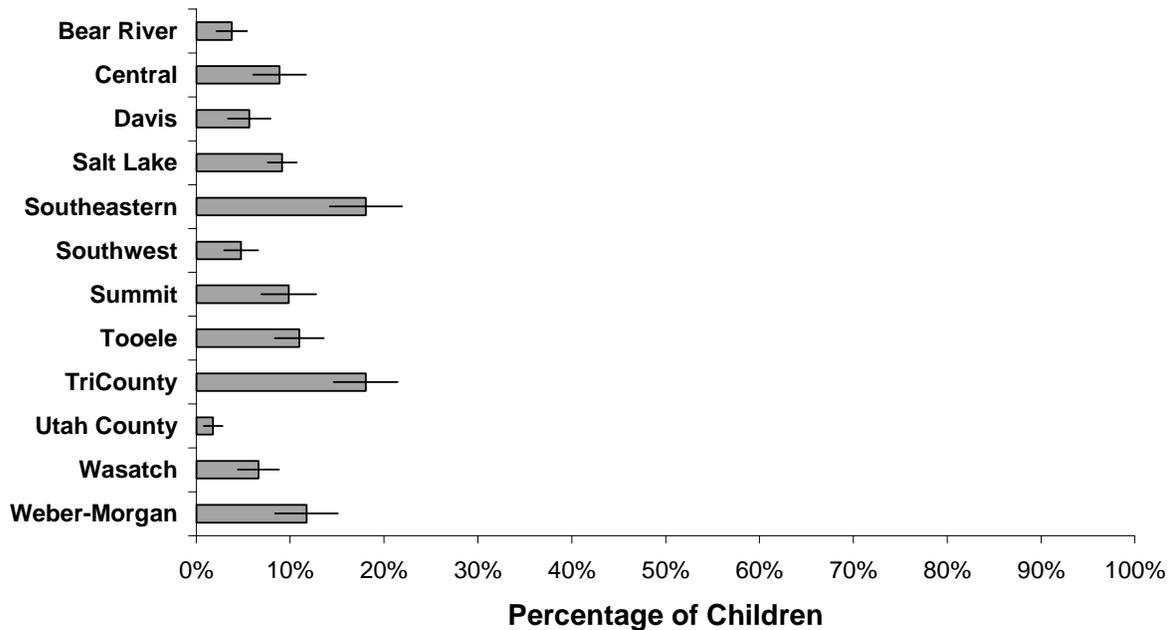




Exposure to Cigarette Smoke: Percentage of Children Who Had Been Exposed to Cigarette Smoke Inside the Home by Local Health District
Utah Children Age 17 and Under, 2001



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

- Childhood exposure to secondhand smoke, which can begin before birth and continue through childhood, is a major cause of morbidity in children. The presence of a smoker in a child’s household has been shown to increase the child’s risk for middle ear infections, asthma and other respiratory tract illnesses, sudden infant death syndrome (SIDS), and fire-related deaths and injuries. In addition, teens who live with smokers are more likely to become smokers themselves. Educational interventions and public policy to prevent children’s exposure to tobacco smoke can lead to improved health and substantial savings in societal and health care costs.
- Overall, almost 8% of children in Utah age 17 and under had been exposed to second hand smoke inside the home in the thirty days prior to data collection.
- Rates of exposure differed substantially across local health districts, from 2% to 18%. The risk of exposure for children in Southeastern and TriCounty Health Districts was more than twice that found for Utah children, overall.



Table 18. Exposure to Cigarette Smoke: Percentage of Children Who Had Been Exposed to Cigarette Smoke Inside the Home by Age, Local Health District, Household Income, and Ethnicity, Utah Children Age 17 and Under, 2001.

