

# 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 receiving health screenings is also presented because this is an important indicator of a community's disease prevention and early detection efforts. 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.

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### SUBSTANCE USE AND ABUSE

<b>Fig. 5.1 Behavioral Risk Factors: Substance Use</b>			
	<b>Flint 2007</b>	<b>Genesee County 2007</b>	<b>Michigan 2007</b>
<b>Heavy Drinking<sup>1</sup></b>	3.7%	6%	6.1%
<b>Binge Drinking<sup>2</sup></b>	36.8%	33.6%	18.4%
<b>Current Smoker<sup>3</sup></b>	36.1%	25.6%	21.1%

Source: 2007 Michigan Behavioral Risk Factor Survey, 2007, Michigan Department of Community Health; Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan.

<sup>1</sup> 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.

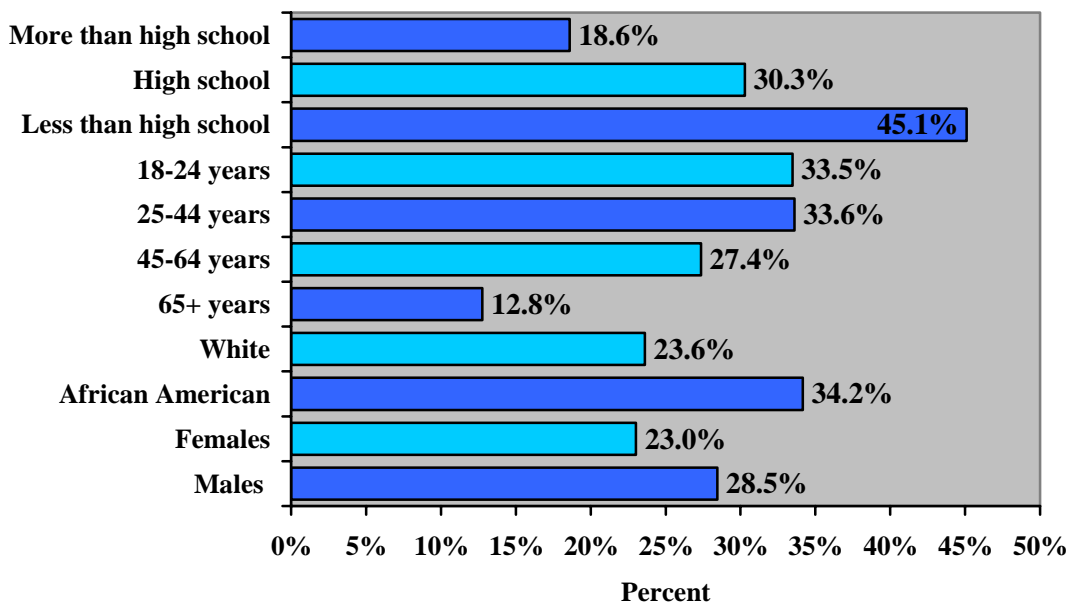
<sup>2</sup> Proportion of respondents who reported consuming 5 or more drinks on any one occasion at least once in the past 30 days.

<sup>3</sup> 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.

**Tobacco Use**

- ◆ Overall about 50.6% of Genesee County residents say that they currently smoke on *every* or *some days*. Flint has a higher proportion of residents (64.5%) who say they currently smoke on *every* or *some days* than Out County residents (45.9%).
- ◆ Current smoking status varies by age. Those 65 years and older were less likely to report they currently smoke compared to younger respondents.
- ◆ A higher percentage of people who have a less than high school education are current smokers (45.1%) than high school graduates (30.3%) or people with more education than high school (18.6%).

