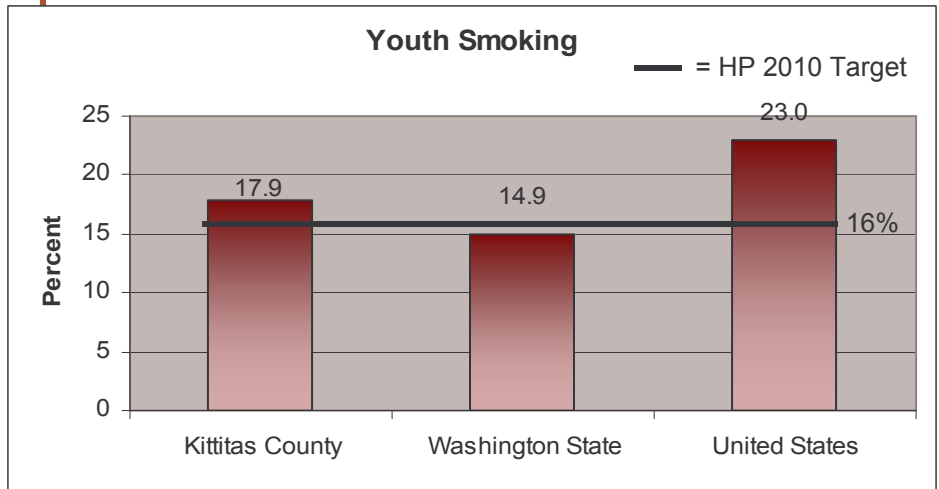


# BEHAVIORAL RISK FACTORS

## Youth Smoking: NOT MET ☹️

This is a measure of 10th graders who report smoking in the last 30 days. The rate in Kittitas County (17.9%)<sup>1</sup> is higher than the state rate (14.9%)<sup>1</sup>, but lower than the national average (23%).<sup>1</sup> Kittitas County has not met the Healthy People 2010 Target of 16%.<sup>59</sup>

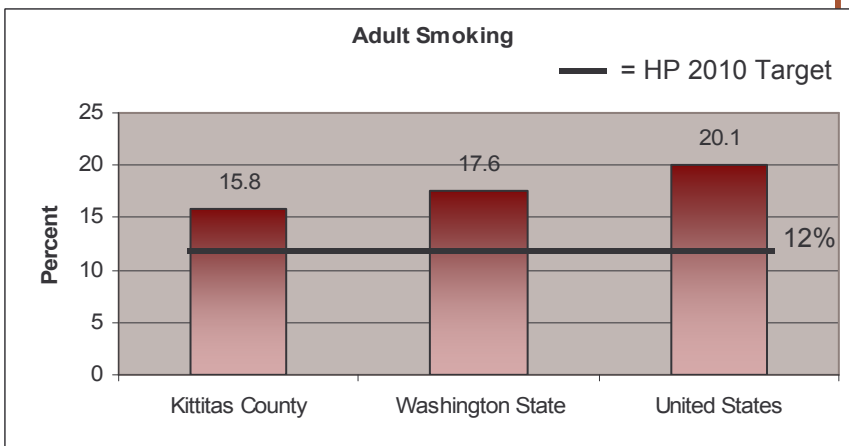
Although tobacco companies are not legally allowed to advertise to youth, most long-time smokers become addicted to tobacco before their 18th birthday. Educating and empowering youth to avoid smoking will reduce the number of smokers, and the number of smoking-related deaths in the future.



## Adult Smoking: NOT MET ☹️

This is a measure of adults who reported smoking in the last 30 days. The rate in Kittitas County (15.8%)<sup>2</sup> is lower than the state rate (17.6%)<sup>2</sup>, and the national average (20.1%).<sup>2</sup> Kittitas County has not met the Healthy People 2010 Target of 12%.<sup>59</sup>