Demographic Subgroup	Population Size		Survey Estimates of Children Who Had Been Exposed to Cigarette Smoke Inside the Home		
	Percentage Distribution	Number of Persons ¹	Percentage of Persons ²	Number of Persons ^{3,4}	Percentage Distribution by Demographic Subgroup
2001 Utah Population, All Utahns, Age 17 and Under	100.0%	730,417	6.0% ± 1.1%	43,500	100.0%
Age Group					
5 and Under	35.5%	259,499	4.3% ± 1.3%	11,200	25.7%
6 to 12	37.4%	273,034	6.8% ± 1.5%	18,500	42.5%
13 to 17	27.1%	197,884	7.0% ± 1.7%	13,800	31.7%
Total, All Utahns, Age 17 and Under	100.0%	730,417	6.0% ± 1.1%	43,500	100.0%
Local Health District⁵					
Bear River	6.2%	45,045	2.8% ± 2.2%	1,300	3.0%
Central	3.1%	22,796	7.4% ± 3.6%	1,700	3.9%
Davis	11.5%	84,043	4.2% ± 2.8%	3,500	8.0%
Salt Lake	38.0%	277,625	7.6% ± 2.3%	21,100	48.5%
Southeastern	2.3%	16,849	17.6% ± 5.8%	3,000	6.9%
Southwest	6.2%	45,430	3.5% ± 2.2%	1,600	3.7%
Summit	1.2%	9,093	7.5% ± 4.2%	700	1.6%
Tooele	2.1%	14,994	9.2% ± 3.4%	1,400	3.2%
TriCounty	1.9%	14,206	16.8% ± 4.8%	2,400	5.5%
Utah County	17.9%	130,967	*** ± ***	***	***
Wasatch	0.7%	5,285	4.2% ± 2.6%	200	0.5%
Weber-Morgan	8.8%	64,084	9.0% ± 4.6%	5,700	13.1%
Total, All Utahns, Age 17 and Under	100.0%	730,417	6.0% ± 1.1%	43,500	100.0%

1 Population estimates are based on Utah Process Economic and Demographic (UPED) model published in January 2002 by the Utah Governor's Office of Planning and Budget.

2 Plus or minus 95% confidence interval.

3 Rounded to the nearest 100 persons.

4 Figures in these columns do not sum to the total because of missing values on the grouping variables.

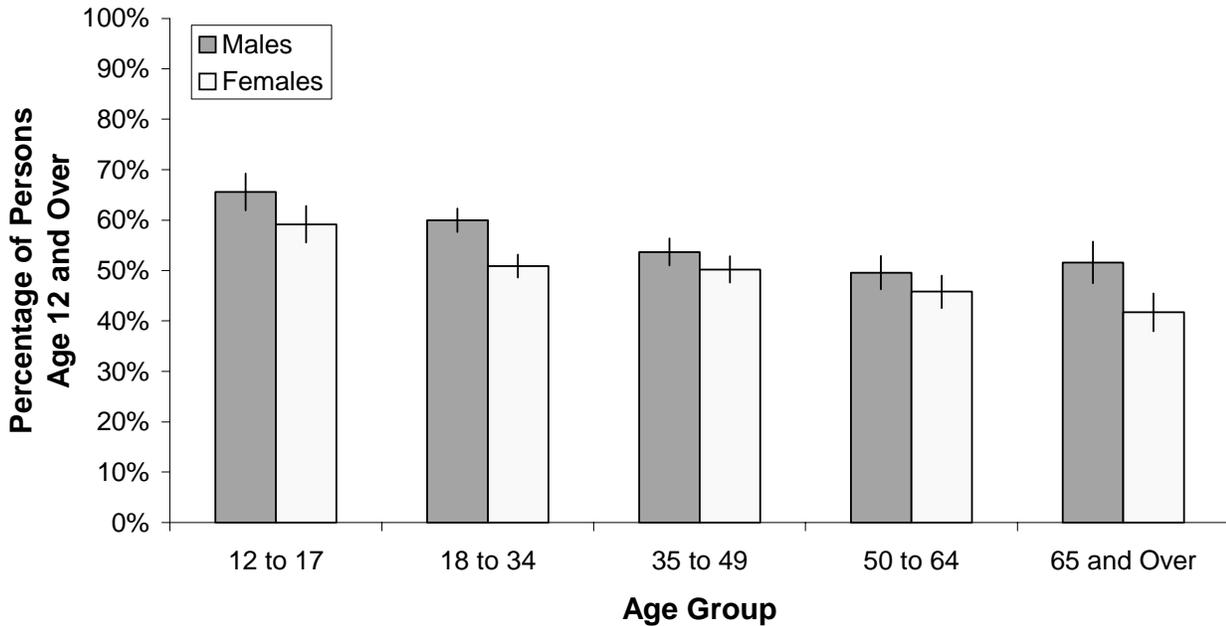
5 These rates have not been age-adjusted. For age-adjusted rates see Appendix A.

