

1996 Utah Health Status Survey Report

LIFESTYLE FACTORS IN UTAH: EXERCISE, 5 a DAY, ALCOHOL, AND TOBACCO

**Bureau of Surveillance and Analysis
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Lifestyle Factors in Utah: Exercise, 5 a Day, Alcohol, and Tobacco

Bureau of Surveillance and Analysis
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PREFACE

The information in this report is based on data collected in the 1996 Utah Health Status Survey. The survey represents the third of its type, with previous surveys conducted in 1986 and 1991. It provides information on a variety of topics related to health status and health care delivery systems at statewide and health district levels. These topics are presented in separate reports under the headings listed below.

Health Insurance Coverage

Health Care Access and Utilization

*Health Status in Utah: Medical Outcomes
Study SF-12*

*Socio-Economic Status and Health
Limitations of Activities in Utah*

*Interpersonal Violence in Utah
Overview*

*Chronic Medical Conditions
Injuries in Utah*

*Hypertension and Cholesterol
Migration Patterns to Utah*

The survey was funded by a one-time legislative appropriation and was designed, analyzed, and reported by the Utah Department of Health, Bureau of Surveillance and Analysis. The survey sample was designed to be representative of Utahns, and is perhaps best described as a weighted probability sample consisting of approximately 6,300 households disproportionately stratified by twelve local health districts that cover the entire state.

The Gallup Organization conducted the telephone interviews using computer-assisted random digit dialing techniques. In each household, one adult (age 18 or older) was randomly selected to respond to survey questions about themselves, about the household as a unit, or with regard to each household member. In addition to “core” survey questions that were asked of every household, sets of supplemental questions were administered to different subsets of the overall sample. The survey results were weighted to reflect the age, sex, geographic distribution, and Hispanic status of the population. The interview process took place over a three month period from June to August, 1996. The cooperation rate was 66.3%. A detailed description of the methodology can be found in the *Technical Notes* section of this report.

The information in this report can be used to facilitate policy and planning decisions. While it is intended primarily for public health program managers, administrators, and other health care professionals in the public and private health care sectors, the report may also be of interest to anyone wishing to inform themselves on the current health situation in Utah.

INTRODUCTION

It is clear from research that choices people make about health behaviors can substantially increase or decrease their risk of life threatening conditions including heart disease, cancer, and injuries. Public health efforts to prevent chronic disease encourage people to eat a diet high in fruits and vegetables and low in fat, get regular exercise, avoid excessive alcohol consumption, and not smoke. Excessive alcohol consumption also increases risk of injury especially of motor vehicle crash, the leading cause of death for young people. Healthy behaviors are of benefit to individuals, and due to the high prevalence of heart disease, stroke and cancer, small changes in lifestyle choices of individuals can have a large impact on the overall health of a population. The purpose of this report is to identify the prevalence of selected behaviors that are important determinants of health for the people of Utah, based on results of the 1996 Health Status Survey.

This report presents prevalence rates of these behaviors in the 1996 survey data as well as selected results from the 1986 and 1991 Health Status Surveys.

The information in this report is presented in detail in the Reference Tables on pages 35 through 117. Each health behavior is generally examined by age, sex, education level, annual household income, Hispanic status, general health status, selected medical conditions, and religious affiliation and participation. Analyses by local health district are presented for selected health behaviors. Highlights of the analyses are presented in graphical form in the Highlights section beginning on page 1.

Findings presented in this report are based on the following survey questions:

Exercise

“Now I’d like to ask about vigorous exercise. By that I mean exercise that increases heart and breathing rates a lot faster than usual.”

1. *“Does anyone living in your household, AGE 6 OR OLDER, do vigorous exercise for 20 minutes at least THREE times a WEEK?”*
2. *“For how many months has _____ exercised at this level (vigorously, 20 minutes, 3 times a week)?”*

5 a Day

1. *“If a serving is about a half a cup, about how many servings of fruits or vegetables would you say you eat on a typical day?”*

Alcohol Use

“The next few questions ask about drinking alcoholic beverages, including whisky, rum, beer, wine, or any other type of alcoholic beverage.”

1. *“Has anyone living in your household had at least 12 drinks containing any alcohol in their entire life?”*
2. *“I need to list all household members who have EVER had at least 12 drinks starting with the oldest? Any others? Who is the next oldest household member?”*
3. *“Has _____ had at least one drink during the past month?”*
4. *“On average, how often does _____ drink any alcoholic beverage?”*
5. *“On the days that _____ drinks, how many drinks does (he/she) have each day, on average?”*
6. *“During the past month, on how many days did _____ have five or more alcoholic drinks?”*
7. *“During the last month, how many times did _____ drive within one hour after having had four or more drinks?”*

Cigarette Smoking

“The next few questions ask about cigarette smoking. Have you or has anyone in your household smoked at least 100 cigarettes in their entire life?”

1. *“Does _____ smoke cigarettes now?”*
2. *“On the average, about how many cigarettes A DAY does _____ now smoke? (1 pack=20 cigarettes)”*
3. *On average, about how many cigarettes A DAY does _____ smoke while (he/she) is at home? (1 pack=20 cigarettes)”*
4. *Does _____ typically smoke inside the house, or step outside every time (he/she) smokes a cigarette?”*

SUMMARY OF FINDINGS

Exercise

- The percentage of persons reporting regular vigorous exercise increased from 38% to 46% between 1986 and 1996. However, fewer than half of people reported such exercise in 1996.
- Reported participation in regular vigorous exercise varied somewhat by age for both males and females, but fewer than 55% of people reported regular vigorous exercise in all age and gender groups.
- Reported participation in regular vigorous exercise increased with income level, but only about half of people reported such exercise even in the highest income group.
- Persons reporting that their health was fair or poor were much less likely to participate in regular vigorous exercise than those in good/very good/excellent health.
- Nearly half of those who reported regular vigorous exercise had been at that level of activity for 5 or more years.
- Males were somewhat more likely than females to have been participating in regular vigorous exercise for five years or more.
- A substantially higher percentage of people reported having participated in regular vigorous exercise for 5 or more years in 1996 than was true in 1986.

5 a Day

- Only about one in eight adult Utahns consumed five servings of fruits or vegetables per day in 1996 (12.9%; 95% confidence interval, 11.6%-14.2%).
- The percentage of adults who reported eating five or more servings of fruits or vegetables per day appeared to increase with age, but less than one in five Utahns reported eating “5 a Day” in all age groups.
- Women were more likely to report eating five or more servings of fruits and vegetables per day than were men.
- The proportion of Utahns eating five or more servings of fruits or vegetables per day was higher for those with higher education levels.

Alcohol

- The percentage of persons reporting heavy drinking did not change between survey years.
- Men were about four times as likely to be heavy drinkers as were women (3.4% for men compared to 0.8% for women).
- Persons living in households with higher incomes were less likely to report being nondrinkers, and more likely to report being light to moderate drinkers.
- Heavy drinking was more common at lower income levels.
- Persons who reported being LDS and attended services once a week or more were much more likely to report being a non-drinker.
- The percentage of adults who reported “binge drinking” defined as drinking five or more drinks on at least one occasion in the previous month, increased from 6.5% in 1991 to 8.5% in 1996.
- Men were more likely to report “binge drinking” than were women in every age group.
- Binge drinking was more common for younger adults and for those with less than a high school education.
- The percentage of adult Utahns who reported drinking and driving decreased substantially from 1986 to 1991, but remained stable at about 1% from 1991 to 1996.

- Men were more likely to report drinking and driving than were women in every age group.
- Adults who reported binge drinking were much more likely to report drinking and driving than other adults who did not binge drink.

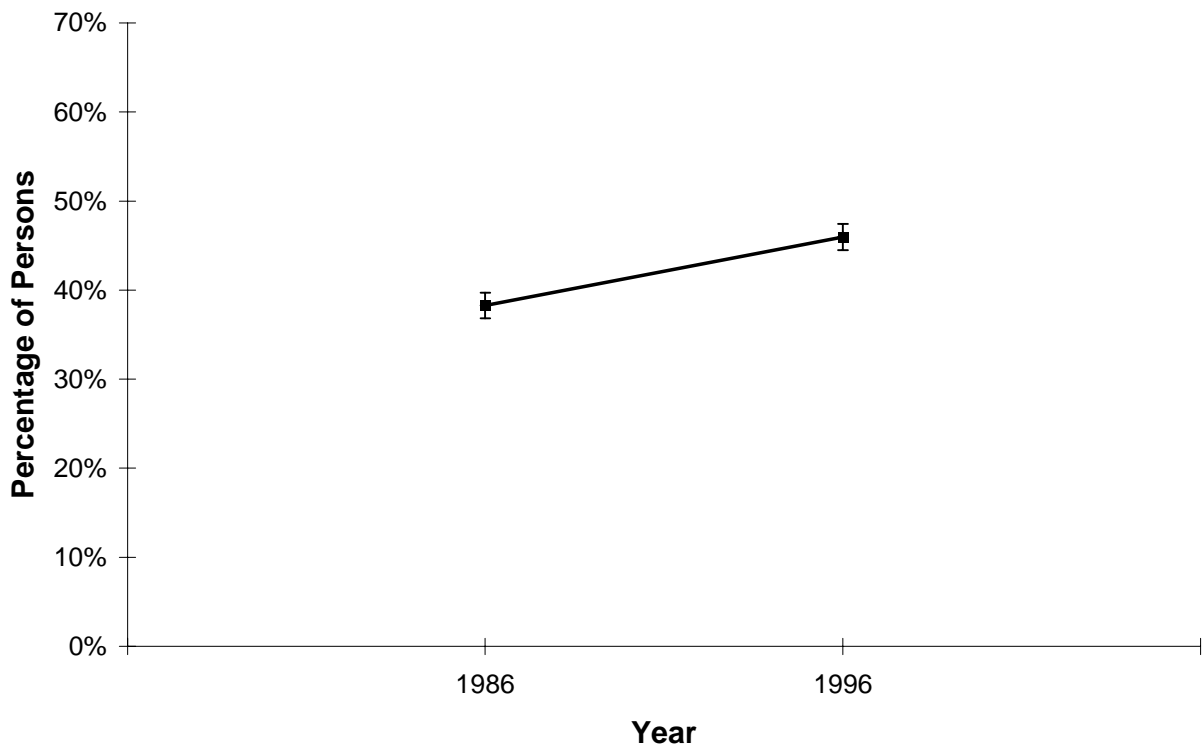
Cigarette Smoking

- The percentage of adults who reported current smoking decreased from 15.3% in 1986 to 12.4% in 1996.
- Among adults with less than high school education, 38% were current smokers, compared to 4% of those with a college degree. However, most current smokers (81%) had at least a high school education.
- The association between smoking and education reflects differences in smoking rate by socioeconomic class as well as any effects that education itself has on smoking. Income was also strongly related to current smoking; 21% of persons with annual household income less than \$15,000 were current smokers, compared to 8% of those with income over \$55,000.
- Persons who reported good/very good/excellent health status were more likely to report never being smokers.
- Cross-sectional analyses, such as this one, underestimate the extent to which smoking worsens health status, because smokers who were in the poorest health have died and are not able to be surveyed.
- People without health insurance were more likely to be current smokers than were persons with health insurance coverage.
- People who reported being active in any religion were less likely to be current smokers.
- An estimated 49,800 Utah households contained an adult household member who smoked inside a home that was shared by others.
- Approximately 28,200 of these households included children under age 18.
- An estimated 114,200 nonsmoking adults and children under 18 were exposed in their home to environmental tobacco smoke in 1996.

* Those questions were not included in the 1996 BRFSS.

HIGHLIGHTS

Figure 1. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise.¹ Utahns Age 14 or Over, 1986 and 1996.

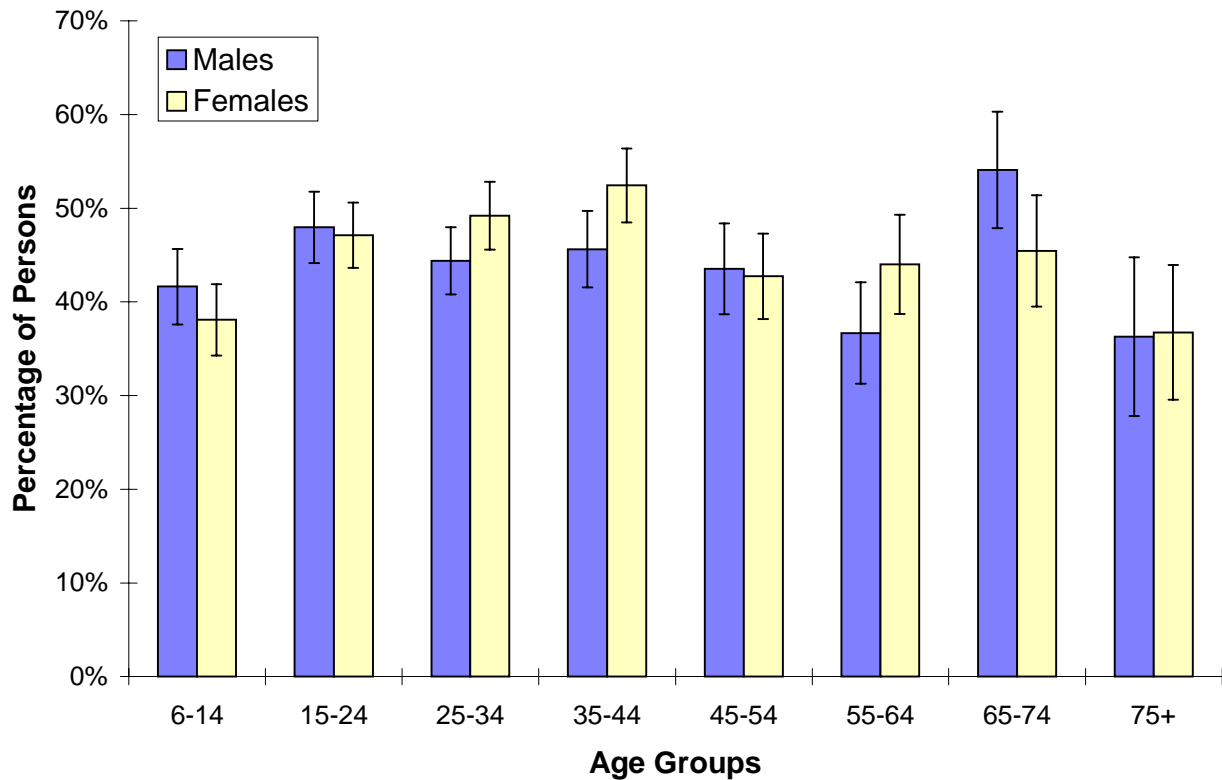


¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

* Comparable data were not collected in the 1991 survey.

- **Regular vigorous exercise has substantial health benefits, including reduced risk of heart disease, stroke, diabetes, and high blood pressure; prevention of osteoporosis, and improved mental health.**
- **The percentage of persons reporting regular vigorous exercise increased from 38.3% to 46.0% between 1986 and 1996. However, fewer than half of people reported such exercise in 1996.**

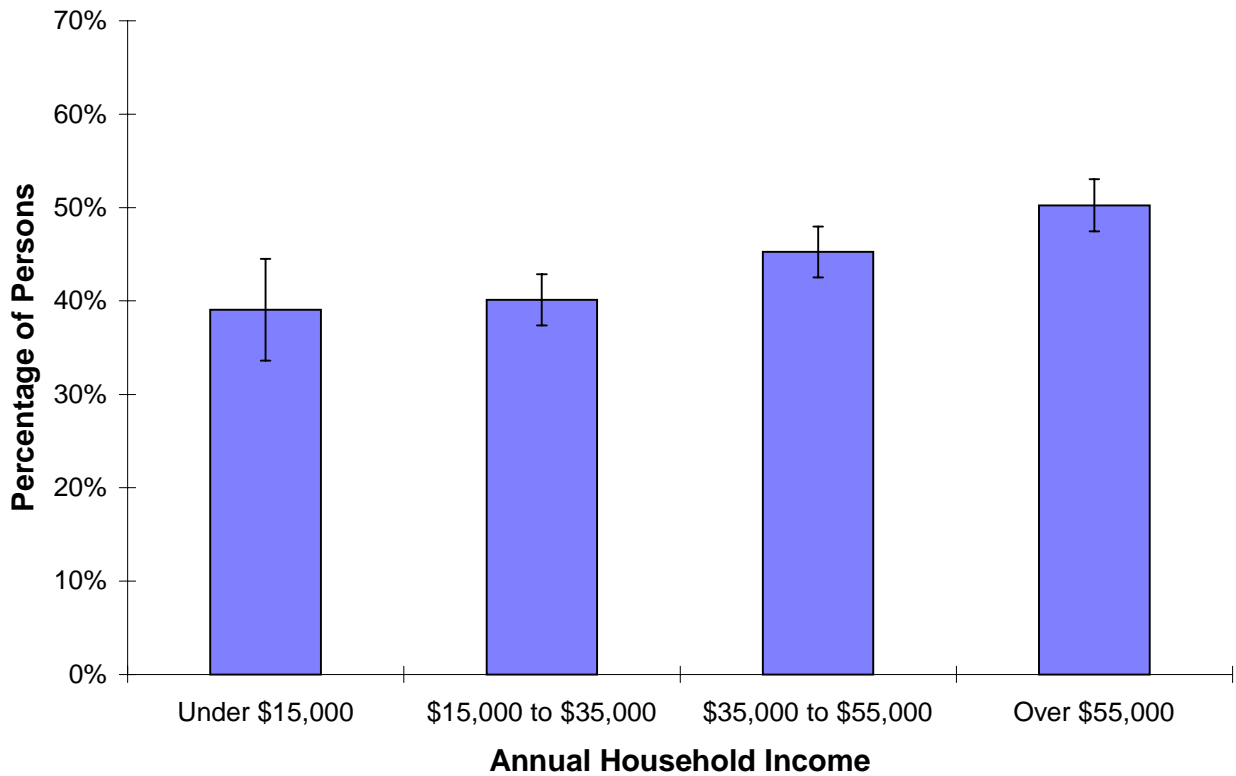
Figure 2. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise¹ by Age and Sex. Utahns Age 6 or Over, 1996.



¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **Reported participation in regular vigorous exercise varied somewhat by age for both males and females, but fewer than 55% of people reported regular vigorous exercise in all age and gender groups.**

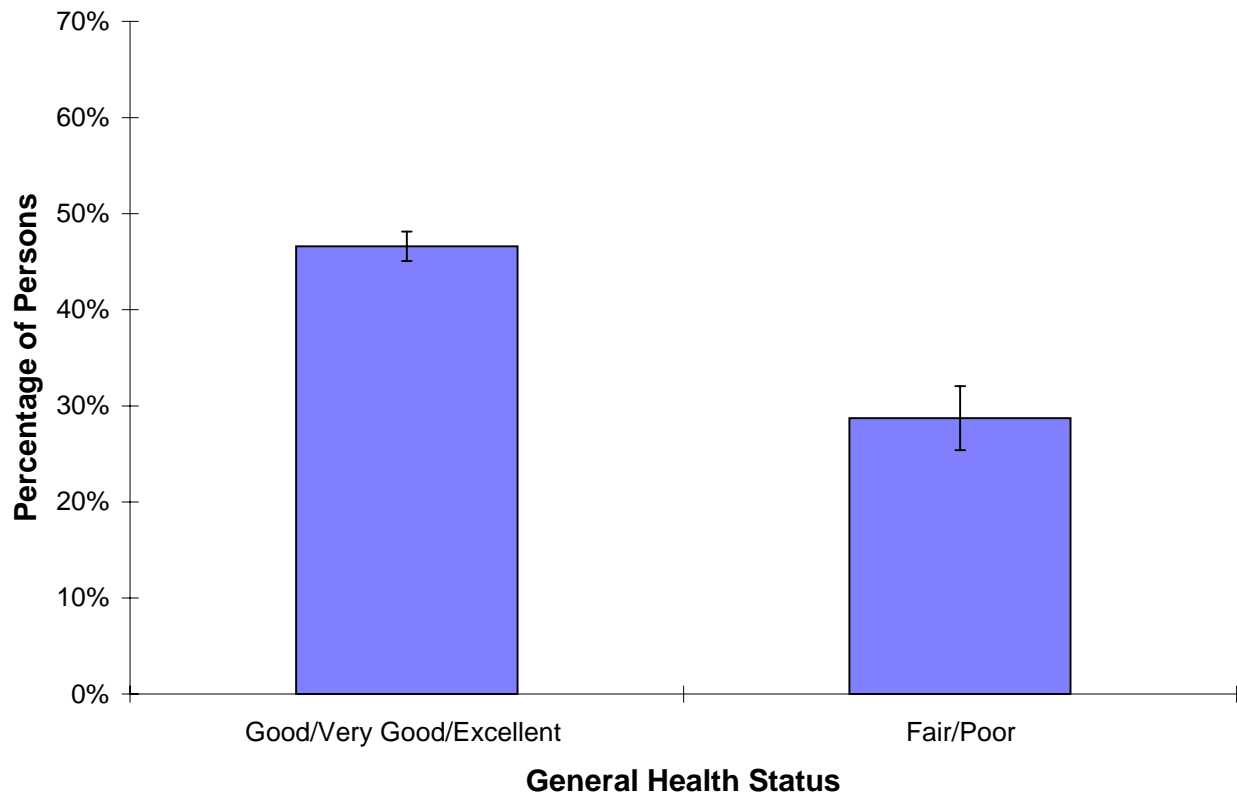
Figure 3. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise¹ by Annual Household Income. Utahns Age 6 or Over, 1996.



¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **Reported participation in regular vigorous exercise increased with income level, but only about half of people reported such exercise even in the highest income group.**

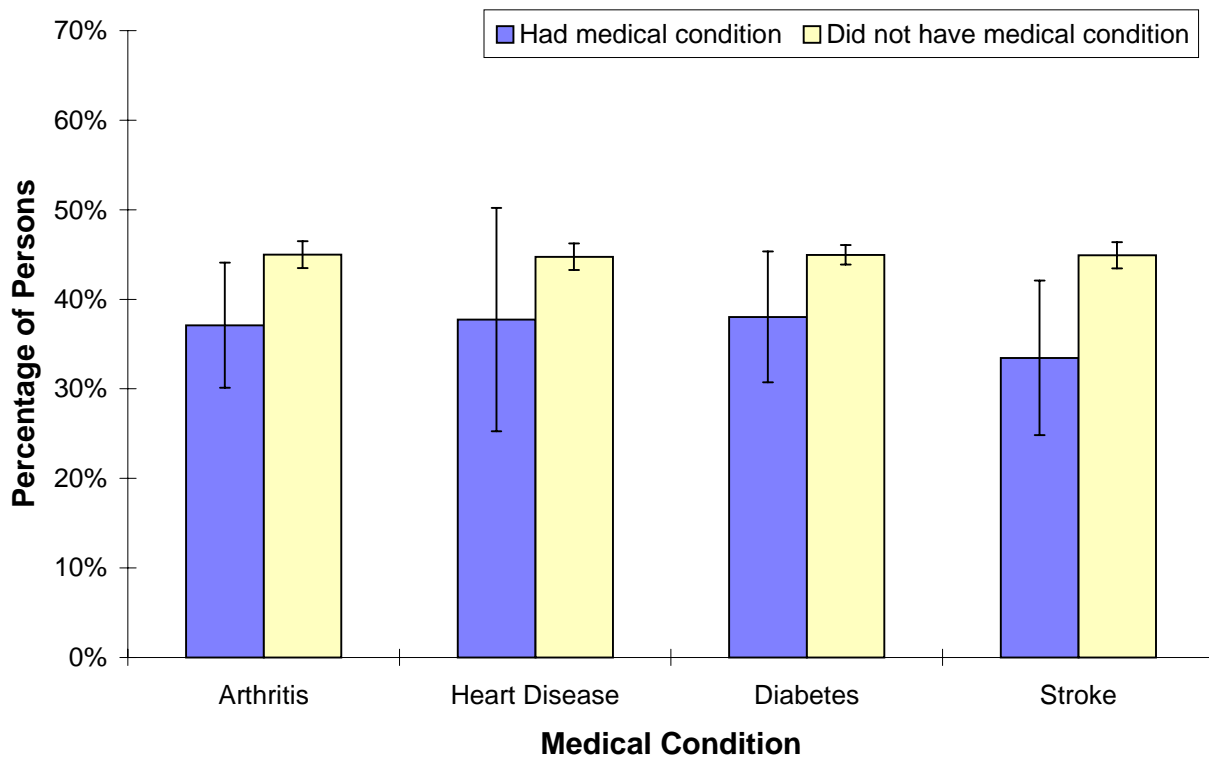
Figure 4. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise¹ by General Health Status. Utahns Age 6 or Over, 1996.



¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **Persons reporting that their health was fair or poor were much less likely to participate in regular vigorous exercise than those in good/very good/excellent health.**

Figure 5. Physical Activity: Percentage¹ of Persons Reporting Regular Vigorous Exercise² by Selected Medical Conditions. Utahns Age 6 or Over, 1996.

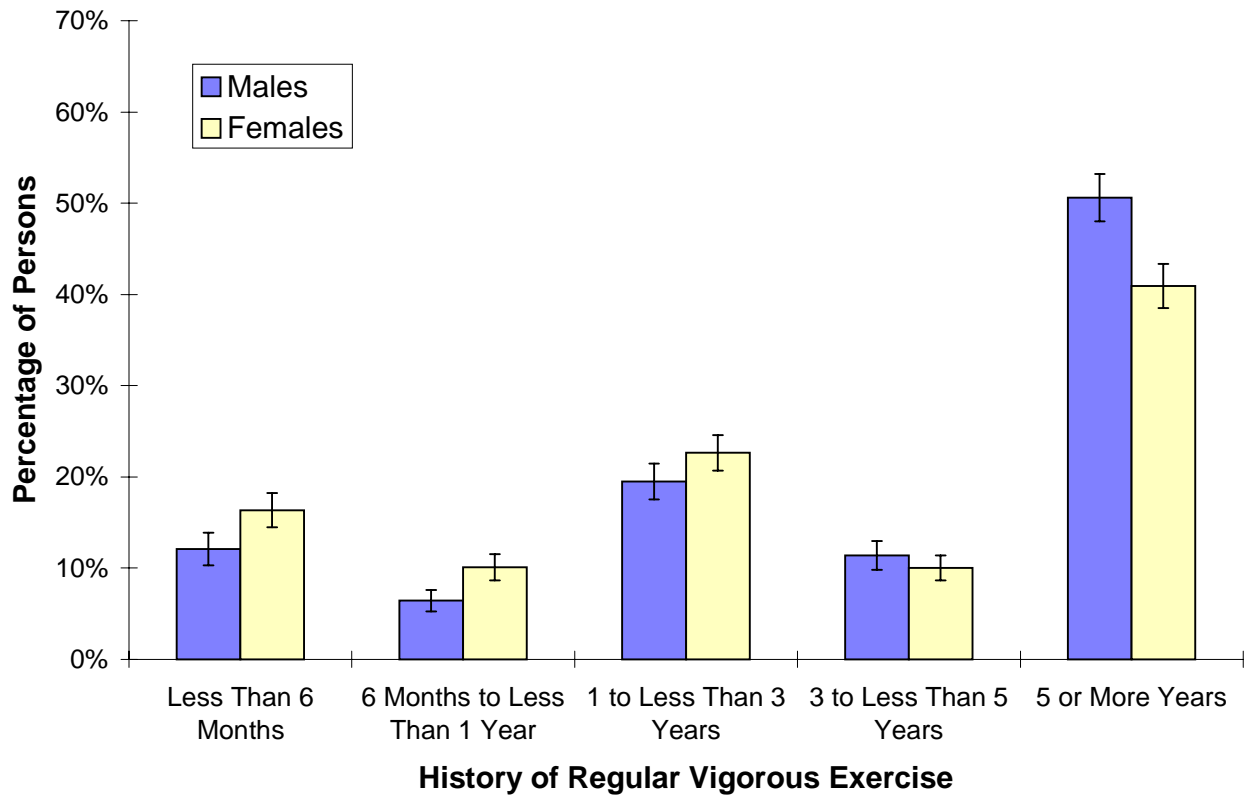


¹ Age-adjusted percentages.

² Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **People who were reported to have these medical conditions, were less likely to engage in regular vigorous exercise than were persons without those diseases.**

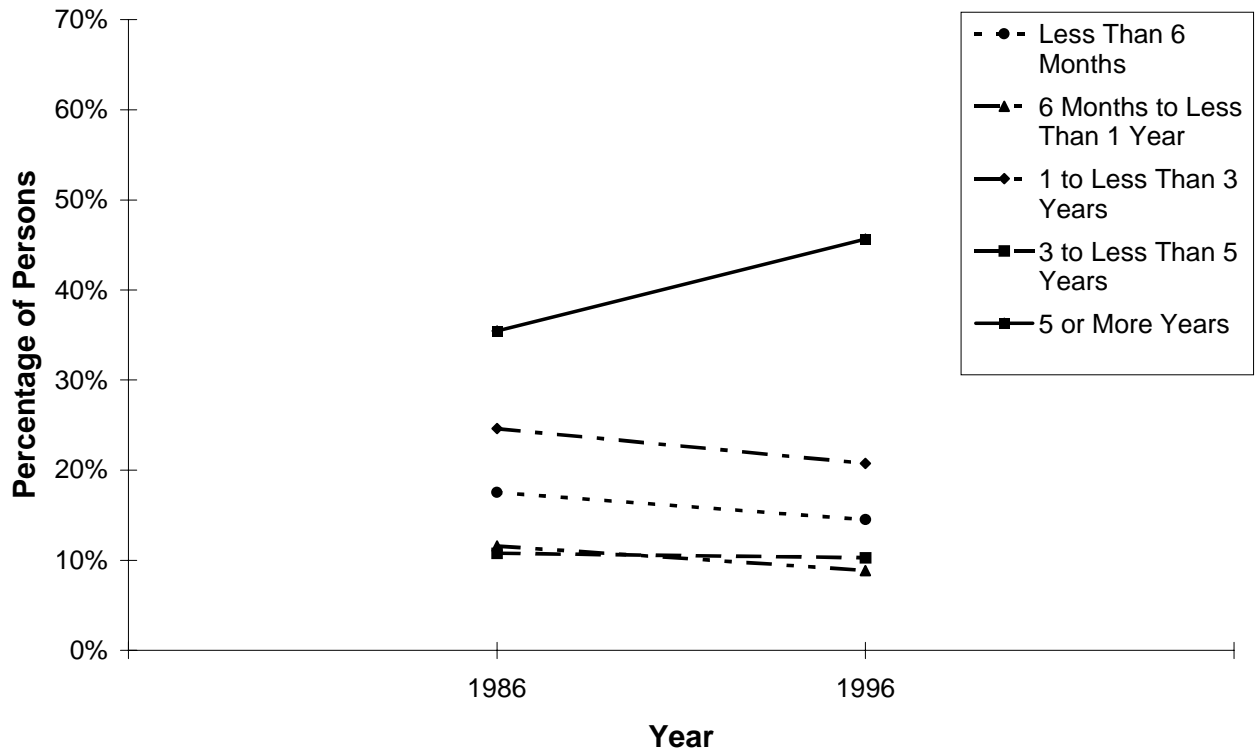
Figure 6. History of Vigorous Exercise: Percentage of Persons Reporting Regular Vigorous Exercise¹ by the Number of Years of Activity and by Sex. Utahns Age 6 or Over, 1996.



¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

- **Nearly half of those who reported regular vigorous exercise had been at that level of activity for 5 or more years.**
- **Males were somewhat more likely than females to have been participating in regular vigorous exercise for five years or more.**

Figure 7. History of Vigorous Exercise: Percentage of Persons Reporting Regular Vigorous Exercise¹ by the Number of Years of Activity. Utahns Age 14 or Over, 1986 and 1996.

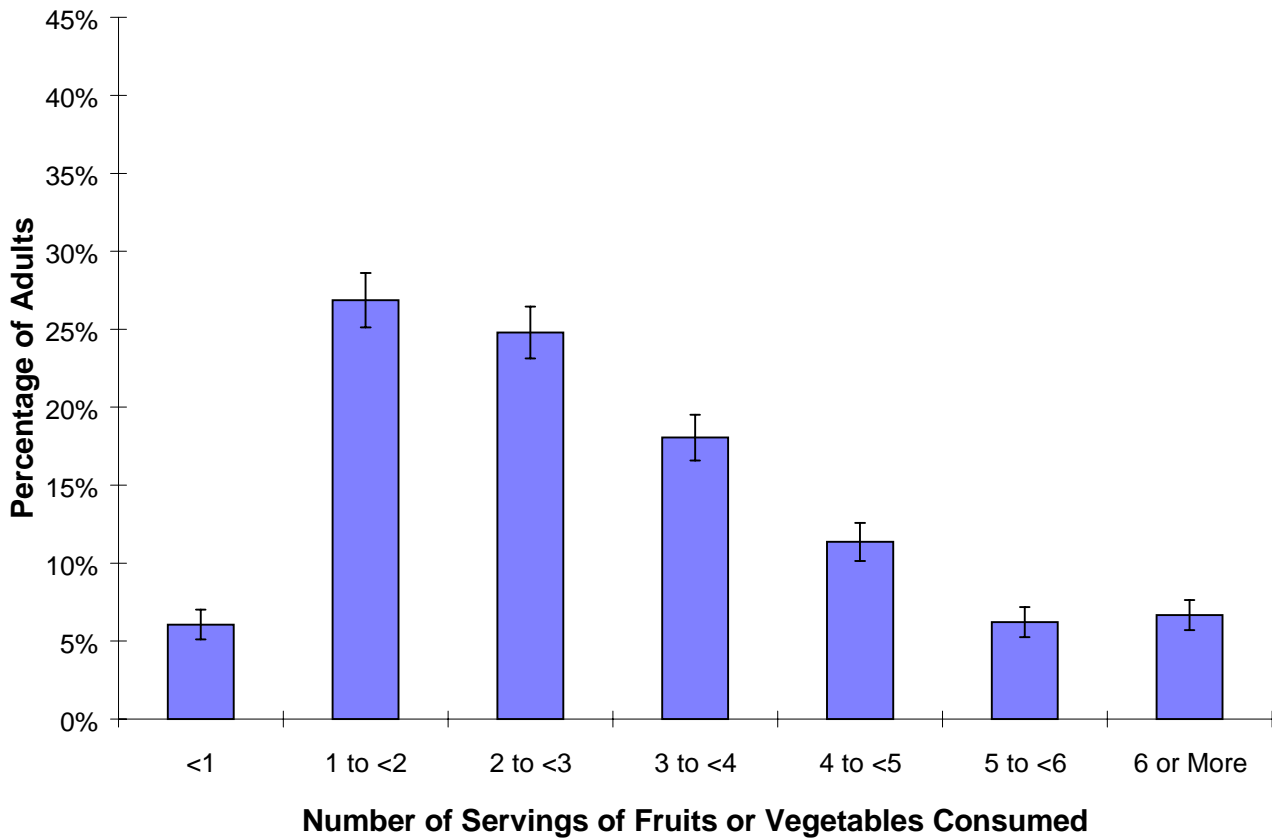


¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

* Comparable data were not collected in the 1991 survey.

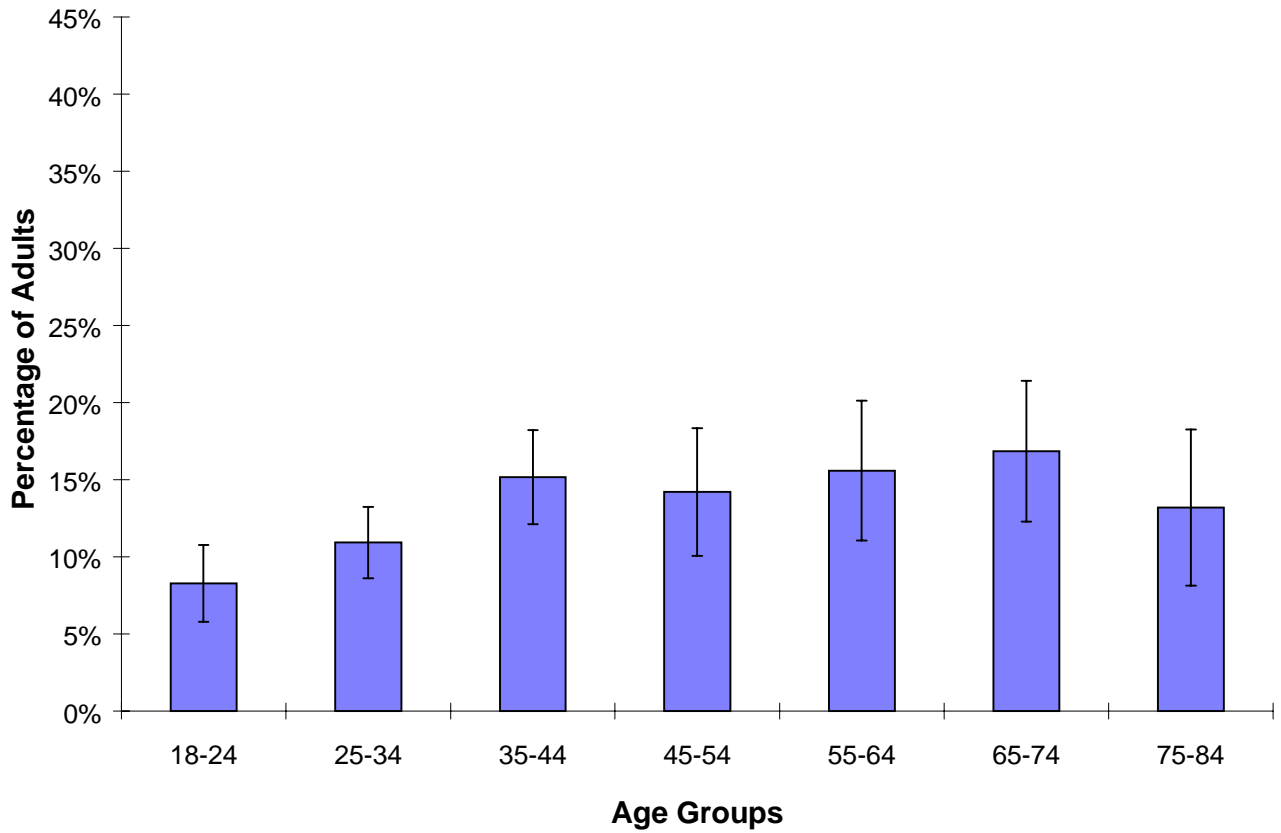
- **The percentage of people who reported participating in regular vigorous exercise for fewer than five years changed little between the 1986 and 1996 survey years.**
- **A substantially higher percentage of people reported having participated in regular vigorous exercise for 5 or more years in 1996 than was true in 1986.**

Figure 8. 5 a Day: Number of Servings of Fruits or Vegetables Consumed Each Day. Utah Adults, Age 18 or Over, 1996.



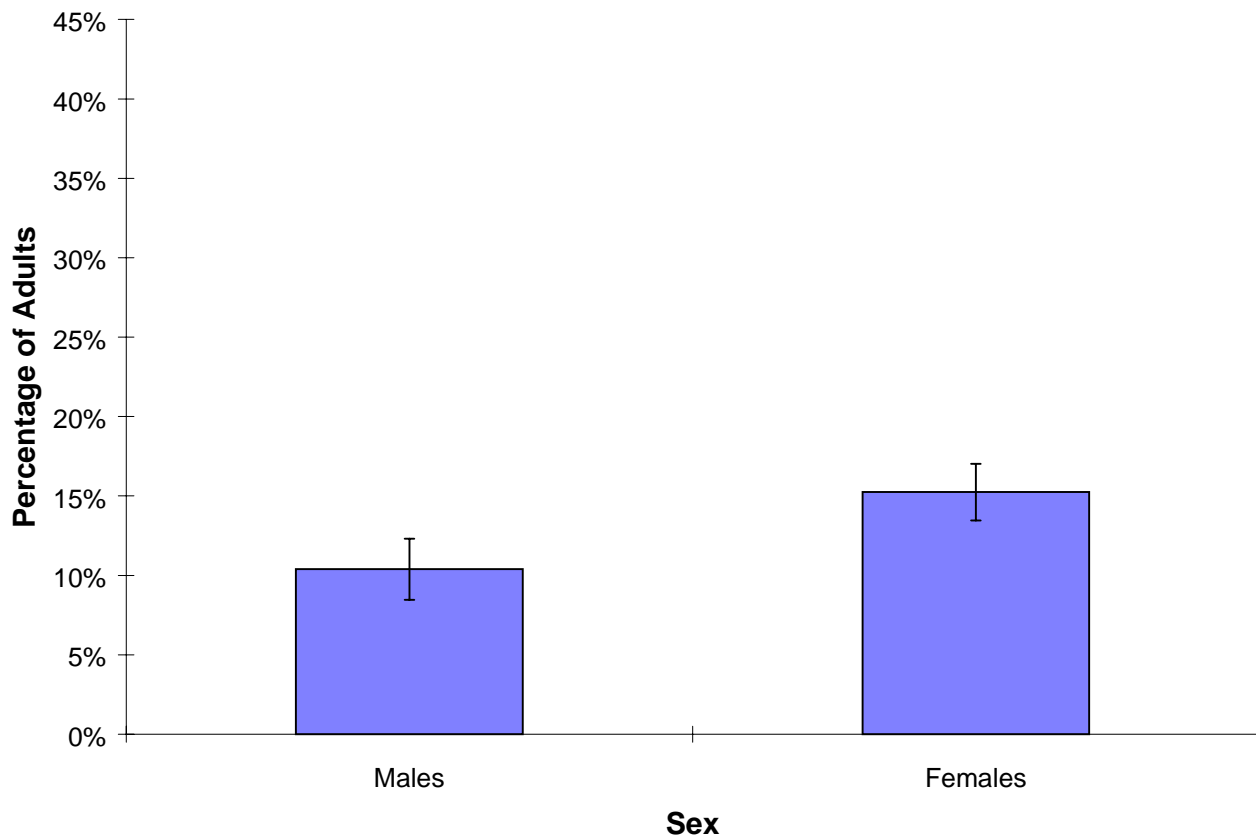
- **Eating more fruits and vegetables (5 or more servings a day is recommended) provides substantial health benefits. Fruits and vegetables have direct health benefits and people who eat more fruits and vegetables tend to eat less harmful foods, especially fatty foods. This helps control weight and reduce risk of heart disease, cancer, and diabetes.**
- **The 1996 Health Status Survey (HSS) found about one in eight adult Utahns consumed five servings of fruits or vegetables per day (12.9%; 95% confidence interval, 11.6%-14.2%).**
- **The 1996 Behavioral Risk Factor Surveillance System (BRFSS) found that 21.5% of adult Utahns consumed 5 a Day (95% confidence interval, 19.5%-23.5%). Findings from the HSS and the BRFSS likely differ because the questions asked about diet in each survey were different. The BRFSS result was derived from questions that asked how often respondents usually consume particular foods and beverages, including fruit juices. The HSS result is based on a survey question that asked respondents “if a serving is about a half a cup, about how many servings of fruits or vegetables would you say you eat on a typical day?”**

Figure 9. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Age. Utah Adults, Age 18 or Over, 1996.



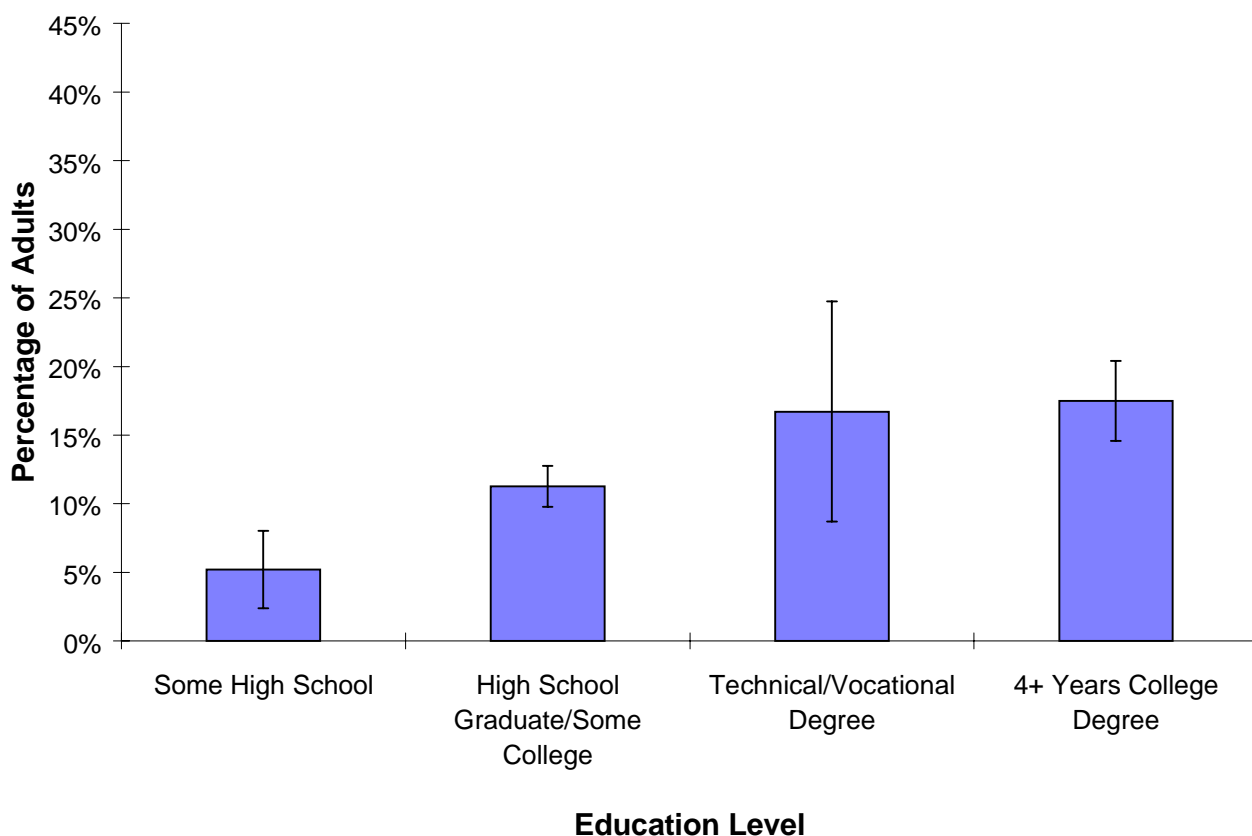
- **The percentage of adults who reported eating five or more servings of fruits or vegetables per day appeared to increase with age, but fewer than one in five Utahns reported eating “5 a Day” in all age groups.**

Figure 10. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Sex.
Utah Adults, Age 18 or Over, 1996.



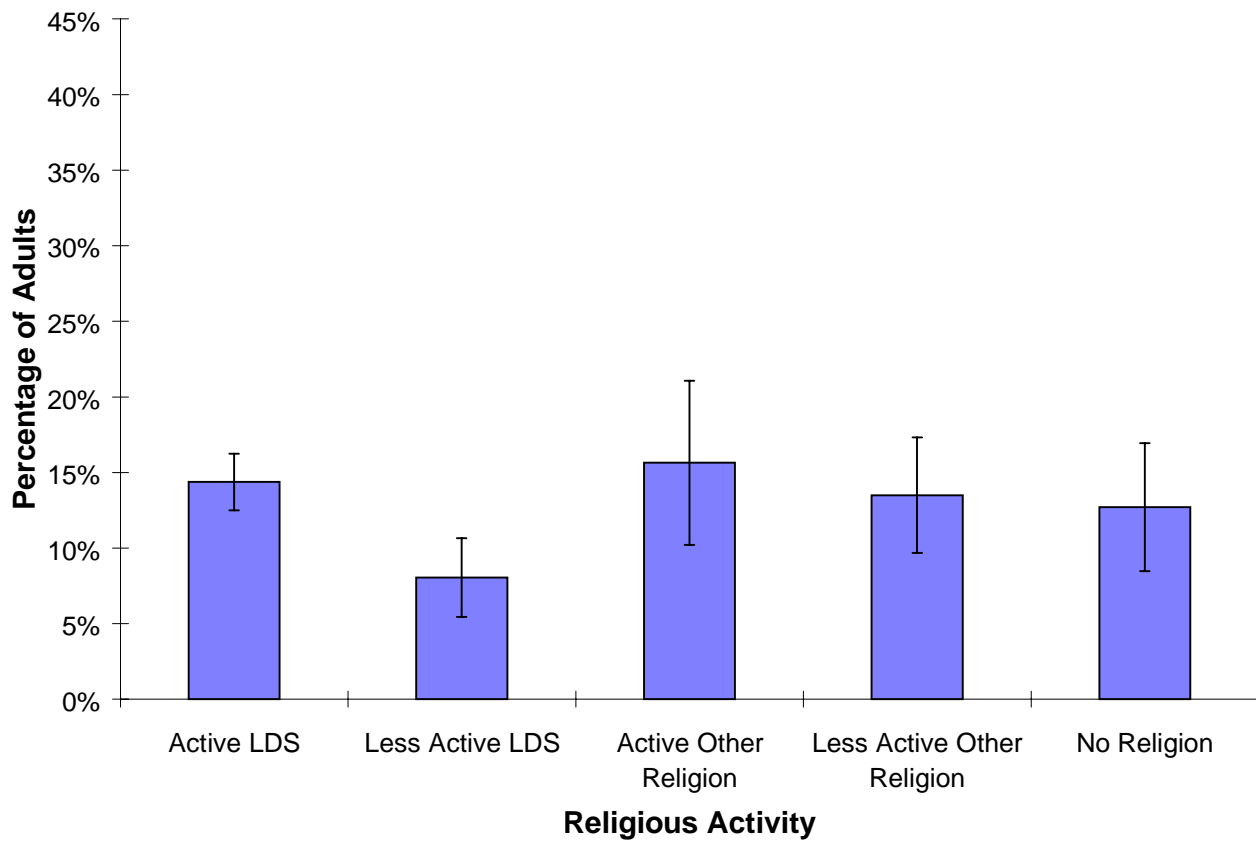
- **Women were more likely to report eating five or more servings of fruits and vegetables per day than were men.**

Figure 11. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Education Level. Utah Adults, Age 18 or Over, 1996.



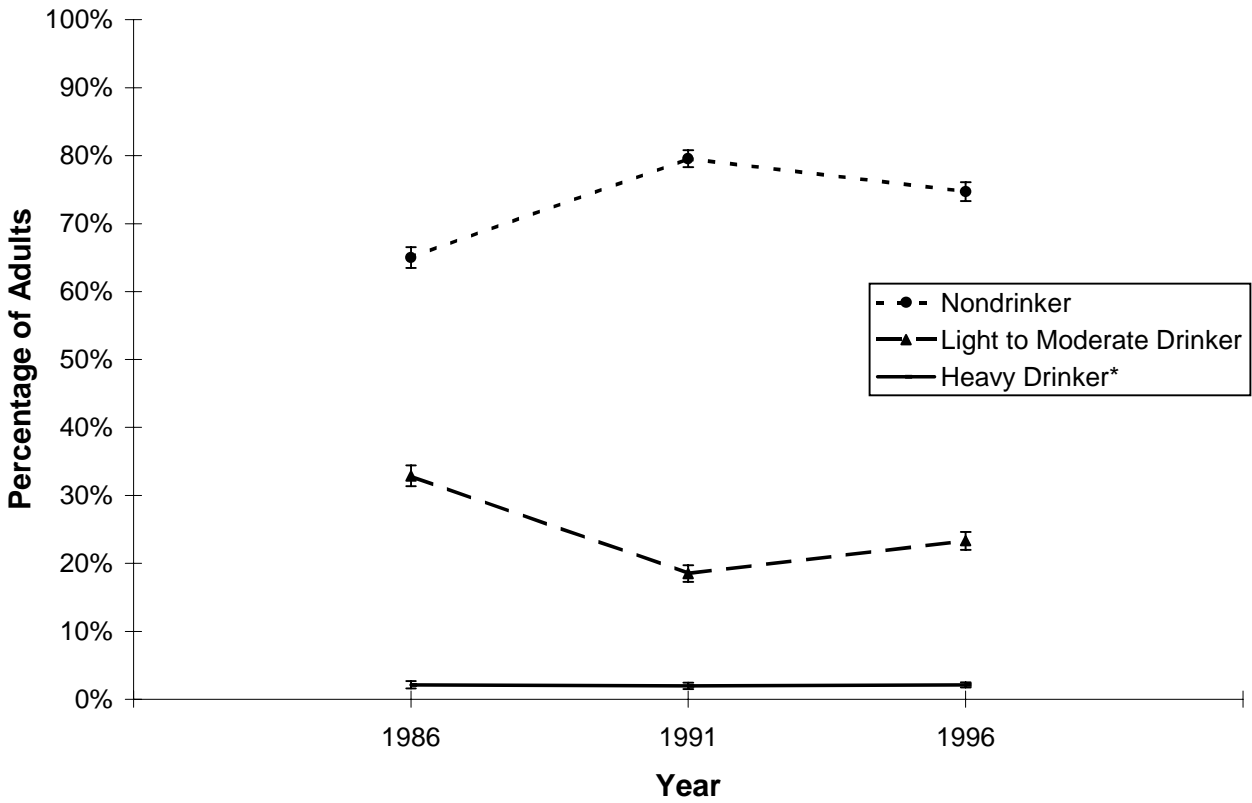
- **The proportion of Utahns eating five or more servings of fruits or vegetables per day was higher for those with higher education levels.**

Figure 12. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day by Religious Activity. Utah Adults, Age 18 or Over, 1996.



- **Less active LDS persons consumed fewer servings of fruits and vegetables than did the other groups.**

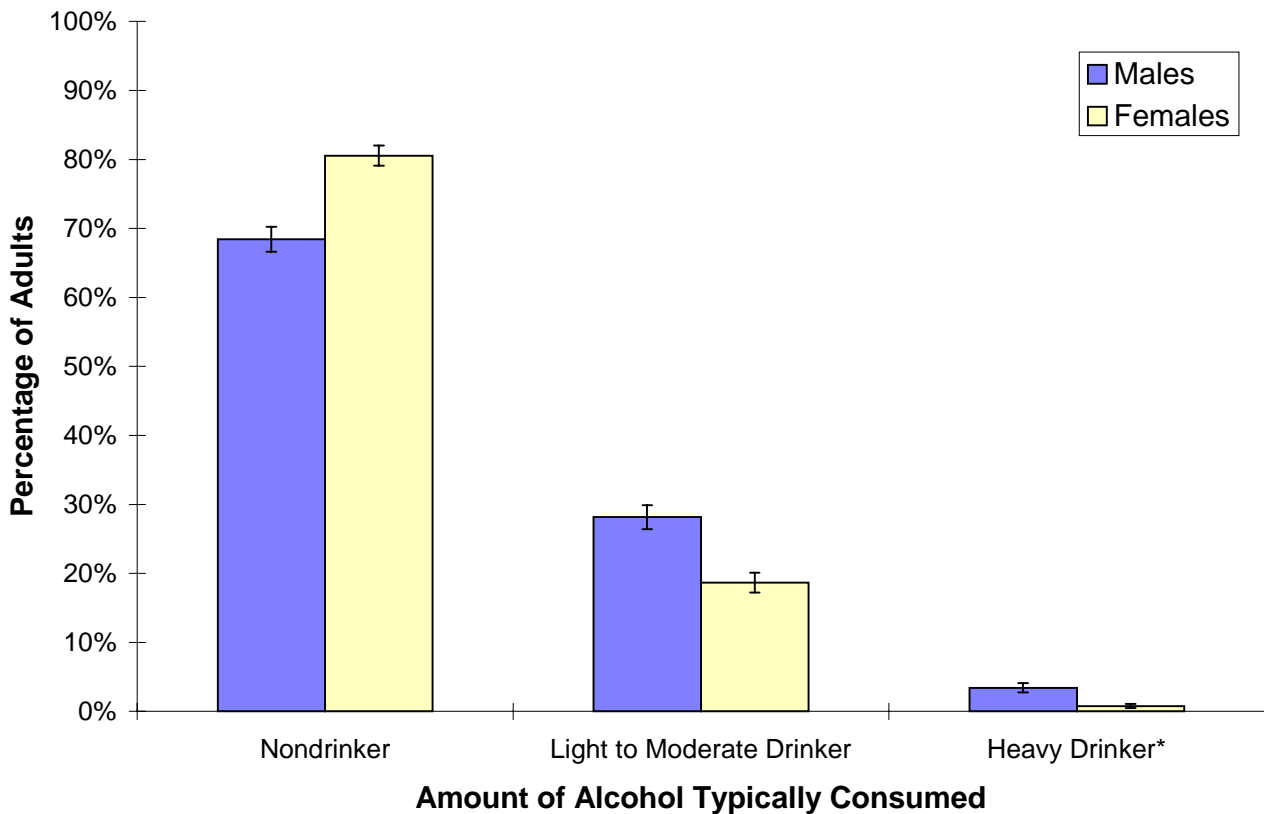
Figure 13. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed. Utah Adults, Age 18 or Over, 1986, 1991, and 1996.



