

VI. Behavioral Concerns

Conditions or personal actions that may lead to a negative impact on one's health

Key findings from this chapter:

Positive/Neutral Trends

- Nearly 60% of Ottawa County residents surveyed indicated that they have never [smoked](#) while the statewide rate is nearly 55%

Negative Trends

- Ottawa County's [obesity rate](#) has increased 35% since 1998 (17.1% of survey respondents up to 23.1%). Statewide, the obesity rate increased 29% during this same time period (23.9% of survey respondents up to 30.9%)
- The percent of Ottawa County residents who are not [physically active](#) has increased 20% since 1998 (16.8% of survey respondents up to 20.2%) while statewide there was a 3% increase during the same time period (23.5% of survey respondents up to 24.3%)
- The percent of Ottawa County residents who admit to [binge drinking](#) increased by nearly 37% over the last 8 years (13.3% of survey respondents up to 18.2%) while statewide there was a 6.7% decline during the same time period (17.8% of survey respondents down to 16.6%)

Weight Status (1998-2010)

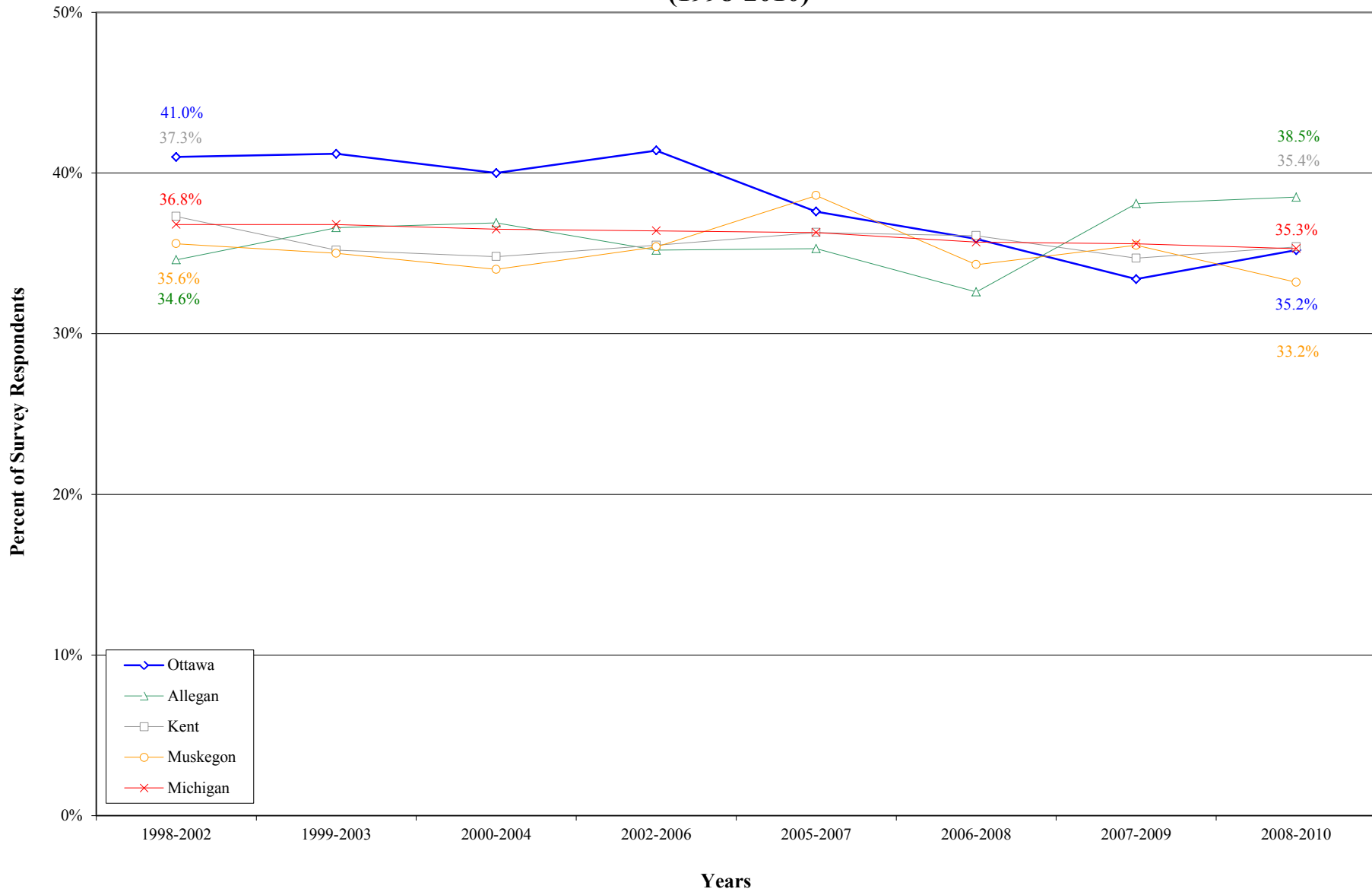
Overweight and Obese By Year (Ottawa County, Adjacent Counties, State)

| Year | Percent of Survey Respondents | | | | | | | | | |
|-----------|-------------------------------|---------|-------|----------|----------|--------|---------|-------|----------|----------|
| | Overweight* | | | | | Obese* | | | | |
| | Ottawa | Allegan | Kent | Muskegon | Michigan | Ottawa | Allegan | Kent | Muskegon | Michigan |
| 1998-2002 | 41.0% | 34.6% | 37.3% | 35.6% | 36.8% | 17.1% | 26.8% | 19.8% | 23.1% | 23.9% |
| 1999-2003 | 41.2% | 36.6% | 35.2% | 35.0% | 36.8% | 18.9% | 24.3% | 20.1% | 21.3% | 24.5% |
| 2000-2004 | 40.0% | 36.9% | 34.8% | 34.0% | 36.5% | 19.1% | 23.1% | 20.7% | 23.5% | 24.9% |
| 2002-2006 | 41.4% | 35.2% | 35.5% | 35.4% | 36.4% | 21.8% | 24.5% | 22.7% | 28.3% | 26.4% |
| 2005-2007 | 37.6% | 35.3% | 36.3% | 38.6% | 36.3% | 25.1% | 28.6% | 25.1% | 29.1% | 27.6% |
| 2006-2008 | 35.9% | 32.6% | 36.1% | 34.3% | 35.7% | 23.3% | 30.2% | 25.6% | 30.4% | 29.2% |
| 2007-2009 | 33.4% | 38.1% | 34.7% | 35.5% | 35.6% | 24.0% | 28.9% | 27.4% | 32.1% | 29.9% |
| 2008-2010 | 35.2% | 38.5% | 35.4% | 33.2% | 35.3% | 23.1% | 30.7% | 27.7% | 35.7% | 30.9% |

Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person's weight status is determined by their Body Mass Index (BMI) which is weight (in kilograms) divided by height (in meters) squared. A person is considered overweight if their BMI is 25.0 or greater but less than 30.0. A person is considered obese if their BMI is 30.0 or greater

Overweight* Population (1998-2010)