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

2001 Utah Health Status Survey, Utah Department of Health



Physical Activity: Percentage of Persons Who Reported Regular Moderate Exercise by Sex and Age
Utahns Age 12 and Over, 2001



Regular moderate exercise was defined as 'physical activities which were done 5 or more days per week for 30 minutes or more per occasion, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate.'

- The Healthy People 2010 initiative has defined a set of health objectives for the nation to achieve over the first decade of the new century. The objectives can be used by states, communities, and professional organizations to help develop programs to improve health.
- Two of the objectives of the Healthy People 2010 are to increase the proportion of adults and adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days. The target for adolescents is 35%, and for adults is 40%.
- Overall, men were more likely than women to get regular moderate physical activity (57% versus 50%), and physical activity decreased with age.
- TriCounty and Davis County Health Districts had the highest reported rates of regular moderate exercise.



Table 19a. Physical Activity: Percentage of Persons Who Reported Regular Moderate Exercise by Sex, Age, and Local Health District, Utahns Age 12 and Over, 2001.

Demographic Subgroup	Utah Population Distribution		Survey Estimates of Utahns Who Had Regular Moderate Exercise		
	Percentage Distribution	Number of Persons ¹	Percentage of Persons Who Had Regular Moderate Exercise ²	Number of Persons ^{3,4}	Percentage Distribution of Persons Who Had Regular Moderate Exercise by Subgroup ⁴
2001 Utah Population, Age 12+	100.0%	1,802,173	53.3% ± 1.1%	960,400	100.0%
Sex					
Male	49.8%	896,717	56.8% ± 1.4%	509,600	53.1%
Female	50.2%	905,456	49.8% ± 1.4%	451,000	46.9%
Total, All Utahns Age 12+	100.0%	1,802,173	53.3% ± 1.1%	960,400	100.0%
Age Group					
12 to 17	13.1%	236,623	62.5% ± 2.7%	147,800	15.4%
18 to 34	37.1%	669,170	55.5% ± 1.8%	371,200	38.6%
35 to 49	24.4%	439,986	51.9% ± 2.0%	228,600	23.8%
50 to 64	14.5%	262,021	47.6% ± 2.4%	124,800	13.0%
65 and Over	10.8%	194,373	46.1% ± 3.0%	89,700	9.3%
Total, All Utahns Age 12+	100.0%	1,802,173	53.3% ± 1.1%	960,400	100.0%
Sex and Age					
Males, 12 to 17	6.7%	121,597	65.6% ± 3.7%	79,800	8.3%
Males, 18 to 34	18.8%	338,358	60.0% ± 2.4%	202,900	21.1%
Males, 35 to 49	12.3%	222,338	53.7% ± 2.7%	119,300	12.4%
Males 50 to 64	7.2%	129,263	49.6% ± 3.3%	64,100	6.7%
Males, 65 and Over	4.7%	85,161	51.6% ± 4.1%	43,900	4.6%
Females, 12 to 17	6.4%	115,026	59.2% ± 3.6%	68,000	7.1%
Females, 18 to 34	18.4%	330,812	50.9% ± 2.3%	168,300	17.5%
Females, 35 to 49	12.1%	217,648	50.2% ± 2.6%	109,300	11.4%
Females 50 to 64	7.4%	132,758	45.8% ± 3.2%	60,800	6.3%
Females, 65 and Over	6.1%	109,212	41.7% ± 3.7%	45,600	4.7%
Total, All Utahns Age 12+	100.0%	1,802,173	53.3% ± 1.1%	960,400	100.0%
Local Health District⁵					
Bear River	6.0%	108,350	52.0% ± 3.2%	56,300	5.9%
Central	2.9%	52,725	60.5% ± 3.4%	31,900	3.3%
Davis	10.5%	189,209	49.0% ± 3.5%	92,800	9.7%
Salt Lake	40.5%	730,118	52.2% ± 2.0%	381,400	39.7%
Southeastern	2.3%	42,248	57.5% ± 3.6%	24,300	2.5%
Southwest	6.5%	116,927	58.4% ± 3.5%	68,300	7.1%
Summit	1.4%	25,494	57.2% ± 3.6%	14,600	1.5%
Tooele	1.9%	33,844	52.7% ± 3.1%	17,800	1.9%
TriCounty	1.8%	32,821	60.6% ± 3.1%	19,900	2.1%
Utah County	16.3%	293,245	54.8% ± 2.9%	160,600	16.7%
Wasatch	0.7%	12,504	55.5% ± 3.6%	6,900	0.7%
Weber-Morgan	9.1%	164,688	52.0% ± 3.9%	85,700	8.9%
Total, All Utahns Age 12+	100.0%	1,802,173	53.3% ± 1.1%	960,400	100.0%

