

CHAPTER 5:

Behavioral Risk Factors

One determinant of health is lifestyle and health-related behaviors. Alcohol, tobacco, and other drug use and abuse, obesity, and physical activity are indicators of the level of healthy living in a population. This chapter presents information on these factors, each of which contributes to chronic diseases, such as heart disease, cancer, stroke, and diabetes, as well as injuries. The proportion of the population who receive health screenings is also presented as this is an important indicator of how well a community is doing in regards to prevention and early detection of disease. Although risk factors and health screenings are a result of an individual's behaviors, it is important to consider the other factors that influence the adoption of healthy choices, such as social norms and the availability of individual and community resources.

SUBSTANCE USE AND ABUSE

Fig. 5.1 Behavioral Risk Factors: Substance Use			
	Flint 2003	Genesee County 2003	Michigan 2003
Heavy Drinking ¹	5.6%	5.8%	6.2%
Binge Drinking ²	12.3%	14.4%	19.1%
Current Smoker ³	31%	26.8%	25.8%
Mean Age Began Smoking	14.6 years	15.0 years	Not Available

Source: 2003 Michigan Behavioral Risk Factor Survey, 2004, Michigan Department of Community Health; Speak to Your Health! Community Survey, 2003, Prevention Research Center of Michigan.

Tobacco Use

- ◆ Overall about 27% of Genesee County residents say that they currently smoke on *every* or *some days*. Flint has a higher proportion of residents (31%) who say they currently smoke than Out County residents (25.3%).

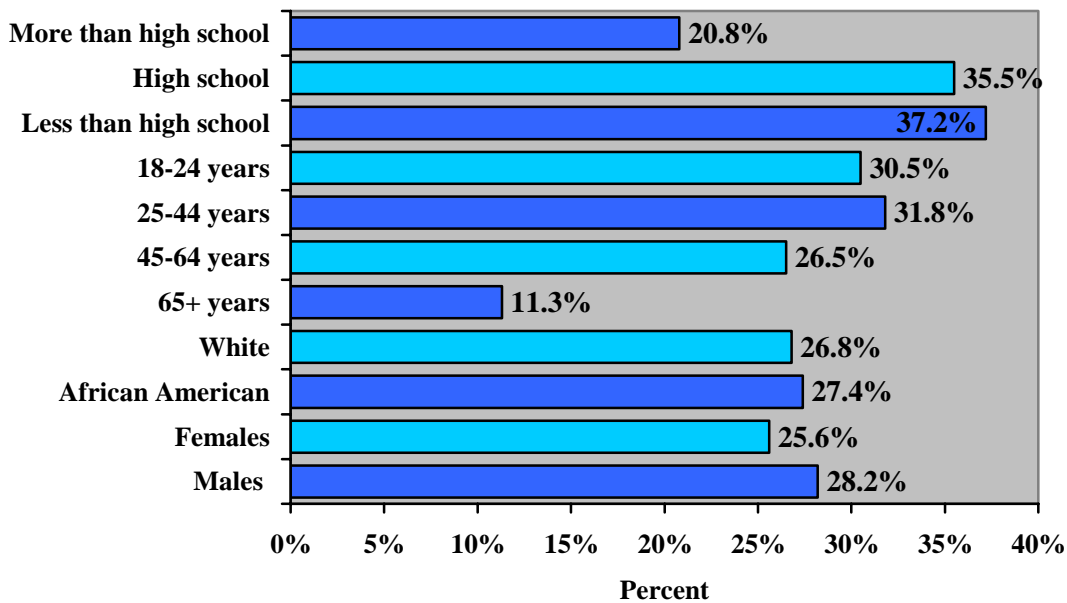
¹ Proportion of respondents who reported consuming on average more than two alcoholic drinks per day (males) or more than one alcoholic drink per day (females) in the past 30 days.

² Proportion of respondents who reported consuming 5 or more drinks on any one occasion at least once in the past 30 days.

³ Proportion of respondents who reported that they had ever smoked 100 cigarettes in their life and that they smoke every day or on some days now.

- ◆ Current smoking status varies by age. Younger respondents were more likely to report that they currently smoke compared to older respondents.
- ◆ A higher percentage of people who have a less than high school education are current smokers (37.2%) than high school graduates (35.5%) or people with more education than high school (20.8%).

