

SPOTLIGHT: IMPACT OF UNHEALTHY BEHAVIORS

CHART PACK

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Overview

More than 70% of adults in the United States have at least one of the following unhealthy behaviors: smoking, excessive drinking, insufficient sleep, physical inactivity, and obesity.

America's Health Rankings® Spotlight: Impact of Unhealthy Behaviors looks at the population of U.S. adults who have these unhealthy behaviors – with a specific focus on those individuals who have multiple (defined as three or more) unhealthy behaviors – and examines the prevalence of multiple unhealthy behaviors by geography and demographics, as well as the impact multiple behaviors have on health status.

The full analysis is available at:
www.americashealthrankings.org

THE REPORT FOCUSES ON FOUR KEY FINDINGS:

FINDING #1

The prevalence of unhealthy behaviors varies widely among the adult population in the U.S.

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FINDING #2

The odds of having fair or poor health status increase with the addition of each unhealthy behavior studied.

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FINDING #3

Education and income have a protective effect in the likelihood of having multiple unhealthy behaviors among adults aged 25 and older.

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FINDING #4

The percent of college graduates aged 25 and older who have multiple unhealthy behaviors is relatively consistent across states. However, the prevalence rate for multiple unhealthy behaviors among adults who have not graduated from high school varies widely by geography.

FINDING #1



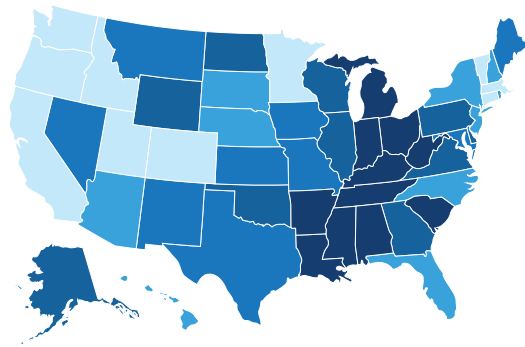
The prevalence of unhealthy behaviors varies widely among the adult population in the U.S.

12% OF THE COUNTRY HAS 3+ UNHEALTHY BEHAVIORS



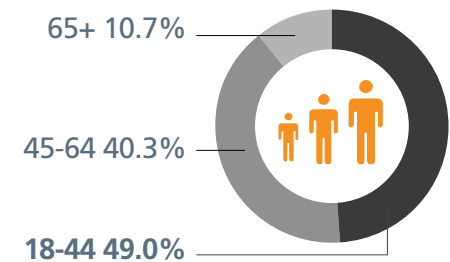
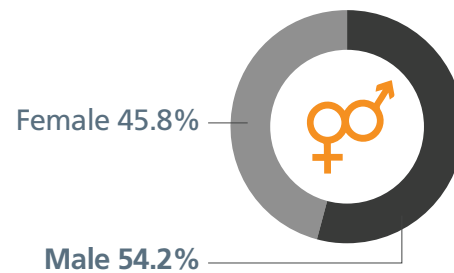
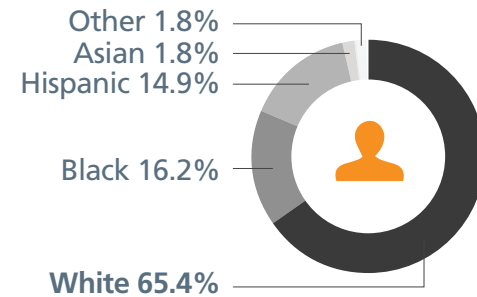
Where Do They Live?

Percent of State Population with 3+ Unhealthy Behaviors



- Top quintile ($\leq 10.7\%$)
- 2nd quintile (10.8% to 11.5%)
- 3rd quintile (11.6% to 12.9%)
- 4th quintile (13.0% to 14.1%)
- Bottom quintile ($\geq 14.2\%$)

Who Are The 12%?



