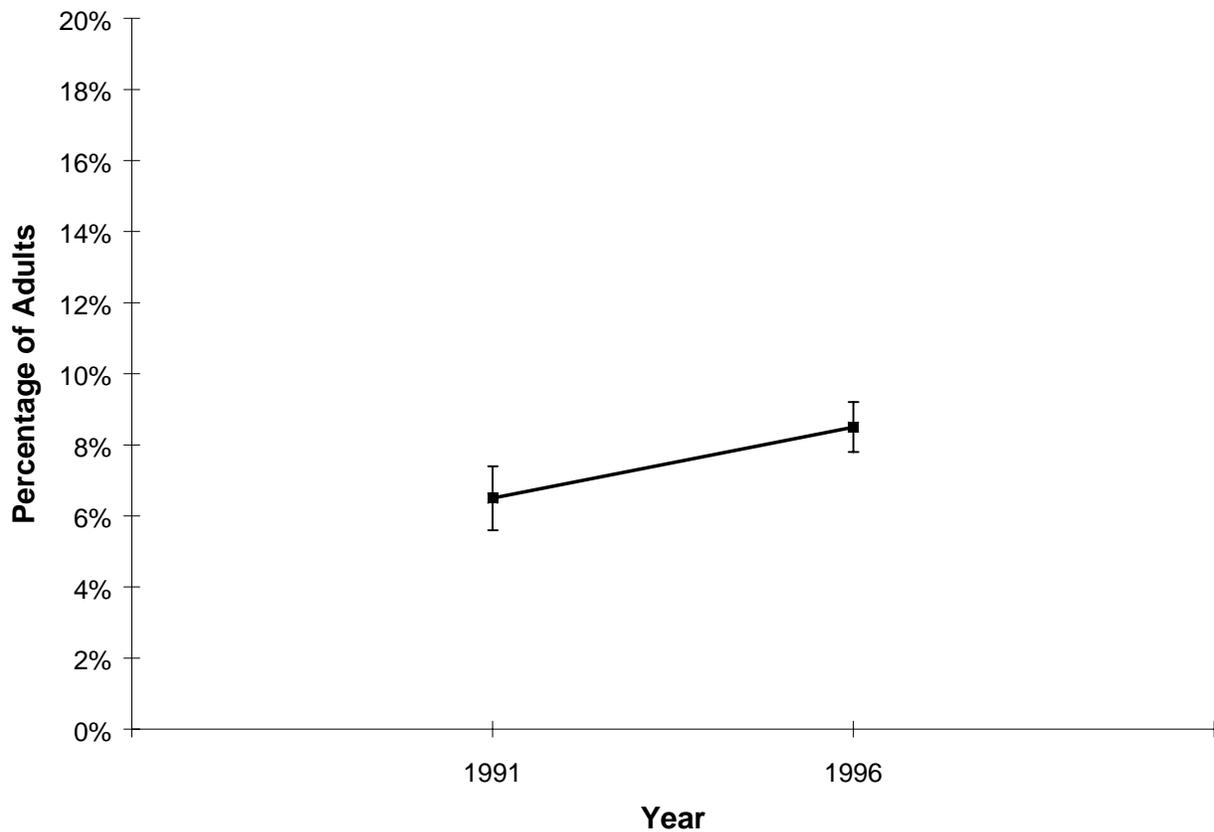
1 "Active" refers to attending religious services once a week or more.

2 "Less active" refers to attending religious services less than once a week.

3 Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

- **Patterns of alcohol consumption varied by religious affiliation and involvement.**
- **Adults who reported being active LDS were much more likely to report being nondrinkers.**

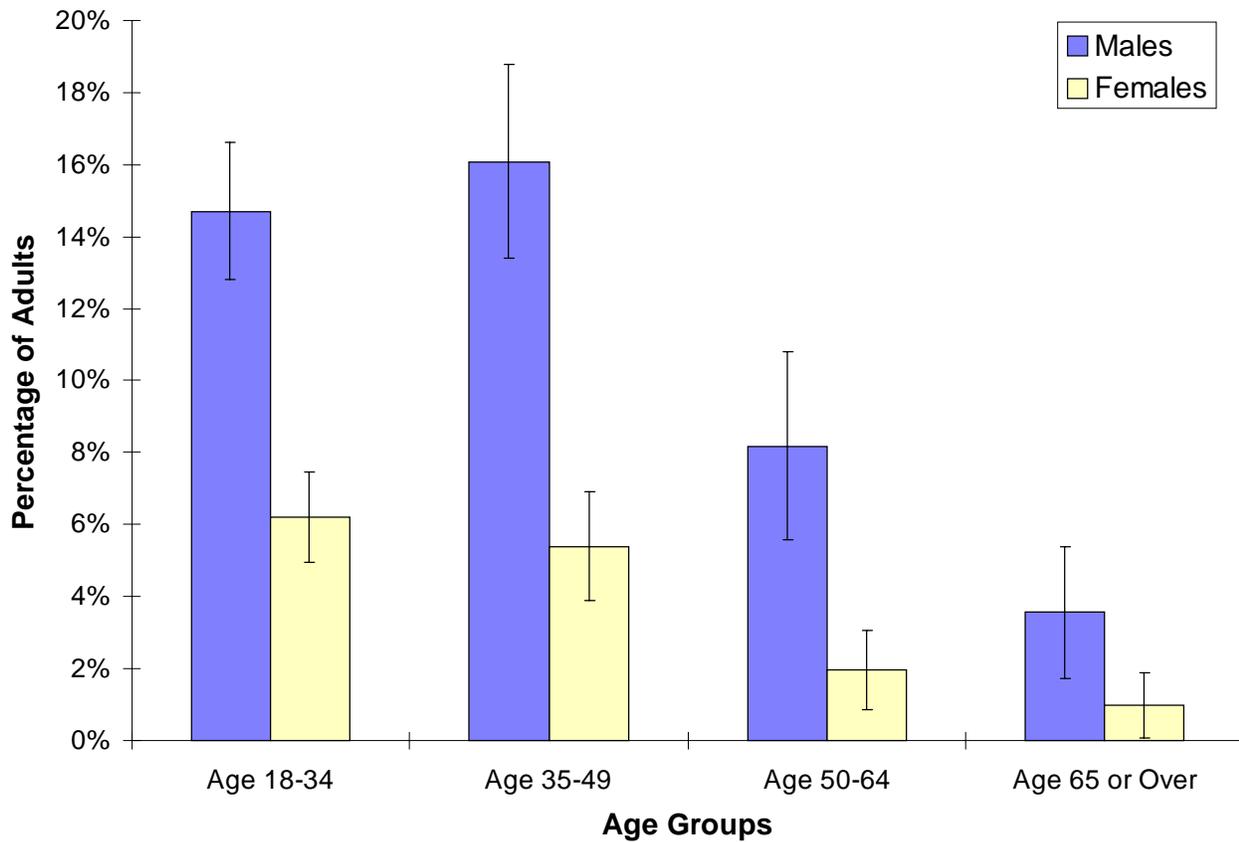
Figure 17. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month.  
Utah Adults, Age 18 or Over, 1991 and 1996.