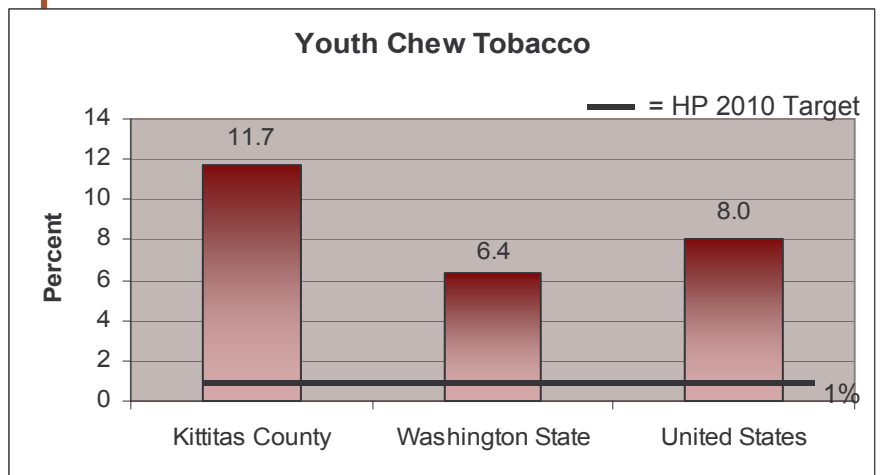
Adult smoking rates are impacted by the number of adults who started smoking in their youth and by the number who have quit. As fewer youth start smoking, and more adults quit, the adult smoking rate should decrease.



## Youth Chew Tobacco: NOT MET ☹️

This is a measure of 10th graders who report using chewing (smokeless) tobacco in the last 30 days. The rate in Kittitas County (11.7%)<sup>3</sup> is higher than the Washington State (6.4%)<sup>3</sup> and the national averages (8%).<sup>3</sup> Kittitas County has not met the Healthy People 2010 Target of 1% chew tobacco use among 10th grade students.<sup>59</sup>

Chewing tobacco has the same addictive and carcinogenic properties as cigarettes, but in a different form. There is no “safe” tobacco.



# BEHAVIORAL RISK FACTORS

Behavioral risk factors are actions taken by an individual that impact his or her health in the future. Smoking, diet, exercise, drug use, and binge drinking are all behaviors that hold significant health impacts. By engaging in healthy habits, individuals can increase the likelihood of good health in the future. Conversely, by engaging in poor health habits, individuals can decrease the likelihood of good health in the future.

Tobacco use is the most common, and preventable, cause of death. Causing a long list of health problems from heart disease to cancer, nationally 1,200 people die every day from tobacco use (<http://tobaccofreekids.org/research/>). There is no safe form or amount of tobacco. It is much easier to avoid starting tobacco use than to quit after becoming addicted.

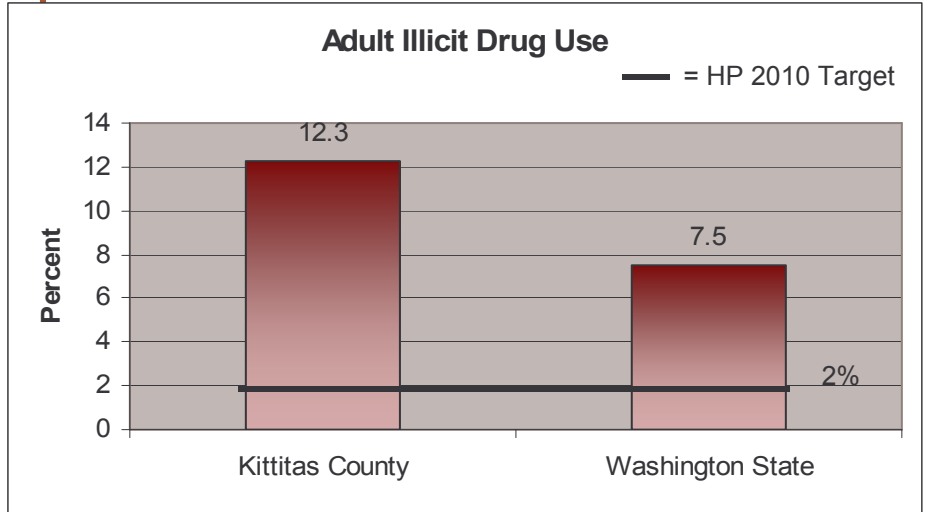
Indicator		Youth Smoking	Adult Smoking	Youth Chew Tobacco
Source		Healthy Youth Survey	BRFSS	Health Youth Survey
		2006	2005	2006
<b>Total</b>				
	Kittitas County	17.9%	15.8%	11.7%
	Washington State	14.9%	17.6%	6.4%
	United States	23.0%	20.1%	8.0%
	HP 2010 Target	16.0%	12.0%	1.0%
<b>Age</b>				
	18-34		18.0%	
	35-44			
	45-64		18.5%	
	65+		3.1%	
<b>Sex</b>				
	Male	14.1%	14.8 %	16.4%
	Female	21.3%	16.7%	2.2%
<b>Income</b>				
	<=100 - 200% FPL		19.9%	
	>200% FPL		12.5%	
<b>Education</b>				
	0 - 12 years (up to high school graduate)		21.0%	
	12+ years (some college, college graduate,		13.3%	
<b>Race</b>				
	Caucasian	19.0%		9.8%
	Hispanic	4.8%		0.0%
<b>Location</b>				
	Upper County	20.0%		12.0%
	Lower County	17.0%		7.7%

