



Health & Behaviors in Snohomish County

A summary of trends from the
2009 Behavioral Risk Factor Surveillance System (BRFSS)



Health Behaviors

Health Statistics & Assessment | April 2011



Smoking • Alcohol Use • Physical Activity • Nutrition

Health Behaviors

How to use the data

Noun: **trend analysis** - analysis of changes over time

The BRFSS¹ data contained in this document can be used to educate and inform others about the trends of health measures in Snohomish County.

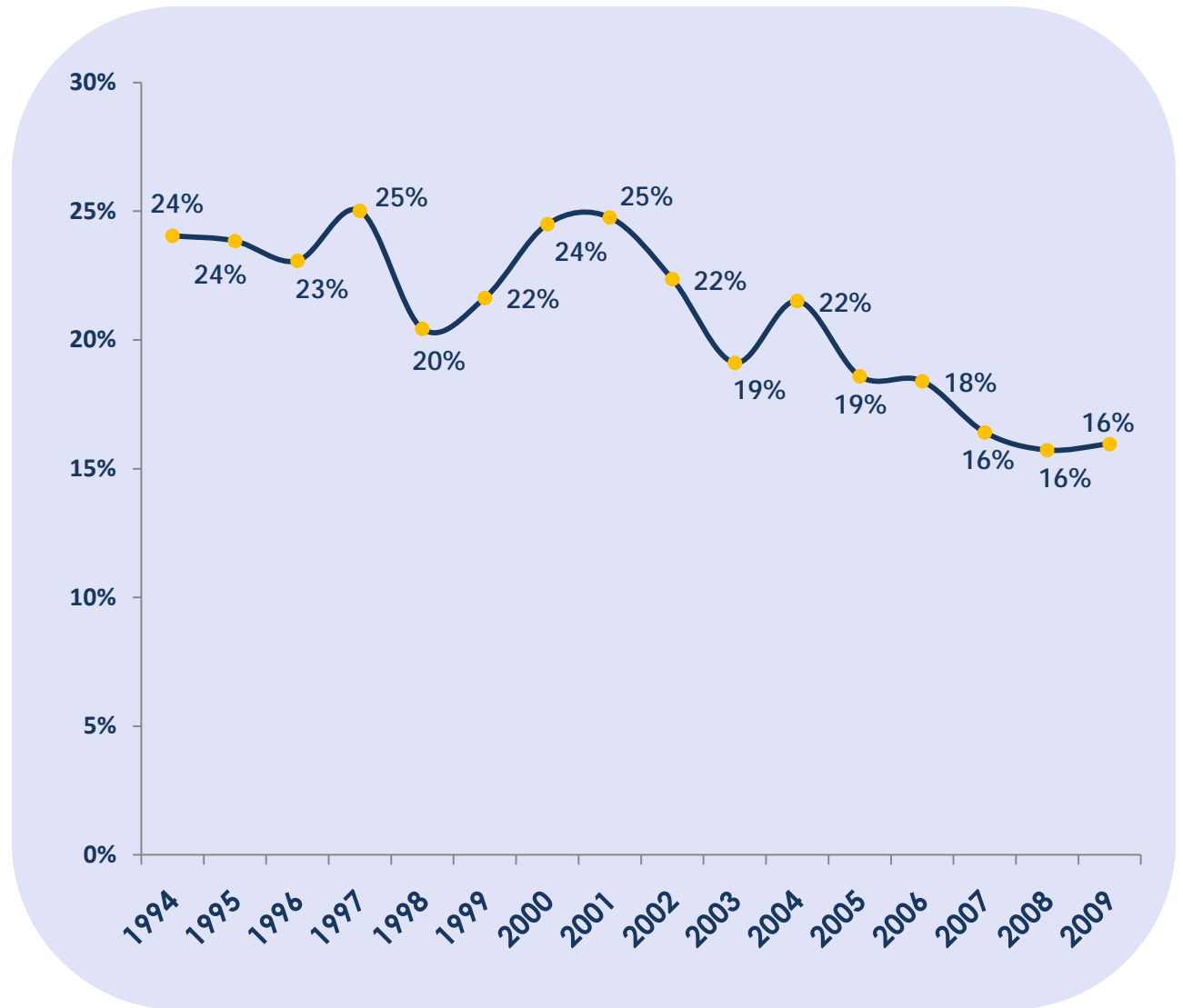
Other uses for the data include:

- Identify needs, direction, target populations, and indicators
- Assist in planning, goal setting, and/or establishing priorities
- Evaluate programs
- Obtain grants
- Formulate policy



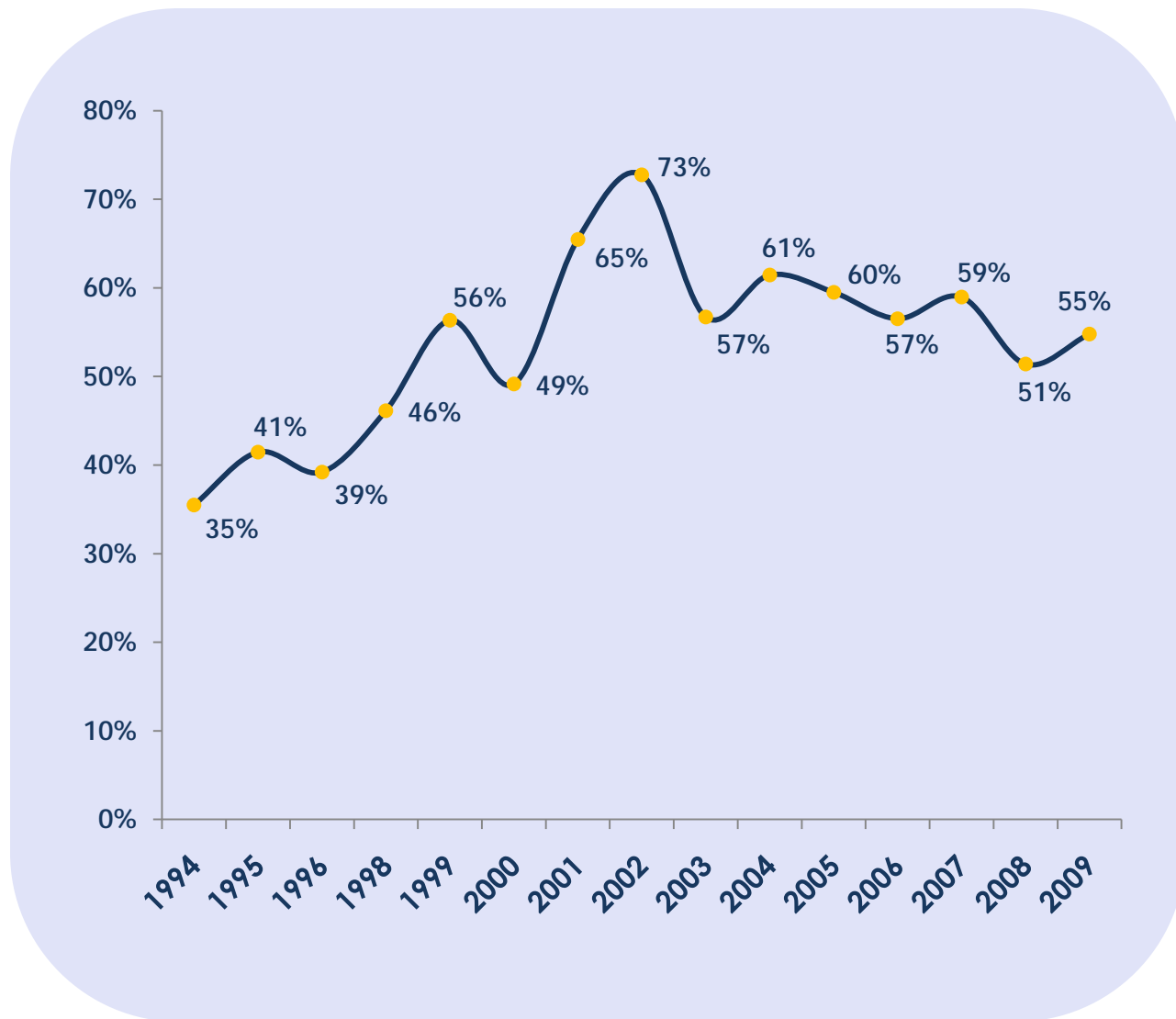
1. The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, state-based telephone surveillance system (survey) supported by the Centers for Disease Control and Prevention (CDC).