- **Utah Health Status Survey (HSS) data show that 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% (95% confidence interval, 5.6%-7.4%) in 1991 to 8.5% (95% confidence interval, 7.8%-9.2%) in 1996.**
- **Behavioral Risk Factor Surveillance System (BRFSS) data exhibited a similar pattern. In that survey, 9.0% (95% confidence interval 7.5%-10.4%) of adults reported binge drinking in 1991, and 9.9% (95% confidence interval, 8.5%-11.4%) of adults reported doing so in 1995\*.**

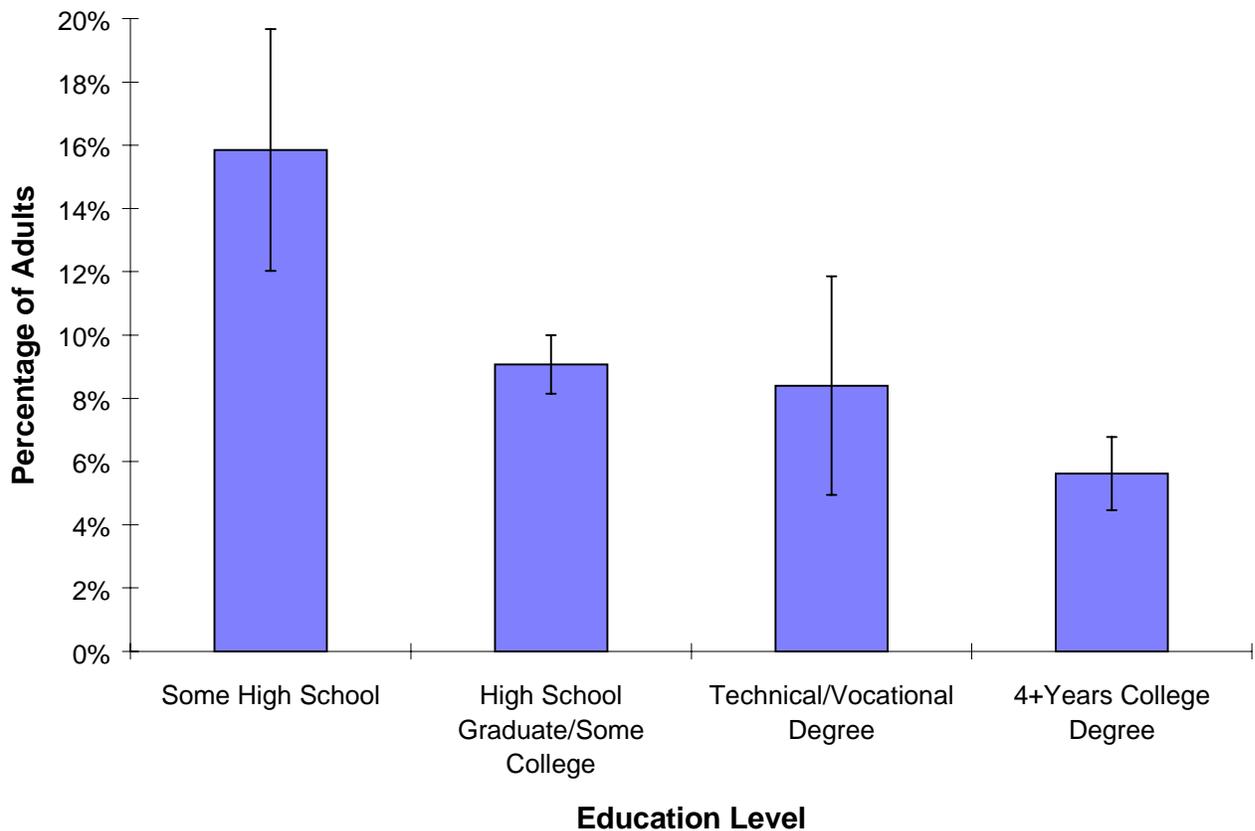
\* Those questions were not included in the 1996 BRFSS.

Figure 18. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month by Age and Sex. Utah Adults, Age 18 or Over, 1996.



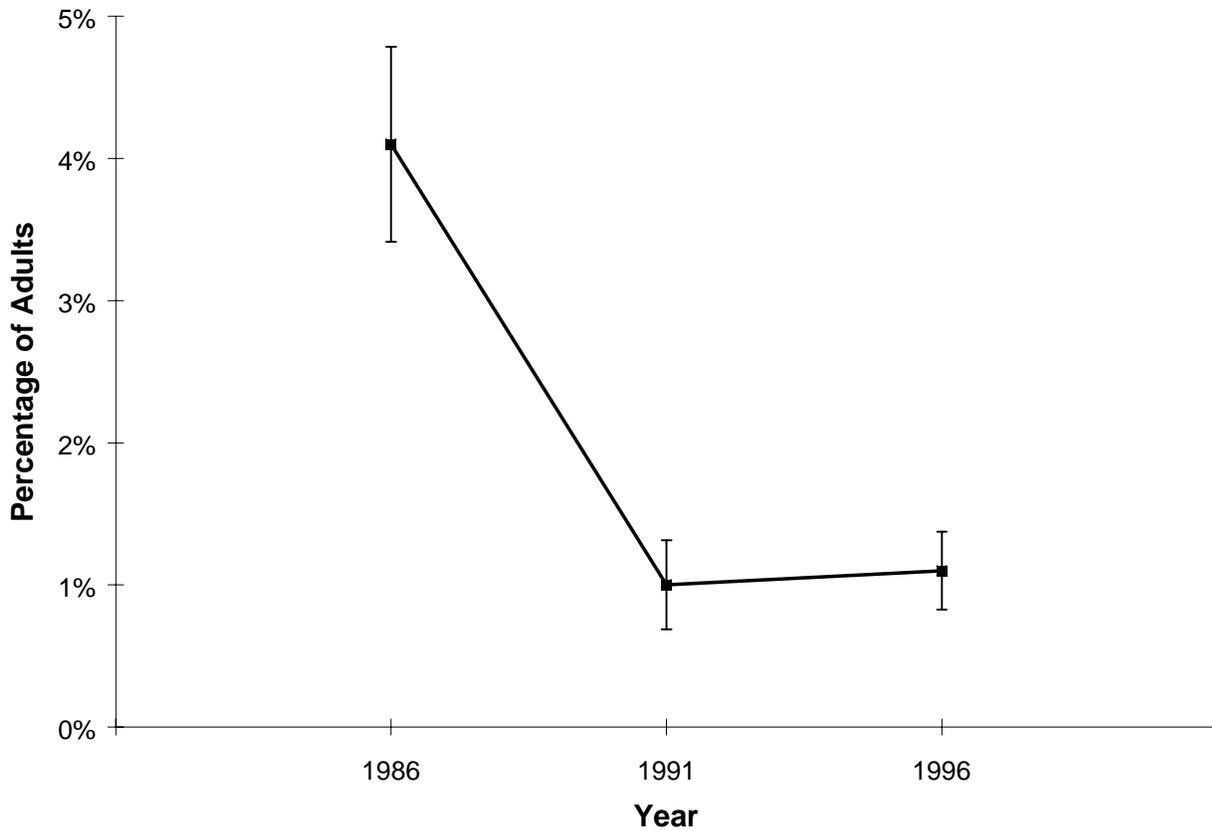
- Men were more likely to report “binge drinking” than were women in every age grouping.