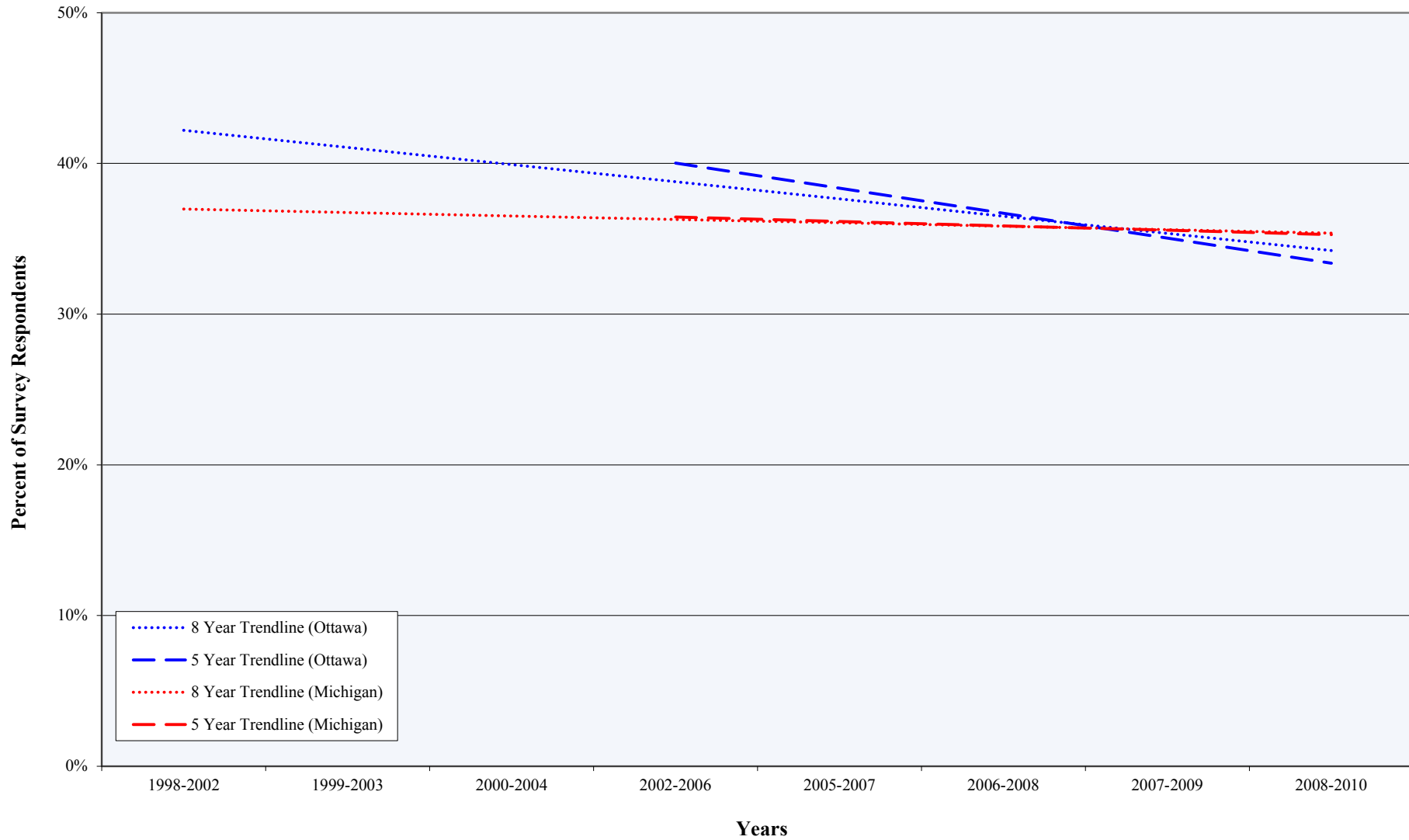


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person's weight status is determined by their Body Mass Index (BMI) which is weight (in kilograms) divided by height (in meters) squared. A person is overweight if their BMI is 25 or greater but less than 30

Overweight* Population

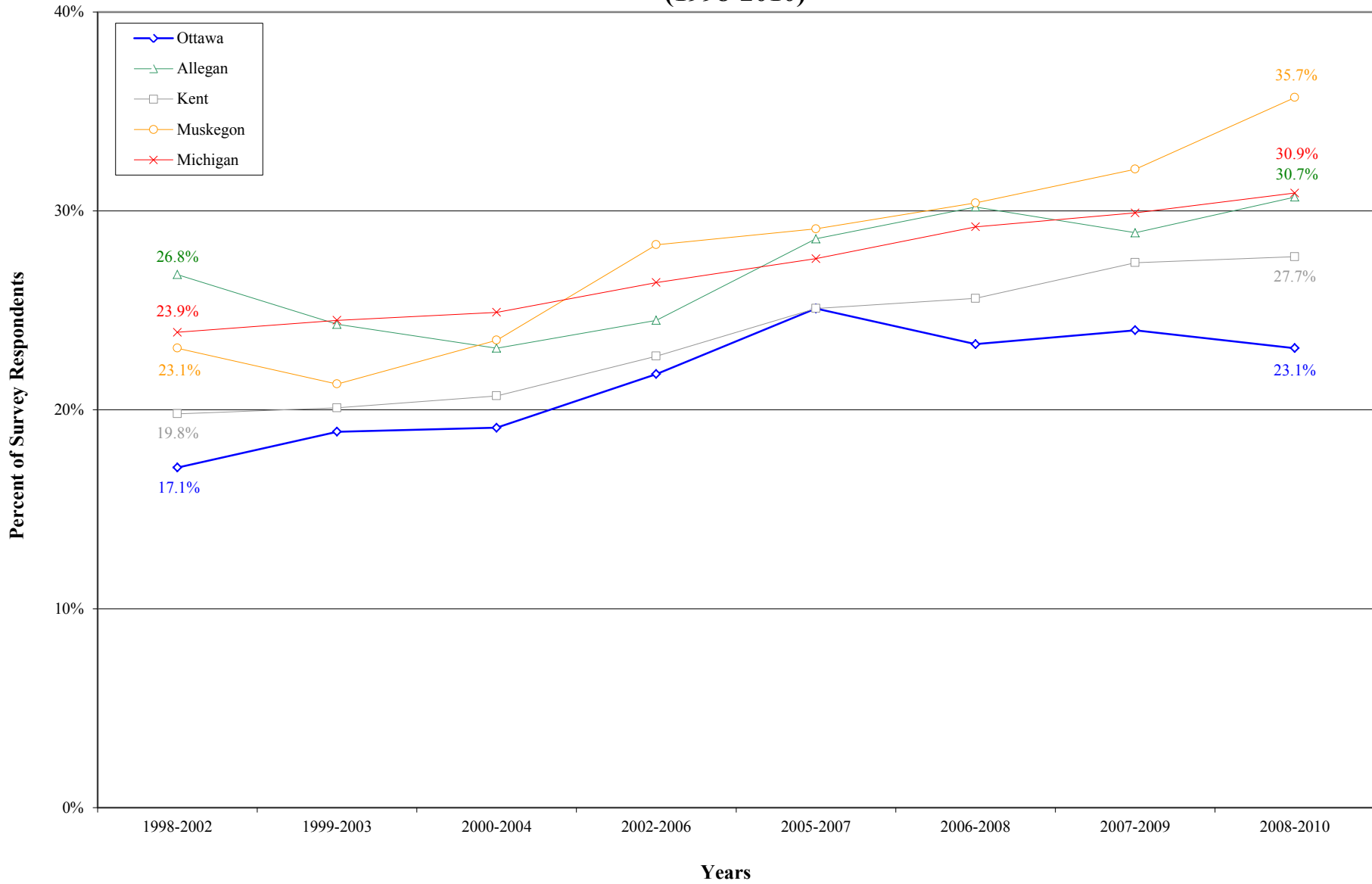
5 and 8 Year Trends



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person's weight status is determined by their Body Mass Index (BMI) which is weight (in kilograms) divided by height (in meters) squared. A person is overweight if their BMI is 25 or greater but less than 30

Obese* Population (1998-2010)

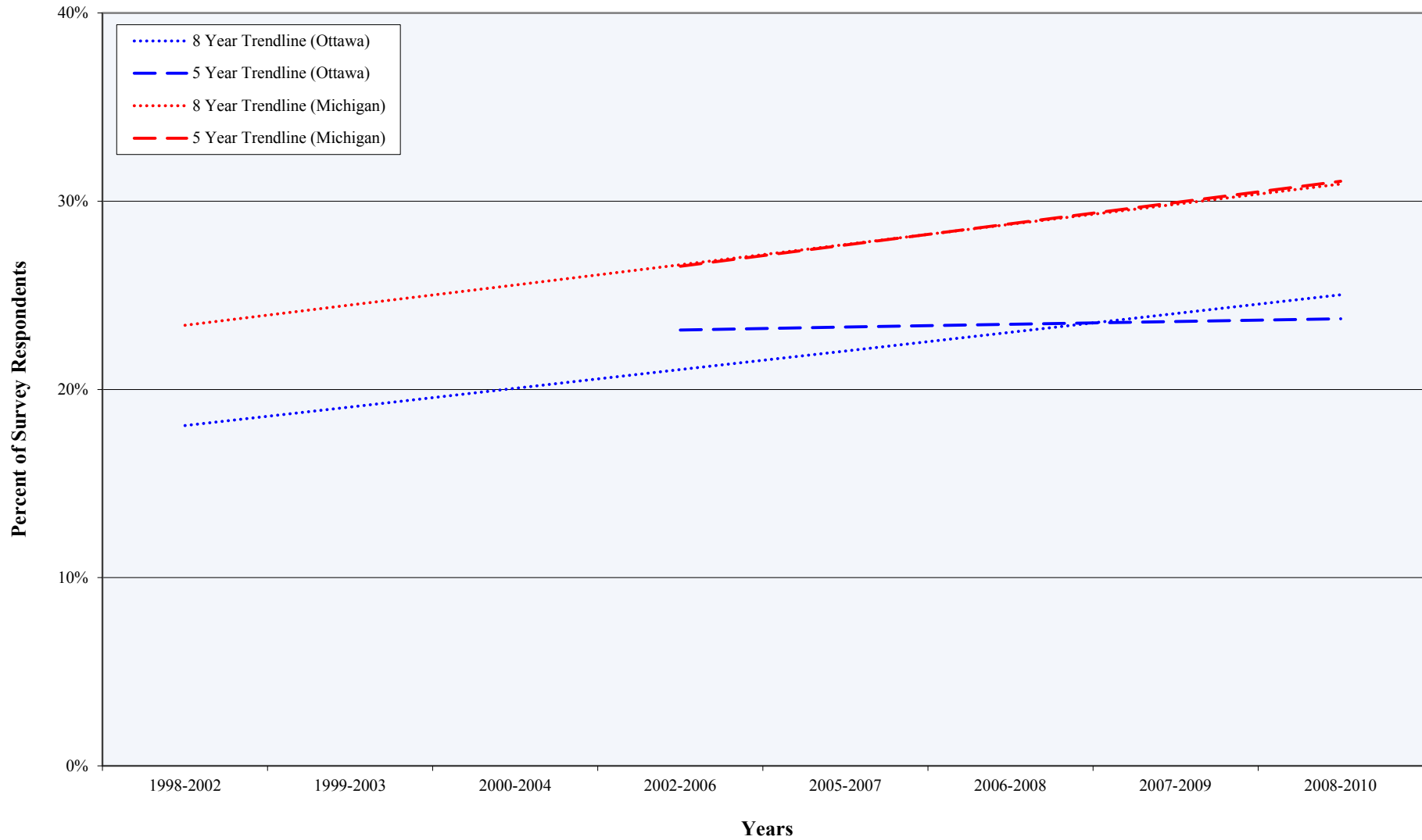


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person's weight status is determined by their Body Mass Index (BMI) which is weight (in kilograms) divided by height (in meters) squared. A person is obese if their BMI is 30 or greater