- During 2009 about one in six (16.0%) Snohomish County adults smoked cigarettes.
- Adult smoking rates declined by 33.3% from 1994 through 2009 ($P < 0.0001$).
- Snohomish County's adult smoking rate has not changed since 2007.



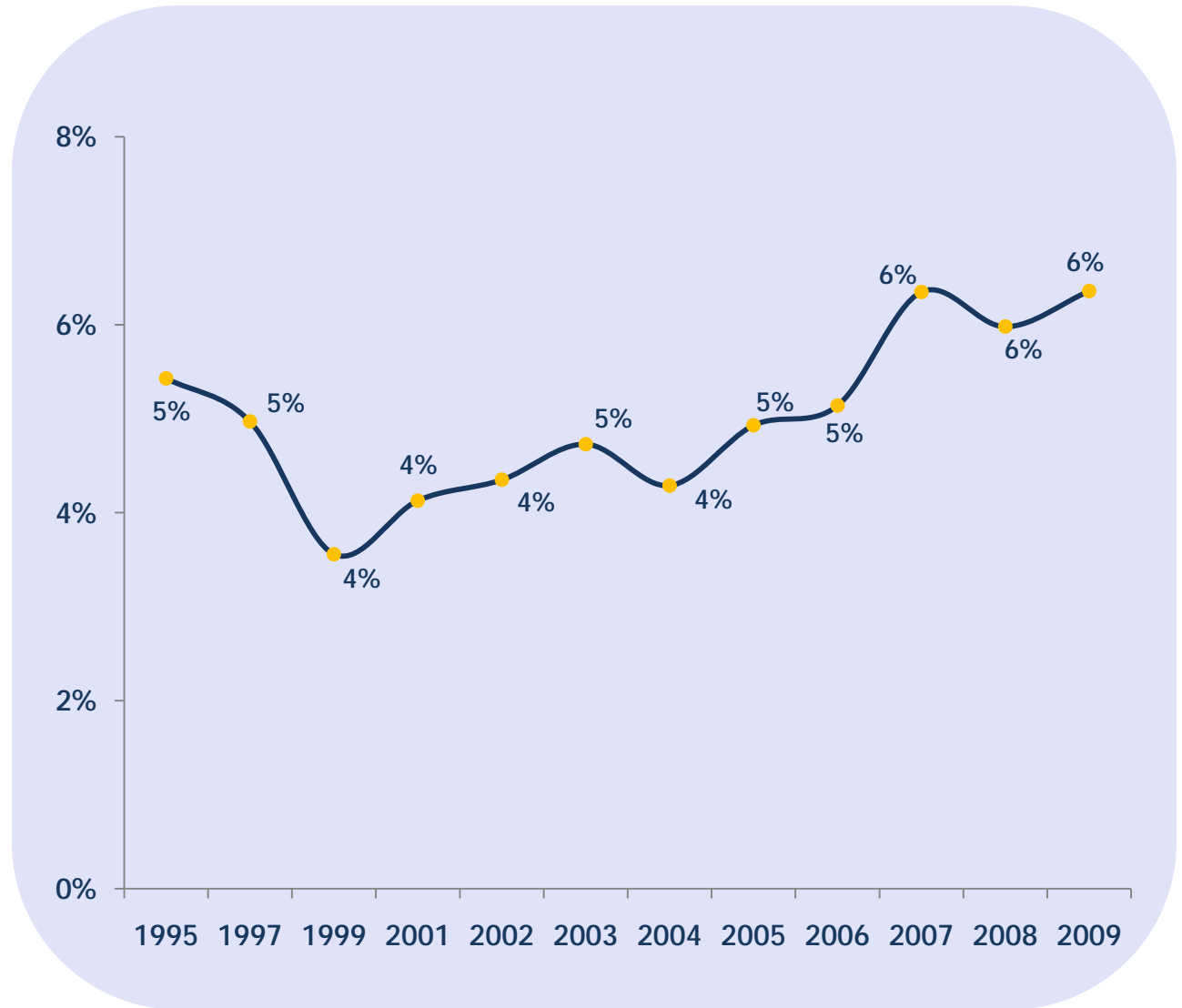
- More than half of Snohomish County adults who smoked cigarettes (54.8%) tried to quit during the previous year.

- The proportion of Snohomish County adult smokers who tried to quit increased by 54.4% between 1994 and 2009 ($P = 0.01$).