Figure 19. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month by Education Level. Utah Adults, Age 18 or Over, 1996.



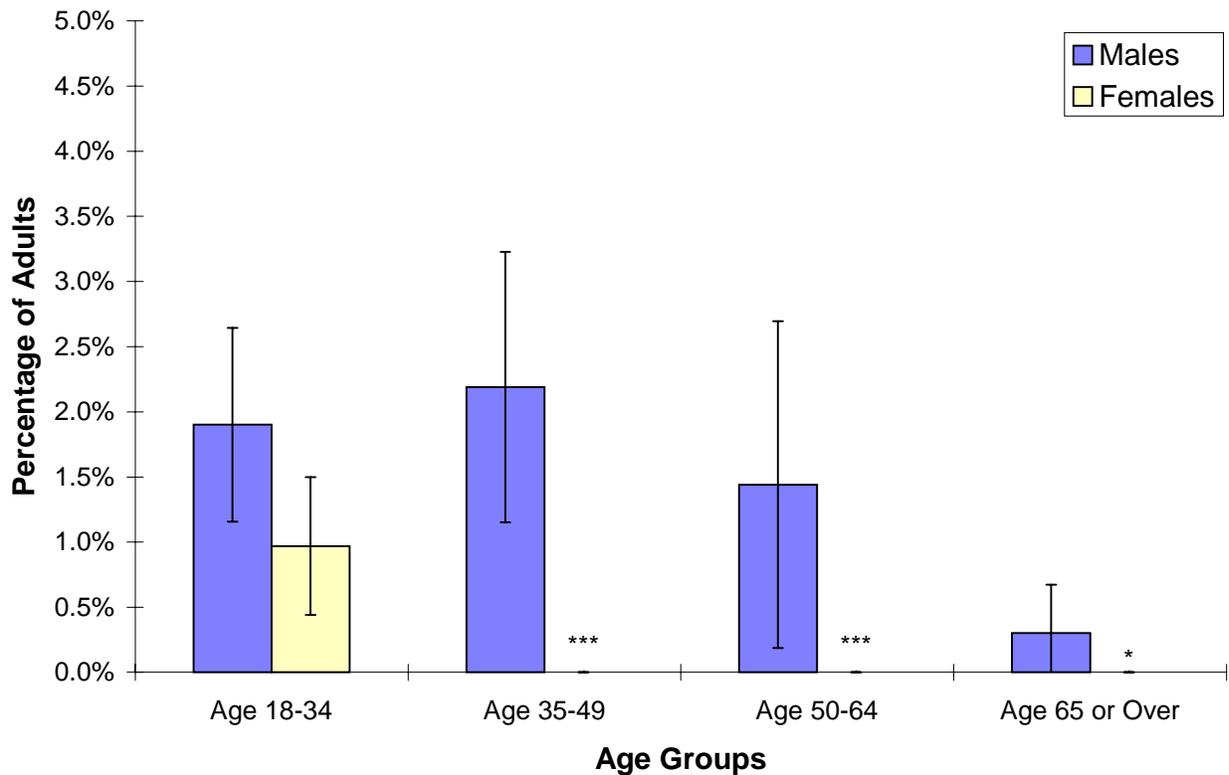
- The percentage of adults who reported “binge drinking” was lower for those with more education.
- Those with less than a high school education were much more likely to report binge drinking.

Figure 20. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month. Utah Adults, Age 18 or Over, 1986, 1991, and 1996.



- **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.**

Figure 21. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month by Age and Sex. Utah Adults, Age 18 or Over, 1996.