*Heavy drinkers were persons who on average, consumed more than 60 alcoholic drinks per month.

- **The percentage of persons reporting heavy drinking remained unchanged between survey years at 2.1% of Utah adults.**
- **For comparable years, findings on alcohol consumption from the Behavioral Risk Factor Surveillance System were similar to those of the Health Status Survey.**

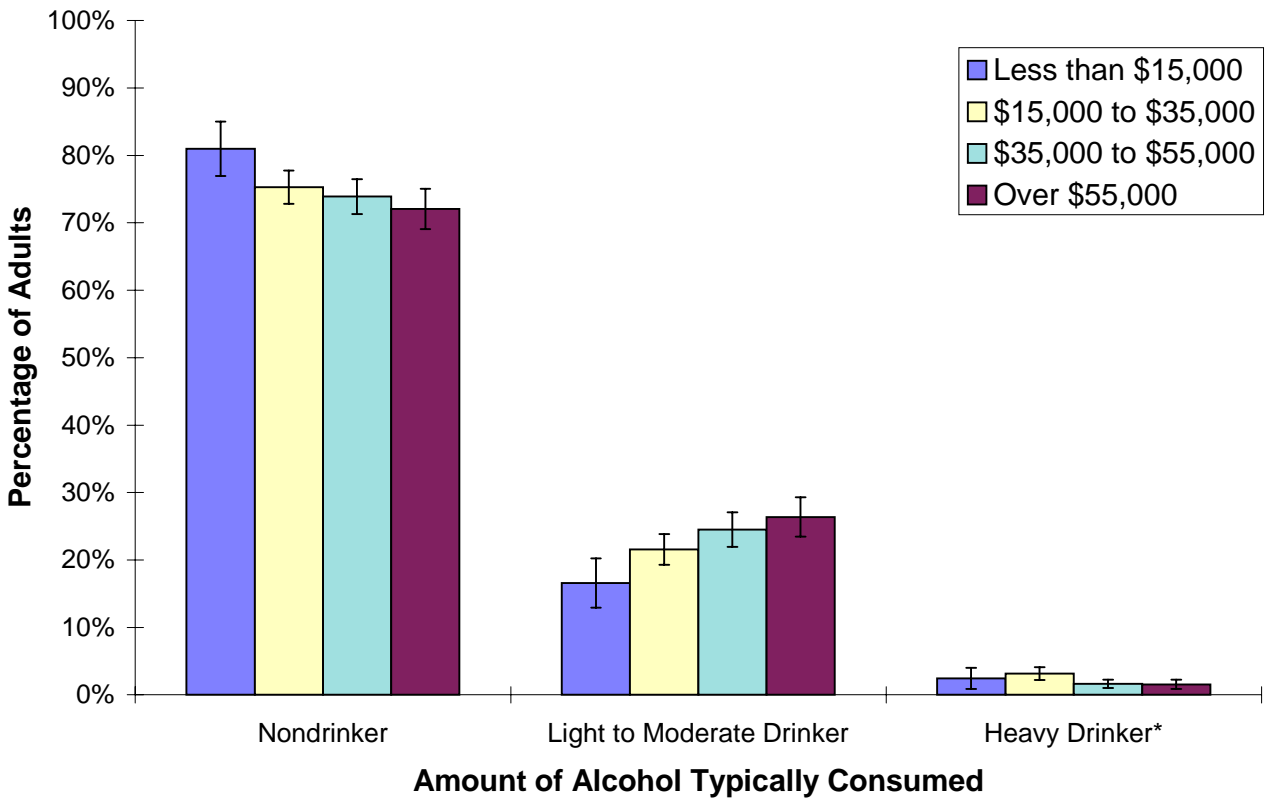
Figure 14. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed and by Sex. Utah Adults, Age 18 or Over, 1996.



*Heavy drinkers were persons who on average, consumed more than 60 alcoholic drinks per month.

- **Men were somewhat more likely to be heavy or light to moderate drinkers, while women were more likely to be nondrinkers.**
- **Men were about four times as likely to be heavy drinkers as were women (3.4% for men compared to 0.8% for women).**

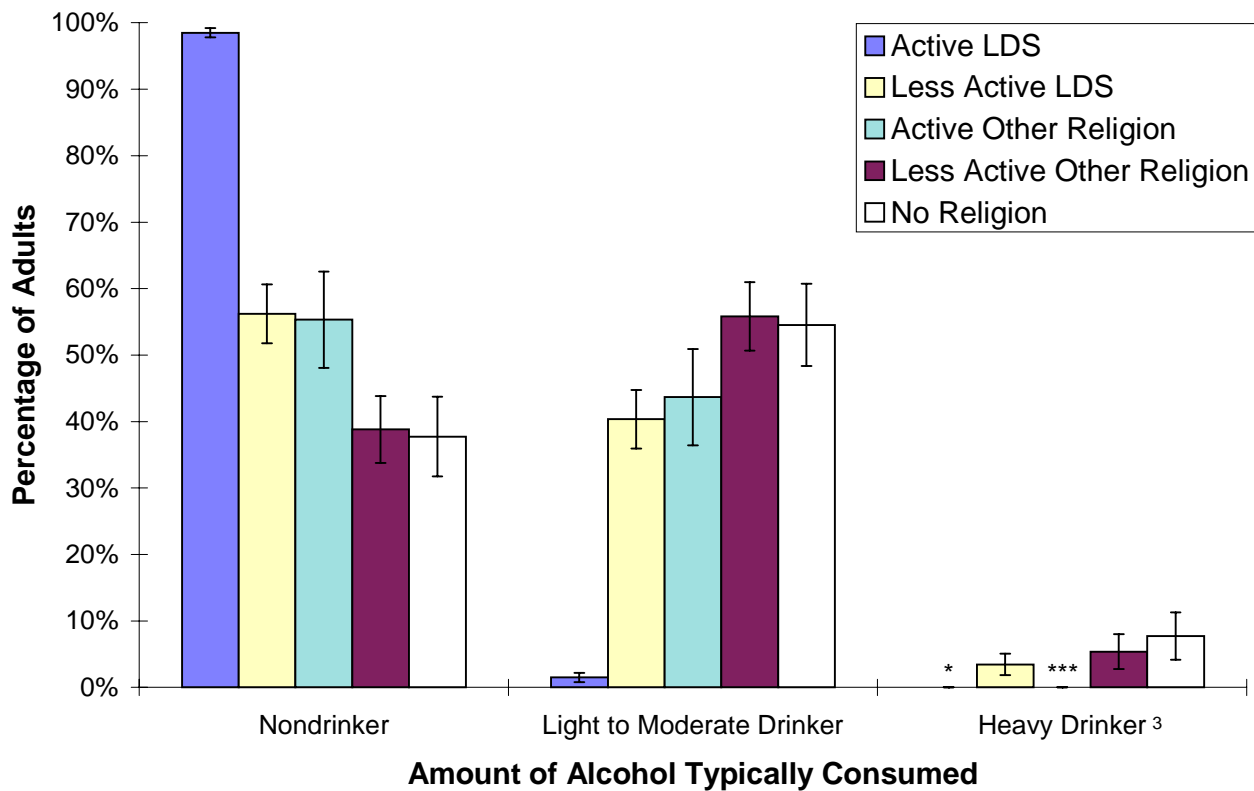
Figure 15. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed and by Annual Household Income. Utah Adults, Age 18 or Over, 1996.



*Heavy drinkers were persons who on average, consumed more than 60 alcoholic drinks per month.

- **Persons living in households with higher incomes were less likely to report being nondrinkers, and more likely to report being light to moderate drinkers.**
- **Heavy drinking was somewhat more common at lower income levels.**

Figure 16. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed and by Religious Activity. Utah Adults, Age 18 or Over, 1996.



* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

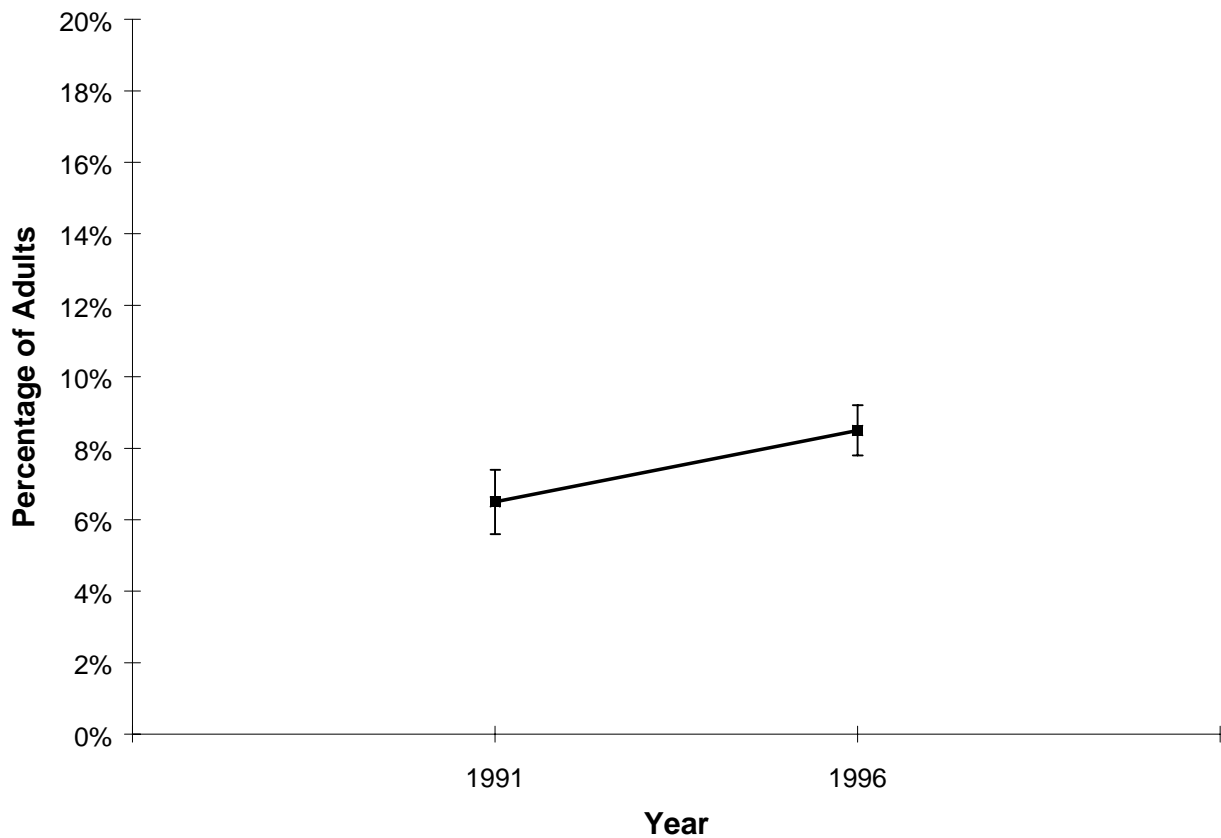
1 "Active" refers to attending religious services once a week or more.

2 "Less active" refers to attending religious services less than once a week.

3 Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

- **Patterns of alcohol consumption varied by religious affiliation and involvement.**
- **Adults who reported being active LDS were much more likely to report being nondrinkers.**

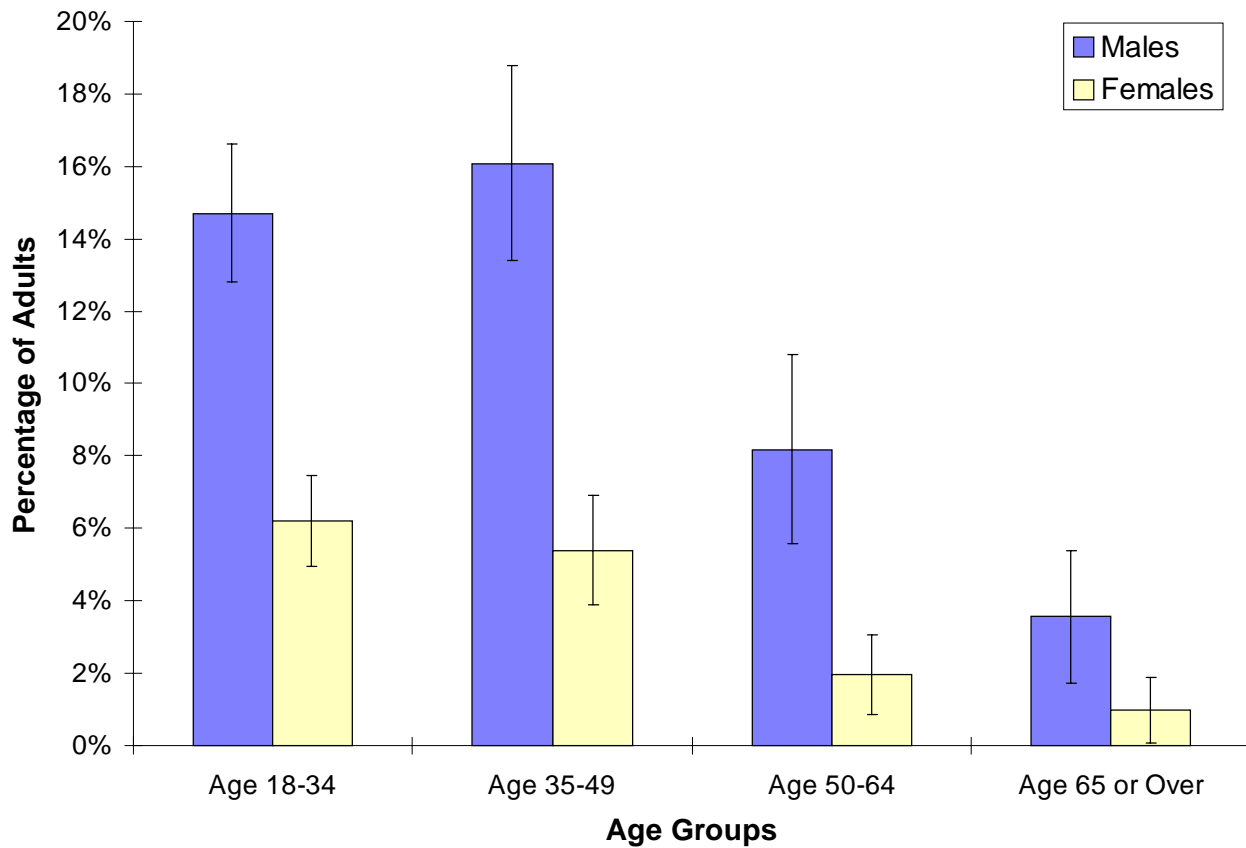
Figure 17. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month.
Utah Adults, Age 18 or Over, 1991 and 1996.



- **Utah Health Status Survey (HSS) data show that the percentage of adults who reported “binge drinking” defined as drinking five or more drinks on at least one occasion in the previous month, increased from 6.5% (95% confidence interval, 5.6%-7.4%) in 1991 to 8.5% (95% confidence interval, 7.8%-9.2%) in 1996.**
- **Behavioral Risk Factor Surveillance System (BRFSS) data exhibited a similar pattern. In that survey, 9.0% (95% confidence interval 7.5%-10.4%) of adults reported binge drinking in 1991, and 9.9% (95% confidence interval, 8.5%-11.4%) of adults reported doing so in 1995*.**

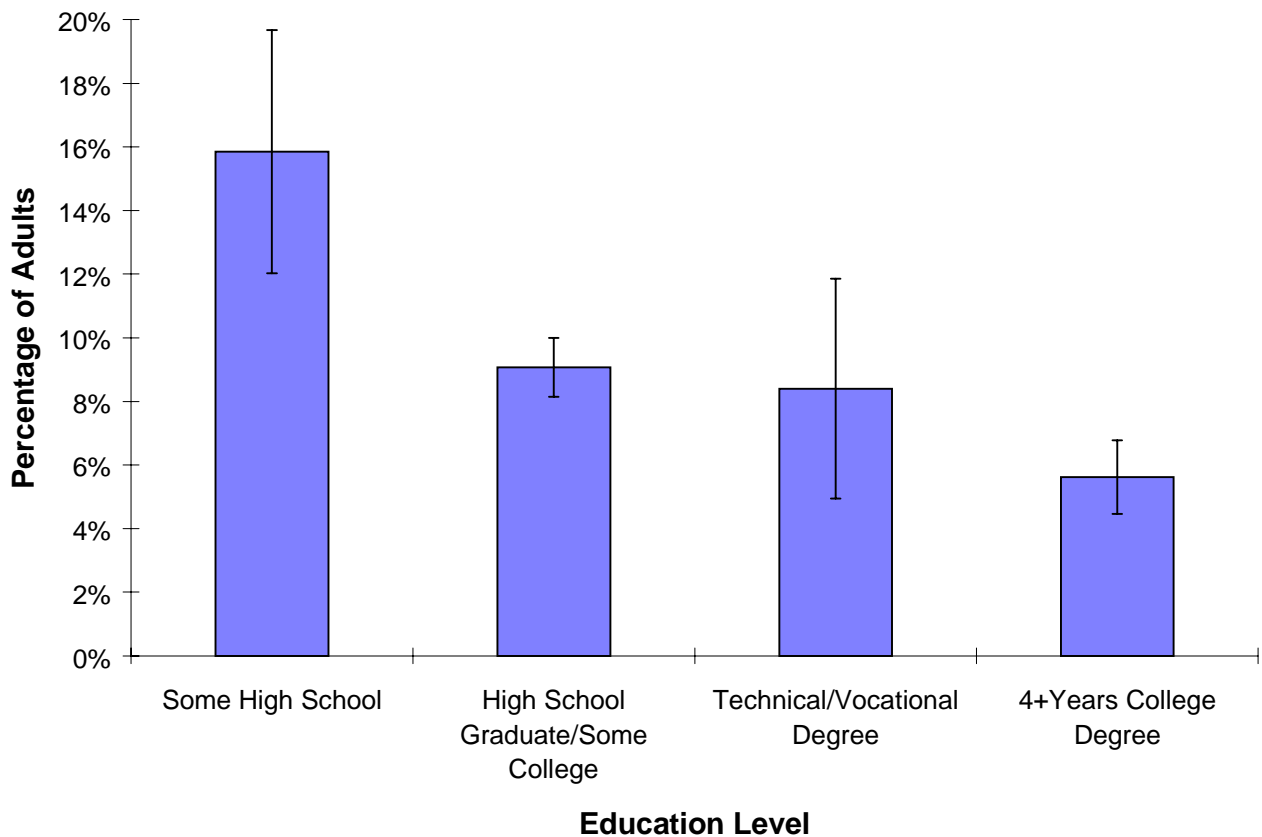
* Those questions were not included in the 1996 BRFSS.

Figure 18. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month by Age and Sex. Utah Adults, Age 18 or Over, 1996.



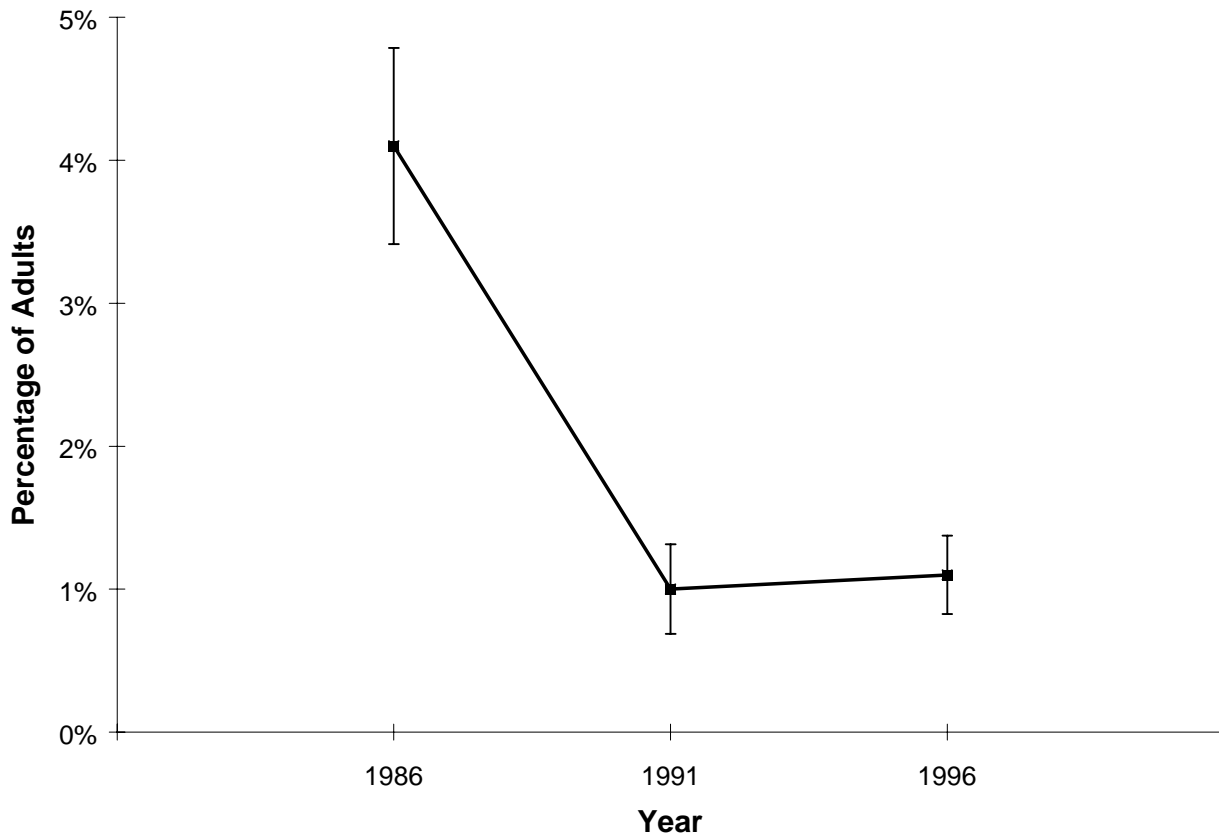
- Men were more likely to report “binge drinking” than were women in every age grouping.

Figure 19. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month by Education Level. Utah Adults, Age 18 or Over, 1996.



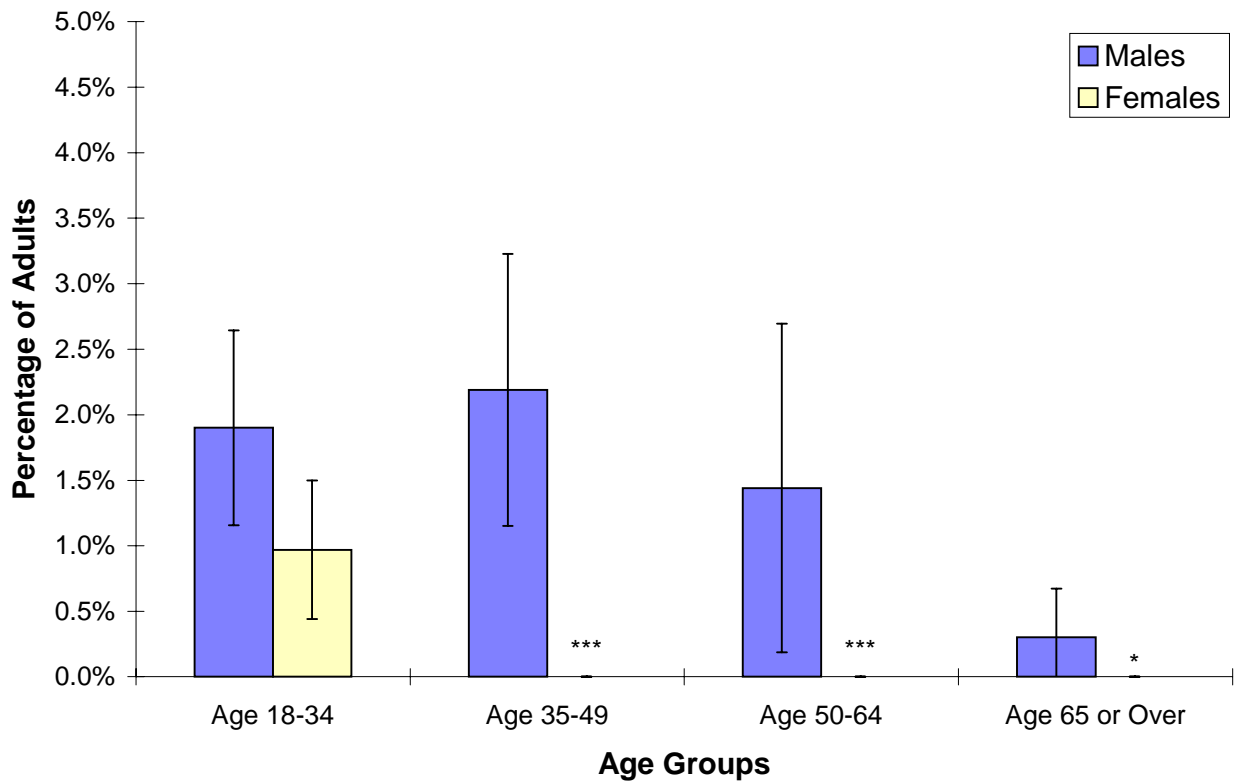
- The percentage of adults who reported “binge drinking” was lower for those with more education.
- Those with less than a high school education were much more likely to report binge drinking.

Figure 20. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month. Utah Adults, Age 18 or Over, 1986, 1991, and 1996.



- **The percentage of adult Utahns who reported drinking and driving decreased substantially from 1986 to 1991, but remained stable at about 1% from 1991 to 1996.**

Figure 21. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month by Age and Sex. Utah Adults, Age 18 or Over, 1996.