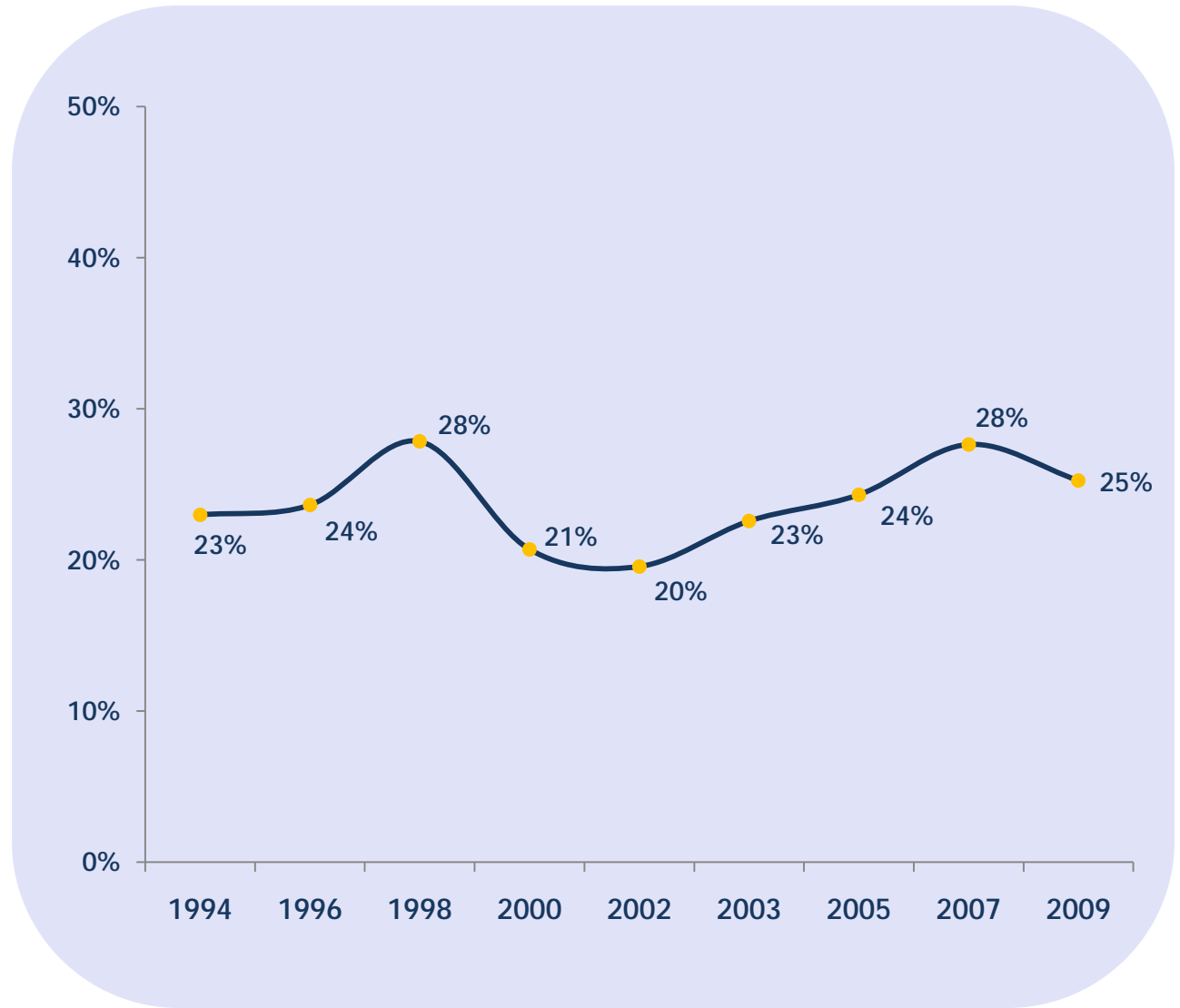
- In 2009, 6.4% of Snohomish County adults were heavy alcohol drinkers.
- The proportion of adults who were heavy drinkers declined from 1995 through 1999 but increased by 77.8% from 1999 through 2009 ($p = 0.034$).

* Average consumption of more than 2 drinks per day for males, or more than 1 drink per day for females.



- Only one quarter of Snohomish County adults (25.3%) consumed five or more servings of fruits and vegetables daily during 2009.