Obese* Population

5 and 8 Year Trends



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person's weight status is determined by their Body Mass Index (BMI) which is weight (in kilograms) divided by height (in meters) squared. A person is obese if their BMI is 30 or greater

Exercise Status (1998-2010)

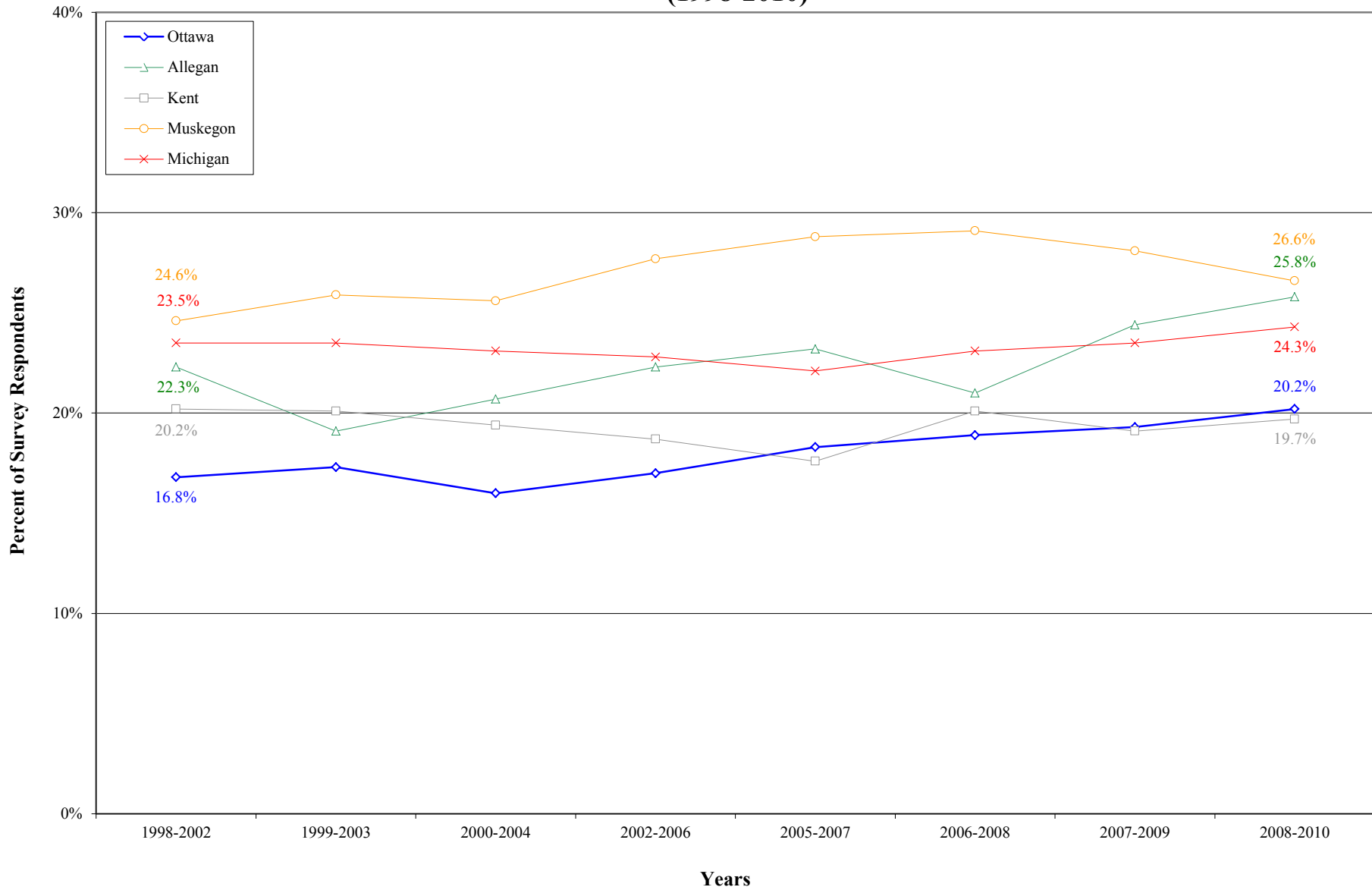
No Physical Activity* By Year (Ottawa County, Adjacent Counties, State)

| Year | Percent of Survey Respondents | | | | |
|-----------|-------------------------------|---------|-------|----------|----------|
| | Ottawa | Allegan | Kent | Muskegon | Michigan |
| 1998-2002 | 16.8% | 22.3% | 20.2% | 24.6% | 23.5% |
| 1999-2003 | 17.3% | 19.1% | 20.1% | 25.9% | 23.5% |
| 2000-2004 | 16.0% | 20.7% | 19.4% | 25.6% | 23.1% |
| 2002-2006 | 17.0% | 22.3% | 18.7% | 27.7% | 22.8% |
| 2005-2007 | 18.3% | 23.2% | 17.6% | 28.8% | 22.1% |
| 2006-2008 | 18.9% | 21.0% | 20.1% | 29.1% | 23.1% |
| 2007-2009 | 19.3% | 24.4% | 19.1% | 28.1% | 23.5% |
| 2008-2010 | 20.2% | 25.8% | 19.7% | 26.6% | 24.3% |

Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person is defined as having no physical activity if they did not participate in leisure time exercises such as running, golf, or walking within the past month

Population with No Physical Activity* (1998-2010)

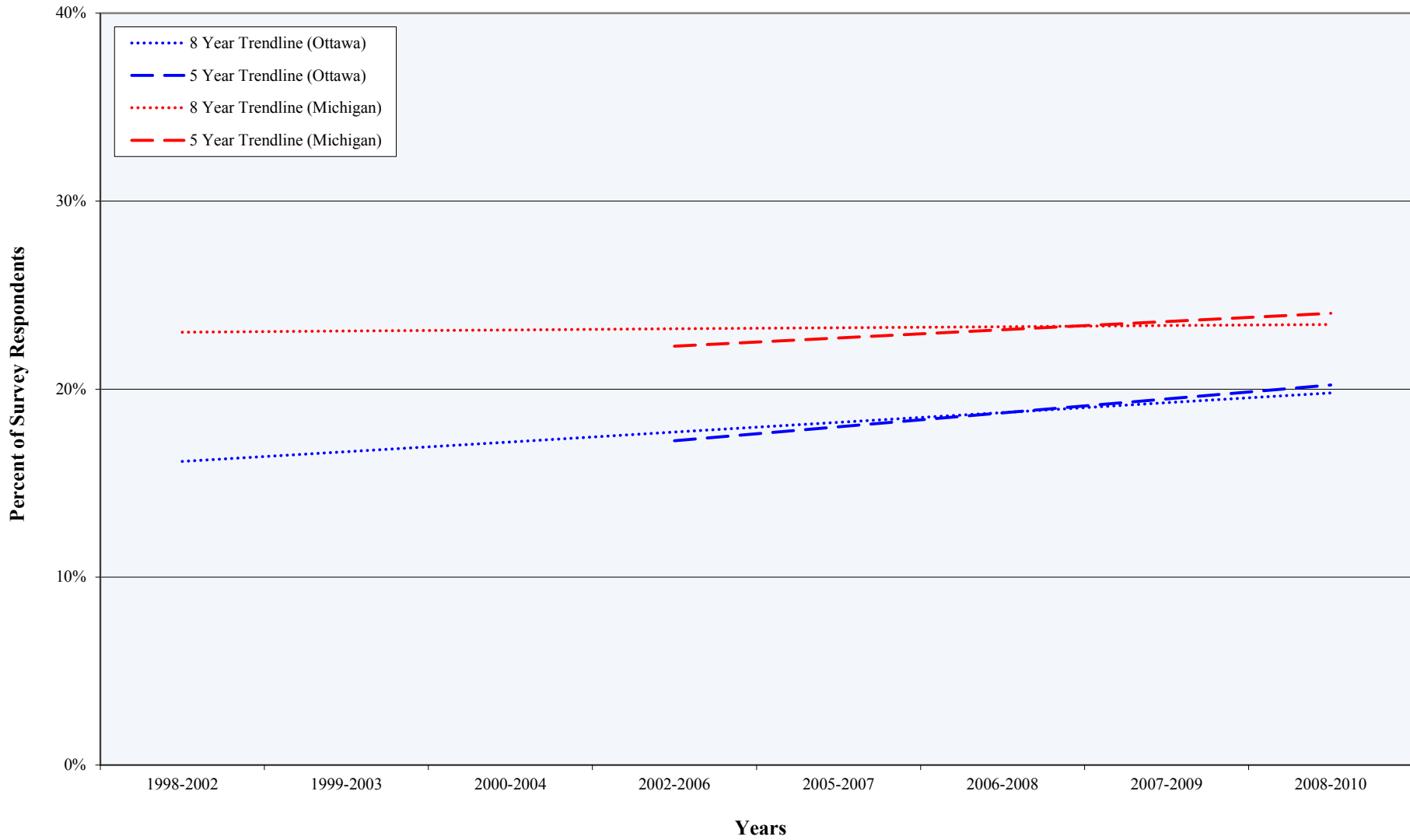


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person is defined as having no physical activity if they did not participate in leisure time exercises such as running, golf, or walking within the past month