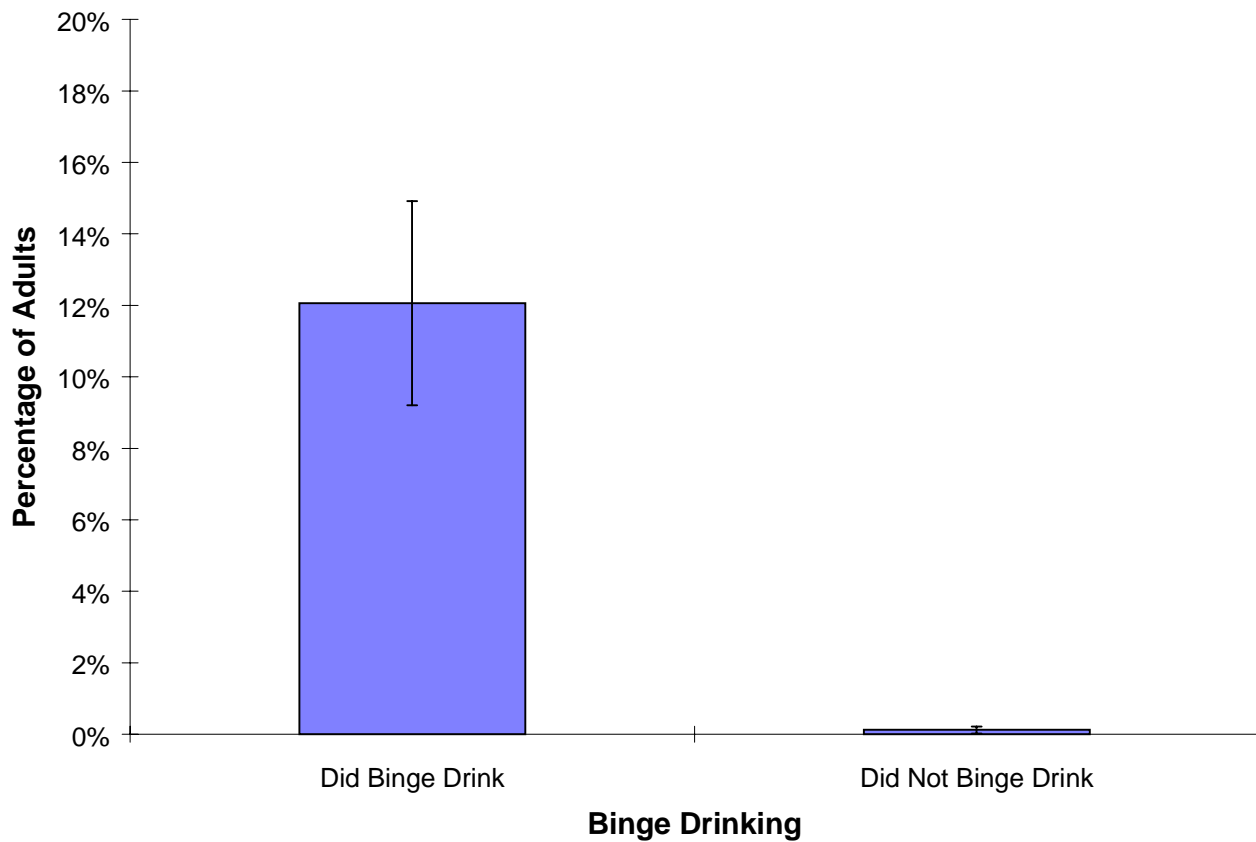


* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

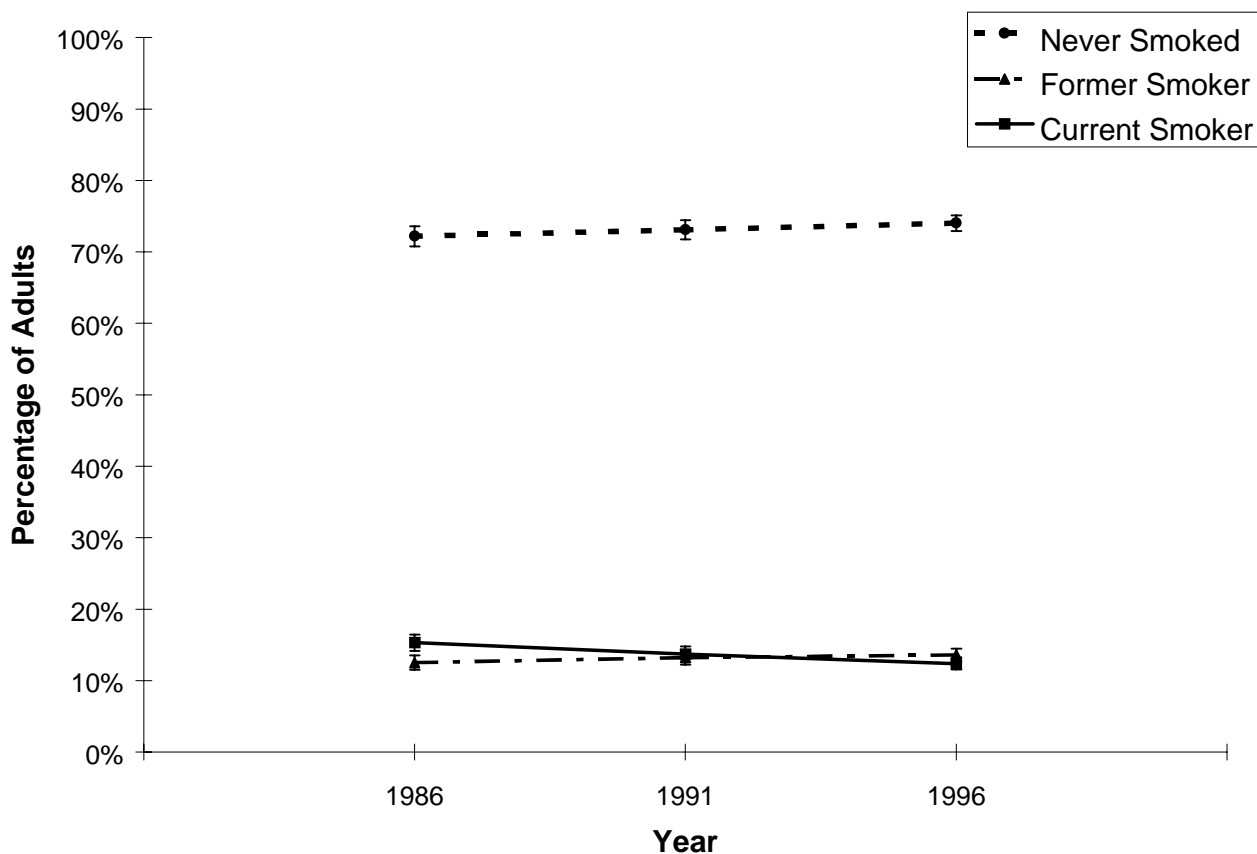
- **Men were more likely to report drinking and driving than were women in every age group.**

Figure 22. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month by Reported Binge Drinking. Utah Adults, Age 18 or Over, 1996.



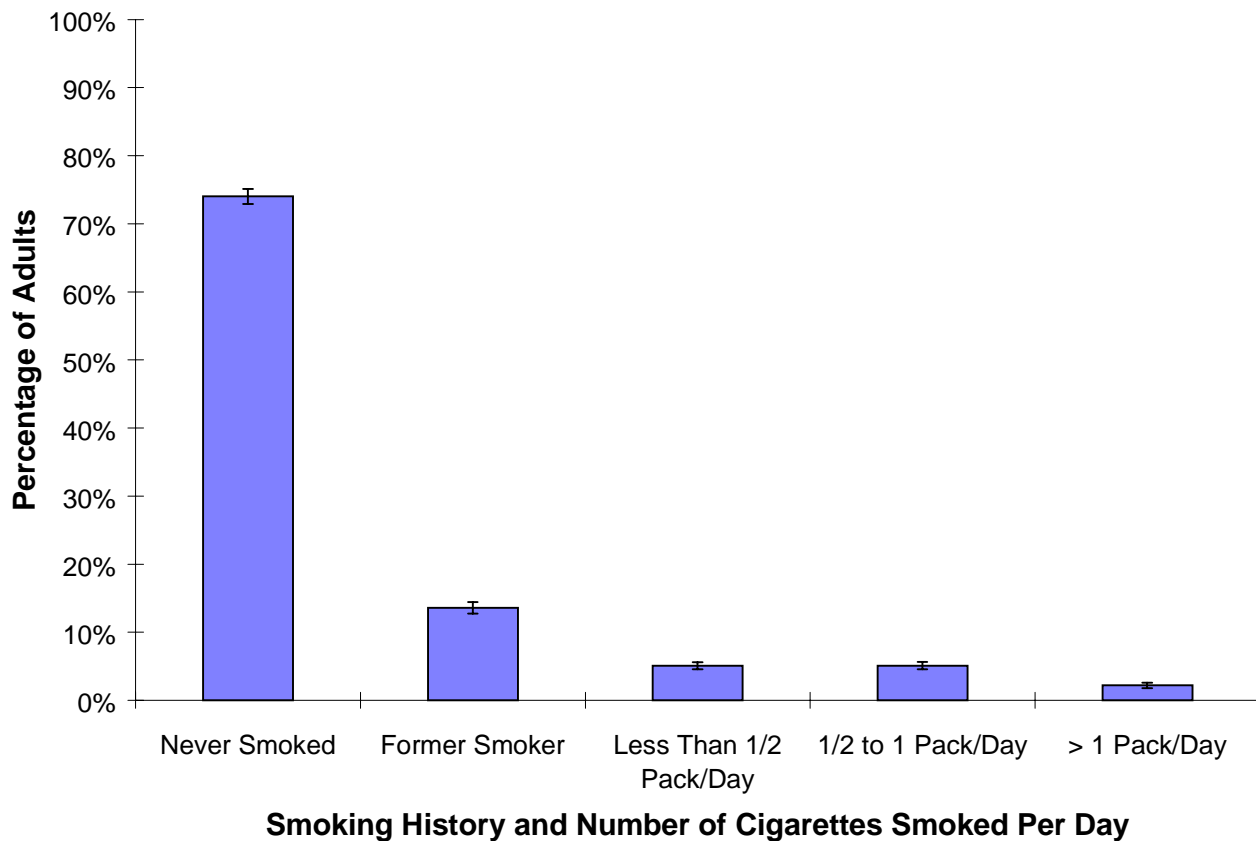
- Adults who reported binge drinking were much more likely to report drinking and driving than other adults who did not binge drink.

Figure 23. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers. Utah Adults, Age 18 or Over, 1986, 1991, and 1996.



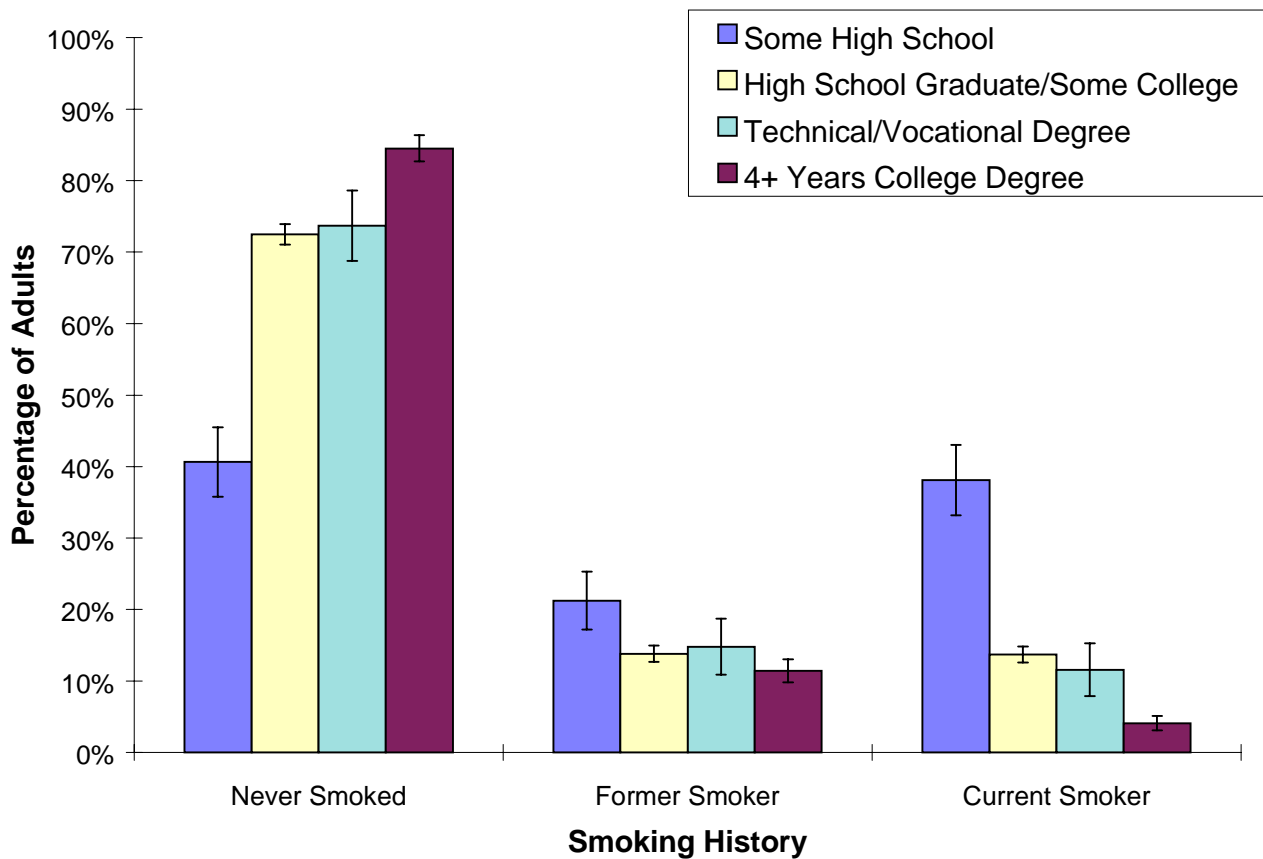
- **The percentage of persons who reported current smoking decreased from 15.3% in 1986 to 12.4% in 1996. That change is statistically significant.**

Figure 24. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Number of Cigarettes Smoked Per Day. Utah Adults, Age 18 or Over, 1996.



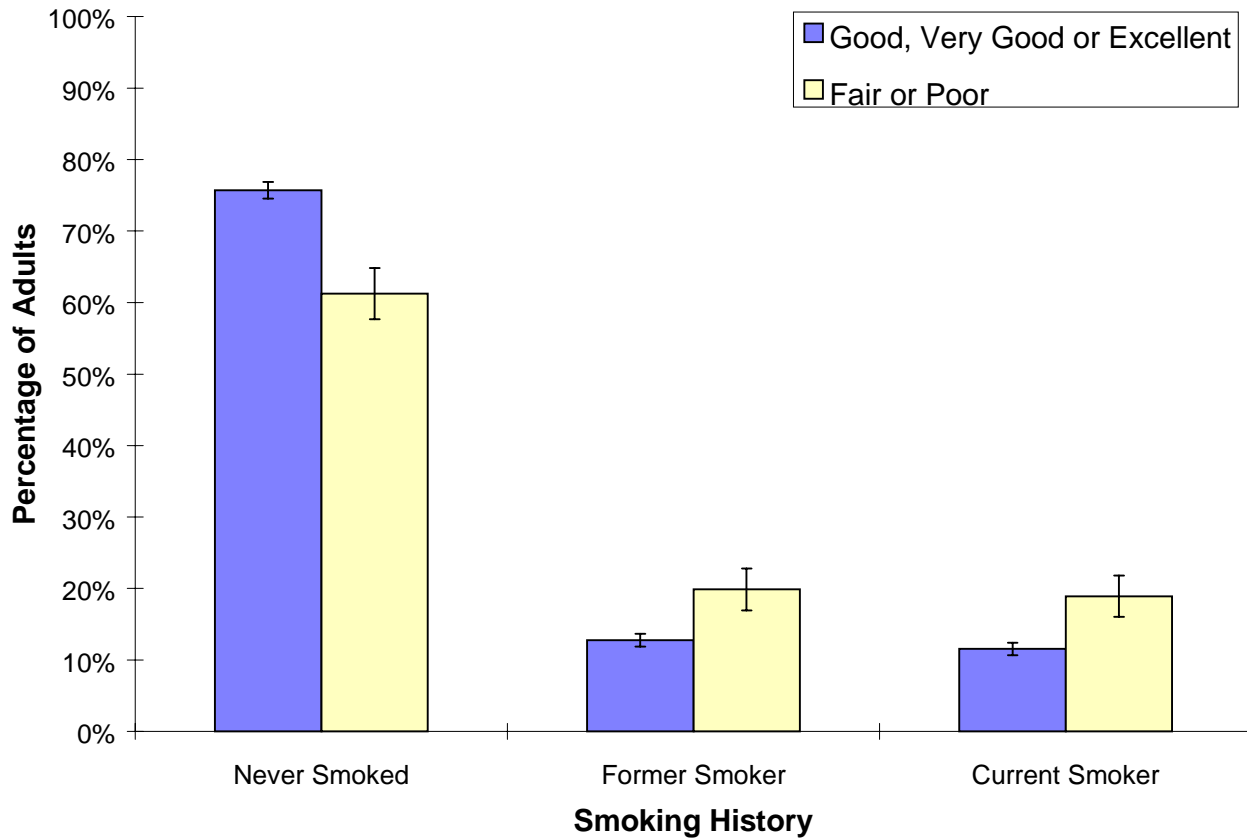
- In the 1996 Utah Health Status Survey (HSS), 12.4% of adults reported current smoking (95% confidence interval, 11.4%-13.4%).
- The estimate of current smoking obtained by the HSS was lower than that found by the Behavioral Risk Factor Surveillance System (BRFSS). In the 1996 BRFSS, 15.9% of adults (95% confidence interval, 14.2%-17.6%) were current smokers. The two estimates may have differed because the BRFSS surveys individual adults on their own behavior, while the HSS asked one adult household member to report information on each person in the household. Which estimate is more accurate cannot be determined, but the difference in methods means comparisons between the two surveys must be made very cautiously.

Figure 25. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Education Level. Utah Adults, Age 18 or Over, 1996.



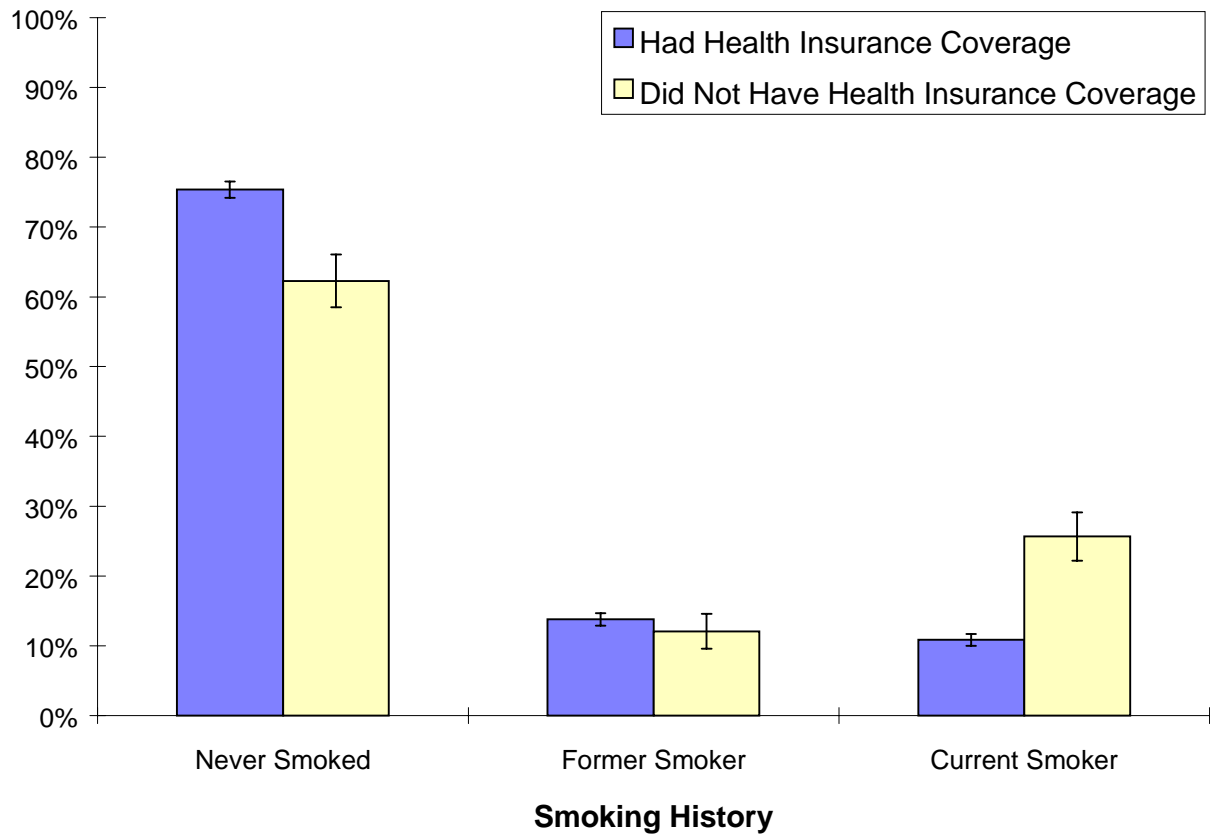
- **People with more education were much less likely to report cigarette smoking.**
- **Among adults with less than high school education, 38% were current smokers, compared to 4% of those with a college degree. However, most current smokers (81%) had at least a high school education (see Table 15).**
- **The association between smoking and education reflects differences in smoking rate by socioeconomic class as well as any effects that education itself has on smoking. Income was also strongly related to current smoking; 21% of persons with annual household income less than \$15,000 were current smokers, compared to 8% of those with income over \$55,000 (Table 15).**

Figure 26. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by General Health Status. Utah Adults, Age 18 or Over, 1996.



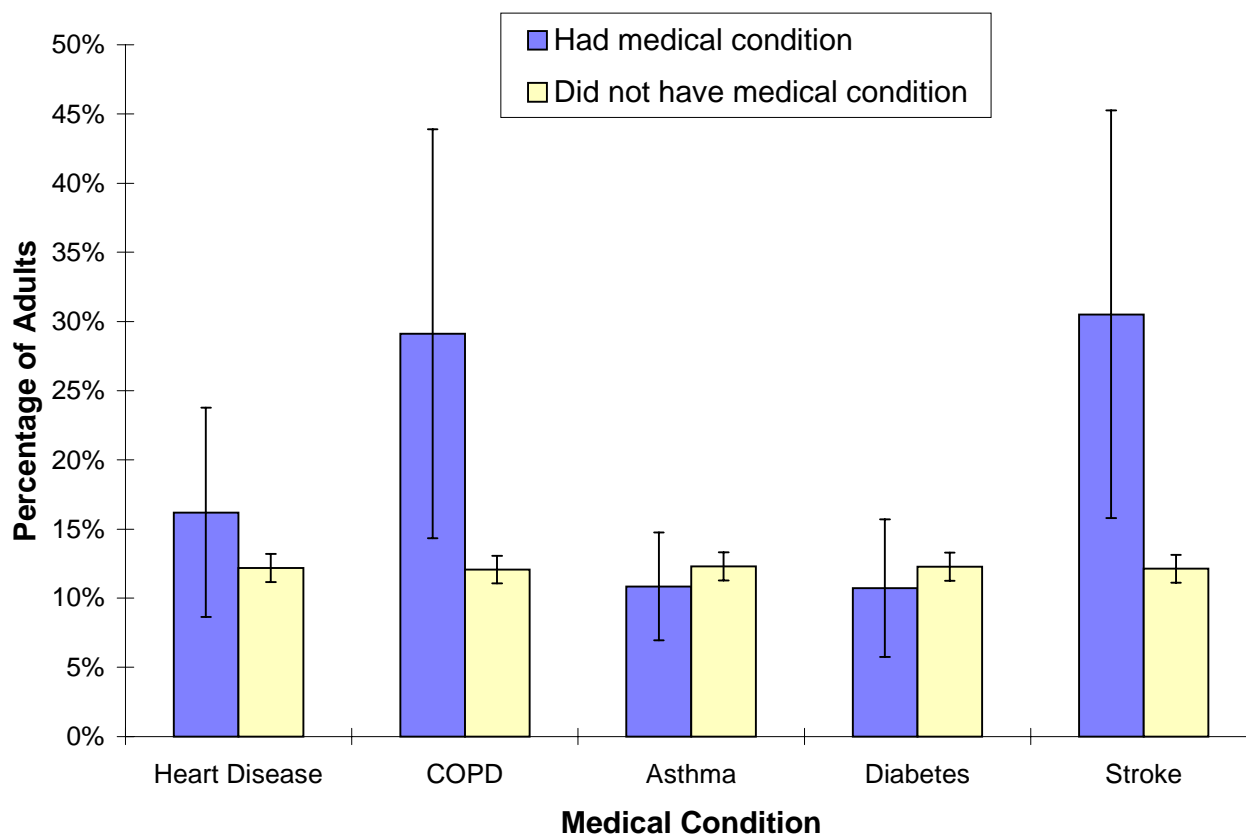
- **Persons who reported good/very good/excellent health status were more likely to report never being smokers.**
- **Cross-sectional analyses, such as this one, underestimate the extent to which smoking worsens health status, because smokers who were in the poorest health have died and are not able to be surveyed.**

Figure 27. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Health Insurance Status. Utah Adults, Age 18 or Over, 1996.



- **People without health insurance were more likely to be current smokers than were persons with health insurance coverage.**

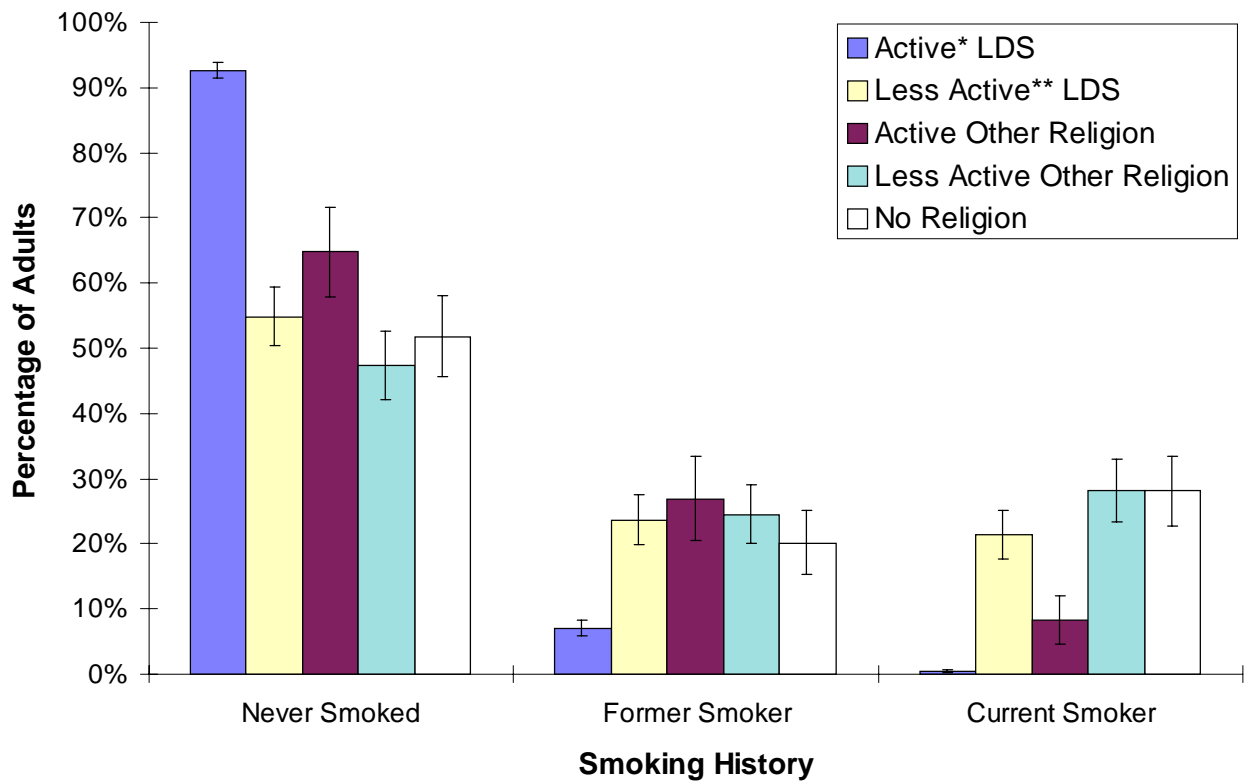
Figure 28. Cigarette Smoking: Percentage¹ of Adults Who Were Current Smokers by Selected Medical Conditions. Utah Adults, Age 18 or Over, 1996.



¹ Age-adjusted percentages.

- **People reported as having had a stroke or having chronic obstructive pulmonary disease were more likely to be current smokers than people without those diseases.**
- **Cross sectional analysis such as this one underestimate the extent to which smoking contributes to these diagnoses, because smokers often die early from these diseases, or may quit after being diagnosed with one of these diseases.**

Figure 29. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers by Religious Activity. Utah Adults, Age 18 or Over, 1996.