- There was no significant change in the proportion of adults who consumed five or more servings of fruits and vegetables daily from 1994 through 2009.

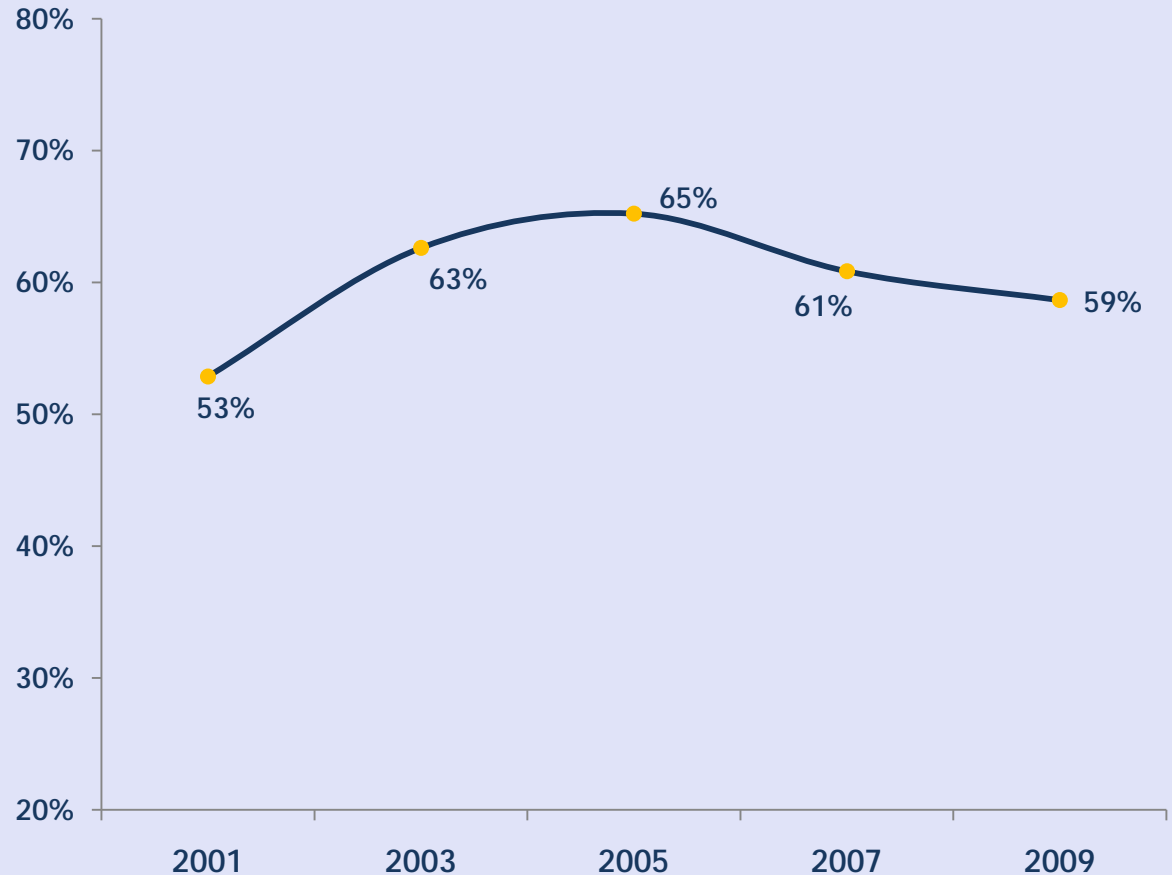


- In 2009 more than half (58.7%) of adults met the guidelines for moderate* or vigorous** leisure-time physical activity, or had jobs that involved physical activity.

- There was no significant change in the proportion of adults who met physical activity guidelines from 2001 through 2009.

*30 min/day, 5+ days/week.

** 20 min/day, 3+ days/week.



Health Behaviors in Snohomish County:

- Rates of adults who smoke declined since 1996 but did not change after 2007.
- More than half of the adults who smoke attempted to quit.
- Increasing proportions of adults are heavy drinkers.
- Only 1 in 4 adults consume the recommended servings of fruits and vegetables.
- There is no change in those who met physical activity guidelines.

Health Statistics & Assessment (HSA) has a repository of data available by contacting:

425.339.8618 | www.snohd.org

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SNOHOMISH COUNTY

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