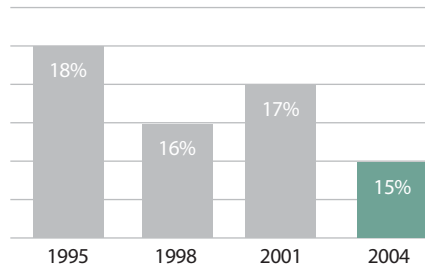


Lifestyle Factors Affecting Health

Tobacco Use

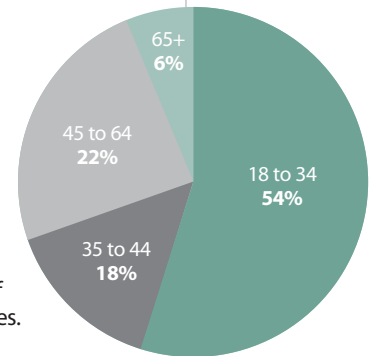
Smoking rates for adults have dropped to their lowest levels in nine years, from 18% of all respondents in 1995, to 15% in 2004.

CIGARETTE USE FROM 1995 TO 2004



Who is using tobacco?

- 55% of current cigarette smokers were young adults aged 18-34.
- 14% of men and 16% of women were current smokers.
- 29% of low income residents were tobacco users, compared to 9% of those with higher incomes.



Trends

Smoking rates have decreased among all age groups except the youngest and oldest. Those aged 35-44 and 45-64 had a steady decrease in cigarette use from 1995 to 2004, but cigarette use among those aged 18-34 and 65 or older was relatively unchanged during that same period.

Secondhand Smoke

The percentage of respondents who perceive secondhand smoke to be a problem for the community dropped by almost half between 2001 and 2004, from 50% to 26%.

- By contrast, 48% of the respondents living in south Larimer County thought secondhand smoke was a community problem. (The health survey was conducted after the enactment in 2003 of a new Fort Collins clean air ordinance that banned smoking in most workplaces, including bars and restaurants.)
- 76% of respondents supported policies or ordinances that protect the public against second hand smoke.

Seat Belt Use

Regular seat belt use is on the rise, with 78% of respondents reporting that they "always" buckle up, an increase over the 65% who did so in 2001.



Goal
Reduce the percentage of adults smoking cigarettes to **12%**

Health District
15% of adults smoke cigarettes



Goal
Increase the percentage of people who use seat belts to **92%**

Health District
78% of residents "always" use seat belts

Alcohol Use

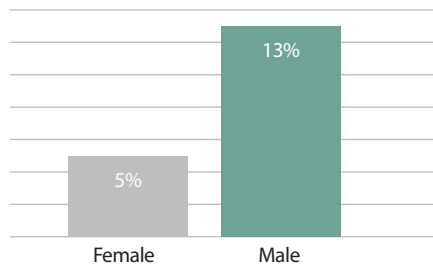
The percentage of respondents who reported driving after drinking two or more drinks dropped from 15% in 2001 to 9% in 2004.

Drinking and driving

Men are more likely to drink and drive.

Men were more than twice as likely than women to drive after having two or more drinks.

DRINKING AND DRIVING, BY GENDER

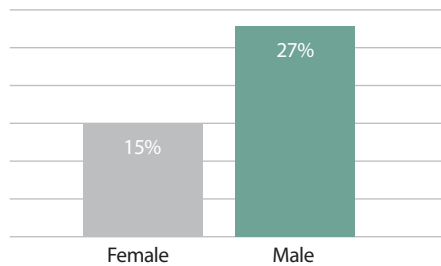


Binge Drinking

Men are more likely to binge drink.

27% of men reported having a maximum of five or more drinks in one day during the past month, compared to 15% of women.

BINGE DRINKING, BY GENDER



Goal

Increase the percentage of people who consume two servings of fruit daily to **75%**; increase the percentage of people who consume three servings of vegetables daily to **50%**

Healthy Diet

More people are eating a healthy diet, but still fall short of the national goal of consuming five fruits and vegetables each day.

- In 2004, 72% of the respondents reported that they were eating a healthy diet according to this definition: eating a variety of grains and a variety of fruits and vegetables each day and choosing a diet that is low in saturated fat, cholesterol, sugar and salt.
- The percent of the population consuming five or more fruits and vegetables each day has increased from 16% in 1998 to 25% in 2004, and the consumption of fruits and vegetables has been increasing among those with low and higher incomes.
- 38% of respondents said they were watching what or how much they ate in order to lose weight.

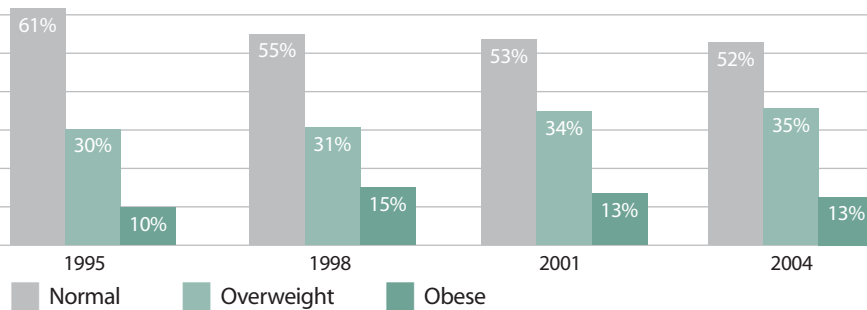
Health District

25% of residents eat five or more servings of fruits and vegetable a day

Overweight and Obesity

The percentage of respondents whose body mass index (BMI) was in the overweight category continued to steadily increase, from 29% in 1995, to 34% in 2004, while those whose BMI was in the normal category continued a nine-year decline. Half of respondents (50%) had a normal BMI, compared to 59% in 1995.