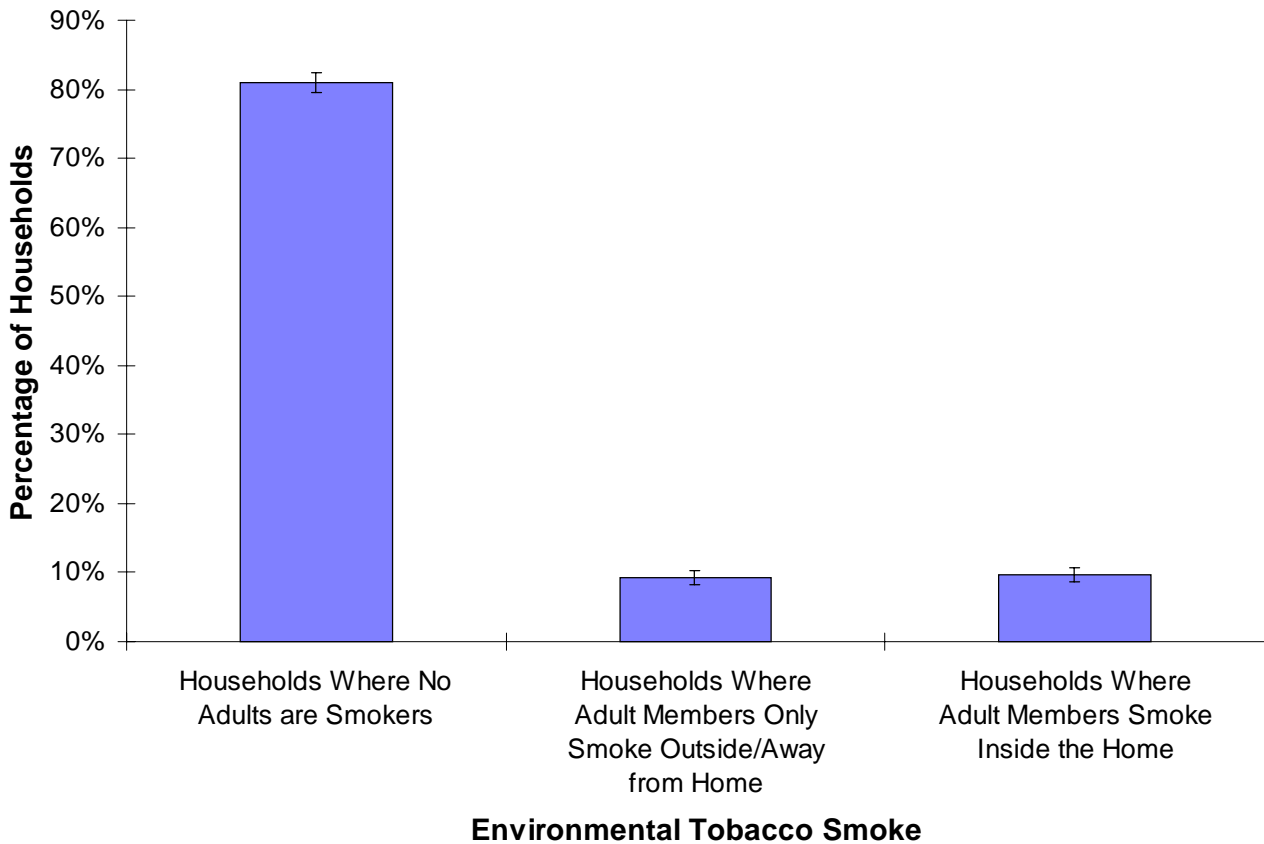


* "Active" refers to attending religious services once a week or more.

** "Less active" refers to attending religious services less than once a week.

- **People who reported being active LDS were more likely to report that they had never smoked.**
- **People who reported being active in any religion were less likely to be current smokers.**

Figure 30. Environmental Tobacco Smoke: Percentage of Households by Whether Adult Members Smoked Inside or Outside the Home. Utah Households, 1996.



- An estimated 49,800 Utah households contained an adult household member who smoked inside a home that was shared by others.
- 28,200 of these households included children under age 18.
- An estimated 114,200 nonsmoking adults and children under 18 were exposed in their home to environmental tobacco smoke in 1996.

REFERENCE TABLES

Table 1. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise.¹
By Sex, Age and Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, Medical Conditions, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity (Age 6 or Over)		
Regular Vigorous Exercise	44.9% ± 1.5%	807,200
No Regular Vigorous Exercise	55.1% ± 1.5%	990,500
Total Utahns Age 6 or Over	100.0%	1,797,700
Physical Activity by Sex (Age 6 or Over)		
Males		
Regular Vigorous Exercise	44.4% ± 1.8%	393,800
No Regular Vigorous Exercise	55.6% ± 1.8%	493,000
Total Males	100.0%	886,800
Females		
Regular Vigorous Exercise	45.4% ± 1.7%	413,300
No Regular Vigorous Exercise	54.6% ± 1.7%	497,600
Total Females	100.0%	910,900

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Persons ²
Physical Activity by Age and Sex (Age 6 or Over)		
Males by Age Group		
Age 6-14		
Regular Vigorous Exercise	41.6% ± 4.0%	71,500
No Regular Vigorous Exercise	58.4% ± 4.0%	100,200
Total Age 6-14	100.0%	171,700
Age 15-24		
Regular Vigorous Exercise	48.0% ± 3.8%	85,900
No Regular Vigorous Exercise	52.0% ± 3.8%	93,200
Total Age 15-24	100.0%	179,100
Age 25-34		
Regular Vigorous Exercise	44.4% ± 3.6%	66,600
No Regular Vigorous Exercise	55.6% ± 3.6%	83,500
Total Age 25-34	100.0%	150,100
Age 35-44		
Regular Vigorous Exercise	45.6% ± 4.1%	65,500
No Regular Vigorous Exercise	54.4% ± 4.1%	78,100
Total Age 35-44	100.0%	143,600
Age 45-54		
Regular Vigorous Exercise	43.5% ± 4.9%	44,000
No Regular Vigorous Exercise	56.5% ± 4.9%	57,100
Total Age 45-54	100.0%	101,100
Age 55-64		
Regular Vigorous Exercise	36.7% ± 5.4%	22,100
No Regular Vigorous Exercise	63.3% ± 5.4%	38,200
Total Age 55-64	100.0%	60,300
Age 65-74		
Regular Vigorous Exercise	54.1% ± 6.2%	25,400
No Regular Vigorous Exercise	45.9% ± 6.2%	21,500
Total Age 65-74	100.0%	46,900
Age 75 or Over		
Regular Vigorous Exercise	36.3% ± 8.5%	12,300
No Regular Vigorous Exercise	63.7% ± 8.5%	21,700
Total Age 75 or Over	100.0%	34,000

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Persons ²
Physical Activity by Age and Sex (Age 6 or Over) (continued)		
Females by Age Group		
Age 6-14		
Regular Vigorous Exercise	38.1% ± 3.8%	62,000
No Regular Vigorous Exercise	61.9% ± 3.8%	100,700
Total Age 6-14	100.0%	162,700
Age 15-24		
Regular Vigorous Exercise	47.1% ± 3.5%	87,200
No Regular Vigorous Exercise	52.9% ± 3.5%	98,000
Total Age 15-24	100.0%	185,200
Age 25-34		
Regular Vigorous Exercise	49.2% ± 3.6%	72,200
No Regular Vigorous Exercise	50.8% ± 3.6%	74,600
Total Age 25-34	100.0%	146,800
Age 35-44		
Regular Vigorous Exercise	52.4% ± 4.0%	75,800
No Regular Vigorous Exercise	47.6% ± 4.0%	68,800
Total Age 35-44	100.0%	144,600
Age 45-54		
Regular Vigorous Exercise	42.7% ± 4.6%	43,800
No Regular Vigorous Exercise	57.3% ± 4.6%	58,700
Total Age 45-54	100.0%	102,500
Age 55-64		
Regular Vigorous Exercise	44.0% ± 5.3%	28,000
No Regular Vigorous Exercise	56.0% ± 5.3%	35,500
Total Age 55-64	100.0%	63,500
Age 65-74		
Regular Vigorous Exercise	45.4% ± 5.9%	24,400
No Regular Vigorous Exercise	54.6% ± 5.9%	29,200
Total Age 65-74	100.0%	53,600
Age 75 or Over		
Regular Vigorous Exercise	36.8% ± 7.2%	19,100
No Regular Vigorous Exercise	63.2% ± 7.2%	32,900
Total Age 75 or Over	100.0%	52,000

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Physical Activity by Education Level (Age 18 or Over)		
Some High School		
Regular Vigorous Exercise	30.5% ± 4.9%	25,400
No Regular Vigorous Exercise	69.5% ± 4.9%	57,900
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Regular Vigorous Exercise	45.0% ± 1.8%	363,600
No Regular Vigorous Exercise	55.0% ± 1.8%	443,700
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Regular Vigorous Exercise	37.0% ± 5.4%	25,800
No Regular Vigorous Exercise	63.0% ± 5.4%	44,000
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Regular Vigorous Exercise	53.8% ± 2.7%	205,800
No Regular Vigorous Exercise	46.2% ± 2.7%	177,000
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity by Annual Household Income (Age 6 or Over)		
Under \$15,000		
Regular Vigorous Exercise	39.1% ± 5.4%	47,000
No Regular Vigorous Exercise	60.9% ± 5.4%	73,400
Total Less than \$15,000	100.0%	120,400
\$15,000 to \$35,000		
Regular Vigorous Exercise	40.1% ± 2.7%	215,600
No Regular Vigorous Exercise	59.9% ± 2.7%	321,900
Total \$15,000 to \$35,000	100.0%	537,500
\$35,000 to \$55,000		
Regular Vigorous Exercise	45.3% ± 2.7%	270,900
No Regular Vigorous Exercise	54.8% ± 2.7%	327,700
Total \$35,000 to \$55,000	100.0%	598,600
Over \$55,000		
Regular Vigorous Exercise	50.2% ± 2.8%	271,800
No Regular Vigorous Exercise	49.8% ± 2.8%	269,300
Total Over \$55,000	100.0%	541,100
Physical Activity by Hispanic Status (Age 6 or Over)		
Hispanic		
Regular Vigorous Exercise	39.8% ± 6.4%	40,800
No Regular Vigorous Exercise	60.2% ± 6.4%	61,700
Total Hispanic	100.0%	102,500
Non-Hispanic		
Regular Vigorous Exercise	45.2% ± 1.5%	766,400
No Regular Vigorous Exercise	54.8% ± 1.5%	928,900
Total Non-Hispanic	100.0%	1,695,300

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity by General Health Status (Age 6 or Over)		
Good/Very Good/Excellent		
Regular Vigorous Exercise	46.6% ± 1.5%	765,500
No Regular Vigorous Exercise	53.4% ± 1.5%	877,600
Total Good/Very Good/Excellent	100.0%	1,643,100
Fair/Poor		
Regular Vigorous Exercise	28.7% ± 3.3%	44,400
No Regular Vigorous Exercise	71.3% ± 3.3%	110,200
Total Fair/Poor	100.0%	154,600
Physical Activity by Selected Medical Conditions³ (Age 6 or Over)		
Under Medical Care for Arthritis		
Regular Vigorous Exercise	37.1% ± 7.0%	42,300
No Regular Vigorous Exercise	62.9% ± 7.0%	61,200
Total Utahns With Arthritis	100.0%	103,500
Not Under Medical Care for Arthritis		
Regular Vigorous Exercise	45.0% ± 1.5%	764,900
No Regular Vigorous Exercise	55.0% ± 1.5%	929,300
Total Utahns Without Arthritis	100.0%	1,694,200
Diagnosed With Heart Disease		
Regular Vigorous Exercise	37.7% ± 12.5%	24,000
No Regular Vigorous Exercise	62.3% ± 12.5%	30,800
Total Utahns With Heart Disease	100.0%	54,800
Not Diagnosed With Heart Disease		
Regular Vigorous Exercise	44.8% ± 1.5%	783,300
No Regular Vigorous Exercise	55.2% ± 1.5%	959,600
Total Utahns Without Heart Disease	100.0%	1,742,900

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity by Selected Medical Conditions³ (Age 6 or Over) (continued)		
Diagnosed With Diabetes		
Regular Vigorous Exercise	38.0% ± 7.3%	22,500
No Regular Vigorous Exercise	62.0% ± 7.3%	36,600
Total Utahns With Diabetes	100.0%	59,100
Not Diagnosed With Diabetes		
Regular Vigorous Exercise	45.0% ± 1.1%	781,700
No Regular Vigorous Exercise	55.0% ± 1.1%	956,900
Total Utahns Without Diabetes	100.0%	1,738,600
Diagnosed With Stroke		
Regular Vigorous Exercise	33.5% ± 8.6%	6,100
No Regular Vigorous Exercise	66.5% ± 8.6%	12,100
Total Utahns Who Had Had Stroke	100.0%	18,200
Not Diagnosed With Stroke		
Regular Vigorous Exercise	44.9% ± 1.5%	799,400
No Regular Vigorous Exercise	55.1% ± 1.5%	980,200
Total Utahns Who Had Not Had Stroke	100.0%	1,779,600

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Physical Activity by Religious Activity (Age 18 or Over)		
Active⁴ LDS		
Regular Vigorous Exercise	52.3% ± 2.8%	344,900
No Regular Vigorous Exercise	47.7% ± 2.8%	314,600
Total Active LDS	100.0%	659,500
Less Active⁵ LDS		
Regular Vigorous Exercise	44.5% ± 4.4%	120,700
No Regular Vigorous Exercise	55.5% ± 4.4%	150,600
Total Less Active LDS	100.0%	271,300
Active Other Religion		
Regular Vigorous Exercise	57.6% ± 7.3%	52,600
No Regular Vigorous Exercise	42.4% ± 7.3%	38,700
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
Regular Vigorous Exercise	54.3% ± 5.2%	100,700
No Regular Vigorous Exercise	45.7% ± 5.2%	84,700
Total Less Active Other Religion	100.0%	185,400
No Religion		
Regular Vigorous Exercise	53.1% ± 6.2%	72,100
No Regular Vigorous Exercise	46.9% ± 6.2%	63,600
Total No Religion	100.0%	135,700

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

³ Age-adjusted percentages.

⁴ "Active" was defined as attending religious services once a week or more.

⁵ "Less active" was defined as attending religious services less than once a week.

**Table 2: History of Regular Vigorous Exercise:
Percentage of People Who Reported Vigorous
Exercise¹ by Number of Years of Activity.
By Age and Sex. Utah, 1996.**

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of
Vigorous Exercise of Any Duration (Age 6 or Over)		
Less Than 6 Months	14.3% \pm 1.5%	115,300
6 Months to Less Than 1 Year	8.3% \pm 1.0%	67,100
1 to Less Than 3 Years	21.1% \pm 1.5%	170,400
3 to Less Than 5 Years	10.7% \pm 1.2%	86,200
5 or More Years	45.6% \pm 2.1%	368,200
Total Age 6 or Over	100.0%	807,200
Vigorous Exercise of Any Duration by Age (Age 6 or Over)		
Age 6-17		
Less Than 6 Months	11.5% \pm 3.0%	21,400
6 Months to Less Than 1 Year	5.5% \pm 1.7%	10,200
1 to Less Than 3 Years	25.3% \pm 3.4%	47,200
3 to Less Than 5 Years	13.0% \pm 2.4%	24,300
5 or More Years	44.7% \pm 4.2%	83,500
Total Age 6-17	100.0%	186,600
Age 18-34		
Less Than 6 Months	19.6% \pm 2.6%	50,500
6 Months to Less Than 1 Year	9.6% \pm 1.7%	24,700
1 to Less Than 3 Years	21.7% \pm 2.5%	55,800
3 to Less Than 5 Years	10.2% \pm 1.8%	26,300
5 or More Years	39.0% \pm 3.1%	100,400
Total Age 18-34	100.0%	257,700
Age 35-49		
Less Than 6 Months	15.9% \pm 2.7%	30,400
6 Months to Less Than 1 Year	9.2% \pm 2.0%	17,600
1 to Less Than 3 Years	21.5% \pm 3.1%	41,100
3 to Less Than 5 Years	8.2% \pm 2.1%	15,600
5 or More Years	45.4% \pm 3.9%	86,900
Total Age 35-49	100.0%	191,600

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Age (Age 6 or Over) (continued)		
Age 50-64		
Less Than 6 Months	8.8% ± 2.7%	7,700
6 Months to Less Than 1 Year	8.0% ± 3.3%	7,000
1 to Less Than 3 Years	17.0% ± 4.1%	14,800
3 to Less Than 5 Years	11.1% ± 3.6%	9,700
5 or More Years	55.1% ± 5.5%	48,200
Total Age 50-64	100.0%	87,400
Age 65 or Over		
Less Than 6 Months	5.6% ± 2.2%	4,700
6 Months to Less Than 1 Year	8.8% ± 3.6%	7,400
1 to Less Than 3 Years	13.8% ± 3.9%	11,600
3 to Less Than 5 Years	12.8% ± 4.1%	10,700
5 or More Years	59.0% ± 5.9%	49,500
Total Age 65 or Over	100.0%	83,800
Vigorous Exercise of Any Duration by Sex (Age 6 or Over)		
Males		
Less Than 6 Months	12.1% ± 1.8%	47,600
6 Months to Less Than 1 Year	6.4% ± 1.2%	25,300
1 to Less Than 3 Years	19.5% ± 2.0%	76,800
3 to Less Than 5 Years	11.4% ± 1.6%	44,900
5 or More Years	50.6% ± 2.6%	199,300
Total Males	100.0%	393,800
Females		
Less Than 6 Months	16.4% ± 1.9%	67,600
6 Months to Less Than 1 Year	10.1% ± 1.5%	41,700
1 to Less Than 3 Years	22.6% ± 1.9%	93,600
3 to Less Than 5 Years	10.0% ± 1.4%	41,400
5 or More Years	40.9% ± 2.4%	169,100
Total Females	100.0%	413,300

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over)		
Males by Age Group		
Age 6-14		
Less Than 6 Months	13.2% ± 4.8%	9,400
6 Months to Less Than 1 Year	4.1% ± 2.3%	2,900
1 to Less Than 3 Years	21.3% ± 4.5%	15,200
3 to Less Than 5 Years	15.3% ± 4.3%	10,900
5 or More Years	46.2% ± 6.2%	33,000
Total Age 6-14	100.0%	71,500
Age 15-24		
Less Than 6 Months	11.0% ± 3.4%	9,500
6 Months to Less Than 1 Year	4.2% ± 1.9%	3,600
1 to Less Than 3 Years	23.5% ± 4.4%	20,200
3 to Less Than 5 Years	12.0% ± 3.1%	10,300
5 or More Years	49.3% ± 5.4%	42,300
Total Age 15-24	100.0%	85,900
Age 25-34		
Less Than 6 Months	16.8% ± 4.1%	11,200
6 Months to Less Than 1 Year	10.4% ± 3.3%	6,900
1 to Less Than 3 Years	18.0% ± 4.2%	12,000
3 to Less Than 5 Years	8.4% ± 3.1%	5,600
5 or More Years	46.4% ± 5.4%	30,900
Total Age 25-34	100.0%	66,600
Age 35-44		
Less Than 6 Months	16.0% ± 4.3%	10,500
6 Months to Less Than 1 Year	7.6% ± 3.2%	5,000
1 to Less Than 3 Years	20.4% ± 4.9%	13,400
3 to Less Than 5 Years	8.8% ± 3.6%	5,700
5 or More Years	47.3% ± 6.1%	30,900
Total Age 35-44	100.0%	65,500

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over) (continued)		
Males by Age Group (continued)		
Age 45-54		
Less Than 6 Months	8.0% ± 3.4%	3,500
6 Months to Less Than 1 Year	4.8% ± 2.4%	2,100
1 to Less Than 3 Years	18.6% ± 6.3%	8,200
3 to Less Than 5 Years	10.2% ± 5.0%	4,500
5 or More Years	58.3% ± 7.5%	25,700
Total Age 45-54	100.0%	44,000
Age 55-64		
Less Than 6 Months	7.1% ± 4.5%	1,600
6 Months to Less Than 1 Year	8.7% ± 6.2%	1,900
1 to Less Than 3 Years	14.2% ± 6.4%	3,100
3 to Less Than 5 Years	10.8% ± 5.8%	2,400
5 or More Years	59.2% ± 9.3%	13,100
Total Age 55-64	100.0%	22,100
Age 65-74		
Less Than 6 Months	4.3% ± 2.7%	1,100
6 Months to Less Than 1 Year	6.8% ± 4.8%	1,700
1 to Less Than 3 Years	14.4% ± 6.7%	3,700
3 to Less Than 5 Years	15.4% ± 6.6%	3,900
5 or More Years	59.1% ± 9.0%	15,000
Total Age 65-74	100.0%	25,400
Age 75 or Over		
Less Than 6 Months	*** ± ***	***
6 Months to Less Than 1 Year	*** ± ***	***
1 to Less Than 3 Years	9.4% ± 6.6%	1,200
3 to Less Than 5 Years	14.6% ± 11.9%	1,800
5 or More Years	67.9% ± 14.1%	8,400
Total Age 75 or Over	100.0%	12,300

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over) (continued)		
Females by Age Group		
Age 6-14		
Less Than 6 Months	10.6% ± 3.5%	6,600
6 Months to Less Than 1 Year	6.5% ± 3.1%	4,000
1 to Less Than 3 Years	26.5% ± 5.1%	16,400
3 to Less Than 5 Years	13.2% ± 3.6%	8,200
5 or More Years	43.1% ± 5.9%	26,700
Total Age 6-14	100.0%	62,000
Age 15-24		
Less Than 6 Months	19.3% ± 4.4%	16,800
6 Months to Less Than 1 Year	10.6% ± 3.0%	9,300
1 to Less Than 3 Years	29.4% ± 4.7%	25,600
3 to Less Than 5 Years	9.7% ± 3.0%	8,500
5 or More Years	31.0% ± 4.7%	27,000
Total Age 15-24	100.0%	87,200
Age 25-34		
Less Than 6 Months	25.3% ± 4.7%	18,300
6 Months to Less Than 1 Year	11.1% ± 3.2%	8,000
1 to Less Than 3 Years	19.9% ± 4.1%	14,400
3 to Less Than 5 Years	10.2% ± 3.2%	7,300
5 or More Years	33.5% ± 4.9%	24,200
Total Age 25-34	100.0%	72,200
Age 35-44		
Less Than 6 Months	17.1% ± 4.1%	13,000
6 Months to Less Than 1 Year	12.2% ± 3.6%	9,200
1 to Less Than 3 Years	24.5% ± 4.8%	18,600
3 to Less Than 5 Years	8.0% ± 3.2%	6,100
5 or More Years	38.2% ± 5.4%	28,900
Total Age 35-44	100.0%	75,800

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continu

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over) (continued)		
Females by Age Group (continued)		
Age 45-54		
Less Than 6 Months	15.9% ± 5.4%	7,000
6 Months to Less Than 1 Year	8.2% ± 3.7%	3,600
1 to Less Than 3 Years	19.9% ± 5.8%	8,700
3 to Less Than 5 Years	7.4% ± 3.4%	3,300
5 or More Years	48.6% ± 7.2%	21,300
Total Age 45-54	100.0%	43,800
Age 55-64		
Less Than 6 Months	9.0% ± 4.2%	2,500
6 Months to Less Than 1 Year	10.0% ± 5.7%	2,800
1 to Less Than 3 Years	15.1% ± 5.8%	4,200
3 to Less Than 5 Years	11.9% ± 5.4%	3,300
5 or More Years	54.1% ± 8.3%	15,100
Total Age 55-64	100.0%	28,000
Age 65-74		
Less Than 6 Months	8.3% ± 5.0%	2,000
6 Months to Less Than 1 Year	11.7% ± 6.3%	2,900
1 to Less Than 3 Years	15.2% ± 6.3%	3,700
3 to Less Than 5 Years	11.1% ± 5.8%	2,700
5 or More Years	53.7% ± 9.0%	13,100
Total Age 65-74	100.0%	24,400
Age 75 or Over		
Less Than 6 Months	4.5% ± 4.1%	900
6 Months to Less Than 1 Year	9.7% ± 8.5%	1,900
1 to Less Than 3 Years	12.6% ± 8.4%	2,400
3 to Less Than 5 Years	9.2% ± 8.3%	1,800
5 or More Years	63.9% ± 12.6%	12,200
Total Age 75 or Over	100.0%	19,100

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 3. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise.¹ Utah, 1986 and 1996.

	Survey Estimates of Utahns Age 14 or Over	
	Percentage	Number of Persons ²
1986 Physical Activity (Age 14 or Over)		
Regular Vigorous Exercise	38.3% ± 1.4%	448,500
No Regular Vigorous Exercise	61.7% ± 1.4%	722,800
Total Utahns Age 14 or Over	100.0%	1,171,300
1996 Physical Activity (Age 14 or Over)		
Regular Vigorous Exercise	46.0% ± 1.5%	690,400
No Regular Vigorous Exercise	54.0% ± 1.5%	811,500
Total Utahns Age 14 or Over	100.0%	1,501,900

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

**Table 4. History of Regular Vigorous Exercise:
Percentage of People Reporting Vigorous
Exercise¹ by Number of Years of Activity.
Utah, 1986 and 1996.**

	Survey Estimates of Utahns Age 14 or Over	
	Percentage	Persons ²
1986 Vigorous Exercise of Any Duration (Age 14 or Over)		
Less Than 6 Months	17.5% ± 1.9%	78,600
6 Months to Less Than 1 Year	11.6% ± 1.5%	52,000
1 to Less Than 3 Years	24.6% ± 2.0%	110,500
3 to Less Than 5 Years	10.8% ± 1.5%	48,300
5 or More Years	35.5% ± 2.3%	159,000
Total Age 6 or Over	100.0%	448,500
1996 Vigorous Exercise of Any Duration (Age 14 or Over)		
Less Than 6 Months	14.5% ± 1.5%	100,100
6 Months to Less Than 1 Year	8.9% ± 1.1%	61,200
1 to Less Than 3 Years	20.7% ± 1.6%	143,100
3 to Less Than 5 Years	10.3% ± 1.2%	70,900
5 or More Years	45.6% ± 2.1%	315,100
Total Age 6 or Over	100.0%	690,400

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

Table 5. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day.