Fig. 5.2 Current Smokers, Adults Aged 18 Years or Older, Genesee County, 2003

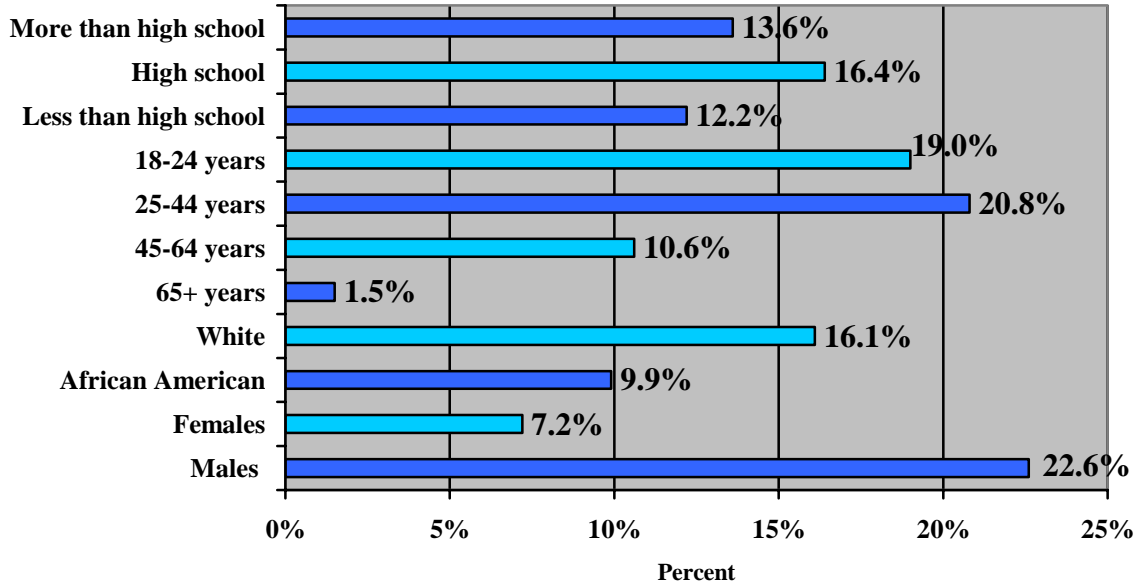


Source: Speak to Your Health! Community Survey, 2003, Prevention Research Center of Michigan

Alcohol Use

- ◆ Overall, 14.4% of adults in Genesee County say that they have engaged in at least one episode of binge drinking in the past 30 days. Out County has a higher percentage of binge drinkers (15.2%) than City of Flint (12.3%).
- ◆ Binge drinking in Genesee County is significantly more prevalent in males (22.6%) than females (7.2%).
- ◆ A higher proportion of Whites (16.1%) report binge drinking than African Americans (9.9%).
- ◆ Males (8.5%) were more likely to be heavy drinkers than females (3.5%).

Fig. 5.3 Binge Drinking*, Adults Aged 18 Years and Older, Genesee County, 2003



*Respondents who said that they consumed 5 or more drinks on an occasion at least once in the past 30 days
 Source: Speak to Your Health! Community Survey, 2003, Prevention Research Center of Michigan

LIFESTYLE FACTORS

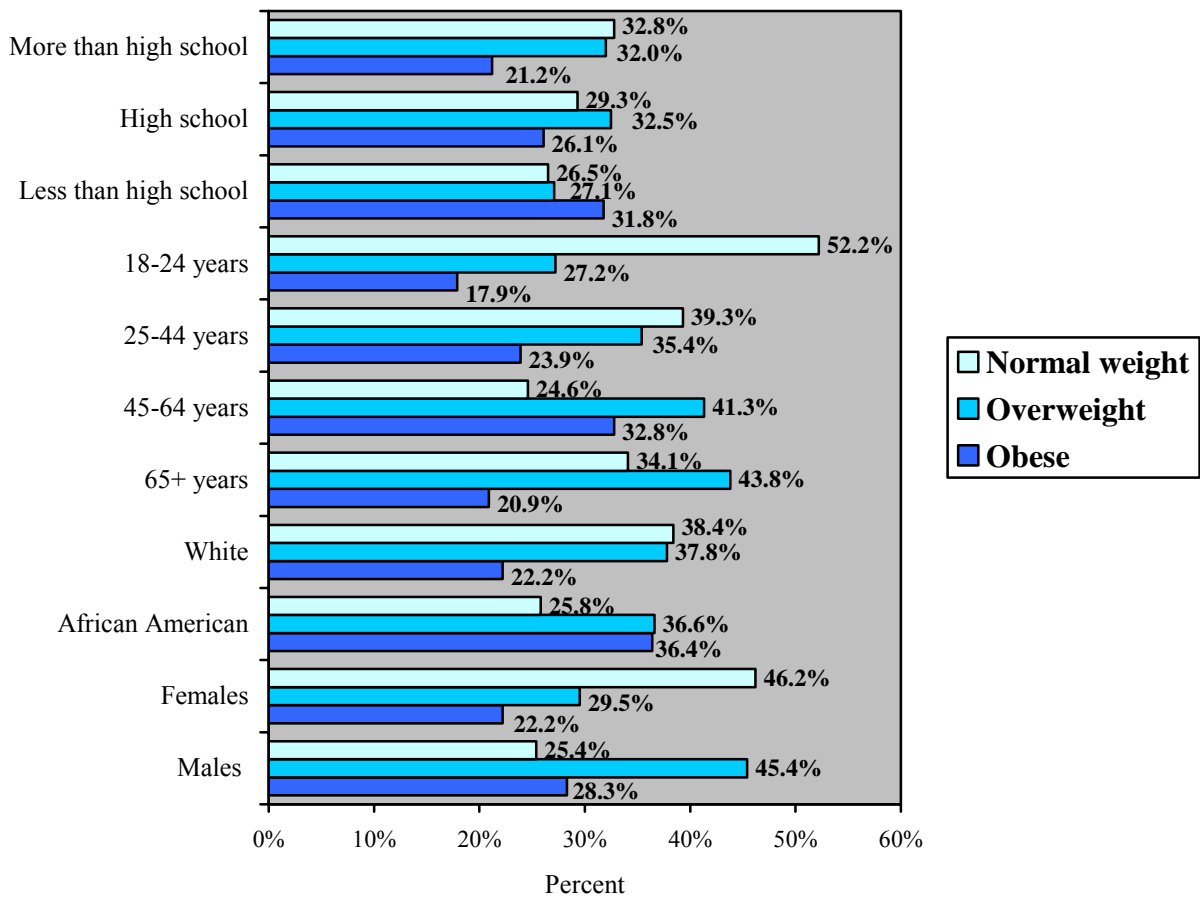
- ◆ Figure 5.4 shows that the City of Flint has a higher proportion of residents that are obese (30.9%) than Genesee County as a whole (25.3%) and Michigan (25.4%).
- ◆ In general, Flint, Genesee County, and Michigan have similar proportions of residents who spend their time at work sitting or standing. However, Flint and the County as a whole have higher percentage of residents whose occupations involve mostly heavy labor or physical work than Michigan.
- ◆ Overall, nearly 58% of Genesee County residents say they engage in physical activity for at least 20 minutes 3 times per week or more.
- ◆ Flint residents, women, and African Americans were more likely to consume at least 2 servings of fruit per day.
- ◆ The proportion of residents who consumed at least 1 serving of green salad per day was nearly the same for the City of Flint and Genesee County as a whole.
- ◆ For Genesee County, women and African Americans were more likely to eat at least 1 serving of green salad per day.

