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.

FINDING #2
The odds of having fair or poor health status increase with the addition of each unhealthy behavior studied.

FINDING #3
Education and income have a protective effect in the likelihood of having multiple unhealthy behaviors among adults aged 25 and older.

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

Who Are The 12%?

- Hispanic 14.9%
- Black 16.2%
- White 65.4%
- Asian 1.8%
- Other 1.8%
- Male 54.2%
- Female 45.8%
- 18-44 49.0%
- 45-64 40.3%
- 65+ 10.7%

All responses coded as “don’t know,” “not sure,” “refused,” or “missing” for all variables were excluded.
FINDING #2

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

- 0 Unhealthy Behaviors: Reference
- 1 Unhealthy Behavior: Doubles Your Odds (3.6x)
- 2 Unhealthy Behaviors: 3.6x
- 3 Unhealthy Behaviors: 5.7x
- 4 Unhealthy Behaviors: 7.8x
- 5 Unhealthy Behaviors: 8.7x

Adults With 3+ Unhealthy Behaviors Are 6.1X More Likely To Have 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

Less Than College 58.1%
  - High School 35.0%
  - Less Than HS 23.1%
  - College Degree 11.7%
  - Some College 30.2%

Data represents adults age 25 or older

All responses coded as “don’t know,” “not sure,” “refused,” or “missing” for all variables were excluded.

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

< $25K 42.5%
  - $75K+ 18.6%
  - $50-74K 12.8%
  - $25-49K 26.1%
**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
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Read the full Spotlight: Impact of Unhealthy Behaviors at
http://www.americashealthrankings.org/Spotlight/unhealthybehaviors