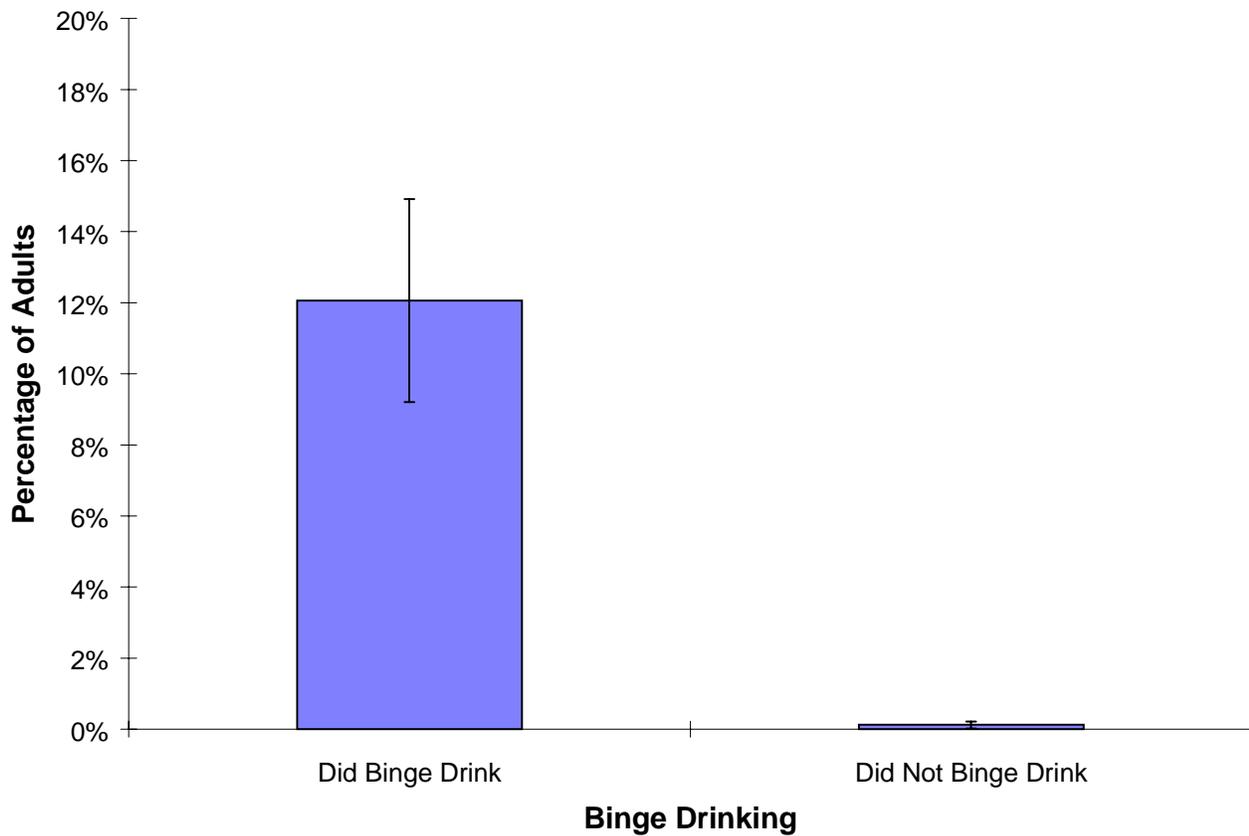


\* Confidence intervals were not calculated for values of 0% and 100%.

\*\*\* Insufficient sample size for calculation of population estimates.

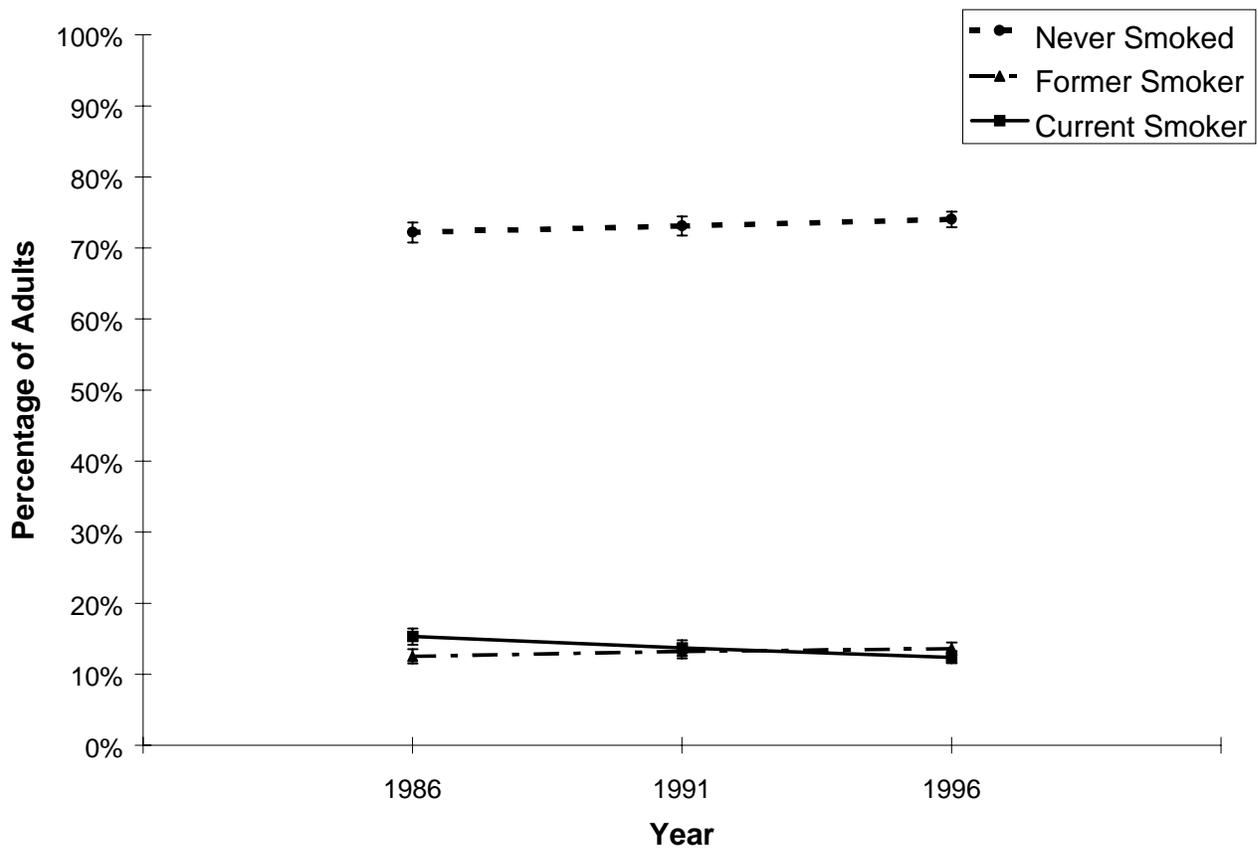
- **Men were more likely to report drinking and driving than were women in every age group.**

Figure 22. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month by Reported Binge Drinking. Utah Adults, Age 18 or Over, 1996.