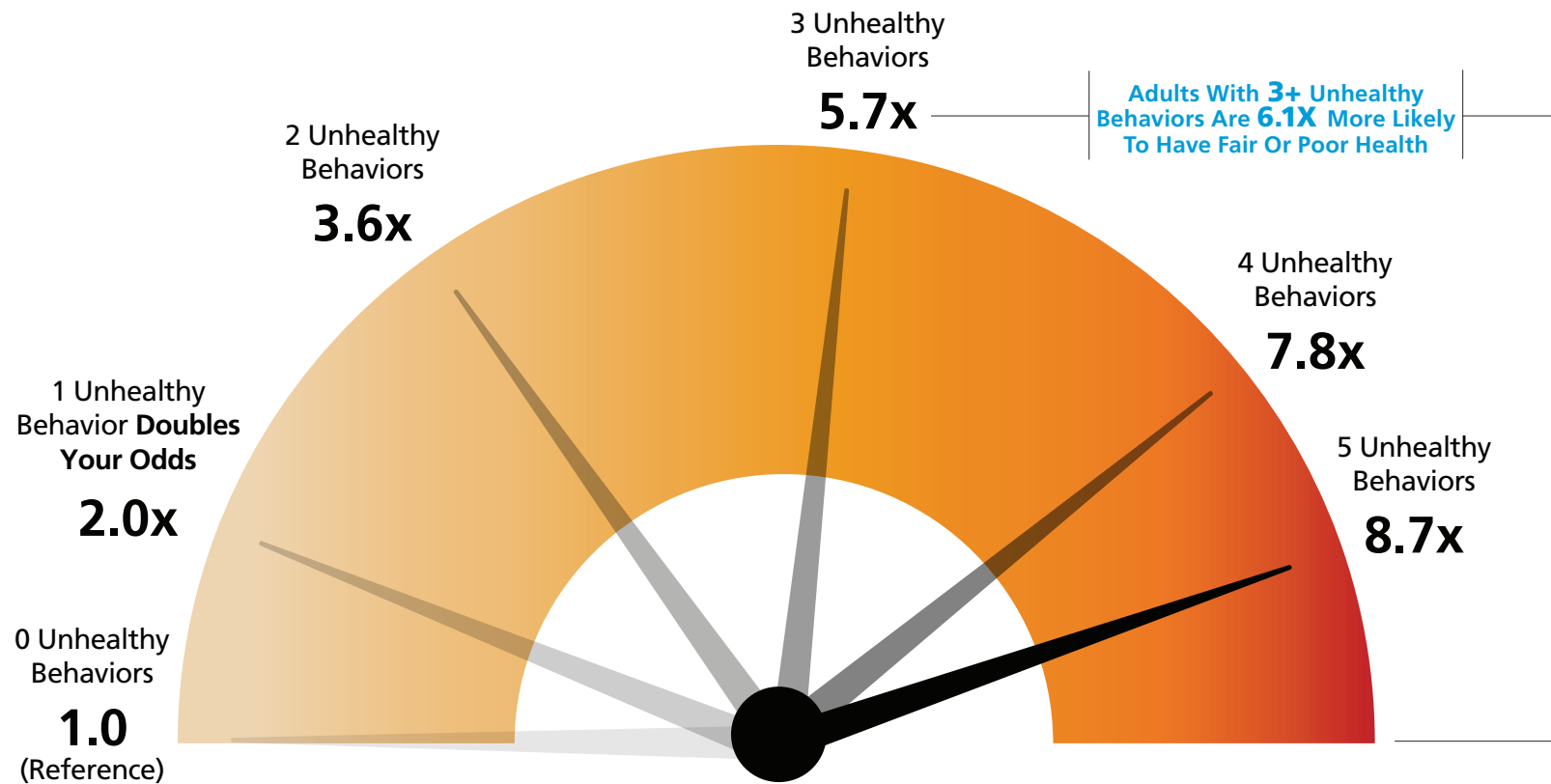
All responses coded as "don't know," "not sure," "refused," or "missing" for all variables were excluded.

FINDING #2

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The odds of having fair or poor health status increase with the addition of each unhealthy behavior studied.

ADDITIONAL UNHEALTHY BEHAVIORS INCREASE ODDS OF HAVING FAIR OR POOR HEALTH



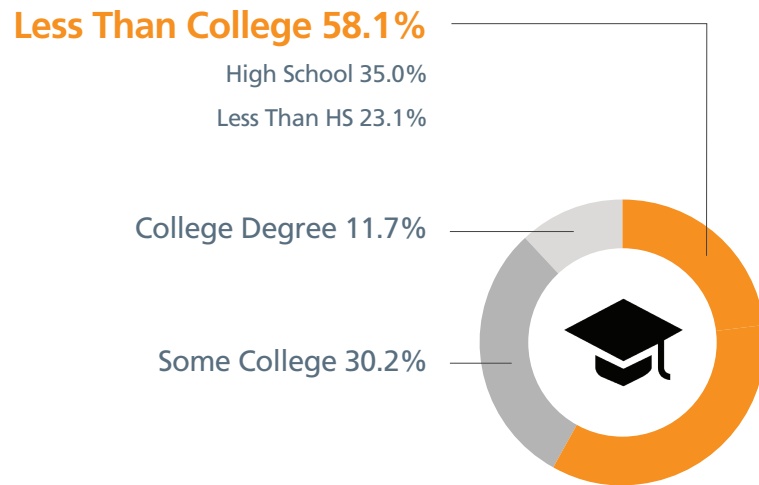
FINDING #3



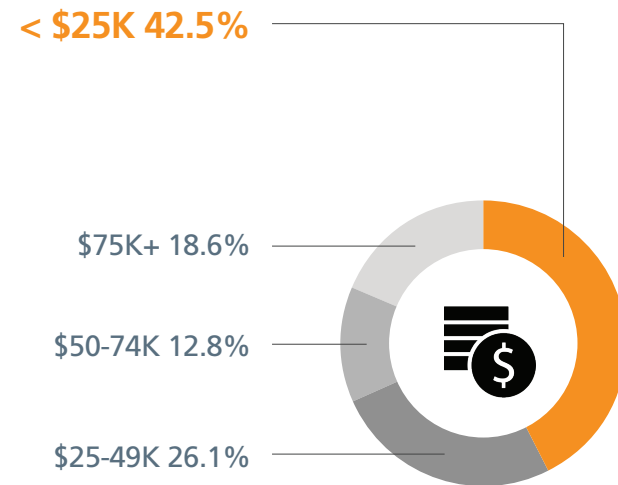
Education and income have a protective effect in the likelihood of having multiple unhealthy behaviors among adults aged 25 and older.