# BEHAVIORAL RISK FACTORS

## Adult Illicit Drug Use: NOT MET ☹️

This is a measure of adults at 200% of the federal poverty level or below who report using any illicit drug in the last 30 days. More adults report using illicit drugs in Kittitas County (12.3%)<sup>4</sup> compared to the Washington State rate (7.5%).<sup>4</sup> Kittitas County has not met the Healthy People 2010 Target of 2.0% illicit drug use among adults.<sup>59</sup> This target measures the whole adult population, not just those at 200% of the federal poverty level or below.

This data is only available for adults living at 200% of the federal poverty level or below, which in 2003, the most recent data year, was a household income of \$37,620 or less for a family of four. (DSHS 2007)

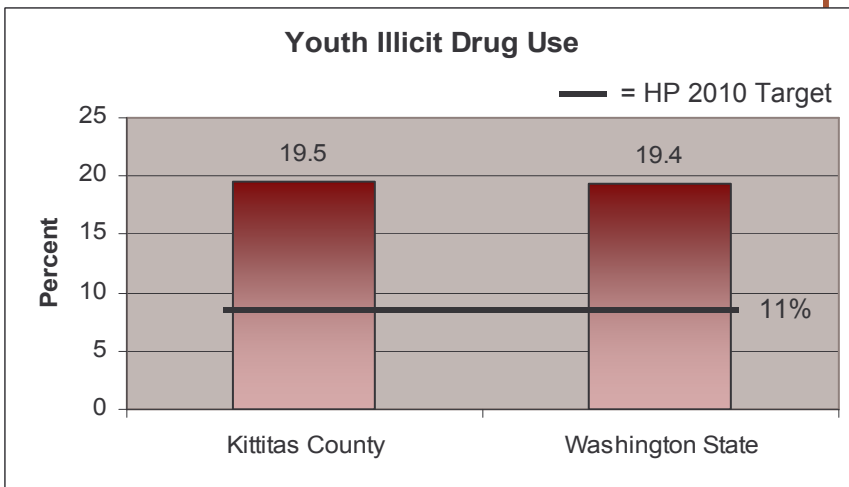


## Youth Illicit Drug Use: NOT MET ☹️

This is a measure of 10th grade self reported illicit drug use in the last 30 days.

Among Kittitas County youth, 19.5% report using illicit drugs in the last 30 days,<sup>5</sup> similar to the 19.4% of youth across Washington State who report the same.<sup>5</sup> Kittitas County has not met the Healthy People 2010 Target of 11% use among 10th graders.<sup>59</sup>

Tenth grade illicit drug use is an important key health indicator, as drug use at an early age is directly related to poor school performance, increased chance of addiction, and other risky behaviors.



# BEHAVIORAL RISK FACTORS

Behavioral risk factors are actions taken by an individual that impact his or her health in the future. Smoking, diet, exercise, drug use, and binge drinking are all behaviors that hold significant health impacts. By engaging in healthy habits, individuals can increase the likelihood of good health in the future. Conversely, by engaging in poor health habits, individuals can decrease the likelihood of good health in the future.

All survey data is self-reported. Illicit drug use is expensive and detrimental to one's health, and increases the likelihood of engaging in other risky behaviors while under the influence of the drug. Kittitas County has a higher adult drug use rate than Washington, although illicit drug use among youth is similar. One in five youth report current illicit drug use in both Kittitas County and Washington State.