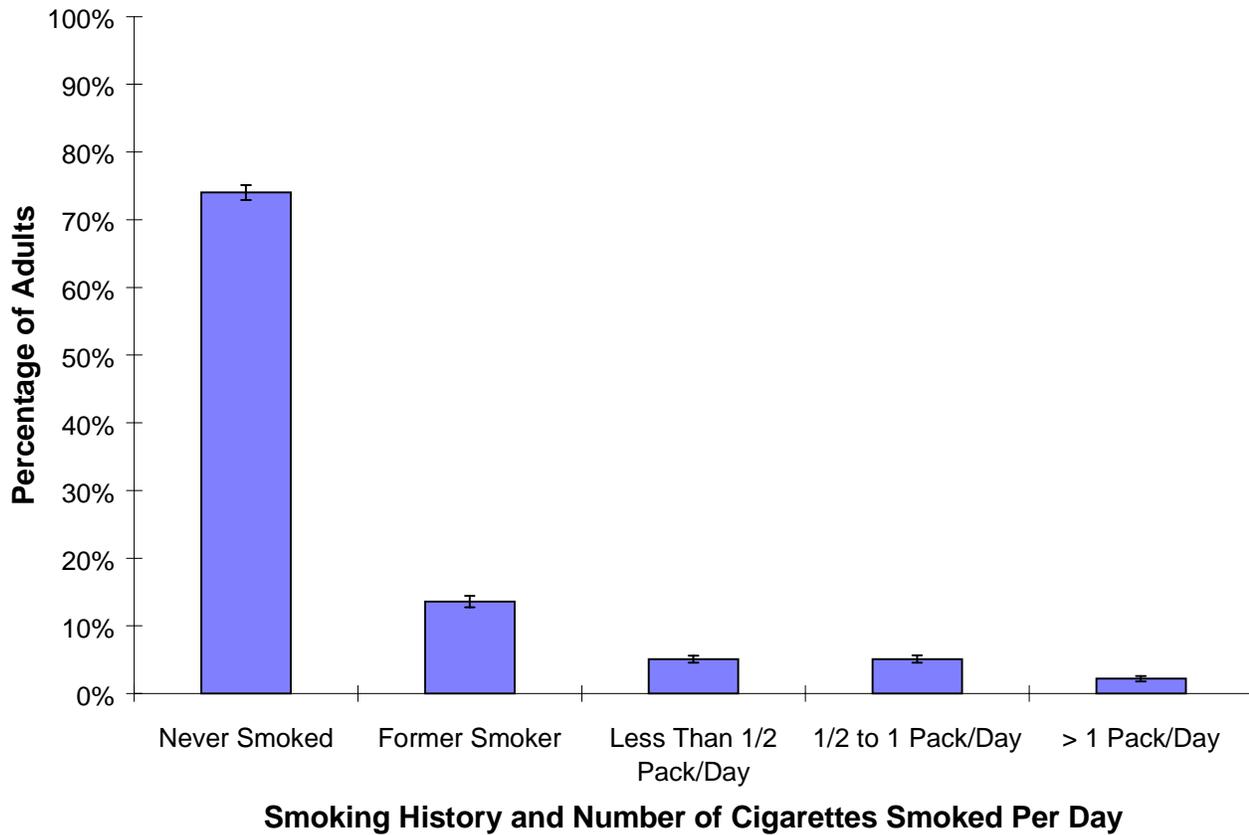
- Adults who reported binge drinking were much more likely to report drinking and driving than other adults who did not binge drink.

Figure 23. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers. Utah Adults, Age 18 or Over, 1986, 1991, and 1996.



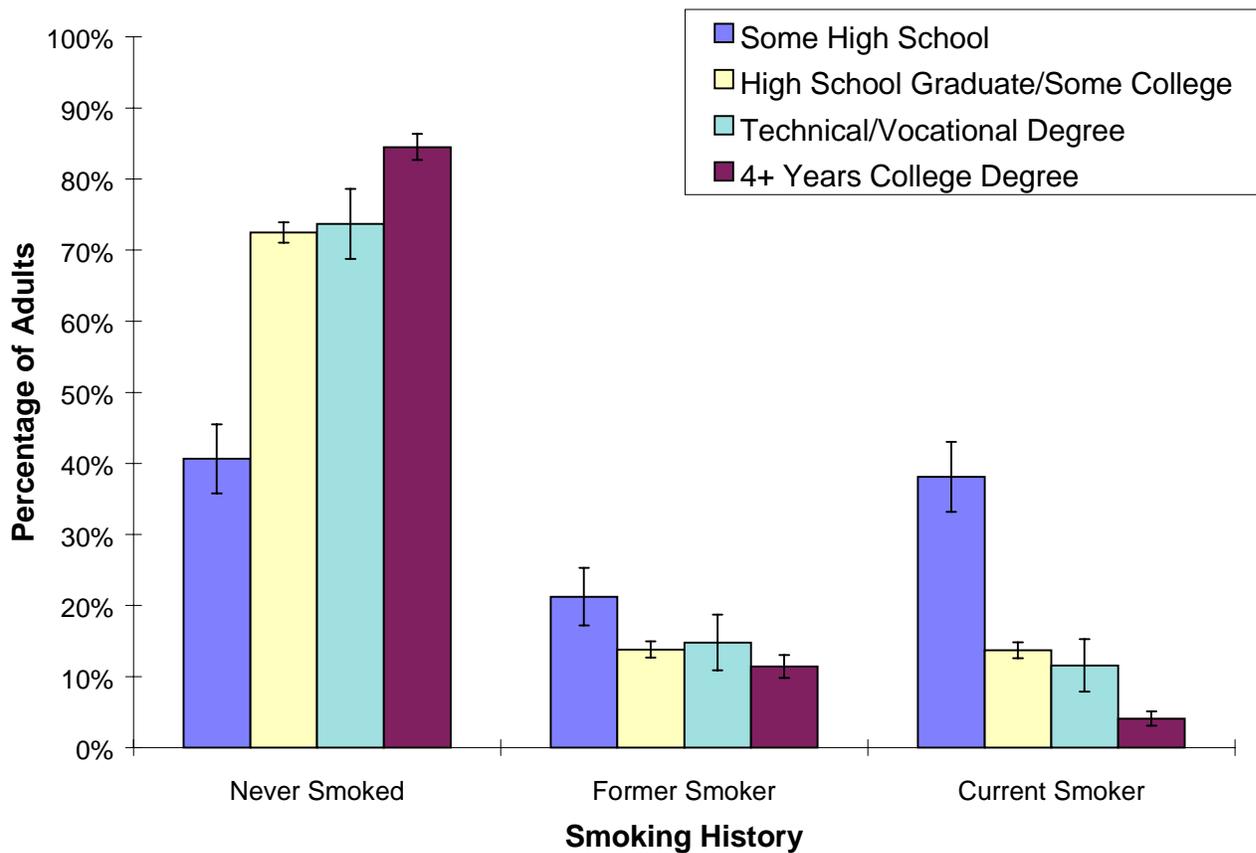
- **The percentage of persons who reported current smoking decreased from 15.3% in 1986 to 12.4% in 1996. That change is statistically significant.**

Figure 24. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Number of Cigarettes Smoked Per Day. Utah Adults, Age 18 or Over, 1996.