By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, Medical Conditions, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Number of Servings of Fruits or Vegetables Consumed Each Day (Age 18 or Over)		
<1	6.1% ± 1.0%	81,400
1 to <2	26.9% ± 1.7%	360,900
2 to <3	24.8% ± 1.7%	332,800
3 to <4	18.1% ± 1.5%	242,400
4 to <5	11.4% ± 1.2%	152,500
5 to <6	6.2% ± 1.0%	83,400
6 or More	6.7% ± 1.0%	89,600
Total Age 18 or Over	100.0%	1,343,200
5 a Day (Age 18 or Over)		
5 or More Servings	12.9% ± 1.3%	173,000
4 or Fewer Servings	87.1% ± 1.3%	1,170,200
Total Age 18 or Over	100.0%	1,343,200

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
5 a Day by Age (Age 18 or Over)		
Age 18-34		
5 or More Servings	9.8% ± 1.7%	52,800
4 or Fewer Servings	90.2% ± 1.7%	488,300
Total Age 18-34	100.0%	541,100
Age 35-49		
5 or More Servings	14.8% ± 2.7%	59,700
4 or Fewer Servings	85.2% ± 2.7%	344,200
Total Age 35-49	100.0%	403,900
Age 50-64		
5 or More Servings	15.2% ± 3.7%	32,200
4 or Fewer Servings	84.8% ± 3.7%	179,500
Total Age 50-64	100.0%	211,700
Age 65 or Over		
5 or More Servings	15.7% ± 3.5%	29,300
4 or Fewer Servings	84.3% ± 3.5%	157,200
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
5 a Day by Ten Year Age Groups (Age 18 or Over)		
Age 18-24		
5 or More Servings	8.3% ± 2.5%	20,200
4 or Fewer Servings	91.7% ± 2.5%	224,000
Total Age 18-24	100.0%	244,200
Age 25-34		
5 or More Servings	10.9% ± 2.3%	32,500
4 or Fewer Servings	89.1% ± 2.3%	264,400
Total Age 25-34	100.0%	296,900
Age 35-44		
5 or More Servings	15.2% ± 3.1%	43,700
4 or Fewer Servings	84.8% ± 3.1%	244,500
Total Age 35-44	100.0%	288,200
Age 45-54		
5 or More Servings	14.2% ± 4.1%	28,900
4 or Fewer Servings	85.8% ± 4.1%	174,700
Total Age 45-54	100.0%	203,600
Age 55-64		
5 or More Servings	15.6% ± 4.5%	19,300
4 or Fewer Servings	84.4% ± 4.5%	104,500
Total Age 55-64	100.0%	123,800
Age 65-74		
5 or More Servings	16.9% ± 4.6%	16,900
4 or Fewer Servings	83.2% ± 4.6%	83,600
Total Age 65-74	100.0%	100,500
Age 75 or Over		
5 or More Servings	13.2% ± 5.1%	11,400
4 or Fewer Servings	86.8% ± 5.1%	74,600
Total Age 75-84	100.0%	86,000

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by Sex (Age 18 or Over)		
Males		
5 or More Servings	10.4% ± 1.9%	67,800
4 or Fewer Servings	89.6% ± 1.9%	585,800
Total Males	100.0%	653,600
Females		
5 or More Servings	15.2% ± 1.8%	105,100
4 or Fewer Servings	84.8% ± 1.8%	584,500
Total Females	100.0%	689,600
5 a Day by Education Level (Age 18 or Over)		
Some High School		
5 or More Servings	5.2% ± 2.8%	4,300
4 or Fewer Servings	94.8% ± 2.8%	79,000
Total Some High School	100.0%	83,300
High School Graduate/Some College		
5 or More Servings	11.3% ± 1.5%	91,100
4 or Fewer Servings	88.7% ± 1.5%	716,200
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
5 or More Servings	16.7% ± 8.0%	11,700
4 or Fewer Servings	83.3% ± 8.0%	58,100
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
5 or More Servings	17.5% ± 2.9%	67,000
4 or Fewer Servings	82.5% ± 2.9%	315,800
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
5 or More Servings	13.4% ± 4.4%	12,000
4 or Fewer Servings	86.7% ± 4.4%	78,000
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
5 or More Servings	9.2% ± 1.7%	36,800
4 or Fewer Servings	90.8% ± 1.7%	364,800
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
5 or More Servings	13.2% ± 2.5%	59,200
4 or Fewer Servings	86.8% ± 2.5%	388,100
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
5 or More Servings	16.5% ± 3.0%	66,700
4 or Fewer Servings	83.5% ± 3.0%	337,600
Total Over \$55,000	100.0%	404,300
5 a Day by Hispanic Status (Age 18 or Over)		
Hispanic		
5 or More Servings	9.0% ± 4.8%	6,900
4 or Fewer Servings	91.0% ± 4.8%	69,700
Total Hispanic	100.0%	76,600
Non-Hispanic		
5 or More Servings	13.0% ± 1.4%	164,400
4 or Fewer Servings	87.0% ± 1.4%	1,102,200
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
5 or More Servings	12.7% ± 1.4%	156,300
4 or Fewer Servings	87.3% ± 1.4%	1,071,400
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
5 or More Servings	14.3% ± 3.9%	16,500
4 or Fewer Servings	85.7% ± 3.9%	99,000
Total Fair or Poor	100.0%	115,500
5 a Day by Selected Medical Conditions² (Age 18 or Over)		
Under Medical Care for Arthritis		
5 or More Servings	11.7% ± 4.6%	17,400
4 or Fewer Servings	88.3% ± 4.6%	84,000
Total Utahns With Arthritis	100.0%	101,400
Not Under Medical Care for Arthritis		
5 or More Servings	12.6% ± 1.3%	155,200
4 or Fewer Servings	87.5% ± 1.3%	1,086,600
Total Utahns Without Arthritis	100.1%	1,241,800
Diagnosed With Heart Disease		
5 or More Servings	26.7% ± 15.4%	11,700
4 or Fewer Servings	73.4% ± 15.4%	42,000
Total Utahns With Heart Disease	100.1%	53,700
Not Diagnosed With Heart Disease		
5 or More Servings	12.6% ± 1.3%	160,900
4 or Fewer Servings	87.4% ± 1.3%	1,128,600
Total Utahns Without Heart Disease	100.0%	1,289,500

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by Selected Medical Conditions² (Age 18 or Over) (continued)		
Diagnosed With Diabetes		
5 or More Servings	19.1% ± 6.4%	12,200
4 or Fewer Servings	80.9% ± 6.4%	45,200
Total Utahns With Diabetes	100.0%	57,400
Not Diagnosed With Diabetes		
5 or More Servings	12.5% ± 1.3%	160,200
4 or Fewer Servings	87.5% ± 1.3%	1,125,600
Total Utahns Without Diabetes	100.0%	1,285,800
Diagnosed With Stroke		
5 or More Servings	*** ± ***	***
4 or Fewer Servings	*** ± ***	***
Total Utahns Who Had Stroke	100.0%	17,600
Not Diagnosed With Stroke		
5 or More Servings	12.6% ± 1.3%	169,000
4 or Fewer Servings	87.4% ± 1.3%	1,156,600
Total Utahns Who Did Not Have Stroke	100.0%	1,325,600

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
5 a Day by Religious Activity (Age 18 or Over)		
Active³ LDS		
5 or More Servings	14.4% ± 1.9%	94,700
4 or Fewer Servings	85.6% ± 1.9%	564,800
Total Active LDS	100.0%	659,500
Less Active⁴ LDS		
5 or More Servings	8.0% ± 2.6%	21,800
4 or Fewer Servings	92.0% ± 2.6%	249,500
Total Less Active LDS	100.0%	271,300
Active Other Religion		
5 or More Servings	15.6% ± 5.4%	14,300
4 or Fewer Servings	84.4% ± 5.4%	77,000
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
5 or More Servings	13.5% ± 3.8%	25,000
4 or Fewer Servings	86.5% ± 3.8%	160,400
Total Less Active Other Religion	100.0%	185,400
No Religion		
5 or More Servings	12.7% ± 4.2%	17,200
4 or Fewer Servings	87.3% ± 4.2%	118,500
Total No Religion	100.0%	135,700

¹ Rounded to the nearest 100 persons.

² Age-adjusted percentages.

³ "Active" refers to attending religious services once a week or more.

⁴ "Less active" refers to attending religious services less than once a week.

*** Insufficient sample size for calculation of population estimates.

Table 6. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed. By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, Medical Conditions, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption (Age 18 or Over)		
Nondrinker	74.7% ± 1.4%	1,003,400
Light to Moderate Drinker	23.3% ± 1.3%	313,000
Heavy Drinker ²	2.1% ± 0.4%	28,200
Total	100.0%	1,343,200
Alcohol Consumption by Age (Age 18 or Over)		
Age 18-34		
Nondrinker	75.6% ± 1.9%	409,100
Light to Moderate Drinker	22.4% ± 1.9%	121,400
Heavy Drinker	2.0% ± 0.5%	10,600
Total Age 18-34	100.0%	541,100
Age 35-49		
Nondrinker	68.1% ± 2.7%	274,900
Light to Moderate Drinker	29.4% ± 2.6%	118,600
Heavy Drinker	2.6% ± 0.8%	10,300
Total Age 35-49	100.0%	403,900
Age 50-64		
Nondrinker	76.9% ± 3.0%	162,800
Light to Moderate Drinker	21.0% ± 2.9%	44,400
Heavy Drinker	2.1% ± 0.9%	4,400
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Nondrinker	84.3% ± 2.9%	157,300
Light to Moderate Drinker	14.5% ± 2.8%	27,100
Heavy Drinker	1.2% ± 1.0%	2,100
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Alcohol Consumption by Sex (Age 18 or Over)		
Males		
Nondrinker	68.4% ± 1.8%	447,300
Light to Moderate Drinker	28.1% ± 1.7%	183,900
Heavy Drinker	3.4% ± 0.7%	22,300
Total Males	100.0%	653,600
Females		
Nondrinker	80.6% ± 1.5%	555,500
Light to Moderate Drinker	18.7% ± 1.4%	128,700
Heavy Drinker	0.8% ± 0.3%	5,300
Total Females	100.0%	689,600
Alcohol Consumption by Education Level (Age 18 or Over)		
Some High School		
Nondrinker	70.2% ± 4.8%	58,500
Light to Moderate Drinker	25.4% ± 4.6%	21,200
Heavy Drinker	4.3% ± 2.0%	3,600
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Nondrinker	75.1% ± 1.7%	606,000
Light to Moderate Drinker	22.5% ± 1.6%	181,900
Heavy Drinker	2.4% ± 0.5%	19,400
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Nondrinker	74.0% ± 5.1%	51,600
Light to Moderate Drinker	24.3% ± 5.0%	17,000
Heavy Drinker	1.7% ± 1.7%	1,200
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Nondrinker	74.9% ± 2.6%	286,600
Light to Moderate Drinker	24.3% ± 2.6%	93,000
Heavy Drinker	0.8% ± 0.4%	3,100
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Alcohol Consumption by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Nondrinker	81.0% ± 4.1%	72,900
Light to Moderate Drinker	16.6% ± 3.6%	14,900
Heavy Drinker	2.4% ± 1.5%	2,200
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Nondrinker	75.3% ± 2.5%	302,400
Light to Moderate Drinker	21.6% ± 2.3%	86,600
Heavy Drinker	3.1% ± 1.0%	12,600
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Nondrinker	73.9% ± 2.6%	330,500
Light to Moderate Drinker	24.5% ± 2.5%	109,500
Heavy Drinker	1.6% ± 0.6%	7,200
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Nondrinker	72.1% ± 3.0%	291,300
Light to Moderate Drinker	26.4% ± 2.9%	106,700
Heavy Drinker	1.6% ± 0.7%	6,300
Total Over \$55,000	100.0%	404,300
Alcohol Consumption by Hispanic Status (Age 18 or Over)		
Hispanic		
Nondrinker	70.2% ± 6.0%	53,800
Light to Moderate Drinker	27.9% ± 6.0%	21,300
Heavy Drinker	1.9% ± 1.6%	1,500
Total Hispanic	100.0%	76,600
Non-Hispanic		
Nondrinker	74.9% ± 1.4%	948,600
Light to Moderate Drinker	23.1% ± 1.4%	292,300
Heavy Drinker	2.0% ± 0.4%	25,800
Total Non-Hispanic	100.0%	#####

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Nondrinker	74.1% ± 1.5%	909,200
Light to Moderate Drinker	24.1% ± 1.4%	296,000
Heavy Drinker	1.8% ± 0.4%	22,500
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
Nondrinker	79.3% ± 3.1%	91,600
Light to Moderate Drinker	17.1% ± 2.8%	19,700
Heavy Drinker	3.6% ± 1.5%	4,100
Total Fair or Poor	100.0%	115,500
Alcohol Consumption by Selected Medical Conditions³ (Age 18 or Over)		
Diagnosed With Heart Disease		
Nondrinker	83.4% ± 9.5%	44,900
Light to Moderate Drinker	16.1% ± 9.5%	7,800
Heavy Drinker	0.5% ± 0.4%	1,100
Total Utahns With Heart Disease	100.0%	53,700
Not Diagnosed With Heart Disease		
Nondrinker	74.8% ± 1.4%	957,700
Light to Moderate Drinker	23.2% ± 1.3%	305,200
Heavy Drinker	2.0% ± 0.4%	26,700
Total Utahns Without Heart Disease	100.0%	1,289,500
Diagnosed With Stroke		
Nondrinker	82.8% ± 11.2%	14,700
Light to Moderate Drinker	14.2% ± 11.1%	2,000
Heavy Drinker	3.0% ± 2.8%	***
Total Utahns Who Had Stroke	100.0%	17,600
Not Diagnosed With Stroke		
Nondrinker	74.9% ± 1.4%	988,100
Light to Moderate Drinker	23.1% ± 1.3%	310,900
Heavy Drinker	2.0% ± 0.4%	26,600
Total Utahns Who Did Not Have Stroke	100.0%	1,325,600

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over		
	Percentage		Number of Persons ¹
Alcohol Consumption by Religious Activity (Age 18 or Over)			
Active⁴ LDS			
Nondrinker	98.5% ±	0.7%	649,700
Light to Moderate Drinker	1.5% ±	0.7%	9,800
Heavy Drinker	0.0% ±	*	*
Total Active LDS	100.0%		659,500
Less Active⁵ LDS			
Nondrinker	56.2% ±	4.4%	152,500
Light to Moderate Drinker	40.3% ±	4.4%	109,400
Heavy Drinker	3.5% ±	1.6%	9,400
Total Less Active LDS	100.0%		271,300
Active Other Religion			
Nondrinker	55.3% ±	7.2%	50,500
Light to Moderate Drinker	43.7% ±	7.2%	39,900
Heavy Drinker	*** ±	***	***
Total Active Other Religion	100.0%		91,300
Less Active Other Religion			
Nondrinker	38.8% ±	5.0%	72,000
Light to Moderate Drinker	55.8% ±	5.2%	103,500
Heavy Drinker	5.4% ±	2.6%	10,000
Total Less Active Other Religion	100.0%		185,400
No Religion			
Nondrinker	37.7% ±	6.0%	51,200
Light to Moderate Drinker	54.5% ±	6.2%	74,000
Heavy Drinker	7.7% ±	3.6%	10,500
Total No Religion	100.0%		135,700

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Age-adjusted percentages.

⁴ "Active" refers to attending religious services one a week or more

⁵ "Less active" refers to attending religious services less than once a week.

* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

Table 7. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month.

By Age and Sex, Education Level, Drinking and Driving, Annual Household Income, Hispanic Status, and General Health Status. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking (Age 18 or Over)		
Did Binge Drink	8.5% ± 0.8%	113,900
Did Not Binge Drink	91.5% ± 0.8%	1,229,300
Total Utahs Age 18 or Over	100.0%	1,343,200
Binge Drinking by Age and Sex (Age 18 or Over)		
Males by Age Group		
Age 18-34		
Did Binge Drink	14.7% ± 2.0%	39,300
Did Not Binge Drink	85.3% ± 2.0%	228,300
Total Age 18-34	100.0%	267,600
Age 35-49		
Did Binge Drink	16.1% ± 2.7%	32,400
Did Not Binge Drink	83.9% ± 2.7%	168,800
Total Age 35-49	100.0%	201,200
Age 50-64		
Did Binge Drink	8.2% ± 2.6%	8,500
Did Not Binge Drink	91.8% ± 2.6%	95,400
Total Age 50-64	100.0%	103,900
Age 65 or Over		
Did Binge Drink	3.6% ± 1.8%	2,900
Did Not Binge Drink	96.4% ± 1.8%	78,000
Total Age 65 or Over	100.0%	80,900

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by Age and Sex (Age 18 or Over) (continued)		
Females by Age Group		
Age 18-34		
Did Binge Drink	6.2% ± 1.3%	17,000
Did Not Binge Drink	93.8% ± 1.3%	256,400
Total Age 18-34	100.0%	273,400
Age 35-49		
Did Binge Drink	5.4% ± 1.5%	10,900
Did Not Binge Drink	94.6% ± 1.5%	191,800
Total Age 35-49	100.0%	202,700
Age 50-64		
Did Binge Drink	2.0% ± 1.1%	2,100
Did Not Binge Drink	98.0% ± 1.1%	105,800
Total Age 50-64	100.0%	107,900
Age 65 or Over		
Did Binge Drink	1.0% ± 0.9%	1,000
Did Not Binge Drink	99.0% ± 0.9%	104,600
Total Age 65 or Over	100.0%	105,600
Binge Drinking by Sex (Age 18 or Over)		
Males		
Did Binge Drink	12.7% ± 1.3%	83,000
Did Not Binge Drink	87.3% ± 1.3%	570,600
Total Males	100.0%	653,600
Females		
Did Binge Drink	4.5% ± 0.7%	31,000
Did Not Binge Drink	95.5% ± 0.7%	358,600
Total Females	100.0%	689,600

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by Education Level (Age 18 or Over)		
Some High School		
Did Binge Drink	15.9% ± 4.2%	13,200
Did Not Binge Drink	84.2% ± 4.2%	70,100
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Did Binge Drink	9.1% ± 1.0%	73,200
Did Not Binge Drink	90.9% ± 1.0%	734,100
Total High School Graduate./Some College	100.0%	807,300
Technical/Vocational Degree		
Did Binge Drink	8.4% ± 3.5%	5,900
Did Not Binge Drink	91.6% ± 3.5%	63,900
Total Technical/Vocational Degree	100.0%	69,800
4+Years College Degree		
Did Binge Drink	5.6% ± 1.2%	21,500
Did Not Binge Drink	94.4% ± 1.2%	361,300
Total 4+Years College Degree	100.0%	382,800
Binge Drinking by Drinking and Driving (Age 18 or Over)		
Did Drink and Drive²		
Did Binge Drink	90.3% ± 8.3%	13,400
Did Not Binge Drink	9.7% ± 8.3%	1,400
Total Did Drink and Drive	100.0%	14,800
Did Not Drink and Drive		
Did Binge Drink	7.4% ± 0.7%	98,300
Did Not Binge Drink	92.6% ± 0.7%	1,230,100
Total Did Not Drink and Drive	100.0%	1,328,400

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Did Binge Drink	7.9% ± 2.9%	7,100
Did Not Binge Drink	92.1% ± 2.9%	82,900
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Did Binge Drink	10.5% ± 1.7%	42,200
Did Not Binge Drink	89.5% ± 1.7%	359,400
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Did Binge Drink	8.6% ± 1.5%	38,600
Did Not Binge Drink	91.4% ± 1.5%	408,700
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Did Binge Drink	7.9% ± 1.5%	31,700
Did Not Binge Drink	92.2% ± 1.5%	372,600
Total Over \$55,000	100.0%	404,300
Binge Drinking by Hispanic Status (Age 18 or Over)		
Hispanic		
Did Binge Drink	12.5% ± 3.9%	9,600
Did Not Binge Drink	87.5% ± 3.9%	67,000
Total Hispanic	100.0%	76,600
Non-Hispanic		
Did Binge Drink	8.3% ± 0.8%	104,900
Did Not Binge Drink	91.7% ± 0.8%	1,161,700
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Did Binge Drink	8.5% ± 0.9%	104,400
Did Not Binge Drink	91.5% ± 0.9%	1,123,300
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
Did Binge Drink	8.1% ± 2.2%	9,300
Did Not Binge Drink	91.9% ± 2.2%	106,200
Total Fair or Poor	100.0%	115,500

¹ Rounded to the nearest 100 persons.

² Drove within an hour of consuming 4 or more drinks at least once in past month.

Table 8. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month. By Age and Sex, Education Level, Binge Drinking,¹ Annual Household Income, Hispanic Status, and General Health Status. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving (Age 18 or Over)		
Did Drink and Drive	1.1% ± 0.3%	14,800
Did Not Drink and Drive	98.9% ± 0.3%	1,328,400
Total Utahns Age 18 or Over	100.0%	1,343,200
Drinking and Driving by Age and Sex (Age 18 or Over)		
Males by Age Group		
Age 18-34		
Did Drink and Drive	1.9% ± 0.7%	5,100
Did Not Drink and Drive	98.1% ± 0.7%	262,500
Total Age 18-34	100.0%	267,600
Age 35-49		
Did Drink and Drive	2.2% ± 1.0%	4,400
Did Not Drink and Drive	97.8% ± 1.0%	196,800
Total Age 35-49	100.0%	201,200
Age 50-64		
Did Drink and Drive	1.4% ± 1.3%	1,500
Did Not Drink and Drive	98.6% ± 1.3%	102,400
Total Age 50-64	100.0%	103,900
Age 65 or Over		
Did Drink and Drive	0.3% ± 0.4%	200
Did Not Drink and Drive	99.7% ± 0.4%	80,700
Total Age 65 or Over	100.0%	80,900

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by Age and Sex (Age 18 or Over) (continued)		
Females by Age Group		
Age 18-34		
Did Drink and Drive	1.0% ± 0.5%	2,700
Did Not Drink and Drive	99.0% ± 0.5%	270,700
Total Age 18-34	100.0%	273,400
Age 35-49		
Did Drink and Drive	*** ± ***	***
Did Not Drink and Drive	99.6% ± 0.4%	201,900
Total Age 35-49	100.0%	202,700
Age 50-64		
Did Drink and Drive	*** ± ***	***
Did Not Drink and Drive	99.9% ± 0.1%	107,800
Total Age 50-64	100.0%	107,900
Age 65 or Over		
Did Drink and Drive	0.0% ± *	0
Did Not Drink and Drive	100.0% ± *	105,600
Total Age 65 or Over	100.0%	105,600
Drinking and Driving by Sex (Age 18 or Over)		
Males		
Did Drink and Drive	1.7% ± 0.5%	11,100
Did Not Drink and Drive	98.3% ± 0.5%	642,500
Total Males	100.0%	653,600
Females		
Did Drink and Drive	0.5% ± 0.3%	3,400
Did Not Drink and Drive	99.5% ± 0.3%	686,200
Total Females	100.0%	689,600

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by Education (Age 18 or Over)		
Some High School		
Did Drink and Drive	2.3% ± 1.9%	1,900
Did Not Drink and Drive	97.7% ± 1.9%	81,400
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Did Drink and Drive	1.2% ± 0.4%	10,000
Did Not Drink and Drive	98.8% ± 0.4%	797,300
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Did Drink and Drive	1.2% ± 1.4%	800
Did Not Drink and Drive	98.8% ± 1.4%	69,000
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Did Drink and Drive	0.6% ± 0.4%	2,200
Did Not Drink and Drive	99.4% ± 0.4%	380,600
Total 4+ Years College Degree	100.0%	382,800
Drinking and Driving by Binge Drinking (Age 18 or Over)		
Did Binge Drink		
Did Drink and Drive	12.1% ± 2.9%	13,700
Did Not Drink and Drive	87.9% ± 2.9%	100,200
Total Did Binge Drink	100.0%	113,900
Did Not Binge Drink		
Did Drink and Drive	0.1% ± 0.1%	1,500
Did Not Drink and Drive	99.9% ± 0.1%	1,227,800
Total Did Not Binge Drink	100.0%	1,229,300

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Did Drink and Drive	1.4% ± 1.3%	1,200
Did Not Drink and Drive	98.6% ± 1.3%	88,800
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Did Drink and Drive	1.6% ± 0.7%	6,500
Did Not Drink and Drive	98.4% ± 0.7%	395,100
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Did Drink and Drive	1.0% ± 0.4%	4,600
Did Not Drink and Drive	99.0% ± 0.4%	442,700
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Did Drink and Drive	0.9% ± 0.5%	3,500
Did Not Drink and Drive	99.1% ± 0.5%	400,800
Total Over \$55,000	100.0%	404,300
Drinking and Driving by Hispanic Status (Age 18 or Over)		
Hispanic		
Did Drink and Drive	1.9% ± 1.6%	1,500
Did Not Drink and Drive	98.1% ± 1.6%	75,100
Total Hispanic	100.0%	76,600
Non-Hispanic		
Did Drink and Drive	1.1% ± 0.3%	13,400
Did Not Drink and Drive	98.9% ± 0.3%	1,253,200
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by General Health Status (Age 18 or Over)		
Good/Very Good/Excellent		
Did Drink and Drive	1.2% \pm 0.3%	14,200
Did Not Drink and Drive	98.8% \pm 0.3%	1,213,500
Total Good/Very Good/Excellent	100.0%	1,227,700
Fair/Poor		
Did Drink and Drive	0.7% \pm 0.6%	800
Did Not Drink and Drive	99.3% \pm 0.6%	114,700
Total Fair/Poor	100.0%	115,500

¹ Consumption of five or more drinks on at least one occasion in the previous month.

² Rounded to the nearest 100 persons.

* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

Table 9. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed.

By Age and Sex. Utah, 1986.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Amount of Alcohol Consumed (Age 18 or Over, 1986)		
Nondrinker	65.0% ± 1.5%	684,600
Light to Moderate Drinker	32.9% ± 1.5%	346,300
Heavy Drinker ²	2.1% ± 0.5%	22,300
Total Age 18 or Over	100.0%	1,053,200
Amount of Alcohol Consumed by Age (Age 18 or Over, 1986)		
Age 18-34		
Nondrinker	62.2% ± 2.3%	299,200
Light to Moderate Drinker	36.1% ± 2.3%	173,800
Heavy Drinker	1.7% ± 0.7%	8,000
Total Age 18-34	100.0%	481,000
Age 35-49		
Nondrinker	61.3% ± 3.0%	164,000
Light to Moderate Drinker	36.1% ± 2.9%	96,600
Heavy Drinker	2.6% ± 1.2%	6,900
Total Age 35-49	100.0%	267,500
Age 50-64		
Nondrinker	69.5% ± 3.7%	116,500
Light to Moderate Drinker	26.6% ± 3.5%	44,500
Heavy Drinker	3.9% ± 2.0%	6,500
Total Age 50-64	100.0%	167,600
Age 65 or Over		
Nondrinker	76.2% ± 4.1%	104,600
Light to Moderate Drinker	23.1% ± 4.0%	31,700
Heavy Drinker ²	*** ± ***	***
Total Age 65 or Over	100.0%	137,200

* Footnotes are located on last page of table.

Table 9. Alcohol Consumption, 1986 (continue

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons ¹
Amount of Alcohol Consumed by Sex (Age 18 or Over, 1986		
Males		
Nondrinker	61.1% ± 2.3%	313,500
Light to Moderate Drinker	35.6% ± 2.2%	182,500
Heavy Drinker	3.4% ± 1.0%	17,300
Total Males	100.0%	513,300
Females		
Nondrinker	68.7% ± 2.1%	370,800
Light to Moderate Drinker	30.4% ± 2.1%	164,100
Heavy Drinker	1.0% ± 0.5%	5,200
Total Females	100.0%	540,000

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

*** Insufficient sample size for calculation of population estimates.

**Table 10. Drinking and Driving:
Percentage of Adults Who Reported Driving
Within an Hour After Drinking Four or More
Drinks at Least Once in the Past Month.
By Age and Sex. Utah, 1986.**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Drinking and Driving (Age 18 or Over, 1986)		
Did Drink and Drive	4.1% ± 0.7%	42,900
Did Not Drink and Drive	95.9% ± 0.7%	1,010,300
Total Age 18 or Over	100.0%	1,053,200
Drinking and Driving by Age (Age 18 or Over, 1986)		
Age 18-34		
Did Drink and Drive	6.0% ± 1.2%	28,600
Did Not Drink and Drive	94.1% ± 1.2%	452,400
Total Age 18-34	100.0%	481,000
Age 35-49		
Did Drink and Drive	3.2% ± 1.0%	8,500
Did Not Drink and Drive	96.8% ± 1.0%	259,000
Total Age 35-49	100.0%	267,500
Age 50-64		
Did Drink and Drive	2.3% ± 1.6%	3,900
Did Not Drink and Drive	97.7% ± 1.6%	163,700
Total Age 50-64	100.0%	167,600
Age 65 or Over		
Did Drink and Drive	*** ± ***	***
Did Not Drink and Drive	99.7% ± 0.3%	136,800
Total Age 65 or Over	100.0%	137,200

* Footnotes are located on last page of table.

Table 10. Drinking and Driving, 1986 (continuation)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Drinking and Driving by Sex (Age 18 or Over, 1986)		
Males		
Did Drink and Drive	6.2% ± 1.2%	31,900
Did Not Drink and Drive	93.8% ± 1.2%	481,400
Total Males	100.0%	513,300
Females		
Did Drink and Drive	2.0% ± 0.7%	10,800
Did Not Drink and Drive	98.0% ± 0.7%	529,200
Total Females	100.0%	540,000

¹ Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 11. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed.

By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption (Age 18 or Over, 1991)		
Nondrinker	79.6% ± 1.3%	901,700
Light to Moderate Drinker	18.5% ± 1.2%	209,600
Heavy Drinker ²	2.0% ± 0.5%	22,100
Total Age 18 or Over	100.0%	1,133,400
Alcohol Consumption by Age (Age 18 or Over, 1991)		
Age 18-34		
Nondrinker	78.7% ± 2.0%	384,400
Light to Moderate Drinker	18.8% ± 1.9%	91,900
Heavy Drinker	2.5% ± 0.8%	12,000
Total Age 18-34	100.0%	488,200
Age 35-49		
Nondrinker	75.9% ± 2.6%	240,900
Light to Moderate Drinker	22.3% ± 2.5%	70,700
Heavy Drinker	1.9% ± 0.9%	6,000
Total Age 35-49	100.0%	317,600
Age 50-64		
Nondrinker	81.6% ± 2.8%	141,000
Light to Moderate Drinker	17.0% ± 2.8%	29,400
Heavy Drinker	1.4% ± 0.9%	2,400
Total Age 50-64	100.0%	172,800
Age 65 or Over		
Nondrinker	87.1% ± 2.5%	134,800
Light to Moderate Drinker	11.8% ± 2.4%	18,200
Heavy Drinker ²	1.2% ± 1.0%	1,800
Total Age 65 or Over	100.0%	154,800

* Footnotes are located on last page of table.