**Fig. 5.2 Current Smokers, Adults Aged 18 Years or Older, Genesee County, 2007**

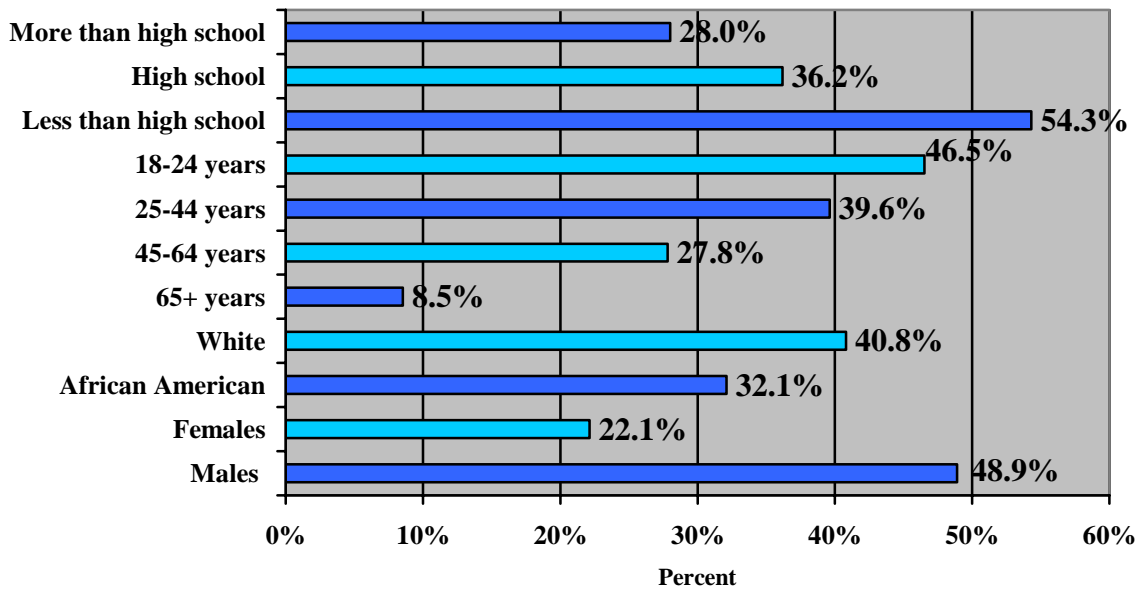


Source: Speak to Your Health! Community Survey, 2007 Prevention Research Center of Michigan

## Alcohol Use

- ◆ Overall, 33.6% of adults in Genesee County say they have engaged in at least one episode of binge drinking in the past 30 days. Flint has a higher percentage of binge drinkers (36.8%) than Out County residents (32.9%).
- ◆ Binge drinking in Genesee County is significantly more prevalent in males (48.9%) than females (22.1%).
- ◆ A higher proportion of Whites (40.8%) report binge drinking than African Americans (32.1%).

**Fig. 5.3 Binge Drinking\*, Adults Aged 18 Years and Older, Genesee County, 2007**



\*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, 2007, 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 (38.5%) than Genesee County as a whole (32.5%) and Michigan (28.4%).
- ◆ Nearly 57% of Genesee County residents say they engage in physical activity for at least 20 minutes 3 times per week or more.
- ◆ The percentage of residents who drink fruit juice, eat fruits, and eat vegetables at least 5 times per day was equal for both Flint and Genesee County.
- ◆ Women and African Americans in Genesee County were more likely to drink fruit juice, eat fruits, and eat vegetables at least 5 times per day.
- ◆ A higher proportion of residents of the City of Flint, 58.8%, report *always* using a condom when having sex with a new partner than Genesee County as a whole, 49.3%.