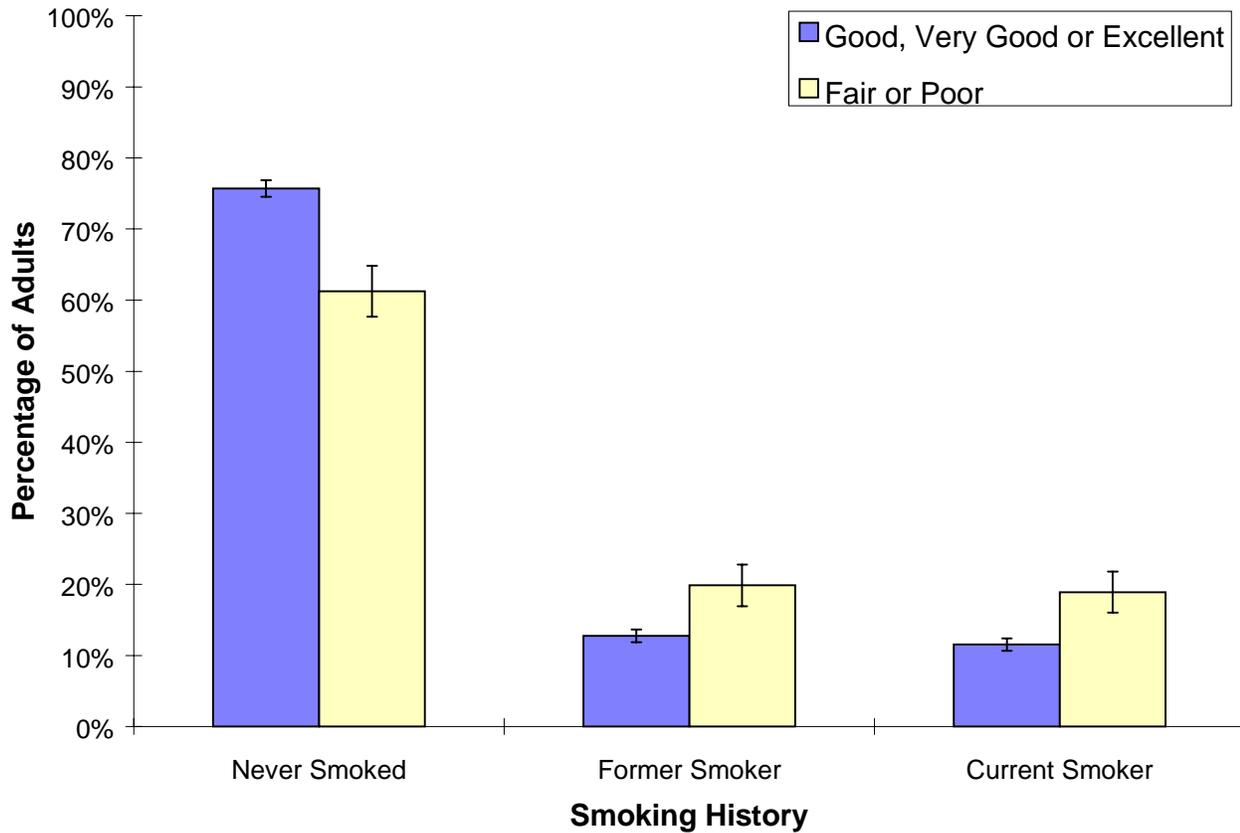
- In the 1996 Utah Health Status Survey (HSS), 12.4% of adults reported current smoking (95% confidence interval, 11.4%-13.4%).
- The estimate of current smoking obtained by the HSS was lower than that found by the Behavioral Risk Factor Surveillance System (BRFSS). In the 1996 BRFSS, 15.9% of adults (95% confidence interval, 14.2%-17.6%) were current smokers. The two estimates may have differed because the BRFSS surveys individual adults on their own behavior, while the HSS asked one adult household member to report information on each person in the household. Which estimate is more accurate cannot be determined, but the difference in methods means comparisons between the two surveys must be made very cautiously.

Figure 25. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Education Level. Utah Adults, Age 18 or Over, 1996.



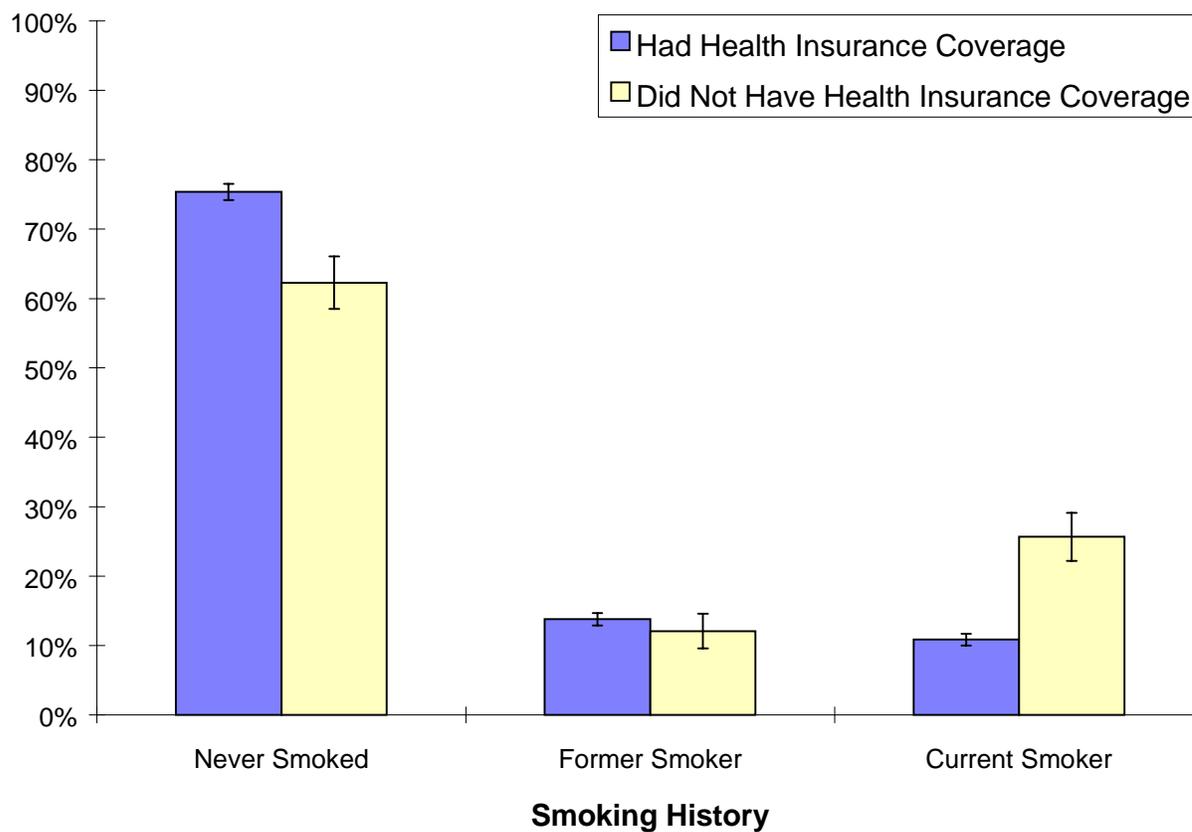
- **People with more education were much less likely to report cigarette smoking.**
- **Among adults with less than high school education, 38% were current smokers, compared to 4% of those with a college degree. However, most current smokers (81%) had at least a high school education (see Table 15).**
- **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 (Table 15).**