Population with No Physical Activity*

5 and 8 Year Trends



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A person is defined as having no physical activity if they did not participate in leisure time exercises such as running, golf, or walking within the past month

Alcohol Consumption (1998-2010)

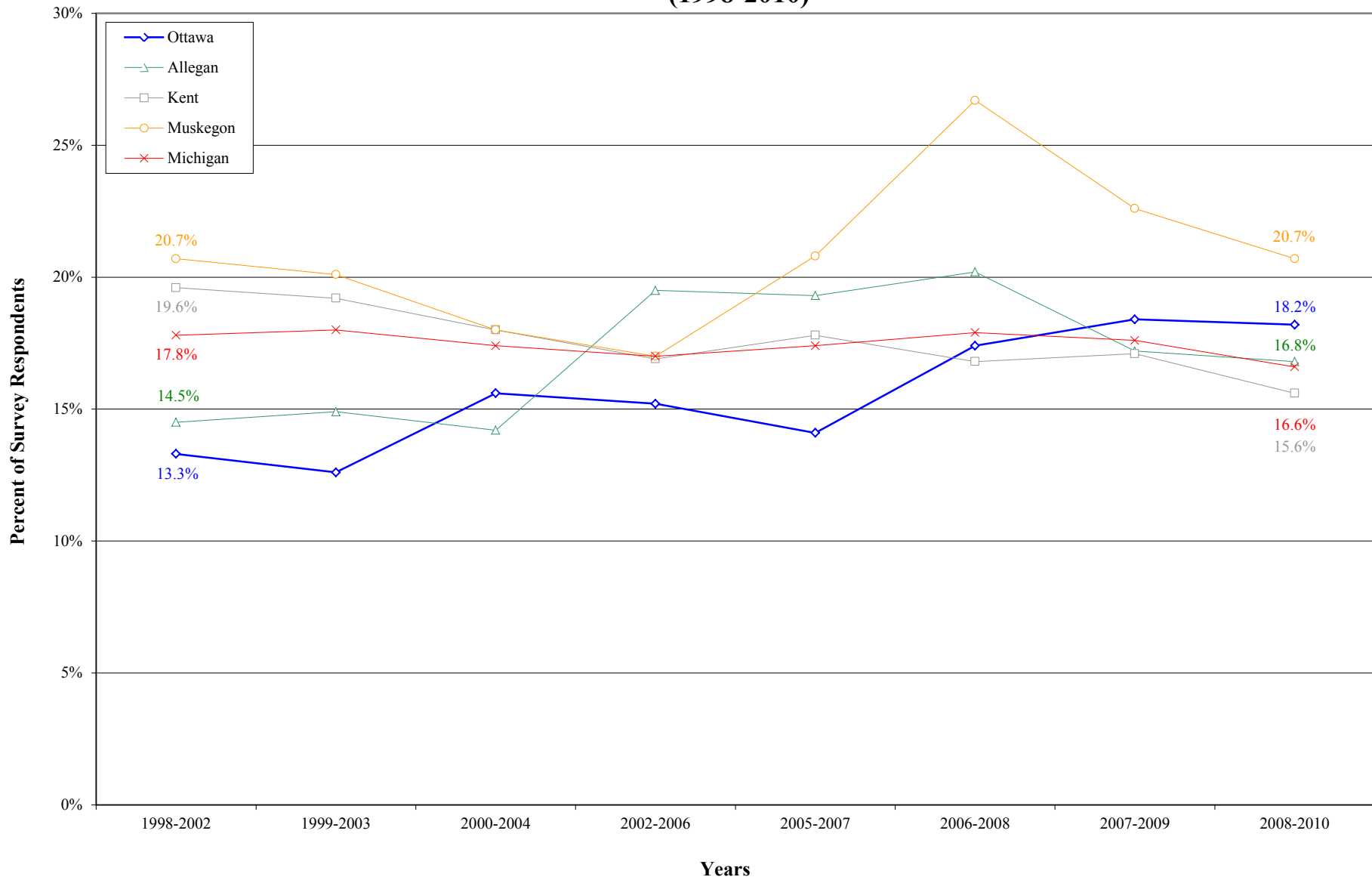
Binge and Heavy Drinking By Year (Ottawa County, Allegan Counties, State)

| Year | Percent of Survey Respondents | | | | | | | | | |
|-----------|-------------------------------|---------|-------|----------|----------|-----------------|---------|------|----------|----------|
| | Binge Drinking* | | | | | Heavy Drinking* | | | | |
| | Ottawa | Allegan | Kent | Muskegon | Michigan | Ottawa | Allegan | Kent | Muskegon | Michigan |
| 1998-2002 | 13.3% | 14.5% | 19.6% | 20.7% | 17.8% | 1.8% | 2.7% | 5.8% | 6.6% | 5.6% |
| 1999-2003 | 12.6% | 14.9% | 19.2% | 20.1% | 18.0% | 1.6% | 3.7% | 6.1% | 5.6% | 5.7% |
| 2000-2004 | 15.6% | 14.2% | 18.0% | 18.0% | 17.4% | 2.2% | 3.0% | 4.4% | 6.2% | 5.4% |
| 2002-2006 | 15.2% | 19.5% | 16.9% | 17.0% | 17.0% | 4.6% | 4.9% | 4.8% | 6.9% | 5.5% |
| 2005-2007 | 14.1% | 19.3% | 17.8% | 20.8% | 17.4% | 5.0% | 5.4% | 5.3% | 5.7% | 5.6% |
| 2006-2008 | 17.4% | 20.2% | 16.8% | 26.7% | 17.9% | 4.2% | 6.2% | 4.7% | 7.5% | 5.6% |
| 2007-2009 | 18.4% | 17.2% | 17.1% | 22.6% | 17.6% | 5.7% | 8.2% | 4.8% | 7.1% | 5.6% |
| 2008-2010 | 18.2% | 16.8% | 15.6% | 20.7% | 16.6% | 6.2% | 7.8% | 4.3% | 7.8% | 5.4% |

Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* Binge drinking is defined as consuming five or more alcoholic beverages on one occasion at least once in the past month. Heavy drinking is defined as consuming, on average, more than two alcoholic beverages per day for men or more than one alcoholic beverage per day for women

Binge Drinking* (1998-2010)