Indicator		Adult Illicit Drug Use	Youth Illicit Drug Use
Source		DSHS	Health Youth Survey
		2003	2006
<b>Total</b>			
	Kittitas County	12.3%	19.5%
	Washington State	7.5%	19.4%
	United States	n/a	n/a
	HP 2010 Target	2.0%	11.0%
<b>Sex</b>			
	Male		17.9%
	Female		20.6%
<b>Race</b>			
	Caucasian		19.5%
	Hispanic		19.0%
<b>Location</b>			
	Upper County		20.0%
	Lower County		19.3%

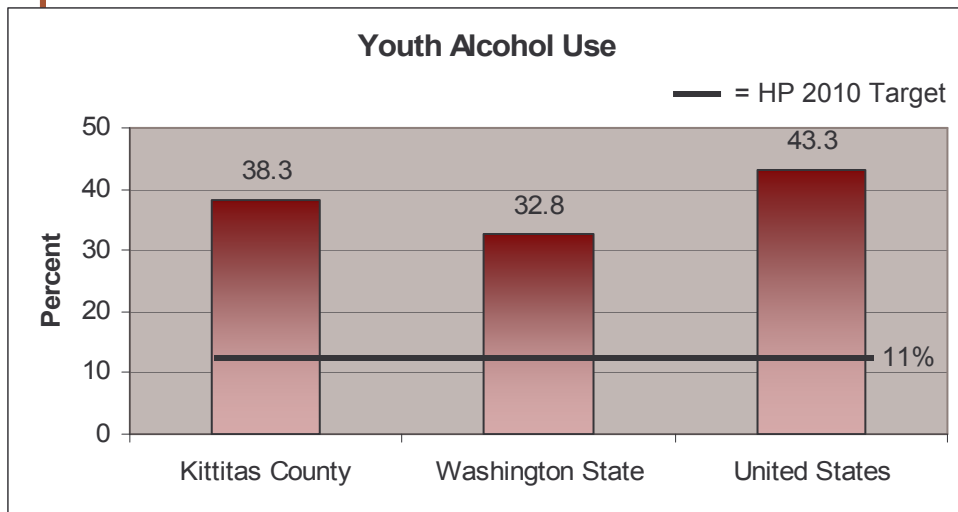


# BEHAVIORAL RISK FACTORS

## Youth Alcohol Use: NOT MET ☹️

This indicator is a measure of 10th graders who report drinking more than a sip of alcohol in the last 30 days. More youth report drinking in Kittitas County (38.3%)<sup>6</sup> than in Washington State (32.8%),<sup>6</sup> but both locales have lower youth drinking rates than the national average (43.3%).<sup>6</sup> Kittitas County has not met the Healthy People 2010 Target of 11% youth alcohol use.<sup>59</sup>

Alcohol use as a youth increases the risk of addiction later in life, and participation in risky behaviors while under the influence.

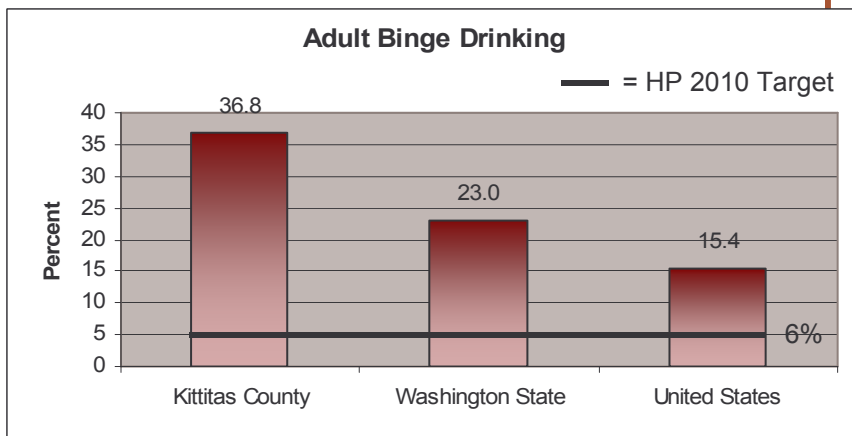


## Adult Binge Drinking: NOT MET ☹️

This indicator is a measure of adults who report binge drinking in the last 2 weeks.

Binge drinking is defined as five or more drinks in one sitting. A drink is 12 ounces of beer, 6 ounces of wine, or 1 ounce of hard liquor.