Table 11. Alcohol Consumption, 1991 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption by Sex (Age 18 or Over, 1991)		
Males		
Nondrinker	75.2% ± 1.9%	415,800
Light to Moderate Drinker	21.7% ± 1.8%	119,900
Heavy Drinker	3.1% ± 0.8%	17,200
Total Males	100.0%	552,900
Females		
Nondrinker	83.6% ± 1.6%	485,200
Light to Moderate Drinker	15.5% ± 1.6%	90,200
Heavy Drinker	0.9% ± 0.4%	5,100
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

Table 12. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month.

By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Drinking and Driving (Age 18 or Over, 1991)		
Did Drink and Drive	1.0% ± 0.3%	11,300
Did Not Drink and Drive	99.0% ± 0.3%	1,122,100
Total Age 18 or Over	100.0%	1,133,400
Drinking and Driving by Age (Age 18 or Over, 1991)		
Age 18-34		
Did Drink and Drive	1.0% ± 0.4%	4,700
Did Not Drink and Drive	99.0% ± 0.4%	483,500
Total Age 18-34	100.0%	488,200
Age 35-49		
Did Drink and Drive	1.7% ± 0.9%	5,300
Did Not Drink and Drive	98.3% ± 0.9%	312,300
Total Age 35-49	100.0%	317,600
Age 50-64		
Did Drink and Drive	*** ± ***	***
Did Not Drink and Drive	99.5% ± 0.5%	171,900
Total Age 50-64	100.0%	172,800
Age 65 or Over		
Did Drink and Drive	*** ± ***	***
Did Not Drink and Drive	99.7% ± 0.5%	154,400
Total Age 65 or Over	100.0%	154,800

* Footnotes are located on last page of table.

Table 12. Drinking and Driving, 1991 (continu

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Drinking and Driving by Sex (Age 18 or Over, 1991)		
Males		
Did Drink and Drive	1.4% \pm 0.5%	7,700
Did Not Drink and Drive	98.6% \pm 0.5%	545,200
Total Males	100.0%	552,900
Females		
Did Drink and Drive	0.6% \pm 0.4%	3,700
Did Not Drink and Drive	99.4% \pm 0.4%	576,800
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 13. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month. By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking (Age 18 or Over, 1991)		
Did Binge Drink	6.5% ± 0.9%	73,700
Did Not Binge Drink	93.5% ± 0.9%	1,059,700
Total Utahs Age 18 or Over	100.0%	1,133,400
Binge Drinking by Age and Sex (Age 18 or Over, 1991)		
Males by Age Group		
Age 18-34		
Did Binge Drink	12.6% ± 2.6%	30,700
Did Not Binge Drink	87.4% ± 2.6%	213,100
Total Age 18-34	100.0%	243,800
Age 35-49		
Did Binge Drink	11.8% ± 3.2%	18,700
Did Not Binge Drink	88.2% ± 3.2%	139,900
Total Age 35-49	100.0%	158,600
Age 50-64		
Did Binge Drink	4.5% ± 2.4%	3,800
Did Not Binge Drink	95.5% ± 2.4%	80,200
Total Age 50-64	100.0%	84,000
Age 65 or Over		
Did Binge Drink	2.3% ± 2.1%	1,500
Did Not Binge Drink	97.7% ± 2.1%	64,900
Total Age 65 or Over	100.0%	66,400

* Footnotes are located on last page of table.

Table 13. Binge Drinking, 1991 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Binge Drinking by Age and Sex (Age 18 or Over, 1991) (continued)		
Females by Age Group		
Age 18-34		
Did Binge Drink	5.6% ± 1.7%	13,600
Did Not Binge Drink	94.4% ± 1.7%	230,800
Total Age 18-34	100.0%	244,400
Age 35-49		
Did Binge Drink	2.9% ± 1.5%	4,600
Did Not Binge Drink	97.1% ± 1.5%	154,300
Total Age 35-49	100.0%	158,900
Age 50-64		
Did Binge Drink	1.8% ± 1.4%	1,600
Did Not Binge Drink	98.2% ± 1.4%	87,200
Total Age 50-64	100.0%	88,800
Age 65 or Over		
Did Binge Drink	*** ± ***	***
Did Not Binge Drink	99.8% ± 0.3%	88,200
Total Age 65 or Over	100.0%	88,400
Binge Drinking by Sex (Age 18 or Over)		
Males		
Did Binge Drink	9.9% ± 1.6%	54,700
Did Not Binge Drink	90.1% ± 1.6%	498,100
Total Males	100.0%	552,800
Females		
Did Binge Drink	3.5% ± 0.9%	20,300
Did Not Binge Drink	96.6% ± 0.9%	560,200
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 14. Cigarette Smoking: Percentage of Adults by Smoking History and Number of Cigarettes Smoked Per Day. By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking (Age 18 or Over)		
Never Smoked	74.0% ± 1.3%	994,500
Former Smoker	13.6% ± 1.0%	182,400
Less Than 1/2 Pack/Day	5.1% ± 0.6%	68,200
1/2 to 1 Pack/Day	5.1% ± 0.6%	68,400
> 1 Pack/Day	2.2% ± 0.5%	29,700
Total Age 18 or Over	100.0%	1,343,200
Daily Cigarette Smoking by Age (Age 18 or Over)		
Age 18-34		
Never Smoked	78.8% ± 1.8%	426,500
Former Smoker	8.2% ± 1.2%	44,300
Less Than 1/2 Pack/Day	6.0% ± 1.0%	32,400
1/2 to 1 Pack/Day	5.7% ± 1.0%	30,600
> 1 Pack/Day	1.3% ± 0.5%	7,300
Total Age 18-34	100.0%	541,100
Age 35-49		
Never Smoked	71.4% ± 2.5%	288,300
Former Smoker	13.3% ± 1.8%	53,900
Less Than 1/2 Pack/Day	6.4% ± 1.3%	25,800
1/2 to 1 Pack/Day	5.1% ± 1.1%	20,700
> 1 Pack/Day	3.8% ± 1.1%	15,200
Total Age 35-49	100.0%	403,900

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Age (Age 18 or Over) (continued)		
Age 50-64		
Never Smoked	67.8% ± 3.1%	143,600
Former Smoker	21.5% ± 2.8%	45,500
Less Than 1/2 Pack/Day	2.4% ± 0.8%	5,100
1/2 to 1 Pack/Day	5.7% ± 1.5%	12,100
> 1 Pack/Day	2.6% ± 1.0%	5,600
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Never Smoked	73.5% ± 3.2%	137,100
Former Smoker	20.8% ± 2.9%	38,700
Less Than 1/2 Pack/Day	2.6% ± 1.0%	4,900
1/2 to 1 Pack/Day	2.3% ± 1.3%	4,400
> 1 Pack/Day	0.7% ± 0.6%	1,300
Total Age 65 or Over	100.0%	186,500
Daily Cigarette Smoking by Sex (Age 18 or Over)		
Males		
Never Smoked	68.0% ± 1.8%	444,400
Former Smoker	16.8% ± 1.4%	109,800
Less Than 1/2 Pack/Day	5.7% ± 0.9%	37,300
1/2 to 1 Pack/Day	6.5% ± 0.9%	42,700
> 1 Pack/Day	3.0% ± 0.7%	19,400
Total Males	100.0%	653,600
Females		
Never Smoked	79.8% ± 1.5%	550,200
Former Smoker	10.5% ± 1.1%	72,600
Less Than 1/2 Pack/Day	4.5% ± 0.7%	31,000
1/2 to 1 Pack/Day	3.7% ± 0.7%	25,600
> 1 Pack/Day	1.5% ± 0.5%	10,200
Total Females	100.0%	689,600

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Education Level (Age 18 or Over)		
Some High School		
Never Smoked	40.7% ± 5.3%	33,900
Former Smoker	21.3% ± 4.1%	17,700
Less Than 1/2 Pack/Day	13.1% ± 3.8%	10,900
1/2 to 1 Pack/Day	18.8% ± 4.3%	15,700
> 1 Pack/Day	6.3% ± 2.7%	5,200
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Never Smoked	72.5% ± 1.6%	585,200
Former Smoker	13.8% ± 1.2%	111,400
Less Than 1/2 Pack/Day	5.8% ± 0.8%	46,700
1/2 to 1 Pack/Day	5.4% ± 0.8%	43,700
> 1 Pack/Day	2.5% ± 0.6%	20,300
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Never Smoked	73.7% ± 5.1%	51,400
Former Smoker	14.8% ± 3.8%	10,300
Less Than 1/2 Pack/Day	5.1% ± 2.8%	3,500
1/2 to 1 Pack/Day	3.3% ± 1.8%	2,300
> 1 Pack/Day	3.2% ± 2.1%	2,200
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Never Smoked	84.5% ± 1.9%	323,500
Former Smoker	11.4% ± 1.7%	43,700
Less Than 1/2 Pack/Day	1.9% ± 0.7%	7,200
1/2 to 1 Pack/Day	1.7% ± 0.7%	6,700
> 1 Pack/Day	0.5% ± 0.4%	1,800
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Never Smoked	63.3% ± 5.2%	56,900
Former Smoker	16.0% ± 3.7%	14,400
Less Than 1/2 Pack/Day	9.4% ± 3.2%	8,500
1/2 to 1 Pack/Day	8.5% ± 3.0%	7,700
> 1 Pack/Day	2.9% ± 1.4%	2,600
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Never Smoked	68.6% ± 2.6%	275,400
Former Smoker	15.5% ± 1.9%	62,100
Less Than 1/2 Pack/Day	5.5% ± 1.3%	22,000
1/2 to 1 Pack/Day	6.8% ± 1.4%	27,300
> 1 Pack/Day	3.7% ± 1.2%	14,800
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Never Smoked	75.3% ± 2.5%	336,600
Former Smoker	13.0% ± 1.8%	58,200
Less Than 1/2 Pack/Day	5.3% ± 1.3%	23,500
1/2 to 1 Pack/Day	4.7% ± 1.0%	20,900
> 1 Pack/Day	1.8% ± 0.6%	8,100
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Never Smoked	80.2% ± 2.4%	324,300
Former Smoker	12.0% ± 1.8%	48,400
Less Than 1/2 Pack/Day	3.5% ± 0.9%	14,200
1/2 to 1 Pack/Day	3.3% ± 1.1%	13,500
> 1 Pack/Day	1.0% ± 0.5%	3,900
Total Over \$55,000	100.0%	404,300

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Hispanic Status		
Hispanic		
Never Smoked	71.4% ± 5.8%	54,700
Former Smoker	11.2% ± 3.7%	8,600
Less Than 1/2 Pack/Day	13.9% ± 4.6%	10,700
1/2 to 1 Pack/Day	3.2% ± 2.1%	2,400
> 1 Pack/Day	*** ± ***	***
Total Hispanic	100.0%	76,600
Non-Hispanic		
Never Smoked	74.2% ± 1.4%	940,200
Former Smoker	13.7% ± 1.0%	173,100
Less Than 1/2 Pack/Day	4.7% ± 0.6%	58,900
1/2 to 1 Pack/Day	5.1% ± 0.6%	65,100
> 1 Pack/Day	2.3% ± 0.5%	29,300
Total Non-Hispanic	100.0%	1,266,600
Daily Cigarette Smoking by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Never Smoked	75.7% ± 1.4%	929,600
Former Smoker	12.8% ± 1.0%	156,800
Less Than 1/2 Pack/Day	4.8% ± 0.6%	58,900
1/2 to 1 Pack/Day	4.8% ± 0.6%	58,600
> 1 Pack/Day	2.0% ± 0.5%	23,900
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
Never Smoked	61.2% ± 3.8%	70,700
Former Smoker	19.9% ± 2.9%	22,900
Less Than 1/2 Pack/Day	7.3% ± 2.2%	8,400
1/2 to 1 Pack/Day	7.4% ± 2.0%	8,500
> 1 Pack/Day	4.2% ± 1.5%	4,900
Total Fair or Poor	100.0%	115,500

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Religious Activity (Age 18 or Over)		
Active LDS		
Never Smoked	92.7% ± 1.2%	611,200
Former Smoker	7.0% ± 1.2%	45,900
Less Than 1/2 Pack/Day	*** ± ***	***
1/2 to 1 Pack/Day	*** ± ***	***
> 1 Pack/Day	0.0% ± *	0
Total Active LDS	100.0%	659,500
Less Active LDS		
Never Smoked	55.1% ± 4.4%	149,500
Former Smoker	23.5% ± 3.8%	63,700
Less Than 1/2 Pack/Day	7.8% ± 2.8%	21,200
1/2 to 1 Pack/Day	8.4% ± 2.2%	22,900
> 1 Pack/Day	5.2% ± 2.0%	14,100
Total Less Active LDS	100.0%	271,300
Active Other Religion		
Never Smoked	65.0% ± 6.8%	59,400
Former Smoker	26.7% ± 6.4%	24,400
Less Than 1/2 Pack/Day	5.2% ± 3.0%	4,700
1/2 to 1 Pack/Day	2.7% ± 2.3%	2,500
> 1 Pack/Day	*** ± ***	***
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
Never Smoked	47.1% ± 5.2%	87,400
Former Smoker	24.8% ± 4.4%	46,000
Less Than 1/2 Pack/Day	11.4% ± 3.3%	21,200
1/2 to 1 Pack/Day	10.3% ± 3.1%	19,100
> 1 Pack/Day	6.4% ± 3.0%	11,900
Total Less Active Other Religion	100.0%	185,400

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	<u>Survey Estimates of Utahns Age 18 or Over of</u>	
	<u>Percentage</u>	<u>Persons¹</u>
Daily Cigarette Smoking by Religious Activity (Age 18 or Over) (continued)		
No Religion		
Never Smoked	51.8% ± 6.2%	70,300
Former Smoker	20.1% ± 4.9%	27,300
Less Than 1/2 Pack/Day	10.0% ± 3.4%	13,500
1/2 to 1 Pack/Day	13.1% ± 4.0%	17,800
> 1 Pack/Day	5.1% ± 2.4%	6,900
Total No Religion	100.0%	135,700

¹ Rounded to the nearest 100 persons.

² "Active" refers to attending religious services once a week or more.

³ "Less active" refers to attending religious services less than once a week.

* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

Table 15. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers. By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over)		
Never Smoked	74.0% ± 1.3%	994,500
Former Smoker	13.6% ± 1.0%	182,400
Current Smoker	12.4% ± 1.0%	166,600
Total Age 18 or Over	100.0%	1,343,200
Cigarette Smoking History by Age (Age 18 or Over)		
Age 18-34		
Never Smoked	78.8% ± 1.8%	426,500
Former Smoker	8.2% ± 1.2%	44,300
Current Smoker	13.0% ± 1.5%	70,300
Total Age 18-34	100.0%	541,100
Age 35-49		
Never Smoked	71.4% ± 2.5%	288,300
Former Smoker	13.3% ± 1.8%	53,900
Current Smoker	15.3% ± 2.0%	61,800
Total Age 35-49	100.0%	403,900
Age 50-64		
Never Smoked	67.8% ± 3.1%	143,600
Former Smoker	21.5% ± 2.8%	45,500
Current Smoker	10.7% ± 2.0%	22,700
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Never Smoked	73.5% ± 3.2%	137,100
Former Smoker	20.8% ± 2.9%	38,700
Current Smoker	5.7% ± 1.7%	10,600
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Sex (Age 18 or Over)		
Males		
Never Smoked	68.0% ± 1.8%	444,400
Former Smoker	16.8% ± 1.4%	109,800
Current Smoker	15.2% ± 1.4%	99,400
Total Males	100.0%	653,600
Females		
Never Smoked	79.8% ± 1.5%	550,200
Former Smoker	10.5% ± 1.1%	72,600
Current Smoker	9.7% ± 1.1%	66,800
Total Females	100.0%	689,600
Cigarette Smoking History by Education Level (Age 18 or Over)		
Some High School		
Never Smoked	40.7% ± 5.3%	33,900
Former Smoker	21.3% ± 4.1%	17,700
Current Smoker	38.1% ± 5.5%	31,700
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Never Smoked	72.5% ± 1.6%	585,200
Former Smoker	13.8% ± 1.2%	111,400
Current Smoker	13.7% ± 1.2%	110,600
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Never Smoked	73.7% ± 5.1%	51,400
Former Smoker	14.8% ± 3.8%	10,300
Current Smoker	11.6% ± 3.7%	8,100
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Never Smoked	84.5% ± 1.9%	323,500
Former Smoker	11.4% ± 1.7%	43,700
Current Smoker	4.1% ± 1.0%	15,600
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Never Smoked	63.3% ± 5.2%	56,900
Former Smoker	16.0% ± 3.7%	14,400
Current Smoker	20.8% ± 4.3%	18,700
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Never Smoked	68.6% ± 2.6%	275,400
Former Smoker	15.5% ± 1.9%	62,100
Current Smoker	16.0% ± 2.2%	64,100
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Never Smoked	75.3% ± 2.5%	336,600
Former Smoker	13.0% ± 1.8%	58,200
Current Smoker	11.7% ± 1.9%	52,500
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Never Smoked	80.2% ± 2.4%	324,300
Former Smoker	12.0% ± 1.8%	48,400
Current Smoker	7.8% ± 1.5%	31,600
Total Over \$55,000	100.0%	404,300
Cigarette Smoking History by Hispanic Status (Age 18 or Over)		
Hispanic		
Never Smoked	71.4% ± 5.8%	54,700
Former Smoker	11.2% ± 3.7%	8,600
Current Smoker	17.4% ± 4.8%	13,300
Total Hispanic	100.0%	76,600
Non-Hispanic		
Never Smoked	74.2% ± 1.4%	940,200
Former Smoker	13.7% ± 1.0%	173,100
Current Smoker	12.1% ± 1.0%	153,300
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Never Smoked	75.7% ± 1.4%	929,600
Former Smoker	12.8% ± 1.0%	156,800
Current Smoker	11.5% ± 1.0%	141,300
Total Good, Very Good or Excellent	100.0%	1,227,700
Fair or Poor		
Never Smoked	61.2% ± 3.8%	70,700
Former Smoker	19.9% ± 2.9%	22,900
Current Smoker	18.9% ± 3.4%	21,800
Total Fair or Poor	100.0%	115,500
Cigarette Smoking History by Health Insurance Coverage (Age 18 or Over)		
Had Health Insurance Coverage		
Never Smoked	75.4% ± 1.4%	913,500
Former Smoker	13.8% ± 1.0%	167,200
Current Smoker	10.8% ± 1.0%	131,400
Total Had Health Insurance Coverage	100.0%	1,212,200
Did Not Have Health Insurance Coverage		
Never Smoked	62.3% ± 4.3%	81,600
Former Smoker	12.1% ± 2.5%	15,800
Current Smoker	25.7% ± 4.1%	33,600
Total Did Not Have Health Insurance Coverage	100.0%	131,000

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Health Care Utilization (Age 18 or Over)		
Zero Visits or Talks With a Medical Doctor²		
Never Smoked	68.7% ± 14.9%	169,600
Former Smoker	11.5% ± 9.8%	28,400
Current Smoker	19.9% ± 13.2%	49,000
Total No Visits/Talks with a Medical Doctor	100.0%	247,100
1-3 Visits or Talks With a Medical Doctor		
Never Smoked	83.2% ± 6.4%	595,900
Former Smoker	13.1% ± 6.2%	93,600
Current Smoker	3.7% ± 1.7%	26,400
Total 1-3 Visits/Talks with a Medical Doctor	100.0%	715,900
4 or More Visits or Talks With a Medical Doctor		
Never Smoked	70.2% ± 12.9%	266,900
Former Smoker	20.1% ± 12.3%	76,400
Current Smoker	9.7% ± 6.9%	36,800
Total 4+ Visits/Talks with a Medical Doctor	100.0%	380,100

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers.

By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over)		
Never Smoked	74.0% ± 1.3%	994,500
Former Smoker	13.6% ± 1.0%	182,400
Current Smoker	12.4% ± 1.0%	166,600
Total Age 18 or Over	100.0%	1,343,200
Cigarette Smoking History by Age (Age 18 or Over)		
Age 18-34		
Never Smoked	78.8% ± 1.8%	426,500
Former Smoker	8.2% ± 1.2%	44,300
Current Smoker	13.0% ± 1.5%	70,300
Total Age 18-34	100.0%	541,100
Age 35-49		
Never Smoked	71.4% ± 2.5%	288,300
Former Smoker	13.3% ± 1.8%	53,900
Current Smoker	15.3% ± 2.0%	61,800
Total Age 35-49	100.0%	403,900
Age 50-64		
Never Smoked	67.8% ± 3.1%	143,600
Former Smoker	21.5% ± 2.8%	45,500
Current Smoker	10.7% ± 2.0%	22,700
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Never Smoked	73.5% ± 3.2%	137,100
Former Smoker	20.8% ± 2.9%	38,700
Current Smoker	5.7% ± 1.7%	10,600
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Selected Medical Conditions³ (Age 18 or Over) (continued)		
Diagnosed With Diabetes		
Never Smoked	75.6% ± 6.2%	41,000
Former Smoker	13.7% ± 4.6%	10,700
Current Smoker	10.7% ± 5.0%	5,700
Total Utahns With Diabetes	100.0%	57,400
Not Diagnosed With Diabetes		
Never Smoked	74.3% ± 1.3%	953,500
Former Smoker	13.5% ± 1.0%	171,400
Current Smoker	12.3% ± 1.0%	160,900
Total Utahns Without Diabetes	100.0%	1,285,800
Diagnosed With Stroke		
Never Smoked	55.2% ± 15.5%	10,000
Former Smoker	14.3% ± 8.2%	4,600
Current Smoker	30.5% ± 14.7%	3,000
Total Utahns Who Had Had Stroke	100.0%	17,600
Not Diagnosed With Stroke		
Never Smoked	74.4% ± 1.3%	984,700
Former Smoker	13.4% ± 1.0%	177,500
Current Smoker	12.1% ± 1.0%	163,300
Total Utahns Who Did Not Have Stroke	100.0%	1,325,600

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Religious Activity (Age 18 or Over)		
Active⁴ LDS		
Never Smoked	92.6% ± 1.2%	610,900
Former Smoker	7.0% ± 1.2%	46,200
Current Smoker	0.4% ± 0.2%	2,400
Total Active LDS	100.0%	659,500
Less Active⁵ LDS		
Never Smoked	54.9% ± 4.4%	148,900
Former Smoker	23.7% ± 3.8%	64,200
Current Smoker	21.4% ± 3.7%	58,100
Total Less Active LDS	100.0%	271,300
Active Other Religion		
Never Smoked	64.8% ± 6.9%	59,200
Former Smoker	26.9% ± 6.4%	24,600
Current Smoker	8.3% ± 3.7%	7,600
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
Never Smoked	47.3% ± 5.3%	87,700
Former Smoker	24.6% ± 4.4%	45,500
Current Smoker	28.1% ± 4.8%	52,100
Total Less Active Other Religion	100.0%	185,400
No Religion		
Never Smoked	51.8% ± 6.2%	70,300
Former Smoker	20.1% ± 4.9%	27,300
Current Smoker	28.1% ± 5.3%	38,100
Total No Religion	100.0%	135,700

¹ Rounded to the nearest 100 persons.

² Visits or talks with a medical doctor did not include visits to a dentist, chiropractor, psychotherapist, other non-medical doctors, or an overnight stay in a hospital.

³ Age-adjusted percentages.

⁴ "Active" refers to attending religious services once a week or more

⁵ "Less active" refers to attending religious services less than once a week.

Table 16. Environmental Tobacco Smoke: Percentage of Households by Whether Adult Members Smoked Inside or Outside the Home. By Household Composition. Utah Households, 1996.

	Survey Estimates of Utah Households	
	Percentage	Number of Households ¹
Environmental Tobacco Smoke		
Households Where No Adults are Smokers	81.0% ± 1.4%	521,700
Households Where Adult Members Only Smoke Outside/Away from Home	9.3% ± 1.1%	59,700
Households Where Adult Members Smoke Inside the Home	9.7% ± 1.1%	62,400
Total Utah Households	100.0%	643,800
Environmental Tobacco Smoke by Household Composition		
Household Contains Children at Least Some of Whom are Age 6 or Under		
Households Where No Adults are Smokers	80.0% ± 2.7%	145,300
Households Where Adult Members Only Smoke Outside/Away from Home	12.8% ± 2.3%	23,200
Households Where Adult Members Smoke Inside the Home	7.2% ± 1.8%	13,100
Total Utah Households	100.0%	181,600
Household Contains Children Between the Ages of 7 and 17		
Households Where No Adults are Smokers	80.5% ± 3.1%	106,300
Households Where Adult Members Only Smoke Outside/Away from Home	8.0% ± 2.1%	10,600
Households Where Adult Members Smoke Inside the Home	11.4% ± 2.5%	15,100
Total Utah Households	100.0%	132,000
Household Contains Adults Only		
Households Where No Adults are Smokers	80.7% ± 2.4%	181,400
Households Where Adult Members Only Smoke Outside/Away from Home	9.6% ± 1.8%	21,500
Households Where Adult Members Smoke Inside the Home	9.7% ± 1.8%	21,800
Total Utah Households	100.0%	224,700
Household Contains an Adult Living Alone		
Households Where Adult Member Does Not Smoke	83.9% ± 3.4%	89,100
Households Where Adult Member Only Smokes Outside/Away from Home	4.2% ± 1.9%	4,500
Households Where Adult Member Smokes Inside the Home	11.9% ± 2.9%	12,600
Total Utah Households	100.0%	106,200

¹ Rounded to the nearest 100 households.

Table 17. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers.

By Age and Sex. Utah, 1986.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over, 1986)		
Never Smoked	72.2% ± 1.4%	760,100
Former Smoker	12.5% ± 1.0%	132,000
Current Smoker	15.3% ± 1.2%	161,100
Total Age 18 or Over	100.0%	1,053,200
Cigarette Smoking History by Age (Age 18 or Over, 1986)		
Age 18-34		
Never Smoked	75.5% ± 2.0%	363,100
Former Smoker	8.8% ± 1.4%	42,300
Current Smoker	15.7% ± 1.7%	75,600
Total Age 18-34	100.0%	481,000
Age 35-49		
Never Smoked	68.8% ± 2.8%	184,100
Former Smoker	14.6% ± 2.1%	39,100
Current Smoker	16.6% ± 2.3%	44,300
Total Age 35-49	100.0%	267,500
Age 50-64		
Never Smoked	65.8% ± 3.8%	110,300
Former Smoker	15.3% ± 2.8%	25,600
Current Smoker	18.9% ± 3.2%	31,700
Total Age 50-64	100.0%	167,600
Age 65 or Over		
Never Smoked	73.5% ± 3.7%	100,800
Former Smoker	20.2% ± 3.3%	27,700
Current Smoker	6.3% ± 1.8%	8,600
Total Age 65 or Over	100.0%	137,200

* Footnotes are located on last page of table.

**Table 17. Cigarette Smoking History,
1986 (continued)**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Sex (Age 18 or Over, 1986)		
Males		
Never Smoked	64.6% ± 2.2%	331,700
Former Smoker	16.6% ± 1.6%	85,300
Current Smoker	18.8% ± 1.8%	96,200
Total Males	100.0%	513,300
Females		
Never Smoked	79.3% ± 1.8%	428,300
Former Smoker	8.7% ± 1.2%	46,700
Current Smoker	12.0% ± 1.5%	65,000
Total Females	100.0%	540,000

¹ Rounded to the nearest 100 persons.