1 Population estimates are based on Utah Process Economic and Demographic (UPED) model published in January 2002 by the Utah Governor's Office of Planning and Budget.

2 Plus or minus 95% confidence interval.

3 Rounded to the nearest 100 persons.

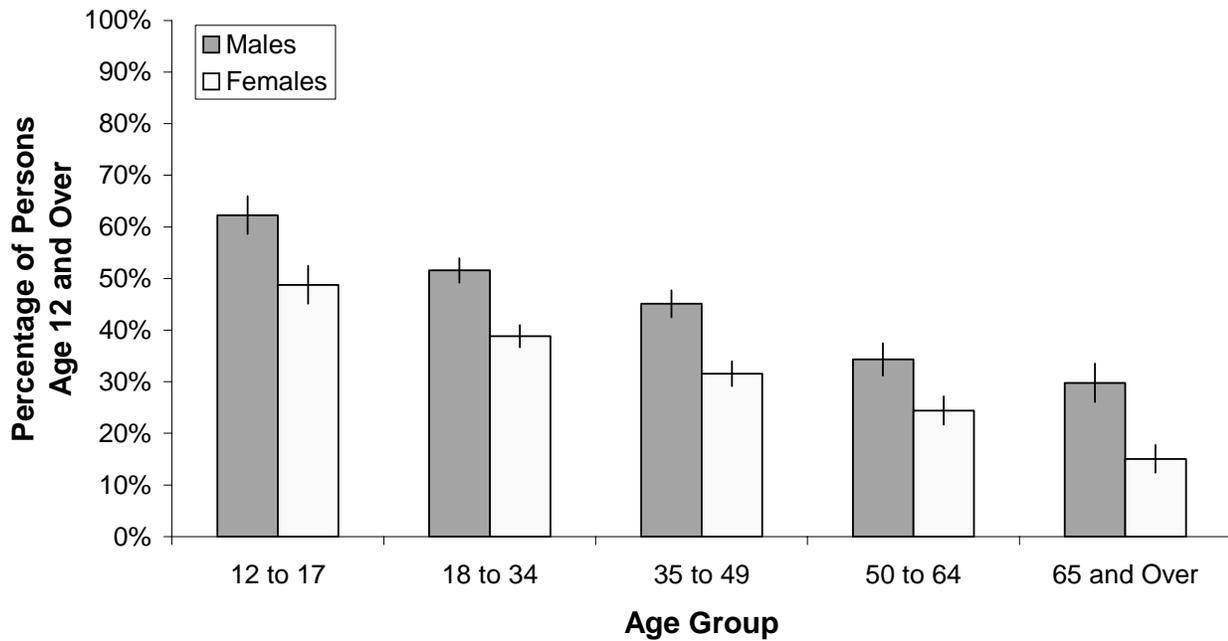
4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 These rates have not been age-adjusted. Age-adjusted rates are available upon request.

Note: Regular moderate exercise was defined as 'physical activities which were done 5 or more days per week for 30 minutes or more per occasion, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate.'