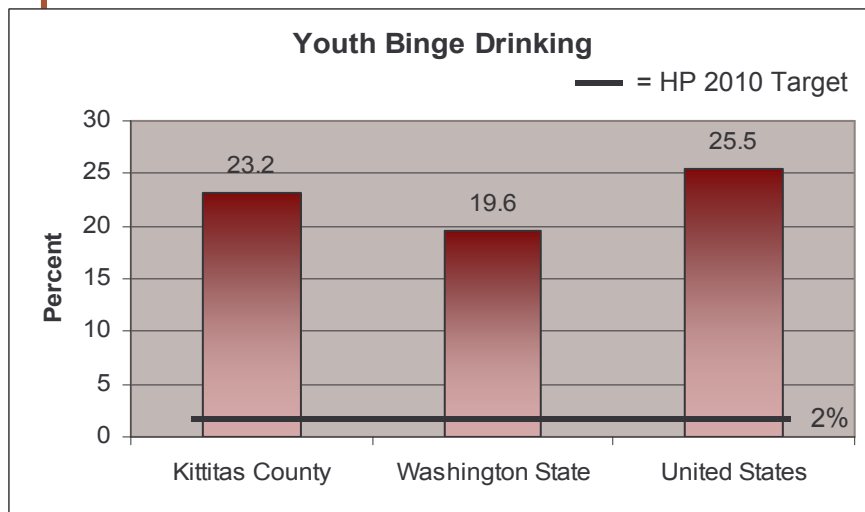
More adults in Kittitas County report binge drinking (36.8%)<sup>7</sup> than in Washington State (23.0%)<sup>7</sup> or the United States (15.4%).<sup>7</sup> Kittitas County has not met the Healthy People 2010 Target of 6% binge drinking among adults.<sup>59</sup>



## Youth Binge Drinking: NOT MET ☹️

This indicator measures 10th graders who reported binge drinking in the last 2 weeks. Binge drinking is defined as five or more drinks (12oz beer, 6oz wine, 1oz hard liquor) in one sitting.

More 10th graders report binge drinking in Kittitas County (23.2%)<sup>8</sup> than across the state (19.6%),<sup>8</sup> but both geographic areas report lower rates than the national rate of 25.5% youth binge drinking in the last 30 days.<sup>8</sup> Kittitas County has not met the Healthy People 2010 Target of 2% binge drinking among 10th graders.<sup>59</sup>



# BEHAVIORAL RISK FACTORS

Behavioral risk factors are actions taken by an individual that impact his or her health in the future. Smoking, diet, exercise, drug use, and binge drinking are all behaviors that hold significant health impacts. By engaging in healthy habits, individuals can increase the likelihood of good health in the future. Conversely, by engaging in poor health habits, individuals can decrease the likelihood of good health in the future.

The use and abuse of alcohol in one's youth increases the chances of that individual developing problems with alcohol use and abuse later in life. Adults 18-44 years are significantly more likely to binge drink than older adults. Binge drinking in Kittitas County, 36.75% of adults, is also significantly higher than the state average of 23.0%. The college population is included in these data, which may contribute to the high binge drinking rate in Kittitas County.

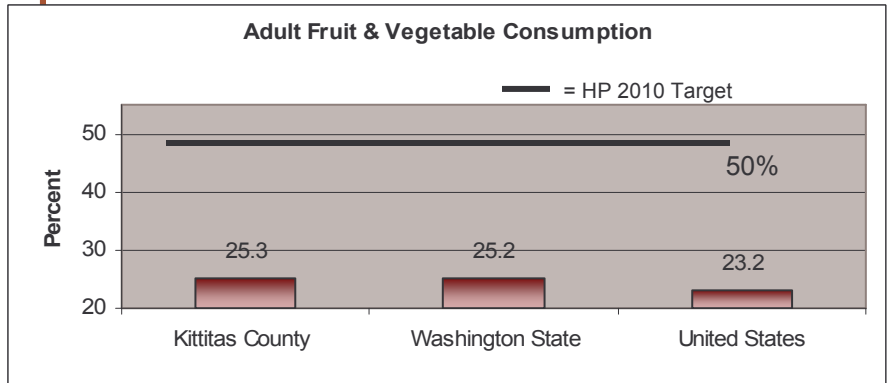
Indicator		Youth Alcohol Use	Adult Binge Drinking	Youth Binge Drinking
Source		Healthy Youth Survey	BRFSS	Healthy Youth Survey
		2006	2005	2006
<b>Total</b>				
	Kittitas County	38.3%	36.75%	23.2%
	Washington State	32.8%	23.0%	19.6%
	United States	43.3%	15.4%	25.5%
	HP 2010 Target	11.0%	6.0%	2.0%
<b>Age</b>				
	18-44		49.4%	
	35-44			
	45-64		16.8%	
	65+			
<b>Sex</b>				
	Male	42.5%	42.6%	25.0%
	Female	34.1%	30.6%	20.8%
<b>Income</b>				
	<=100 - 200% FPL		46.1%	
	>200% FPL		29.3%	
<b>Education</b>				
	0 - 12 years (up to high school graduate)		43.6%	
	12+ years (some college, college graduate, or higher)		34.3%	
<b>Race</b>				
	Caucasian	39.6%		24.4%
	Hispanic	28.6%		0.0%
<b>Location</b>				
	Upper County	42.4%		28.9%
	Lower County	37.1%		20.4%