**Fig. 5.4 Behavioral Risk Factors: Lifestyle**

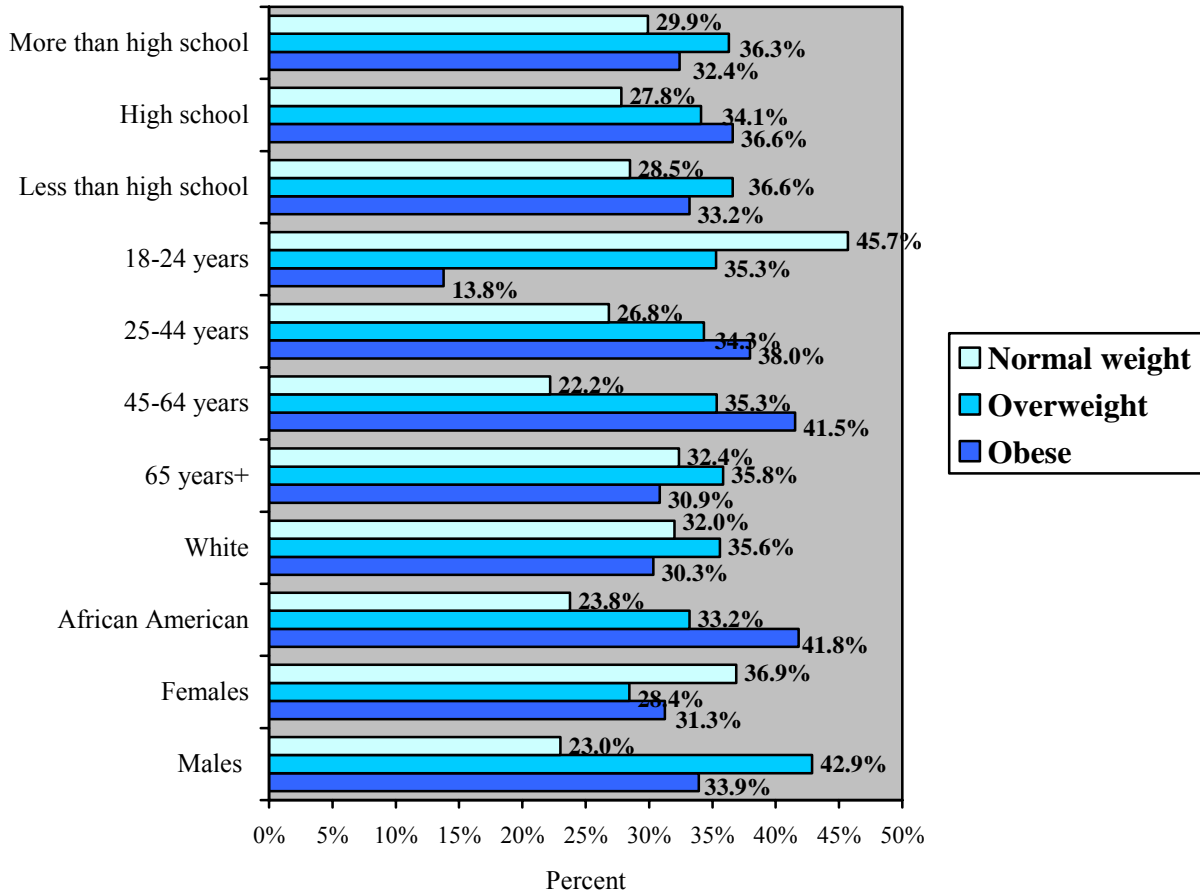
	<b>Flint 2007</b>	<b>Genesee County 2007</b>	<b>Michigan 2007</b>
<b>Overweight (BMI 25-29.9)</b>	31.7%	35.4%	36.2%
<b>Obese (BMI ≥30)</b>	38.5%	32.5%	28.4%
<b>Physical Activity Frequency<sup>4</sup></b>			
<b>&lt;1 time per week</b>	31.1%	22.2%	Not available
<b>1-2 times per week</b>	20.8%	21.6%	Not available
<b>3 times per week</b>	12.6%	18.4%	Not available
<b>4+ times per week</b>	35.5%	37.9%	Not available
<b>Percent of respondents who drink fruit juice, eat fruits, and eat vegetables five times per day</b>	24.6%	24.6%	21.3%
<b>Condom use when having sex with a new partner</b>			
<b>Always</b>	58.8%	49.3%	Not available
<b>Most of the time</b>	6.7%	8.2%	Not available
<b>Sometimes</b>	6.0%	4.3%	Not available
<b>Rarely or never</b>	28.5%	38.3%	Not available

Source: 2007 Michigan Behavioral Risk Factor Survey, Michigan Department of Community Health; Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan.

<sup>4</sup> 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.

## WEIGHT STATUS

**Fig. 5.5 Weight Status\*, Adults Aged 18 Years or Older, Genesee County, 2007**



\*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)<sup>2</sup>]. BMI categories are 18.5-24.9, Normal weight; 25-29.9, Overweight; 30 or above, Obese.

Source: Speak to Your Health! Community Survey, 2007, Prevention Research Center of Michigan

- ◆ Flint residents had a higher average Body Mass Index (BMI) than Out County residents.
- ◆ 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 2005-2007, health screening rates for Genesee County are similar to State of Michigan rates.
- ◆ In 2007, 73.7% of Genesee County residents reported visiting a doctor or other health care professional for a routine check up in the past year.  
Source: Speak to Your Health! Community Survey, 2007

<b>Fig. 5.6 Health Screenings for Adults Age 18 Years and Older</b>		
	<b>Genesee County 2005-2007*</b>	<b>Michigan 2005-2007</b>
<b>Cholesterol Ever Checked</b>	80.9%	81%
<b>Cholesterol Checked Within the Past 5 Years</b>	77.7%	77.2%
<b>Ever Had an HIV Test</b>	39%	38.6%
<b>Had a Blood Stool Test in Past 2 Years</b>	36.1%	31%
<b>Women Cervical Cancer Screening</b>	81.5%	83.5%
<b>Women Breast Exam/Mammogram (40 Years and Older)</b>	62.9%	55.7%

\*Due to limited sample sizes, health screening data is unavailable for individual years by county. Source: Michigan Behavioral Risk Factor Survey 2005-2007, 2007 Michigan Department of Community Health