WHO ARE THE 12%?

58% Have Less Than a College Education



43% Have an Income of Less Than \$25,000



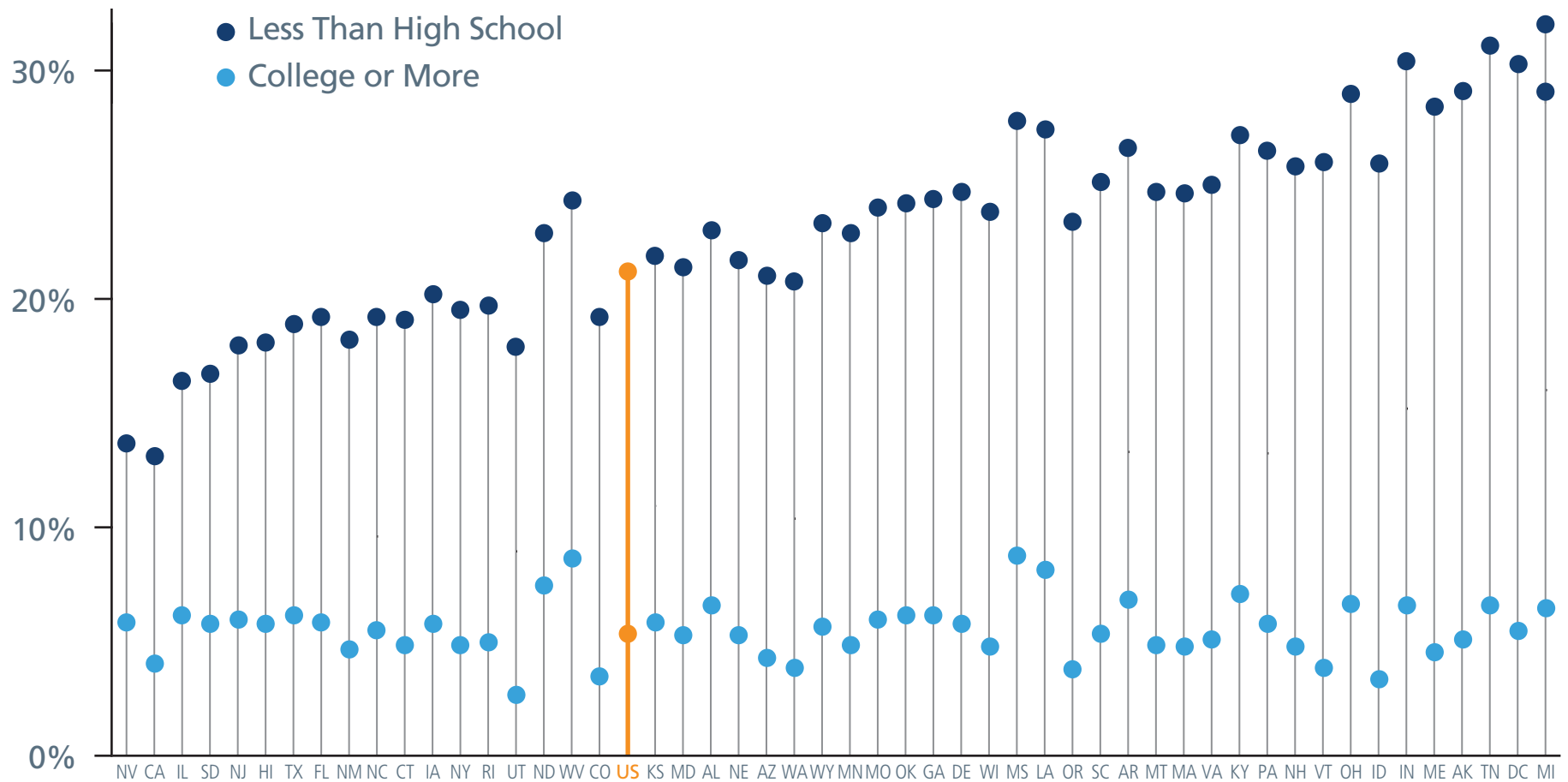
Data represents adults age 25 or older

All responses coded as "don't know," "not sure," "refused," or "missing" for all variables were excluded.

FINDING #4

The percent of college graduates aged 25 and older who have multiple unhealthy behaviors is relatively consistent across states. However, the prevalence rate for multiple unhealthy behaviors among adults who have not graduated from high school varies widely by geography.

RATE OF 3+ UNHEALTHY BEHAVIORS BY EDUCATION LEVEL



States are ordered by the size of the difference between the two rates



For more information, contact:
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Read the full *Spotlight: Impact of Unhealthy Behaviors* at
<http://www.americashealthrankings.org/Spotlight/unhealthybehaviors>

JOIN THE CONVERSATION