# BEHAVIORAL RISK FACTORS

## Adult Fruit & Vegetable Consumption: NOT MET ☹️

This indicator measures the percent of adults who report eating five or more servings of fruit and vegetables per day.

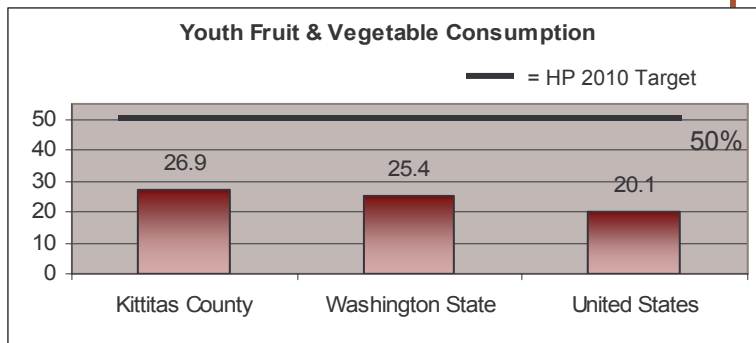
The rate of adults eating fruits and vegetables in Kittitas County (25.3%)<sup>9</sup> is similar to Washington State (25.2%)<sup>9</sup> and the United States (23.2%).<sup>9</sup> Kittitas County has not met the Healthy People 2010 Target of 50.0%.<sup>59</sup>



## Youth Fruit & Vegetable Consumption : NOT MET ☹️

This indicator measures the percentage of 10th graders who report eating five or more servings of fruit and vegetables per day in the last week.

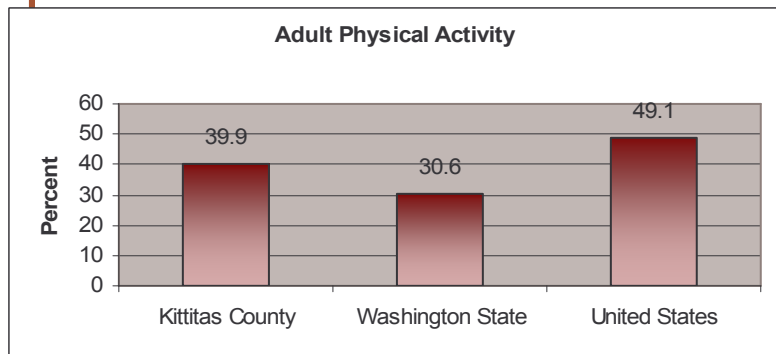
Slightly more youth in Kittitas County report eating sufficient fruits and vegetables (26.9%)<sup>10</sup> compared to Washington State (25.4%)<sup>10</sup> and the United States (20.1%).<sup>10</sup> Kittitas County has not met the Healthy People 2010 Target of 50%.<sup>59</sup>



## Adult Physical Activity

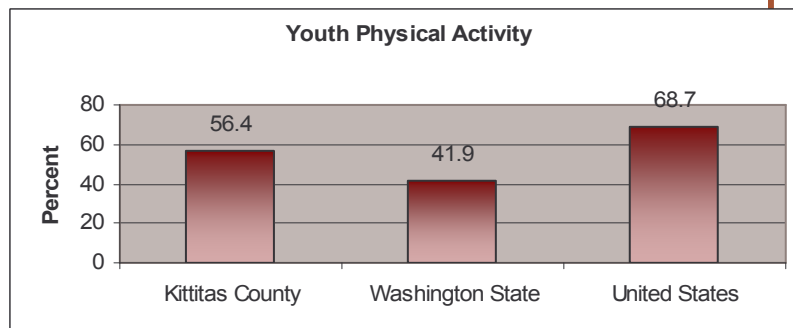
This is a measure of adults who report participating in either moderate physical activity defined as 30 or more minutes per day for 5 or more days per week, or vigorous activity for 20 or more minutes per day on 3 or more days.