Physical Activity: Percentage of Persons Who Reported Regular Vigorous Exercise by Sex and Age
Utahns Age 12 and Over, 2001



Regular vigorous exercise was defined as 'physical activities which were done 3 or more days per week for 20 minutes or more per occasion, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.'

- Another two objectives of the Healthy People 2010 are to increase the proportion of adults and adolescents who engage in vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion. The target for adolescents was 85% and for adults 30%.
- Overall, men were more likely than women to do vigorous physical activities (47% versus 33%.)
- The percentage of persons who reported regular vigorous exercise decreased dramatically as age increased.
- Adolescents and adults in Summit County Health District were most likely to report getting regular vigorous physical activity.



Table 19b. Physical Activity: Percentage of Persons Who Reported Regular Vigorous Exercise by Sex, Age, and Local Health District, Utahns Age 12 and Over, 2001.

Demographic Subgroup	Utah Population Distribution		Survey Estimates of Utahns Who Had Regular Vigorous Exercise		
	Percentage Distribution	Number of Persons ¹	Percentage of Persons Who Had Regular Vigorous Exercise ²	Number of Persons ^{3,4}	Percentage Distribution of Persons Who Had Regular Vigorous Exercise by Subgroup ⁴
2001 Utah Population, Age 12+	100.0%	1,802,173	39.9% ± 1.1%	718,600	100.0%
Sex					
Male	49.8%	896,717	46.7% ± 1.4%	418,900	58.3%
Female	50.2%	905,456	33.1% ± 1.3%	300,100	41.7%
Total, All Utahns Age 12+	100.0%	1,802,173	39.9% ± 1.1%	718,600	100.0%
Age Group					
12 to 17	13.1%	236,623	55.7% ± 2.7%	131,800	18.3%
18 to 34	37.1%	669,170	45.3% ± 1.7%	302,800	41.9%
35 to 49	24.4%	439,986	38.3% ± 1.9%	168,600	23.4%
50 to 64	14.5%	262,021	29.3% ± 2.3%	76,700	10.6%
65 and Over	10.8%	194,373	21.6% ± 2.4%	42,000	5.8%
Total, All Utahns Age 12+	100.0%	1,802,173	39.9% ± 1.1%	718,600	100.0%
Sex and Age					
Males, 12 to 17	6.7%	121,597	62.3% ± 3.7%	75,700	10.5%
Males, 18 to 34	18.8%	338,358	51.6% ± 2.3%	174,500	24.2%
Males, 35 to 49	12.3%	222,338	45.1% ± 2.6%	100,200	13.9%
Males 50 to 64	7.2%	129,263	34.3% ± 3.2%	44,400	6.1%
Males, 65 and Over	4.7%	85,161	29.8% ± 3.7%	25,400	3.5%
Females, 12 to 17	6.4%	115,026	48.8% ± 3.7%	56,100	7.8%
Females, 18 to 34	18.4%	330,812	38.8% ± 2.2%	128,500	17.8%
Females, 35 to 49	12.1%	217,648	31.6% ± 2.4%	68,700	9.5%
Females 50 to 64	7.4%	132,758	24.4% ± 2.7%	32,400	4.5%
Females, 65 and Over	6.1%	109,212	15.0% ± 2.7%	16,400	2.3%
Total, All Utahns Age 12+	100.0%	1,802,173	39.9% ± 1.1%	718,600	100.0%
Local Health District⁵					
Bear River	6.0%	108,350	39.3% ± 3.1%	42,600	5.9%
Central	2.9%	52,725	42.1% ± 3.5%	22,200	3.1%
Davis	10.5%	189,209	37.3% ± 3.3%	70,500	9.8%
Salt Lake	40.5%	730,118	39.0% ± 1.9%	284,400	39.6%
Southeastern	2.3%	42,248	42.9% ± 3.6%	18,100	2.5%
Southwest	6.5%	116,927	41.3% ± 3.4%	48,300	6.7%
Summit	1.4%	25,494	51.2% ± 3.5%	13,100	1.8%
Tooele	1.9%	33,844	39.6% ± 2.9%	13,400	1.9%
TriCounty	1.8%	32,821	43.3% ± 3.1%	14,200	2.0%
Utah County	16.3%	293,245	42.8% ± 2.7%	125,600	17.5%
Wasatch	0.7%	12,504	45.4% ± 3.5%	5,700	0.8%
Weber-Morgan	9.1%	164,688	36.9% ± 3.6%	60,800	8.5%
Total, All Utahns Age 12+	100.0%	1,802,173	39.9% ± 1.1%	718,600	100.0%

1 Population estimates are based on Utah Process Economic and Demographic (UPED) model published in January 2002 by the Utah Governor's Office of Planning and Budget.