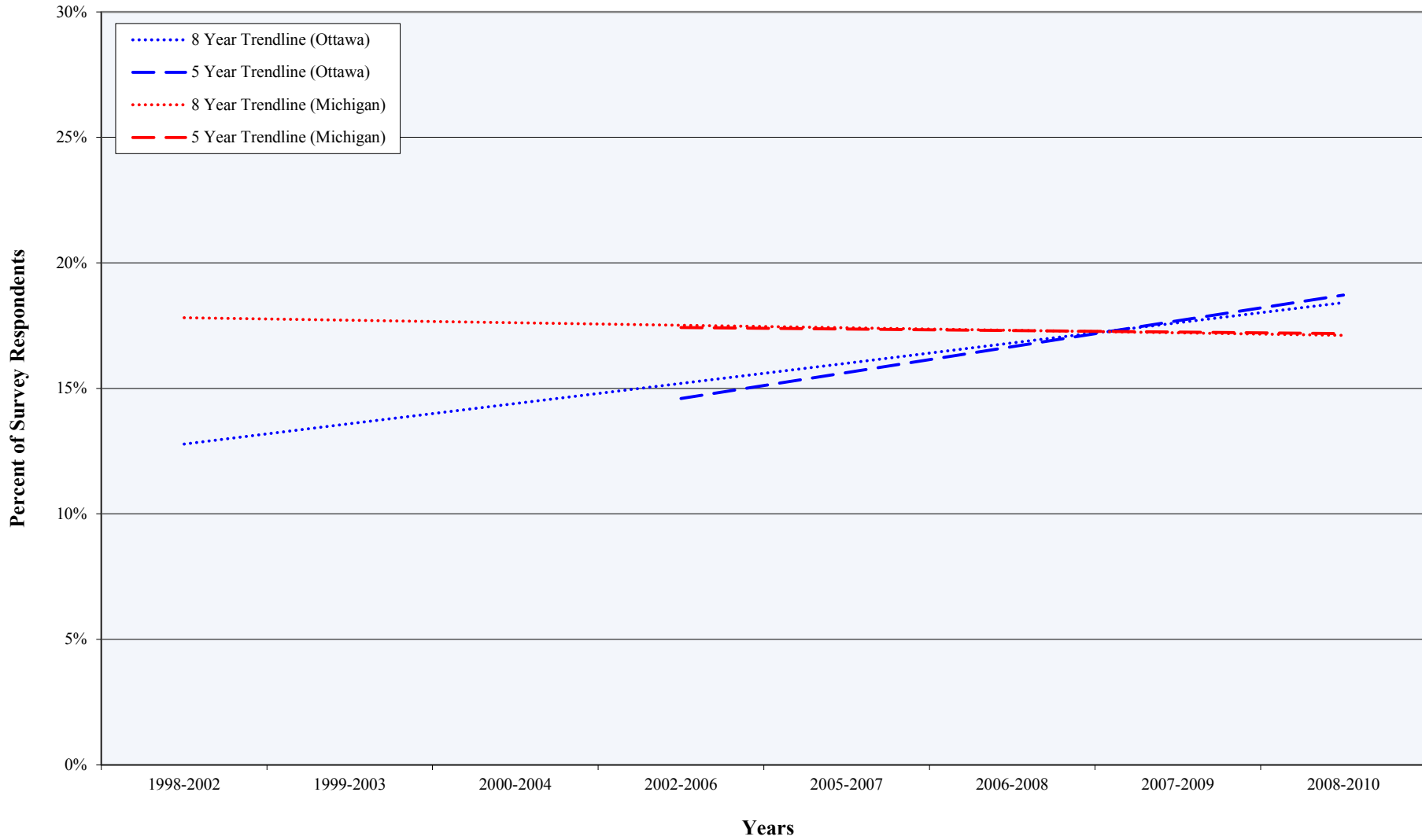


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* Binge drinking is defined as consuming five or more alcoholic beverages on one occasion at least once in the past month

Binge Drinking*

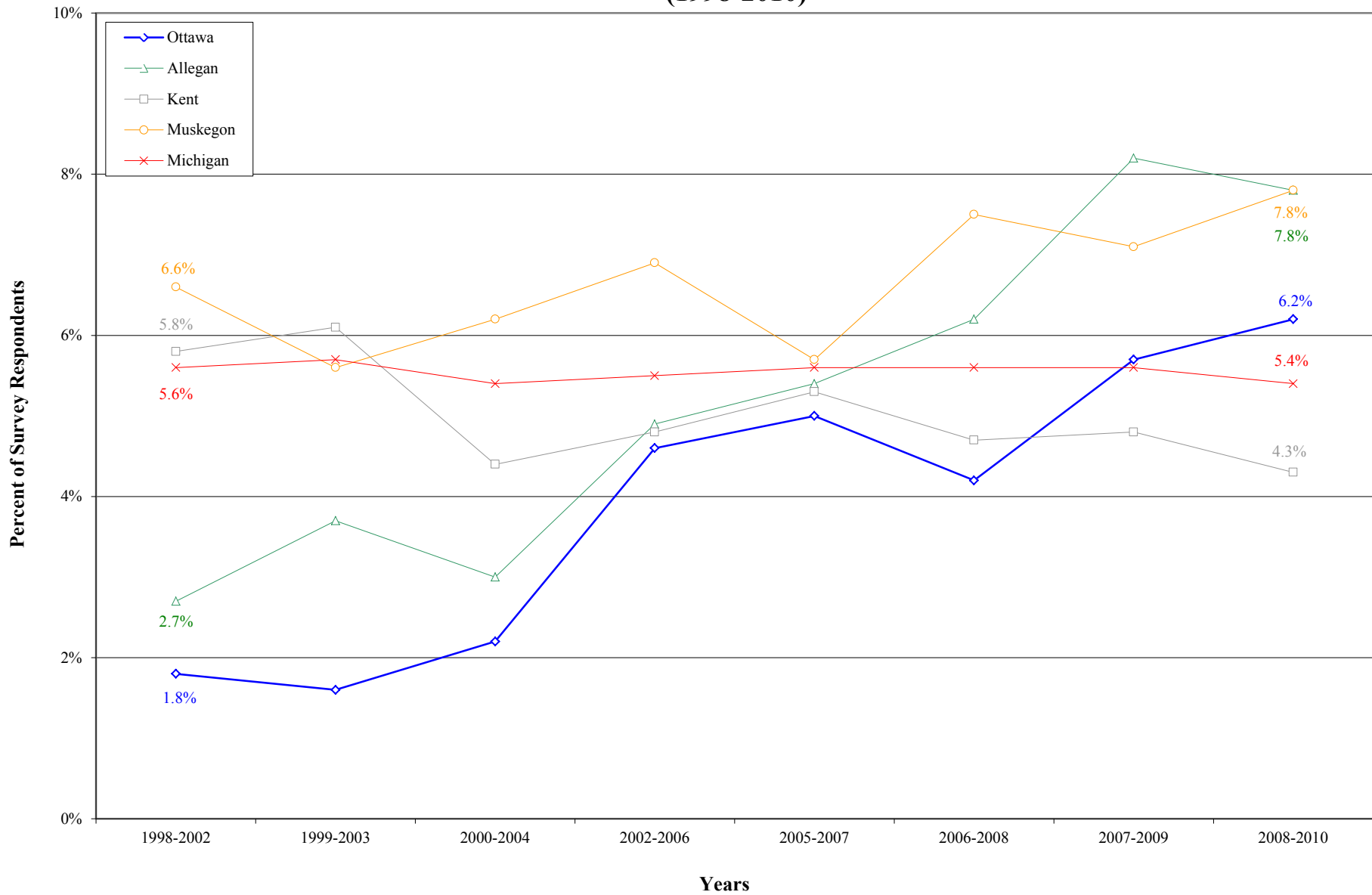
5 and 8 Year Trends



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* Binge drinking is defined as consuming five or more alcoholic beverages on one occasion at least once in the past month

Heavy Drinking* (1998-2010)

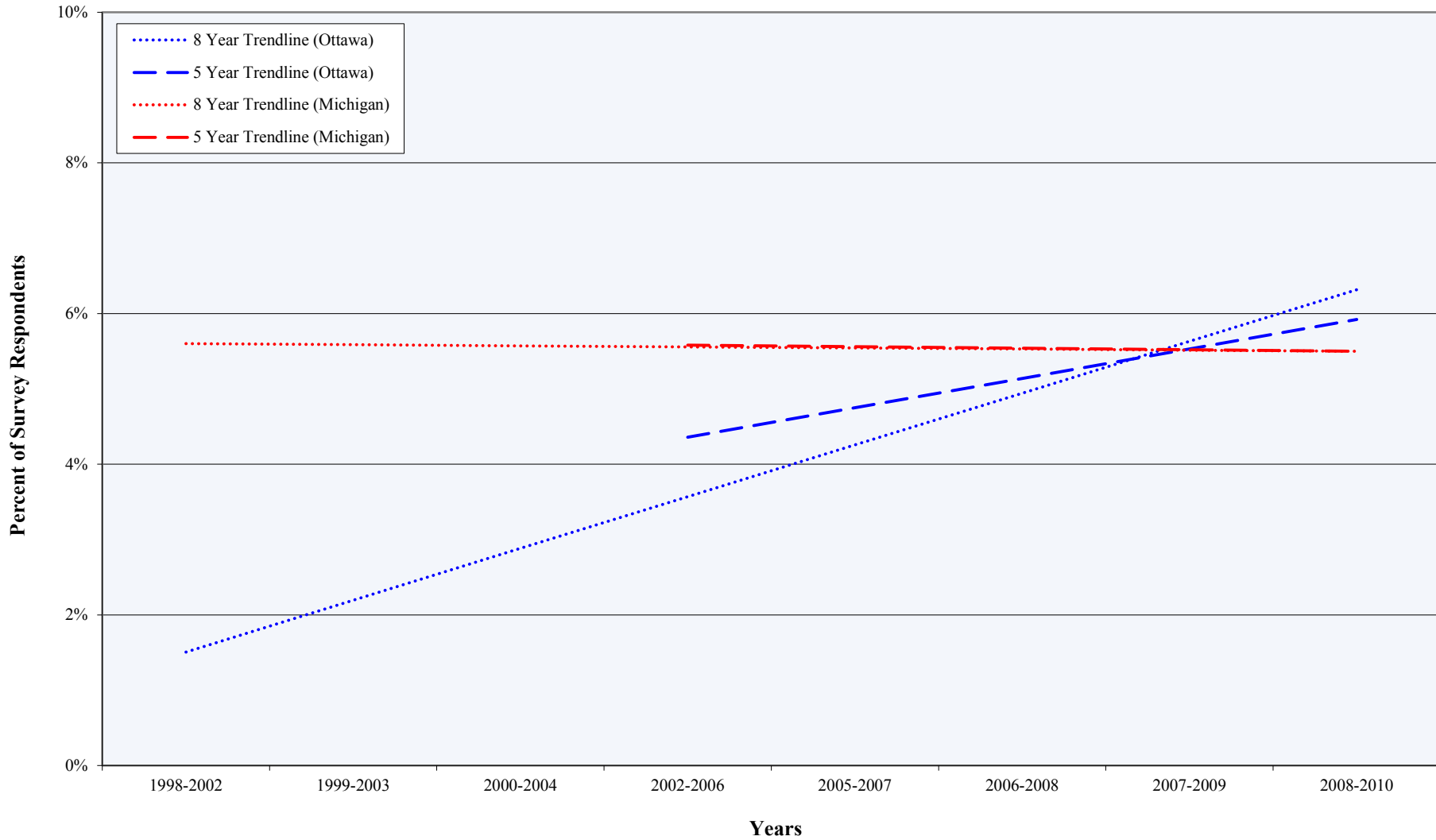


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* Heavy drinking is defined as consuming, on average, more than two alcoholic beverages per day for men or more than one alcoholic beverage per day for women