More adults in Kittitas County (39.9%)<sup>11</sup> participate in physical activity than Washington State (30.6%).<sup>11</sup> The national rate is 49.1%.<sup>11</sup> There is no Healthy People 2010 Target for this indicator.



## Youth Physical Activity

This is a measure of 10th graders who report being physically active for 60 minutes or more on 5 or more days each week. More 10th graders are physically active in Kittitas County (56.4%)<sup>12</sup> than in Washington State (41.9%),<sup>12</sup> although both are lower than the national average (68.7%).<sup>12</sup> There is no Healthy People 2010 Target for this indicator.



# BEHAVIORAL RISK FACTORS

Behavioral risk factors are actions taken by an individual that impact his or her health in the future. Smoking, diet, exercise, drug use, and binge drinking are all behaviors that hold significant health impacts. By engaging in healthy habits, individuals can increase the likelihood of good health in the future. Conversely, by engaging in poor health habits, individuals can decrease the likelihood of good health in the future.

Obesity is a rising problem in the United States today, and the easiest way to prevent and reduce the incidence of obesity is by eating a healthy diet and engaging in physical activity. Significantly more adults in Kittitas County are physically active than adults across Washington State. Adults with more than a high school education are also significantly more likely to be physically active than adults with a high school diploma or less. Adults with an income of 200% of the federal poverty level or less are significantly less likely to eat sufficient fruits and vegetables each day. Hispanic students also eat significantly fewer fruits and vegetables than their Caucasian counterparts.

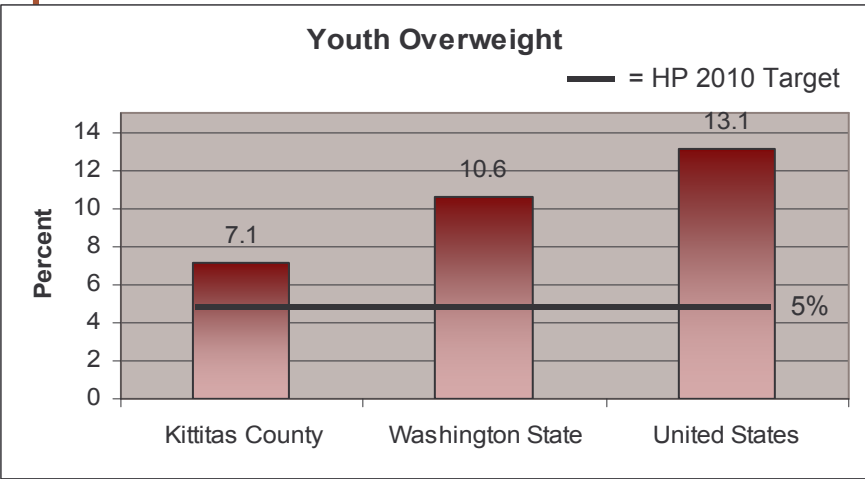
Indicator		Adult Fruit & Vegetable Consumption	Youth Fruit & Vegetable Consumption	Adult Physical Activity	Youth Physical Activity
Source		BRFSS	Healthy Youth Survey	BRFSS	Healthy Youth Survey
		2005	2006	2005	2006
<b>Total</b>					
	Kittitas County	25.3%	26.9%	39.9%	56.4%
	Washington State	25.2%	25.4%	30.6%	41.9%
	United States	23.2%	20.1%	49.1%	68.7%
	HP 2010 Target	50.0%	50.0%	n/a	n/a
<b>Age</b>					
	18-44	23.0%		42.1%	
	45-64	25.8%		43.0%	
	65+	32.4%		25.4%	
<b>Sex</b>					
	Male	23.4%	51.5%	42.7%	62.3%
	Female	26.8%	42.2%	37.6%	50.0%
<b>Income</b>					
	<=100 - 200% FPL	16.8%		34.3%	
	>200% FPL	32.5%		44.8%	
<b>Education</b>					
	0 - 12 years (up to high school graduate)	18.4%		28.3%	
	12+ years (some college, college graduate,	28.8%		45.7%	
<b>Race</b>					
	Caucasian		47.0%		56.3%
	Hispanic		46.2%		57.1%
<b>Location</b>					
	Upper County		43.6%		65.0%
	Lower County		48.4%		52.7%

# BEHAVIORAL RISK FACTORS

## Youth Overweight: NOT MET ☹

This is a measure of 10th graders who are overweight, that is, in the top 5% for body mass index by age and gender based on growth charts developed by the Centers for Disease Control and Prevention (2000).