Figure 26. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by General Health Status. Utah Adults, Age 18 or Over, 1996.



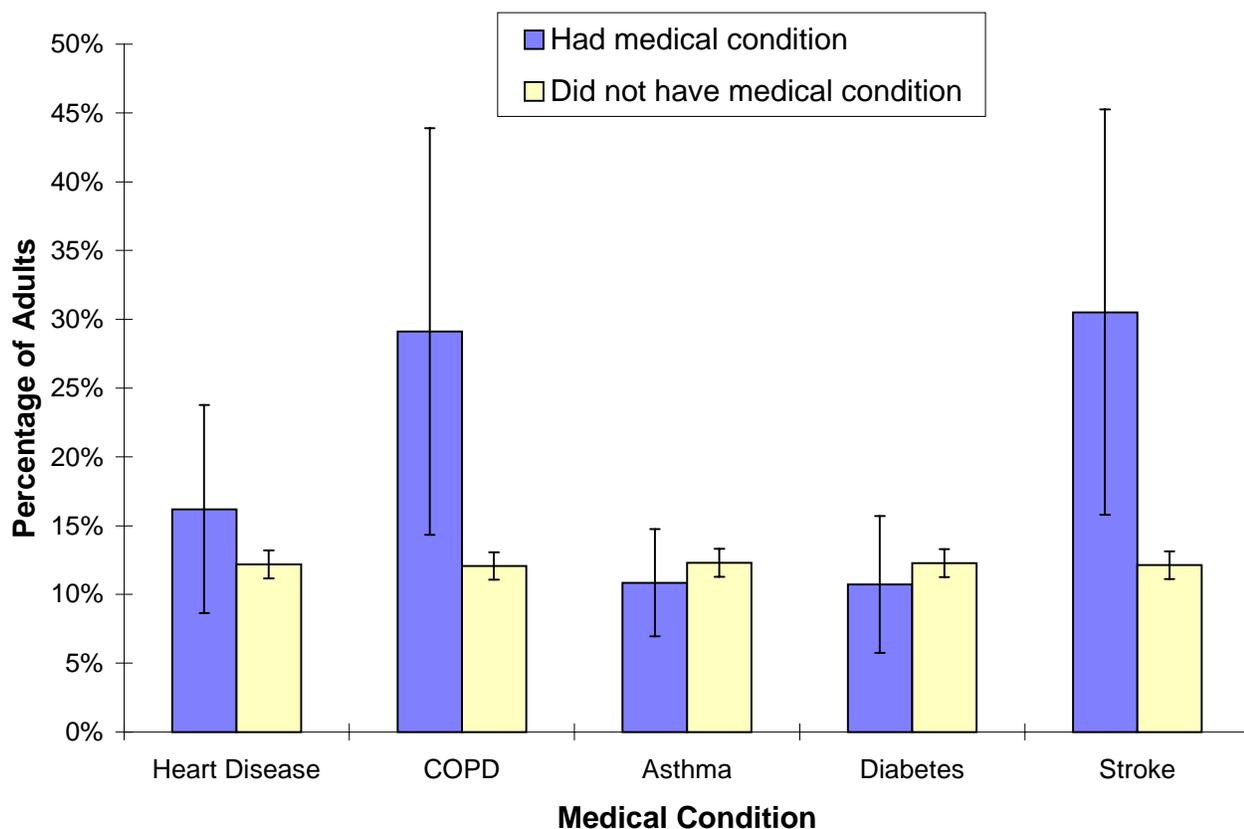
- **Persons who reported good/very good/excellent health status were more likely to report never being smokers.**
- **Cross-sectional analyses, such as this one, underestimate the extent to which smoking worsens health status, because smokers who were in the poorest health have died and are not able to be surveyed.**

Figure 27. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Health Insurance Status. Utah Adults, Age 18 or Over, 1996.



- **People without health insurance were more likely to be current smokers than were persons with health insurance coverage.**