Heavy Drinking*

5 and 8 Year Trends



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* Heavy drinking is defined as consuming, on average, more than two alcoholic beverages per day for men or more than one alcoholic beverage per day for women

Smoking Status (1998-2010)

By Year (Ottawa County, Adjacent Counties, State)

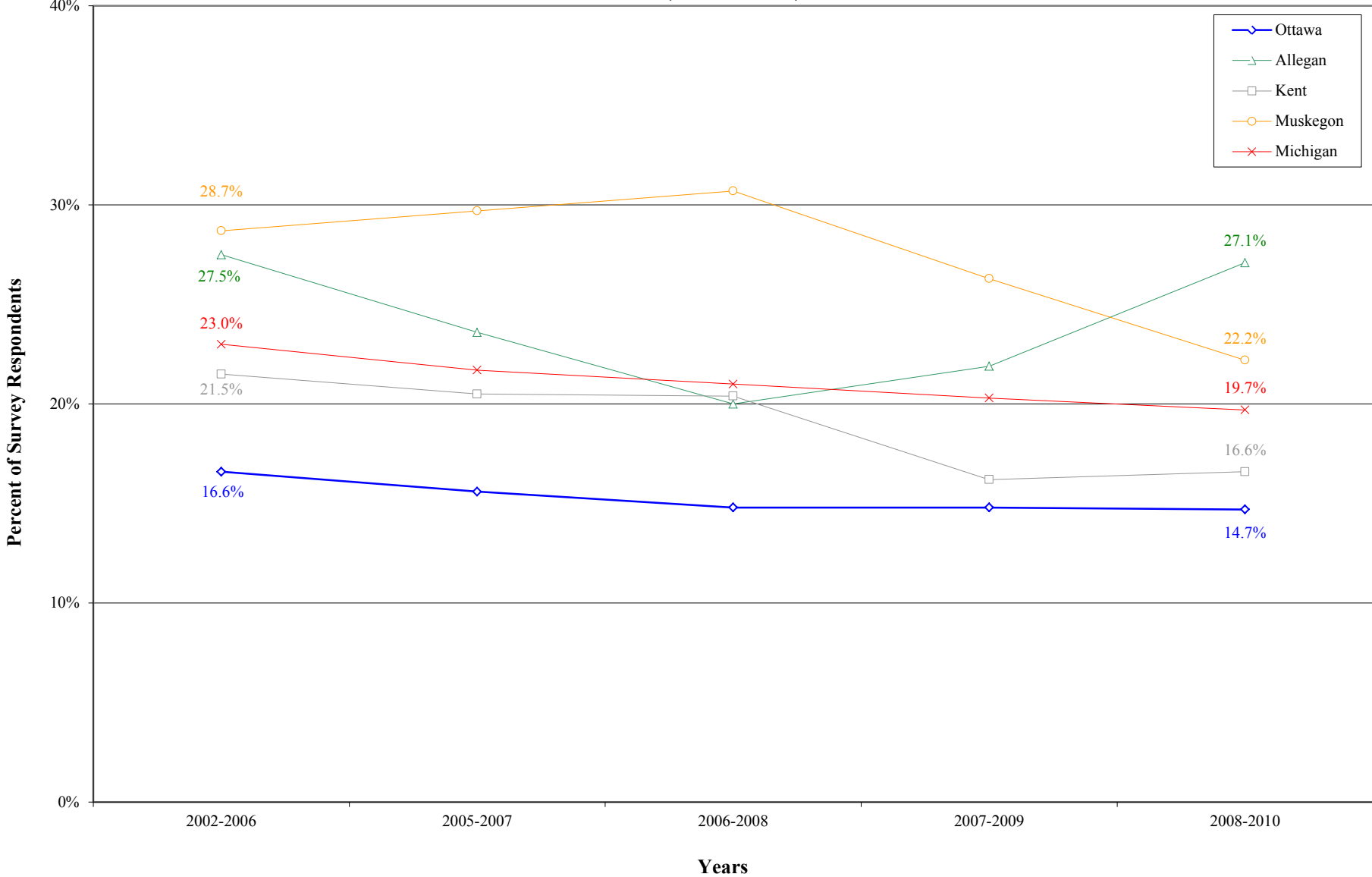
Percent of Survey Respondents

| Year | Current Smoker* | | | | | Former Smoker* | | | | | Never Smoked | | | | |
|-----------|-----------------|---------|-------|----------|----------|----------------|---------|-------|----------|----------|--------------|---------|-------|----------|----------|
| | Ottawa | Allegan | Kent | Muskegon | Michigan | Ottawa | Allegan | Kent | Muskegon | Michigan | Ottawa | Allegan | Kent | Muskegon | Michigan |
| 2002-2006 | 16.6% | 27.5% | 21.5% | 28.7% | 23.0% | 27.3% | 27.9% | 24.1% | 24.6% | 26.0% | 56.1% | 44.6% | 54.4% | 46.8% | 50.9% |
| 2005-2007 | 15.6% | 23.6% | 20.5% | 29.7% | 21.7% | 26.9% | 31.0% | 25.3% | 23.6% | 25.7% | 57.5% | 45.4% | 54.2% | 46.7% | 52.6% |
| 2006-2008 | 14.8% | 20.0% | 20.4% | 30.7% | 21.0% | 25.8% | 29.8% | 23.0% | 20.5% | 25.4% | 59.4% | 50.2% | 56.6% | 48.8% | 53.6% |
| 2007-2009 | 14.8% | 21.9% | 16.2% | 26.3% | 20.3% | 24.1% | 29.4% | 24.4% | 23.6% | 25.4% | 61.0% | 48.7% | 59.4% | 50.1% | 54.2% |
| 2008-2010 | 14.7% | 27.1% | 16.6% | 22.2% | 19.7% | 26.1% | 23.9% | 24.4% | 26.3% | 25.6% | 59.2% | 49.0% | 59.0% | 51.4% | 54.8% |

Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A current smoker is defined as someone who has smoked at least 100 cigarettes (five packs) in their life and smokes now, either every day or on some days. A former smoker is defined as someone who has smoked at least 100 cigarettes (five packs) in their life, but does not smoke now

Current Smokers* (2002-2010)