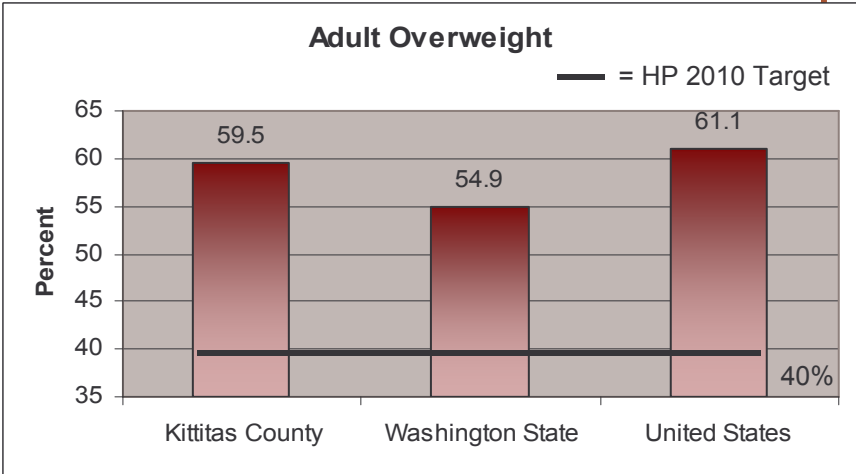
Fewer youth are overweight in Kittitas County (7.1%)<sup>13</sup> than Washington (10.6%)<sup>13</sup> and the United States (13.1%).<sup>13</sup> Kittitas County has not met the Healthy People 2010 Target of 5% overweight among 10th graders.<sup>59</sup>



## Adult Overweight and Obese: NOT MET ☹

This is a measure of adult self-reported height and weight, later calculated into Body Mass Index, or BMI. Adults with a BMI above 25 are considered overweight, those over 30 are considered obese.

Fewer adults in Kittitas County (59.5%)<sup>14</sup> and Washington State (54.9%)<sup>14</sup> are overweight or obese than the national rate (61.1%).<sup>14</sup> Kittitas County has not met the Healthy People 2010 Target of 40% adult overweight and obesity.<sup>59</sup>



# BEHAVIORAL RISK FACTORS

Behavioral risk factors are actions taken by an individual that impact his or her health in the future. Smoking, diet, exercise, drug use, and binge drinking are all behaviors that hold significant health impacts. By engaging in healthy habits, individuals can increase the likelihood of good health in the future. Conversely, by engaging in poor health habits, individuals can decrease the likelihood of good health in the future.

Obesity is one of the largest health threats facing our nation today. For youth, overweight is defined as having a Body Mass Index, or BMI, in the top 5% for one's age.<sup>13</sup> BMI is a calculation of the ratio between an individual's height and weight. There is not an obese category for youth. For adults, overweight is defined as a BMI between 25 and 29.9, and obese is a BMI of 30.0 or more. Obesity has been linked with heart disease, high blood pressure, and a variety of other medical conditions, some life threatening. The safest way to reduce and avoid obesity is through diet and exercise. In Kittitas County, significantly more youth are overweight in Upper County than Lower County. Adult men are also significantly more likely to be overweight or obese than women.

Indicator	Youth Overweight	Adult Obese & Overweight
Source	Healthy Youth Survey	BRFSS
	2006	2005
<b>Total</b>		
Kittitas County	7.1%	59.5%
Washington State	10.6%	54.9%
United States	13.1%	61.1%
HP 2010 Target	5.0%	40.0%
<b>Age</b>		
18-44		53.3%
45-64		64.9%
65+		58.4%
<b>Sex</b>		
Male	6.2%	67.7%
Female	8.2%	43.0%
<b>Income</b>		
<=100 - 200% FPL		57.7%
>200% FPL		52.6%
<b>Education</b>		
0 - 12 years (up to high school graduate)		55.2%
12+ years (some college, college graduate, or higher)		54.8%
<b>Race</b>		
Caucasian	7.8%	
Hispanic	0.0%	
<b>Location</b>		
Upper County	7.9%	
Lower County	6.8%	