2 Plus or minus 95% confidence interval.

3 Rounded to the nearest 100 persons.

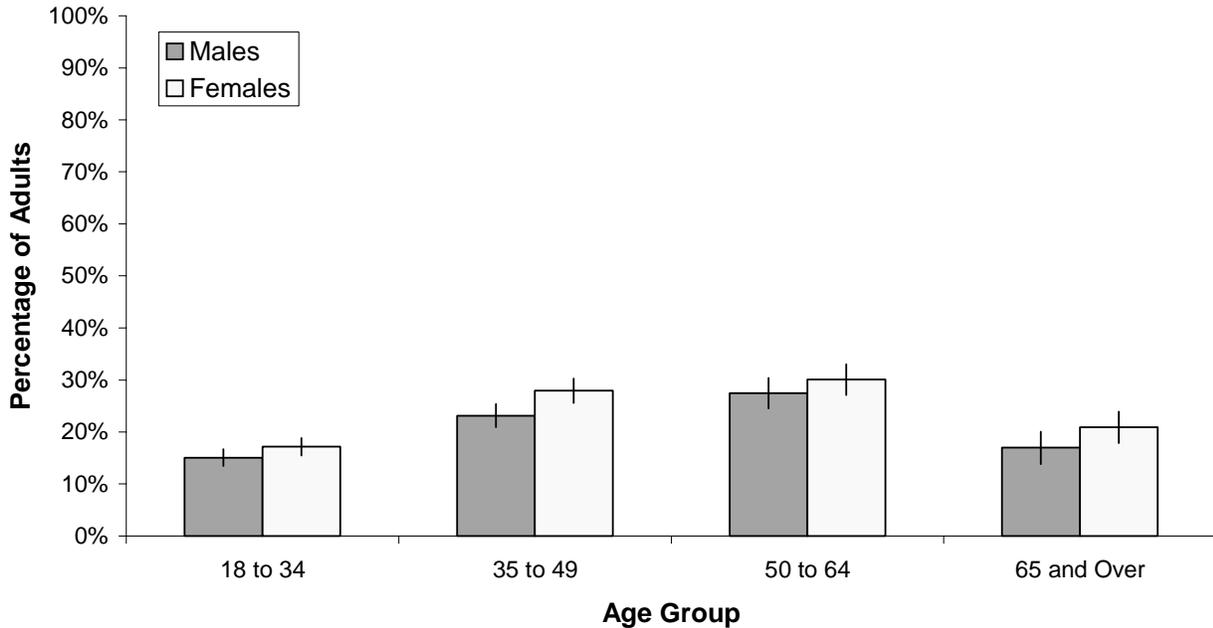
4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 These rates have not been age-adjusted. Age-adjusted rates are available upon request.

Note: Regular vigorous exercise was defined as 'physical activities which were done 3 or more days per week for 20 minutes or more per occasion, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.'



Obesity: Percentage of Adults Who Were Obese by Sex and Age
Utah Adults Age 18 and Over, 2001



Obesity was defined as a body mass index (BMI) of ≥ 30 for both males and females. BMI is calculated by dividing weight in kilograms by the square of height in meters. For example, a male or female who is 5'8" is considered obese if he or she weighs 197.5 or more pounds.

- Another objective of Healthy People 2010 is to reduce the proportion of adults who are obese to 15%.
- Being overweight is a risk factor for a number of diseases, including heart disease, high cholesterol, and diabetes. Overall, 21.4% of Utahns were obese.
- Women in every age category were more likely than men to be obese .
- For both men and women obesity prevalence dropped after age 64 by approximately ten percentage points.