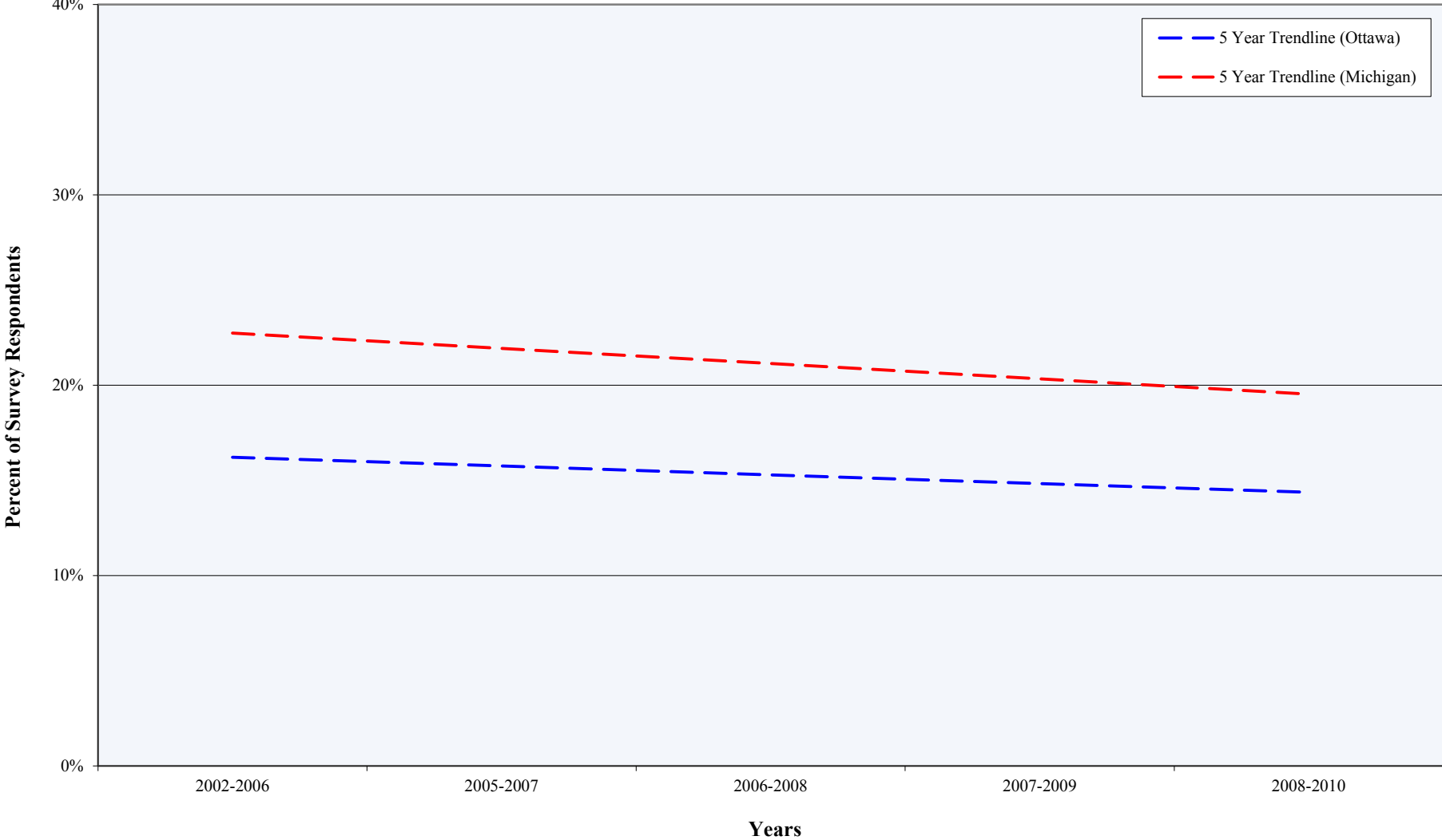


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

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Current Smokers*

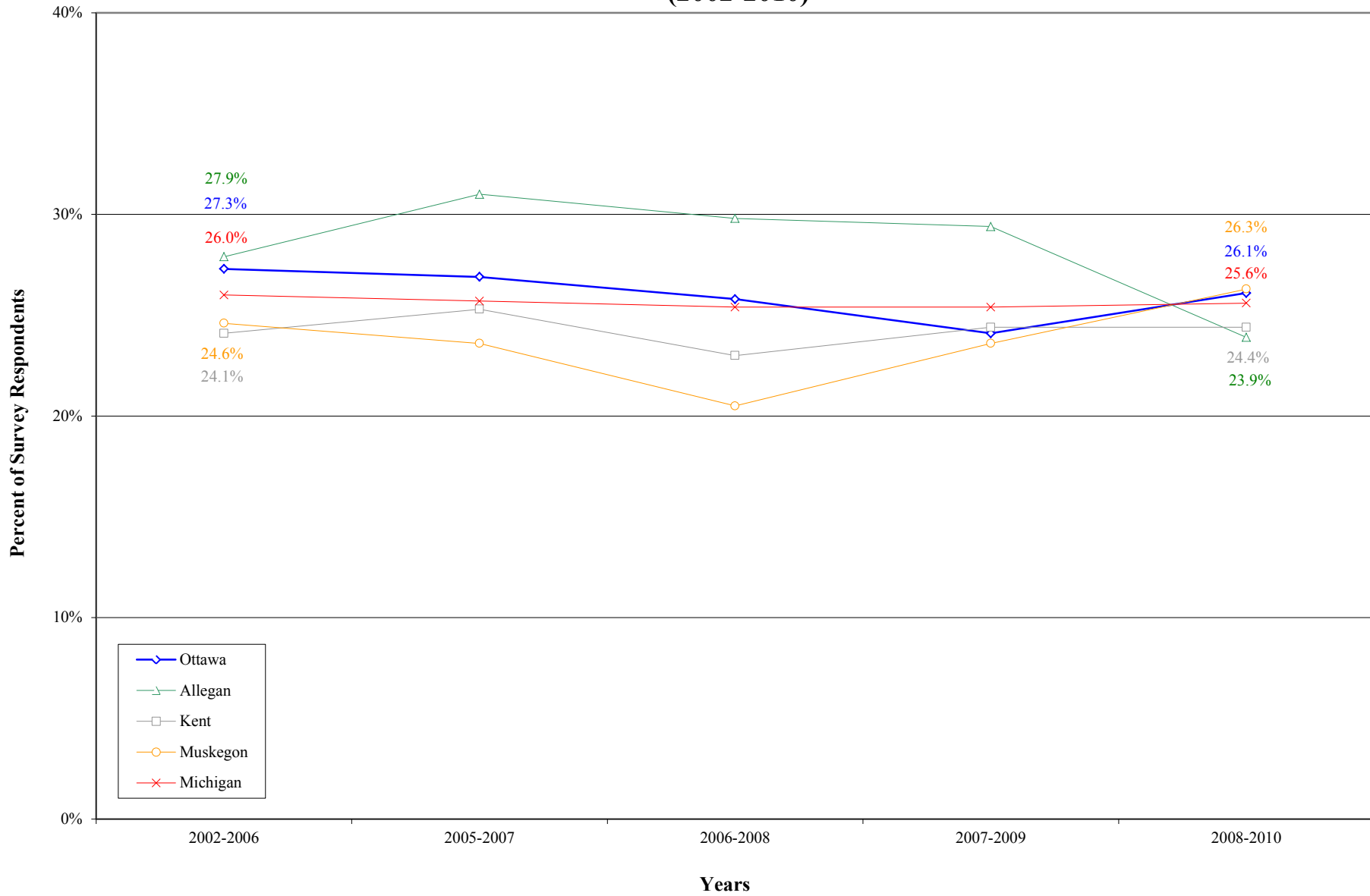
5 Year Trend



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A current smoker is defined as someone who has smoked at least 100 cigarettes (five packs) in their life and smokes now, either every day or on some days

Former Smokers* (2002-2010)

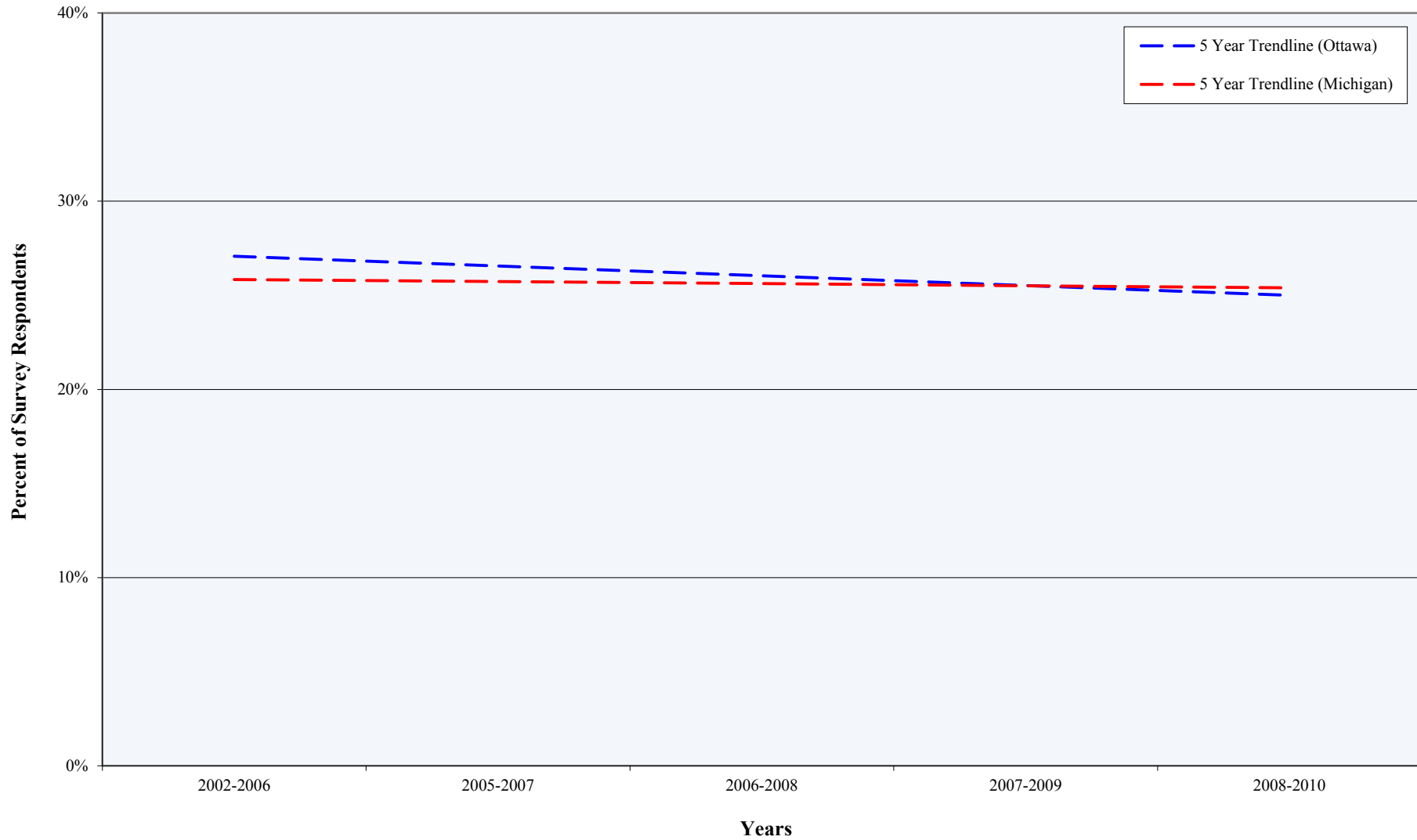


Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A former smoker is defined as someone who has smoked at least 100 cigarettes (five packs) in their life, but does not smoke now