Fig. 5.4 Behavioral Risk Factors: Lifestyle			
	Flint 2003	Genesee County 2003	Michigan 2003
Overweight (BMI 25-29.9)	36.8%	37.5%	36.6%
Obese (BMI \geq30)	30.9%	25.3%	25.4%
Physical Activity Frequency⁴			
<1 time per week	26.7%	21.3%	Not available
1-2 times per week	20.2%	20.8%	Not available
3 times per week	15.5%	17.5%	Not available
4+ times per week	37.6%	40.5%	Not available
Occupational Physical Activity			
Mostly standing/sitting	57.7%	57.5%	64.5%
Mostly walking	20.9%	22.5%	20.7%
Mostly Heavy Labor or Physical Work	21.4%	20.1%	14.9%
Consumed at Least 2 Servings of Fruit per Day	36.6%	32.4%	29.5%
Consumed at Least 1 Serving of Green Salad per Day	24.2%	24.8%	17.9%

Source: 2003 Michigan Behavioral Risk Factor Survey, 2004, Michigan Department of Community Health; Speak to Your Health! Community Survey, 2003, Prevention Research Center of Michigan.

⁴ Percent who reported engaging in exercise or work, which is hard enough to make you breathe more heavily or make your heart beat faster, that is done for at least 20 minutes.

Fig. 5.5 Weight Status*, Adults Aged 18 Years or Older, Genesee County, 2003



*Body Mass Index (BMI) is calculated using respondents self-reported weight and height. BMI is defined as weight in kilograms divided by height in meters squared [weight in kg/(height in meters)²]. BMI categories are 18.5-24.9, Normal weight; 25-29.9, Overweight; 30 or above, Obese.

Source: Speak to Your Health! Community Survey, 2003, Prevention Research Center of Michigan

- ◆ Flint residents had a higher average Body Mass Index (BMI) than Out County residents.
- ◆ Residents in the age groups 45-64 years and over 65 years have a higher percentage of residents who are classified as overweight (BMI 25-29.9) and obese (BMI ≥ 30) than younger age groups.
- ◆ In Genesee County, African Americans have a higher average BMI than Whites.
- ◆ Weight status also varies by gender, with males having a higher average BMI than females.

HEALTH SCREENINGS

- ◆ As shown below in Figure 5.6, for the period 1998-2002, health screening rates for Genesee County are similar to State of Michigan rates.
- ◆ In 2003, 72.4% of Genesee County adults 45 years and older reported being screened or checked for diabetes in the past year.

Source: Speak to Your Health! Community Survey, 2003, Prevention Research Center of Michigan.

Fig. 5.6 Health Screenings for Adults Age 18 Years and Older		
	Genesee County 1998-2002*	Michigan 1998-2002
Cholesterol Ever Checked	76.5%	77.6%
Cholesterol Checked Within the Past 5 Years	73.0%	72.7%
Ever Had an HIV Test	44.8%	45.5%
Ever Had Blood Stool Test	51.8%	52.3%
Had a Blood Stool Test in Past 2 Years	31.1%	35.2%
Had Pap Test in Past 3 Years	84.7%	85.4%

*Due to limited sample sizes, health screening data is unavailable for individual years by county. Source: Michigan Behavioral Risk Factor Survey 1998-2002, 2004, Michigan Department of Community Health