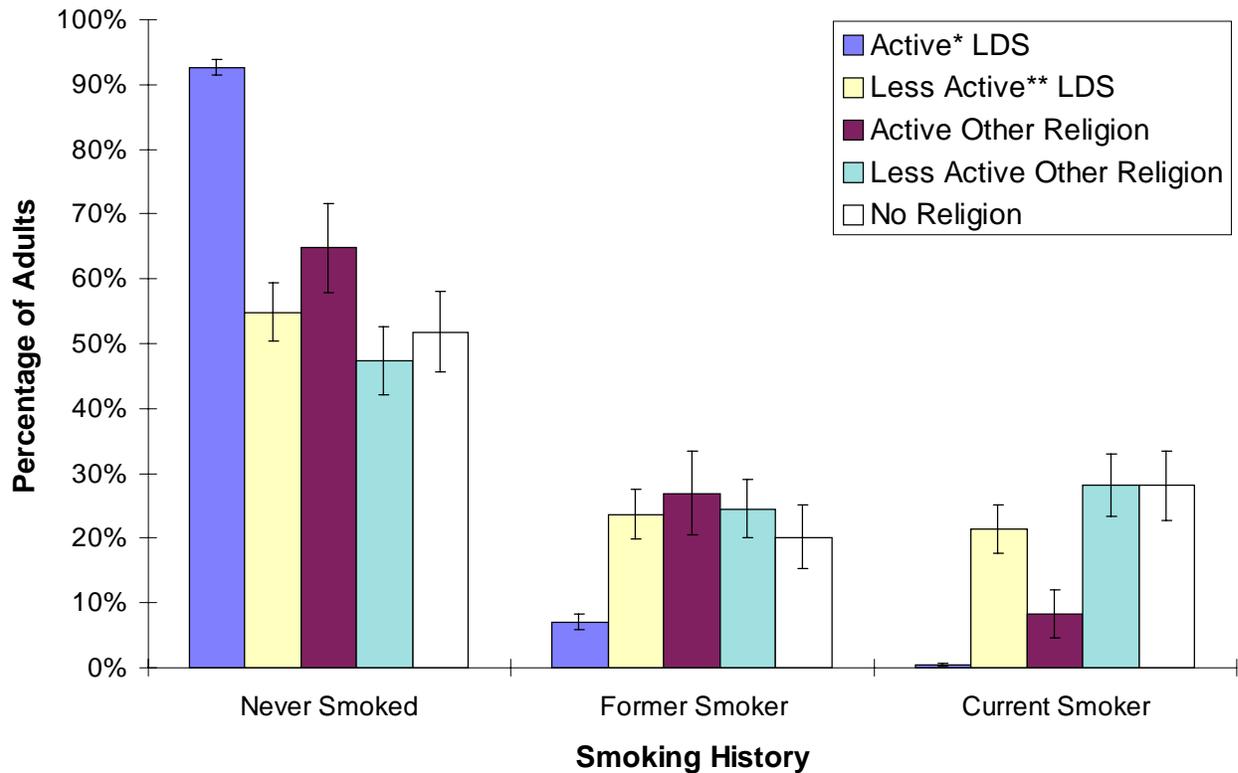
Figure 28. Cigarette Smoking: Percentage<sup>1</sup> of Adults Who Were Current Smokers by Selected Medical Conditions. Utah Adults, Age 18 or Over, 1996.



<sup>1</sup> Age-adjusted percentages.

- **People reported as having had a stroke or having chronic obstructive pulmonary disease were more likely to be current smokers than people without those diseases.**
- **Cross sectional analysis such as this one underestimate the extent to which smoking contributes to these diagnoses, because smokers often die early from these diseases, or may quit after being diagnosed with one of these diseases.**

Figure 29. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Religious Activity. Utah Adults, Age 18 or Over, 1996.

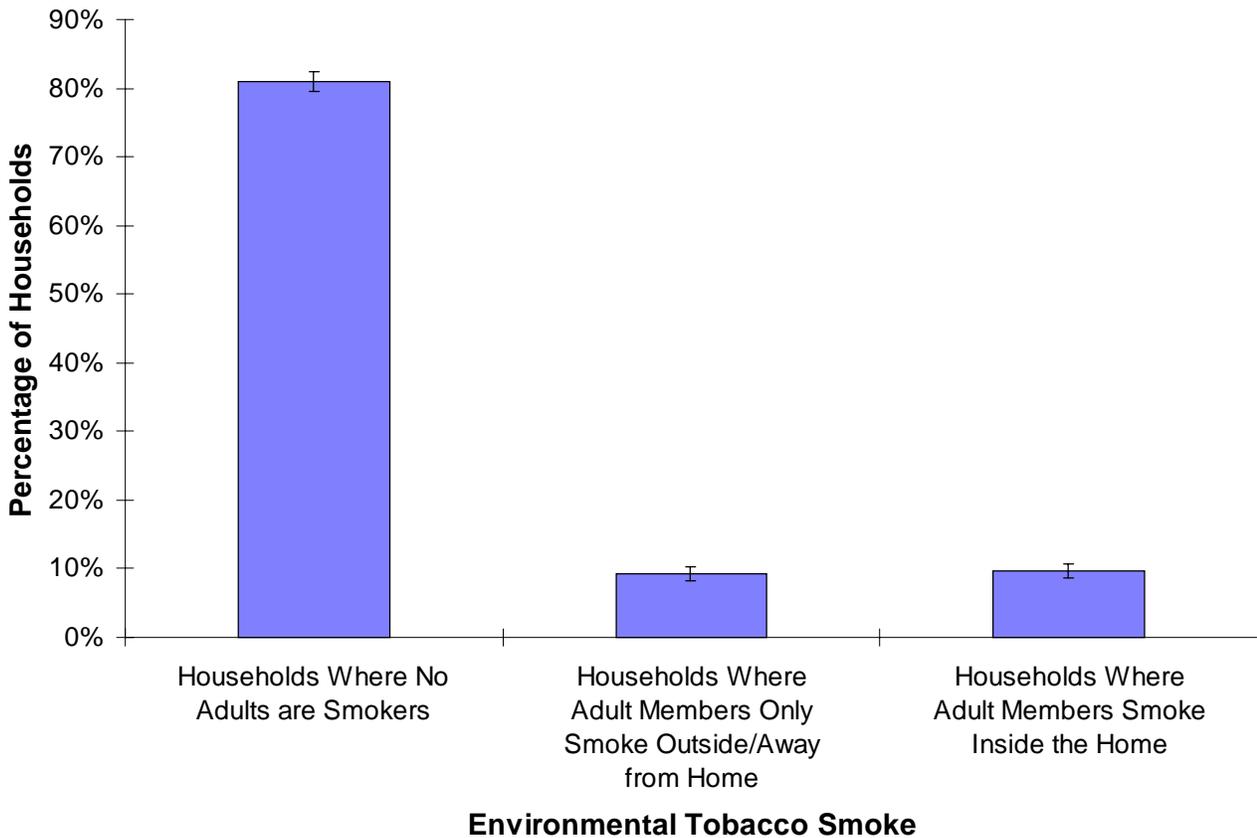


\* "Active" refers to attending religious services once a week or more.

\*\* "Less active" refers to attending religious services less than once a week.

- **People who reported being active LDS were more likely to report that they had never smoked.**
- **People who reported being active in any religion were less likely to be current smokers.**

Figure 30. Environmental Tobacco Smoke: Percentage of Households by Whether Adult Members Smoked Inside or Outside the Home. Utah Households, 1996.



- An estimated 49,800 Utah households contained an adult household member who smoked inside a home that was shared by others.
- 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.