Former Smokers*

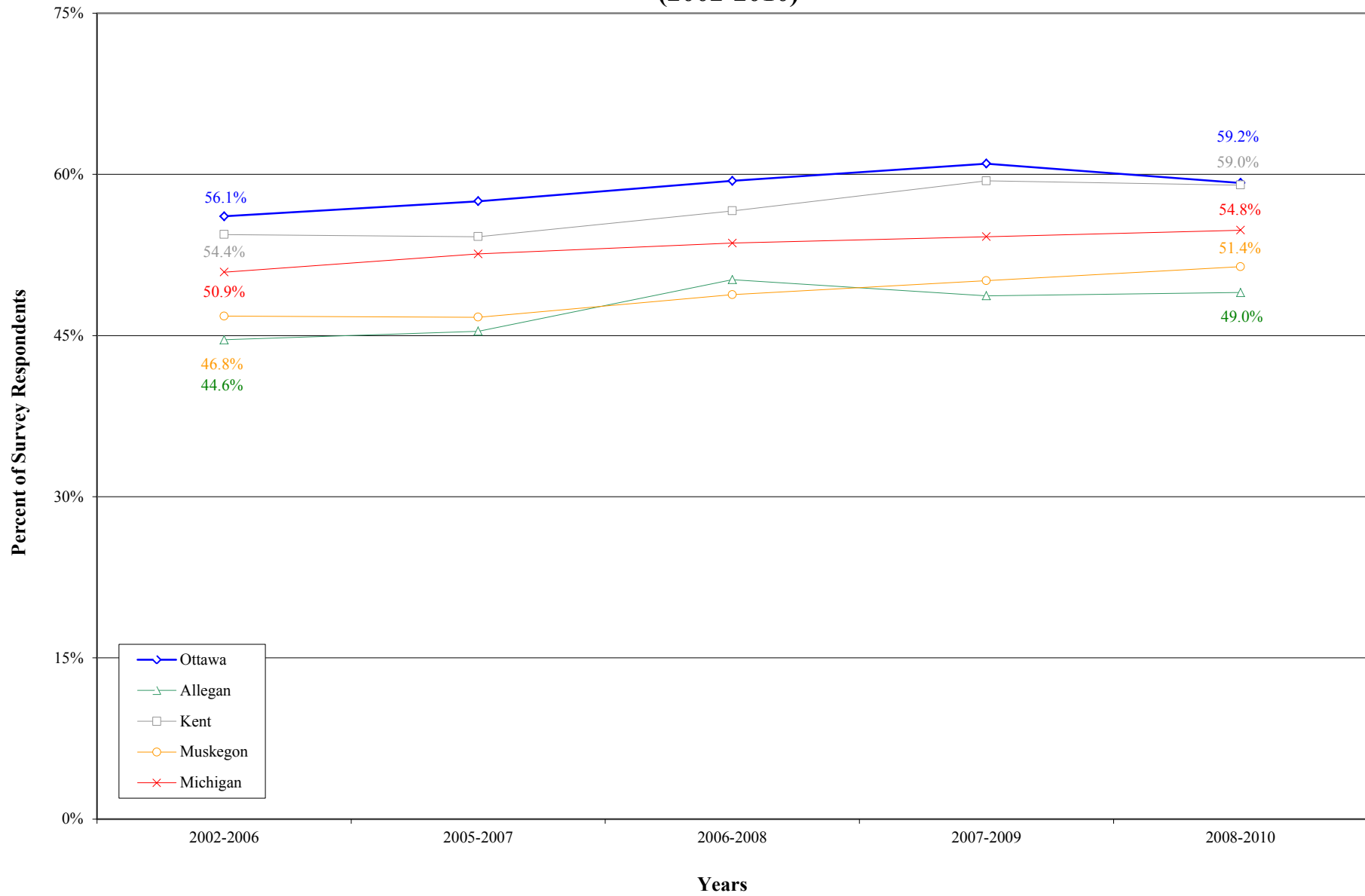
5 Year Trend



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

* A former smoker is defined as someone who has smoked at least 100 cigarettes (five packs) in their life, but does not smoke now

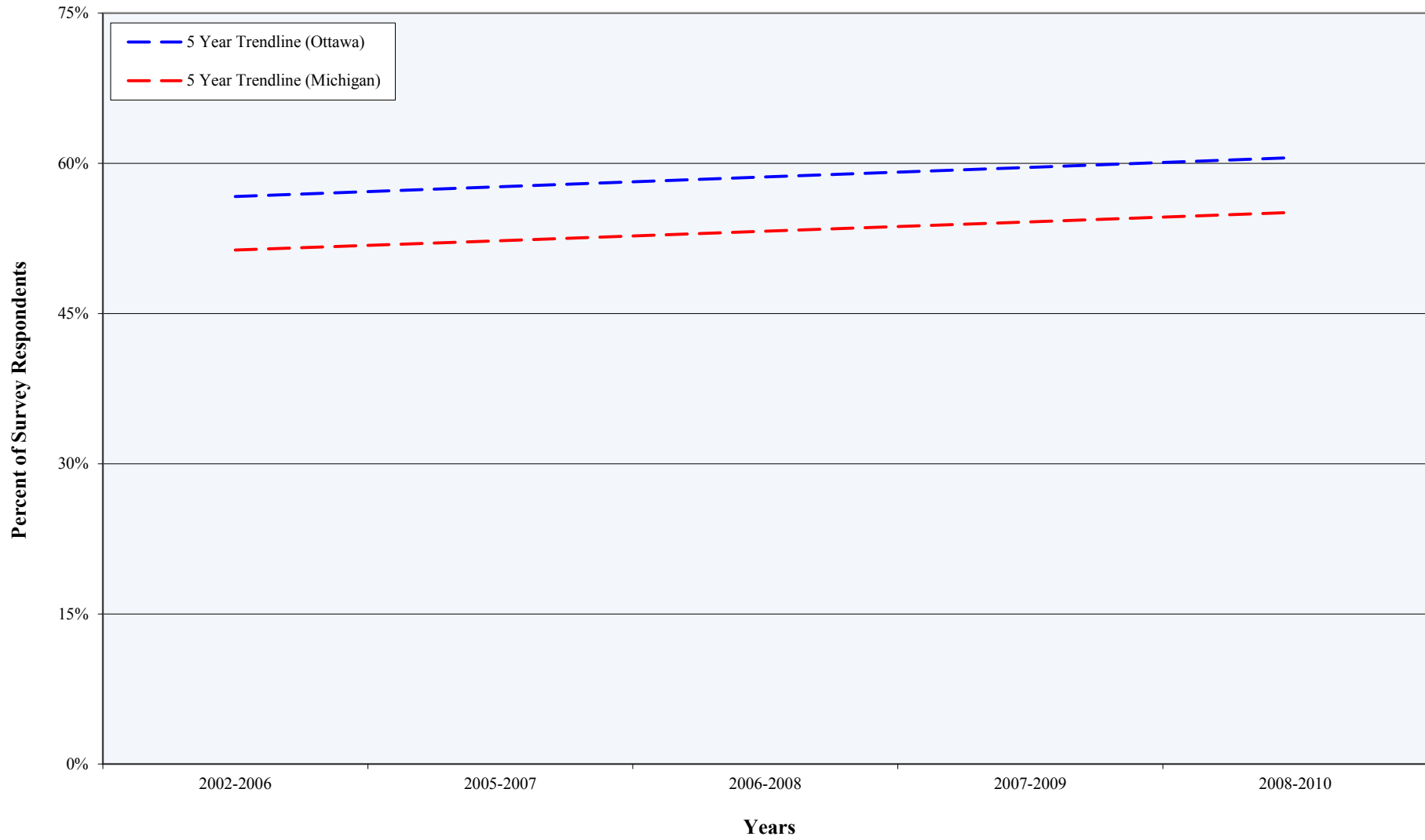
Never Smoked (2002-2010)



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)

Never Smoked

5 Year Trend



Source: Michigan Department of Community Health, Behavioral Risk Factor Survey (BRFS)