BMI STATUS FROM 1995 TO 2004 (EXCLUDING THOSE UNDERWEIGHT)

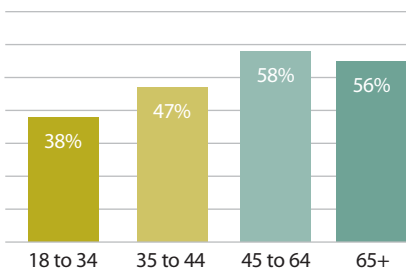


Who is overweight?

The older you are the more likely you are to be overweight/obese. Those aged 45-64 and 65+ were more likely to be in an above-normal BMI category (58% and 56% respectively, vs. 38% for those aged 18-34 and 47% for those aged 35-44).

Weight gain is occurring across all income groups. Those with incomes above 185% and those with lower incomes were equally likely to be overweight.

OVERWEIGHT/OBESE BMI, BY AGE



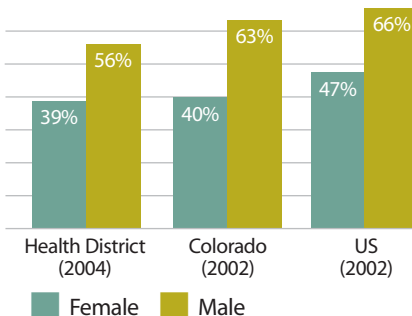
Trends

Both men and women are becoming overweight. The percentage of both men and women whose BMI is in the overweight category has been increasing over the years, although in every survey year since 1995, more men than women were overweight. A roughly equal percentage of men and women were in the obese category.

The trend toward being overweight affects all age groups. Decreases in the normal BMI category have occurred among all age groups. Correspondingly, increases in the overweight/obese BMI category have occurred among respondents in all age groups as well.

How We Compare

PERCENT WITH AN OVERWEIGHT OR OBESE BMI STATUS BY GENDER



Definition of Body Mass Index (BMI)

Body Mass Index is a measure of body weight relative to height using the following formula:

Weight (lbs.) divided by **Height** (in.)² multiplied by **703**

It is used to determine if a person is at a healthy weight or is overweight or obese.



Goal

Reduce the percentage of adults who are obese to **15%**

Health District

13% of residents are obese

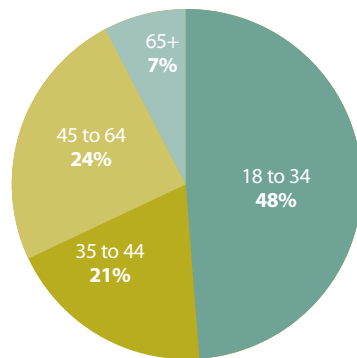
Physical Activity

About one in eight respondents (13%) reported not doing any moderate or vigorous physical activity on any days of the week.

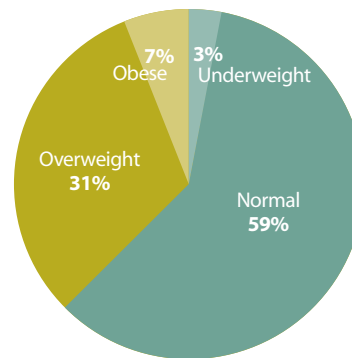
- 16% of all respondents reported not doing any moderate physical activity on any days of the week.
- 43% of all respondents reported not doing any vigorous physical activity on any days of the week.
- Less than 1% of respondents reported not doing any light, moderate, or vigorous physical activity on any days of the week.

Who is getting enough exercise?

SUFFICIENT EXERCISE, BY AGE



SUFFICIENT EXERCISE, BY BMI STATUS



How We Compare

In 2002, nearly 40% of U.S. adults 18 years of age and over reported that they did not engage in physical activity during leisure time.

Note: Trend data for physical activity over multiple years is not available due to wording changes in the questions each survey year.



Goals

Increase the percentage of adults who engage in regular (preferably daily) moderate exercise to **30%**; increase the percentage of adults who engage in vigorous physical activity for 20 or more minutes three or more days per week to **30%**

Health District

33% of residents engage in moderate physical activity five or more days per week; **32%** of residents engage in vigorous physical activity three or more days per week

Definitions of physical activity

Vigorous

You are too winded or out of breath to carry on a conversation. Examples: Race walking, jogging or running; swimming laps; singles tennis; bicycling 10+ mph or uphill; construction work

Moderate

You feel some exertion, but could comfortably carry on a conversation. Examples: walking briskly; golf (pulling or carrying clubs); recreational swimming; doubles tennis; bicycling 5-9 mph; custodial work

Light

You feel slight exertion, but could sing during the activity. Examples: walking slowly; golf with a powered cart; swimming; slow treading; bicycling with light effort; dusting or vacuuming

Exercising regularly

An accumulation of at least 30 minutes of moderate physical activity or 20 minutes of vigorous physical activity most days of the week