Table 20. Obesity: Percentage of Adults Who Were Obese by Selected Demographic Characteristics, Utah Residents, Age 18 and Over, 2001.

Demographic Subgroup	Population Size		Survey Estimates of Persons Who Were Obese		
	Percentage Distribution	Number of Persons ¹	Percentage of Persons ²	Number of Persons ^{3,4}	Percentage Distribution by Demographic Subgroup
2001 Utah Population, Age 18+	100.0%	1,565,550	21.2% ± 0.9%	331,300	100.0%
Sex					
Male	49.5%	775,120	19.7% ± 1.1%	152,400	46.0%
Female	50.5%	790,430	22.6% ± 1.2%	178,900	54.0%
Total, All Utahns, Age 18+	100.0%	1,565,550	21.2% ± 0.9%	331,300	100.0%
Age Group					
18 to 34	42.7%	669,170	15.9% ± 1.2%	106,300	32.1%
35 to 49	28.1%	439,986	25.6% ± 1.7%	112,600	34.0%
50 to 64	16.7%	262,021	28.6% ± 2.2%	75,100	22.7%
65 and Over	12.4%	194,373	18.9% ± 2.3%	36,700	11.1%
Total, All Utahns, Age 18+	100.0%	1,565,550	21.2% ± 0.9%	331,300	100.0%
Sex and Age					
Males, 18 to 34	21.6%	338,358	14.9% ± 1.6%	50,500	15.3%
Males, 35 to 49	14.2%	222,338	23.4% ± 2.2%	52,000	15.7%
Males, 50 to 64	8.3%	129,263	27.4% ± 2.9%	35,400	10.7%
Males, 65 and Over	5.4%	85,161	16.8% ± 3.1%	14,300	4.3%
Females, 18 to 34	21.1%	330,812	16.9% ± 1.7%	55,900	16.9%
Females, 35 to 49	13.9%	217,648	27.8% ± 2.4%	60,500	18.3%
Females, 50 to 64	8.5%	132,758	29.8% ± 3.0%	39,600	12.0%
Females, 65 and Over	7.0%	109,212	20.6% ± 3.0%	22,400	6.8%
Total, All Utahns, Age 18+	100.0%	1,565,550	21.2% ± 0.9%	331,300	100.0%
Local Health District⁵					
Bear River	6.0%	93,555	20.8% ± 2.5%	19,400	5.9%
Central	2.8%	44,411	20.0% ± 2.9%	8,900	2.7%
Davis	10.3%	160,801	23.1% ± 3.0%	37,200	11.2%
Salt Lake	40.9%	640,654	21.2% ± 1.6%	136,000	41.0%
Southeastern	2.3%	35,968	17.4% ± 2.6%	6,300	1.9%
Southwest	6.5%	101,940	18.8% ± 2.8%	19,200	5.8%
Summit	1.4%	22,186	12.7% ± 2.4%	2,800	0.8%
Tooele	1.9%	29,436	24.2% ± 2.6%	7,100	2.1%
TriCounty	1.8%	27,434	23.9% ± 2.6%	6,600	2.0%
Utah County	16.3%	254,723	22.4% ± 2.3%	57,000	17.2%
Wasatch	0.7%	10,662	16.2% ± 2.4%	1,700	0.5%
Weber-Morgan	9.2%	143,780	20.3% ± 3.0%	29,200	8.8%
Total, All Utahns, Age 18+	100.0%	1,565,550	21.2% ± 0.9%	331,300	100.0%

1 Population estimates are based on Utah Process Economic and Demographic (UPED) model published in January 2002 by the Utah Governor's Office of Planning and Budget.

2 Plus or minus 95% confidence interval.

3 Rounded to the nearest 100 persons.

4 Figures in these columns do not sum to the total because of missing values on the grouping variables.

5 These rates have not been age-adjusted. For age-adjusted rates see Appendix A.

Note: Obesity was defined as a BMI of 30 or more. BMI is calculated by dividing weight in kilograms by the square of height in meters. For example, a male or female who is 5'8" is considered obese if he or she weighs 197.5 or more pounds.

2001 Utah Health Status Survey, Utah Department of Health