Table 18. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers. By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over, 1991)		
Never Smoked	73.1% ± 1.3%	828,700
Former Smoker	13.2% ± 1.0%	149,600
Current Smoker	13.7% ± 1.1%	155,000
Total Age 18 or Over	100.0%	1,133,400
Cigarette Smoking History by Age (Age 18 or Over, 1991)		
Age 18-34		
Never Smoked	78.3% ± 2.0%	382,400
Former Smoker	7.7% ± 1.2%	37,400
Current Smoker	14.0% ± 1.7%	68,400
Total Age 18-34	100.0%	488,200
Age 35-49		
Never Smoked	68.9% ± 2.7%	218,900
Former Smoker	14.3% ± 2.0%	45,400
Current Smoker	16.8% ± 2.3%	53,400
Total Age 35-49	100.0%	317,600
Age 50-64		
Never Smoked	64.8% ± 3.3%	112,000
Former Smoker	20.5% ± 2.9%	35,400
Current Smoker	14.7% ± 2.5%	25,400
Total Age 50-64	100.0%	172,800
Age 65 or Over		
Never Smoked	74.1% ± 3.2%	114,700
Former Smoker	20.5% ± 3.0%	31,700
Current Smoker	5.4% ± 1.6%	8,400
Total Age 65 or Over	100.0%	154,800

* Footnotes are located on last page of table.

**Table 18. Cigarette Smoking History,
1991 (continued)**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Sex (Age 18 or Over, 1991)		
Males		
Never Smoked	67.7% ± 2.0%	374,100
Former Smoker	17.0% ± 1.5%	93,800
Current Smoker	15.4% ± 1.6%	85,000
Total Males	100.0%	552,900
Females		
Never Smoked	78.2% ± 1.7%	453,800
Former Smoker	9.7% ± 1.2%	56,400
Current Smoker	12.1% ± 1.4%	70,300
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

**Table 19a. Selected Lifestyle Behaviors,
Bear River Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Bear River Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	80.2% ± 2.5%	64,200
Former Smoker	12.0% ± 2.0%	9,600
Less Than 1/2 Pack/Day	3.5% ± 1.2%	2,800
1/2 to 1 Pack/Day	3.6% ± 1.1%	2,800
> 1 Pack/Day	0.7% ± 0.5%	600
Total	100.0%	80,000
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	82.6% ± 2.3%	66,100
Light to Moderate Drinker	15.9% ± 2.2%	12,700
Heavy Drinker ²	1.4% ± 0.7%	1,100
Total	100.0%	80,000
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	6.4% ± 1.5%	5,100
Did Not Binge Drink	93.6% ± 1.5%	74,900
Total	100.0%	80,000
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.8% ± 0.5%	600
Did Not Drink and Drive	99.2% ± 0.5%	79,400
Total	100.0%	80,000
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	12.3% ± 3.0%	9,800
4 or Fewer Servings	87.7% ± 3.0%	70,200
Total	100.0%	80,000
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	41.4% ± 2.5%	45,100
No Regular Vigorous Exercise	58.6% ± 2.5%	64,000
Total	100.0%	109,100

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19b. Selected Lifestyle Behaviors,
Central Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Central Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	74.4% ± 2.7%	29,100
Former Smoker	12.6% ± 2.0%	4,900
Less Than 1/2 Pack/Day	4.7% ± 1.3%	1,800
1/2 to 1 Pack/Day	5.9% ± 1.5%	2,300
> 1 Pack/Day	2.4% ± 0.9%	1,000
Total	100.0%	39,100
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	84.2% ± 2.2%	32,900
Light to Moderate Drinker	13.7% ± 2.1%	5,300
Heavy Drinker ²	2.2% ± 0.9%	800
Total	100.0%	39,100
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	6.3% ± 1.5%	2,500
Did Not Binge Drink	93.7% ± 1.5%	36,600
Total	100.0%	39,100
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.3% ± 0.7%	500
Did Not Drink and Drive	98.7% ± 0.7%	38,600
Total	100.0%	39,100
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	10.3% ± 2.9%	4,000
4 or Fewer Servings	89.7% ± 2.9%	35,100
Total	100.0%	39,100
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	39.9% ± 2.5%	21,500
No Regular Vigorous Exercise	60.1% ± 2.5%	32,300
Total	100.0%	53,800

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19c. Selected Lifestyle Behaviors,
Davis County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Davis County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	78.2% ± 2.5%	113,500
Former Smoker	11.4% ± 2.0%	16,600
Less Than 1/2 Pack/Day	4.8% ± 1.3%	7,000
1/2 to 1 Pack/Day	4.9% ± 1.3%	7,100
> 1 Pack/Day	0.7% ± 0.5%	1,000
Total	100.0%	145,100
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	77.1% ± 2.6%	111,800
Light to Moderate Drinker	21.3% ± 2.5%	30,900
Heavy Drinker ²	1.6% ± 0.8%	2,400
Total	100.0%	145,100
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	8.1% ± 1.7%	11,800
Did Not Binge Drink	91.9% ± 1.7%	133,300
Total	100.0%	145,100
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.8% ± 0.5%	1,100
Did Not Drink and Drive	99.3% ± 0.5%	144,000
Total	100.0%	145,100
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	12.2% ± 3.2%	17,600
4 or Fewer Servings	87.8% ± 3.2%	127,500
Total	100.0%	145,100
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	46.1% ± 2.6%	92,100
No Regular Vigorous Exercise	53.9% ± 2.6%	107,700
Total	100.0%	199,800

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19d. Selected Lifestyle Behaviors,
Salt Lake County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Salt Lake County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	71.4% \pm 2.2%	403,600
Former Smoker	14.7% \pm 1.8%	83,000
Less Than 1/2 Pack/Day	5.4% \pm 1.1%	30,300
1/2 to 1 Pack/Day	5.3% \pm 1.1%	30,000
> 1 Pack/Day	3.3% \pm 0.9%	18,500
Total	100.0%	565,400
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	67.1% \pm 2.3%	379,600
Light to Moderate Drinker	30.5% \pm 2.3%	172,200
Heavy Drinker ²	2.4% \pm 0.8%	13,600
Total	100.0%	565,400
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	9.5% \pm 1.5%	53,800
Did Not Binge Drink	90.5% \pm 1.5%	511,600
Total	100.0%	565,400
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.4% \pm 0.6%	7,800
Did Not Drink and Drive	98.6% \pm 0.6%	557,600
Total	100.0%	565,400
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	13.1% \pm 2.6%	74,200
4 or Fewer Servings	86.9% \pm 2.6%	491,200
Total	100.0%	565,400
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	45.0% \pm 2.1%	335,900
No Regular Vigorous Exercise	55.0% \pm 2.1%	411,000
Total	100.0%	746,900

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19e. Selected Lifestyle Behaviors,
Southeastern Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Southeastern Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	63.7% ± 3.0%	23,100
Former Smoker	17.9% ± 2.3%	6,500
Less Than 1/2 Pack/Day	6.6% ± 1.6%	2,400
1/2 to 1 Pack/Day	8.0% ± 1.7%	2,900
> 1 Pack/Day	3.8% ± 1.2%	1,400
Total	100.0%	36,200
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	72.6% ± 2.7%	26,300
Light to Moderate Drinker	24.9% ± 2.6%	9,000
Heavy Drinker ²	2.5% ± 0.9%	900
Total	100.0%	36,200
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	10.6% ± 1.9%	3,800
Did Not Binge Drink	89.4% ± 1.9%	32,400
Total	100.0%	36,200
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.9% ± 0.8%	700
Did Not Drink and Drive	98.1% ± 0.8%	35,500
Total	100.0%	36,200
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	11.6% ± 3.0%	4,200
4 or Fewer Servings	88.4% ± 3.0%	32,000
Total	100.0%	36,200
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	42.3% ± 2.5%	20,700
No Regular Vigorous Exercise	57.7% ± 2.5%	28,300
Total	100.0%	49,000

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19f. Selected Lifestyle Behaviors,
Southwest Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Southwest Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	71.1% ± 2.8%	54,200
Former Smoker	16.9% ± 2.3%	12,800
Less Than 1/2 Pack/Day	4.8% ± 1.4%	3,700
1/2 to 1 Pack/Day	5.3% ± 1.4%	4,000
> 1 Pack/Day	1.9% ± 0.9%	1,500
Total	100.0%	76,200
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	79.2% ± 2.5%	60,400
Light to Moderate Drinker	19.4% ± 2.5%	14,800
Heavy Drinker ²	1.4% ± 0.7%	1,100
Total	100.0%	76,200
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	6.8% ± 1.6%	5,200
Did Not Binge Drink	93.2% ± 1.6%	71,000
Total	100.0%	76,200
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.7% ± 0.5%	600
Did Not Drink and Drive	99.3% ± 0.5%	75,600
Total	100.0%	76,200
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	15.8% ± 3.4%	12,000
4 or Fewer Servings	84.2% ± 3.4%	64,200
Total	100.0%	76,200
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	46.7% ± 2.7%	47,200
No Regular Vigorous Exercise	53.3% ± 2.7%	53,900
Total	100.0%	101,100

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19g. Selected Lifestyle Behaviors,
Summit County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Summit County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	72.4% ± 2.7%	11,300
Former Smoker	19.7% ± 2.4%	3,100
Less Than 1/2 Pack/Day	3.3% ± 1.1%	500
1/2 to 1 Pack/Day	2.6% ± 1.0%	400
> 1 Pack/Day	1.9% ± 0.8%	300
Total	100.0%	15,600
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	51.1% ± 2.9%	8,000
Light to Moderate Drinker	46.1% ± 2.9%	7,200
Heavy Drinker ²	2.8% ± 0.9%	400
Total	100.0%	15,600
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	14.8% ± 2.1%	2,300
Did Not Binge Drink	85.2% ± 2.1%	13,300
Total	100.0%	15,600
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	2.6% ± 0.9%	400
Did Not Drink and Drive	97.4% ± 0.9%	15,200
Total	100.0%	15,600
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	16.9% ± 3.5%	2,600
4 or Fewer Servings	83.1% ± 3.5%	13,000
Total	100.0%	15,600
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	54.3% ± 2.5%	11,100
No Regular Vigorous Exercise	45.8% ± 2.5%	9,400
Total	100.0%	20,500

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19h. Selected Lifestyle Behaviors,
Tooele County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Tooele County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	60.4% ± 3.0%	11,200
Former Smoker	17.9% ± 2.4%	3,300
Less Than 1/2 Pack/Day	7.3% ± 1.7%	1,400
1/2 to 1 Pack/Day	10.6% ± 1.9%	2,000
> 1 Pack/Day	3.8% ± 1.1%	700
Total	100.0%	18,500
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	70.9% ± 2.7%	13,100
Light to Moderate Drinker	26.2% ± 2.7%	4,900
Heavy Drinker ²	2.9% ± 1.0%	500
Total	100.0%	18,500
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	12.2% ± 2.0%	2,300
Did Not Binge Drink	87.8% ± 2.0%	16,200
Total	100.0%	18,500
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.8% ± 0.8%	300
Did Not Drink and Drive	98.2% ± 0.8%	18,200
Total	100.0%	18,500
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	12.1% ± 3.1%	2,200
4 or Fewer Servings	87.9% ± 3.1%	16,300
Total	100.0%	18,500
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	44.6% ± 2.5%	11,000
No Regular Vigorous Exercise	55.5% ± 2.5%	13,700
Total	100.0%	24,700

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19i. Selected Lifestyle Behaviors,
Tri-County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Tri-County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	65.1% ± 3.0%	16,100
Former Smoker	16.7% ± 2.3%	4,100
Less Than 1/2 Pack/Day	7.1% ± 1.6%	1,700
1/2 to 1 Pack/Day	8.5% ± 1.8%	2,100
> 1 Pack/Day	2.7% ± 1.0%	700
Total	100.0%	24,700
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	75.3% ± 2.6%	18,600
Light to Moderate Drinker	22.8% ± 2.6%	5,600
Heavy Drinker ²	1.9% ± 0.8%	500
Total	100.0%	24,700
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	9.5% ± 1.8%	2,400
Did Not Binge Drink	90.5% ± 1.8%	22,300
Total	100.0%	24,700
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.9% ± 0.6%	200
Did Not Drink and Drive	99.1% ± 0.6%	24,500
Total	100.0%	24,700
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	9.7% ± 2.7%	2,400
4 or Fewer Servings	90.3% ± 2.7%	22,300
Total	100.0%	24,700
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	42.9% ± 2.5%	15,100
No Regular Vigorous Exercise	57.1% ± 2.5%	20,000
Total	100.0%	35,100

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19j. Selected Lifestyle Behaviors,
Utah County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Utah County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	83.6% ± 2.3%	171,900
Former Smoker	9.2% ± 1.8%	18,900
Less Than 1/2 Pack/Day	3.1% ± 1.0%	6,300
1/2 to 1 Pack/Day	3.2% ± 1.1%	6,500
> 1 Pack/Day	0.9% ± 0.6%	1,900
Total	100.0%	205,500
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	90.2% ± 1.8%	185,300
Light to Moderate Drinker	8.6% ± 1.7%	17,700
Heavy Drinker ²	1.2% ± 0.7%	2,500
Total	100.0%	205,500
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	5.1% ± 1.4%	10,500
Did Not Binge Drink	94.9% ± 1.4%	195,000
Total	100.0%	205,500
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	*** ± ***	***
Did Not Drink and Drive	99.6% ± 0.4%	204,600
Total	100.0%	205,500
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	14.5% ± 3.4%	29,700
4 or Fewer Servings	85.6% ± 3.4%	175,800
Total	100.0%	205,500
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	45.8% ± 2.5%	126,900
No Regular Vigorous Exercise	54.2% ± 2.5%	149,900
Total	100.0%	276,800

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

*** Insufficient sample size for calculation of population estimates.

**Table 19k. Selected Lifestyle Behaviors,
Wasatch Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Cigarette Smoking Status (Age 18 or Over)		
Never Smoked	73.9% ± 2.4%	6,000
Former Smoker	14.6% ± 1.9%	1,200
Less Than 1/2 Pack/Day	5.6% ± 1.3%	500
1/2 to 1 Pack/Day	4.3% ± 1.1%	300
> 1 Pack/Day	1.6% ± 0.7%	100
Total	100.0%	8,100
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	78.4% ± 2.0%	6,400
Light to Moderate Drinker	19.3% ± 1.9%	1,600
Heavy Drinker ²	2.3% ± 0.7%	200
Total	100.0%	8,100
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	8.9% ± 1.4%	700
Did Not Binge Drink	91.2% ± 1.4%	7,400
Total	100.0%	8,100
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.4% ± 0.6%	100
Did Not Drink and Drive	98.6% ± 0.6%	8,000
Total	100.0%	8,100
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	11.3% ± 2.7%	900
4 or Fewer Servings	88.7% ± 2.7%	7,200
Total	100.0%	8,100
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	46.2% ± 2.0%	5,091
No Regular Vigorous Exercise	53.8% ± 2.0%	5,922
Total	100.0%	11,013

Rounded to the nearest 100 persons.

Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

Consumed five or more drinks on at least one occasion in past month.

In last month, drove within one hour after having had four or more drinks.

Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19l. Selected Lifestyle Behaviors,
Weber/Morgan Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Weber/Morgan Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	70.1% ± 3.0%	90,400
Former Smoker	14.3% ± 2.3%	18,500
Less Than 1/2 Pack/Day	7.7% ± 1.7%	9,900
1/2 to 1 Pack/Day	6.2% ± 1.6%	8,000
> 1 Pack/Day	1.7% ± 0.8%	2,200
Total	100.0%	128,900
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	73.2% ± 2.9%	94,300
Light to Moderate Drinker	24.0% ± 2.8%	30,900
Heavy Drinker ²	2.9% ± 1.1%	3,700
Total	100.0%	128,900
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	10.6% ± 2.0%	13,700
Did Not Binge Drink	89.4% ± 2.0%	115,200
Total	100.0%	128,900
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.2% ± 0.7%	1,600
Did Not Drink and Drive	98.8% ± 0.7%	127,300
Total	100.0%	128,900
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	10.8% ± 2.9%	13,900
4 or Fewer Servings	89.2% ± 2.9%	115,000
Total	100.0%	128,900
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	44.5% ± 2.8%	75,600
No Regular Vigorous Exercise	55.5% ± 2.8%	94,300
Total	100.0%	169,900

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

TECHNICAL NOTES

General Technical Background to the 1996 Health Status Survey

Introduction

The purpose of this section is to provide the reader with a general methodological overview of the project. Persons interested in obtaining additional or more detailed information may contact:

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Sample Design

The 1996 Utah Health Status Survey represents the third such survey; previous surveys were conducted in 1986 and 1991. The statistical estimates in this report are based on *1996 Utah Health Status Survey* data.

The sample was a **complex survey sample** designed to be representative of all Utahns. It is best described as a weighted probability sample of approximately 6,300 households disproportionately stratified by twelve local health districts that cover the entire state. Five hundred household interviews were conducted in each health district, except Salt Lake City/County Health District, in which eight hundred household interviews were conducted in order to increase the precision of statewide estimates.

A **single stage, non-clustered, equal probability of selection telephone calling design** was used to generate telephone numbers, more specifically referred to as the *Casady-Lepkowski* (1993) calling design. This method begins by building a *base sampling frame* consisting of all possible telephone numbers from all working prefixes in Utah. Telephone numbers are arranged sequentially into groups of 100 by selecting all telephone numbers within an area code and prefix, plus the first and second digits of the suffix (e.g., 801-538-10XX represents a group that includes all 100 phone numbers between 801-538-1000 and 801-538-1099). Each group of 100 telephone numbers is classified as either high density (at least one residential listing) or low density (no listed residential phone numbers in the group). All low density groups are removed, and high density groups are retained. Telephone numbers are randomly selected from the high-density list. This sampling design ensures that both listed and unlisted phone numbers are included in the sample.

The survey interview was conducted with **one randomly-selected adult** (age 18 or older) in each household. To select this person, Gallup interviewers collected household membership information from the household contact person (the person who answered the telephone). One household member was then selected at random from the list of all household members age 18 or over. Survey questions were then asked about either, 1) all household members, 2) the survey respondent only, 3) a randomly selected adult or child household member (selected using the same method as was used to select the respondent), or 4) the household as a whole. Thus, the survey sample varies, depending on the within-household reference sample that was used for each set of survey questions. Each within-household reference sample has known probabilities of selection and can be generalized to the Utah population.

Survey Data Collection

The Utah Department of Health contracted with The Gallup Organization to collect the survey data. Gallup incorporated the telephone survey instrument into a **computer-assisted random digit dialing software program**, called SURVENT. Interviews were conducted by trained interviewers in a supervised environment across six sites. Interviews were conducted in Spanish when appropriate.

Computer-assisted telephone interviewing was chosen as the method of data collection for several reasons. First, it yields higher response rates, thus resulting in a more representative sample and reducing the amount of bias inherent in mail survey response rates. Second, it helps reduce non-sampling error by standardizing the data collection process. Data-entry errors are reduced because interviewers are not allowed to enter non-valid codes. It was also efficient because it allowed interviewers to enter responses directly into the database.

The survey questionnaire was divided into *core* and *supplemental modules*. Core questions were asked of all households in the sample. Table 1 describes the types of “core” questions that were asked, and about whom they were asked. Notice that *not all questions were asked with regard to everyone in the household*.

Table 1.
CORE MODULE QUESTIONS

<u>Question Topic</u>	<u>Within-Household Reference Sample</u>
Demographic characteristics	All household members
Presence of chronic medical condition	All household members
Health insurance status	All household members
Injury incidence/safety issues	All household members
Lifestyle (smoking, drinking, exercise)	All household members
Subjective mental/physical health (SF12)	Respondent only (randomly-selected adult)
Health screening exam usage	Respondent only (randomly-selected adult)
Access to care/primary provider	Randomly-selected household member of any age
Household-level demographic characteristics	The household as a whole

In addition to the core survey questions (above), one of six different *supplemental modules* was administered to primarily non-overlapping randomly-assigned subsets of (approximately 1,000) households. Table 2 shows the types of questions asked in the supplemental module questions, and about whom they were asked.

Table 2.
SUPPLEMENTAL MODULE QUESTIONS

<u>Type of Question</u>	<u>Within-Household Reference Sample</u>
Limitations of activities	All household members
Migration	Respondent only (randomly-selected adult)
Health Plan Consumer Satisfaction	Respondent only (randomly-selected adult)
Fertility	Respondent or spouse only
Health Care Utilization	Randomly-selected household member of any age
Interpersonal violence	The household as a whole

*Note: All supplemental module questions were asked only of a subset of households.

While both core and supplemental modules yielded sufficient sample sizes to construct state-level estimates for the Utah population, the information collected from supplemental modules was not intended for use in district-level analyses.

Cooperation rate

The interview process took place over a three month period (from June to August, 1996), and resulted in a cooperation rate of 66.3%. If necessary, up to nine telephone attempts were made to contact a selected household. After a randomly-selected survey respondent was identified, up to nine attempts were made to conduct the interview with that person.

Weighting and Estimation Methods

Post-survey weighting adjustments were made so that the Health Status Survey findings could be more accurately generalized to Utah's population. Two types of post-survey weighting adjustments were made, one that adjusted for random sampling variation, and one that adjusted for disproportionate sampling (such as the over-sampling of smaller local health districts across the state). Although the two types of adjustment are distinct conceptually, they were accomplished in a single step.

The post-survey weighting adjustments weighted the sample to be proportionately consistent with the age, sex, geographic, and Hispanic status distribution of the 1996 Utah population. Utah population estimates by sex, single year of age, and county of residence were provided by the Utah Governor's Office of Planning and Budget (GOPB) (the estimates used were those compiled in 1994). Estimates of Utah's Hispanic population for 1996 were derived by calculating the average annual rate of increase of Hispanic persons for each health district using data from 1990 to 1994 Bureau of the Census reports, and then projecting those increases to 1996 GOPB local health district population counts. Total state estimates for Hispanic persons were calculated by summing across local health districts.

The post-survey weighting variables adjusted for the following factors:

1. The number of **phones** in the household.
2. The total **number of persons in the household** to which the data will be generalized (1 for questions that were asked about every household member, the number of adults in the household for questions that were asked only of the respondent, the number of persons in the household for questions that were asked of a randomly-selected household member).
3. The proportion of **Hispanic persons** in each local health district.
4. The **age and sex** distribution of each local health district.
5. The probabilities of selection for each **local health district**.

Population count estimates. Once a percentage was calculated for a variable of interest (e.g., the percentage uninsured) using appropriately weighted survey data, a population count (N) to which the percentage applied was estimated. In some cases analyses referenced certain age or sex groups, Hispanic persons or combinations of Utah counties. These total population group counts were readily available from the sources described earlier. However, for other groups where population counts were largely unavailable (e.g., analyses that examined the distribution of adult males by marital status), the population counts were estimated. This was achieved by multiplying the appropriate 1996 population total for that group (from 1996 GOPB estimates) by a proportion obtained from a frequency distribution or cross tabulation analysis of survey data. For instance, to calculate a population count for adult males who were married, the population of adult males from GOPB was multiplied by percentage of married adult males in the 1996 Utah Health Status Survey sample. Thus, any population count estimates not derived directly from existing age, sex, Hispanic status or county population estimates were derived from 1996 Health Status Survey data, and must be considered estimates.

Missing Values. Another consideration that affected the presentation of the population estimates in table format was the inclusion or exclusion of missing values (“don’t know” and “refused to answer”). Population percentage estimates were calculated after removing the “don’t know” and “refused to answer” responses from the denominator. This, in effect, assumed that persons who gave these answers were distributed identically on the variable of interest to those who gave a valid answer to that variable. For instance, that among those who did not know whether they were insured, we assumed that 90.47% of them were insured and 9.53% were not insured -- percentages identical to those found among the sample members who answered the question with a valid response.

Removing the missing cases from an analysis is rather simple and straightforward for analyses of a single variable. However, when one variable is cross-tabulated by another variable, all missing cases from both variables must be removed from the analysis. Removing the missing cases in itself is not a problem. However, a problem is encountered when a population estimate for a given variable, such as the percentage of all Utahns that have health insurance, differs slightly from an analysis of “all Utahns” versus an analysis of “all Utahns by age group.” This is because the missing cases on the age variable have been removed from one analysis and not from another. Since the percentage of all Utahns that have health insurance was calculated on slightly different samples, the resulting percentage estimates are slightly different. This problem was resolved by reporting the best population estimate available for any given population subgroup. For instance, in the table of insurance rates for all Utahns by age, the population estimate from an analysis that includes Utahns of all ages, regardless of whether they reported missing values on the age variable has been substituted for the original total row in that table. The only drawback to this strategy is that the population count figures for Utahns with and without health insurance in tables like the “Utahns by Age Group” table do

not sum to the same number derived from the analysis of all Utahns regardless of whether they had missing values on the age variable. As a result, the tables appear as though they do not “add up.”

Limitations and Other Special Considerations

Estimates developed from the sample may differ from the results of a complete census of all households in Utah due to two types of error, sampling and non-sampling error. Each type of error is present in estimates based on a survey sample. Good survey design and data collection techniques serve to minimize both sources of error.

Sampling error refers to random variation that occurs because only a subset of the entire population is sampled and used to estimate the finding in the entire population. It is often mis-termed “margin of error” in popular use. Sampling error is expressed as a *confidence interval*. The 95% confidence interval (calculated as 1.96 times the standard error of a statistic) indicates the range of values within which the statistic would fall 95% of the time if the researcher were to calculate the statistic (e.g., a percentage) from an infinite number of samples of size= n drawn from the same base population. It is typically expressed as the “plus or minus” term, as in the following example:

“The percentage of those polled who said they would vote for Bill Clinton was 52%, plus or minus 2%.”

Because local health districts were disproportionately stratified and then weighted to reflect the Utah population, the sample was considered a complex survey sample design. Estimating the sampling error for a complex survey design requires special statistical techniques, derived from the standard error for each estimate. SUDAAN software (Research Triangle Institute) was chosen to estimate the standard errors of the survey estimates because it employs a statistical routine (Taylor-series expansion) that accounts for the complex survey design.

Figures in this report include bars showing this estimated confidence interval around the parameter estimate. In cases where the confidence interval was greater in magnitude than the estimate, the estimate was not given. Estimates were not computed where the sample denominators were less than $n=50$. Readers should note that we have always presented the confidence interval as though it were symmetric, that is, of equal value both above and below (plus and minus) the estimate. It is often the case, however, that a confidence interval will be nonsymmetric. This occurs when the distribution is positively or negatively skewed, such as when a percentage is close to 0% or 100%. However, because the software program we use provides only symmetric confidence intervals, we are unable to provide the asymmetric estimates.

Non-sampling error also exists in survey estimates. Sources of non-sampling error include idiosyncratic interpretation of survey questions by respondents, variations in interviewer technique, household non-response to questions, coding errors, and so forth. No specific efforts were made to quantify the magnitude of non-sampling error.

Comparability with other surveys is an issue with all surveys. Differences in survey design, survey questions, estimation procedures, the socio-demographic and economic context, and changes in the structure and financing of the health care delivery system may all affect comparison between the 1996 Utah Health Status Survey and other surveys, including those conducted by the U.S. Bureau of the Census, the Behavioral Risk Factor Surveillance System surveys, and previous Utah Department of Health, Health Status Surveys.

Telephone surveys exclude certain population segments from the sampling frame, including persons in group living quarters (e.g., military barracks, nursing homes) and households without telephones. At the time of the 1990 Decennial Census, only four percent of Utah households were without telephone service. Typically, telephone surveys are biased because telephone households under-represent lower income and certain minority populations. In addition, studies have shown that non-telephone households tend to have lower rates of health care utilization (especially dental care), poorer health habits and health status, and lower rates of health insurance coverage (Thornberry and Massey, 1988).

Despite these overall disparities between telephone and non-telephone households, new survey research (Keeter, 1995) suggests that a similarity exists between data from non-telephone households and telephone households that experienced an interruption in service over the past 12 months. This similarity exists because many, if not most, households currently without telephones did have service in the recent past, and will have service again in the future. Therefore, certain households with telephones (those that had a recent interruption in service) are representative of “nonphone” households, allowing health status survey estimates that have been corrected for telephone noncoverage bias to be produced where indicated.

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