

Community Analysis

Summary Report for Health Behaviors



BACKGROUND

ABOUT THE HEALTHY COMMUNITY STUDY


The Rockford Health Council (RHC) exists to build and improve community health in the region. To address this mission, RHC conducts a *Healthy Community Study*, which is designed to identify community needs and provide a foundation for planning and development to address these needs. The *Healthy Community Study* is designed to provide local health systems and community organizations with nimble, timely data to support reporting of community health needs, as well as support decision making regarding initiatives and efforts.

STUDY ELEMENTS

The *2014 Healthy Community Study* includes a Community Analysis, Healthy Community Survey, and Key Informant Questionnaire. This summary report focuses on the results of the Community Analysis, which uses extant data from secondary sources to provide an overview of community health, as well as demographic and socioeconomic characteristics, for Winnebago and Boone counties. State and national comparison data are also provided as appropriate.

DATA SOURCE(S)

The primary source of information for this Community Analysis is the *Full Health Indicators Report* for Boone and Winnebago County generated through Community Commons, an interactive utility designed to support, "...the broad-based healthy, sustainable, and livable communities' movement (Community Commons)." Community Commons relies on extant secondary sources, such as the U.S. Census Bureau. Specific data sources are noted for all tables and figures used in this summary and the related data resources.

 This report provides links to mapping resources. Wherever a red pin is situated within this report, it can be used to access an on-line, interactive map feature of relevant information.

The *Full Health Indicators Report* consists of the following six data categories: Demographics, Social & Economic Factors, Physical Environment, Clinical Care, Health Behaviors, and Health Outcomes. This summary report specifically focuses on Health Behaviors.

HEALTH BEHAVIORS

Data indicators categorized under Health Behaviors are intended to represent health behaviors that contribute to poor health status. These behaviors include poor diet, a lack of exercise, and substance abuse.

Data indicators for Health Behaviors include the following:

- Alcohol Consumption
- Alcohol Expenditures
- Fruit/Vegetable Consumption
- Fruit/Vegetable Expenditures
- Physical Inactivity
- Soda Expenditures
- Tobacco Expenditures
- Tobacco Usage – Current Smokers
- Tobacco Usage – Former or Current Smokers
- Tobacco Usage – Quit Attempt

RESULTS

ALCOHOL CONSUMPTION

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.

Data Source: Centers for Disease Control and Prevention, [BehavioralRiskFactorSurveillanceSystem](#): 2006-12. Accessed using the [Health IndicatorsWarehouse](#). Source geography: County.

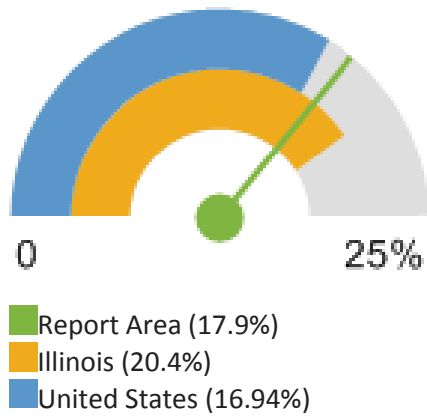
This indicator reports the percentage of adults aged 18 and older who self-report heavy alcohol consumption (defined as more than two drinks per day on average for men and one drink per day on average for women). This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as cirrhosis, cancers, and untreated mental and behavioral health needs.



Table 1: Adult Alcohol Consumption

	Total Population Age 18+	Estimated Adults Drinking Excessively	Estimated Adults Drinking Excessively (Crude Percentage)	Estimated Adults Drinking Excessively (Age-Adjusted Percentage)
Report Area	259,176	37,769	17.1%	17.9%
Boone County, IL	38,305	no data	suppressed	suppressed
Winnebago County, IL	220,871	37,769	17.1%	17.9%
Illinois	9,654,603	1,930,921	20%	20.4%
United States	232,556,016	38,248,349	16.45%	16.94%

Figure 1: Percent of Alcohol Consumption



ALCOHOL EXPENDITURE

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available. Data Source: Nielsen, [NielsenSiteReports](#): 2011. Source geography: Tract.

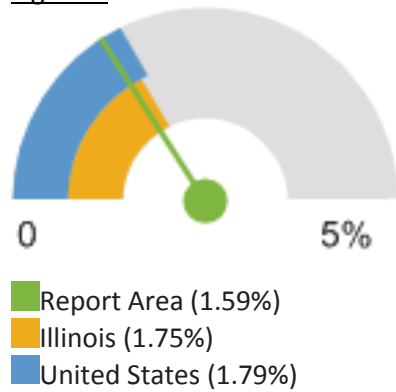
This indicator reports estimated expenditures for alcoholic beverages purchased at home, as a percentage of total household expenditures. This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as cirrhosis, cancers, and untreated mental and behavioral health needs.



Table 2: Alcoholic Beverage Expenditure

	Average Total Household Expenditures (USD)	Average Household Alcoholic Beverage Expenditures (USD)	Alcoholic Beverage Expenditures, County Rank (In-State)	Alcoholic Beverage Expenditures, County Percentile	Percent Alcoholic Beverage Expenditures
Report Area	46,975	745	no data	no data	1.59%
Boone County, IL	no data	no data	3	2.94%	no data
Winnebago County, IL	no data	no data	7	6.86%	no data
Illinois	52,831	923	no data	no data	1.75%
United States	50,932	910	no data	no data	1.79%

Figure 2: Percent of Alcoholic Beverage Expenditure



FRUIT/VEGETABLE CONSUMPTION

*Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.
Data Source: Centers for Disease Control and Prevention, [BehavioralRiskFactorSurveillanceSystem](#): 2005-09. Accessed using the [Health Indicators Warehouse](#). Source geography: County.*

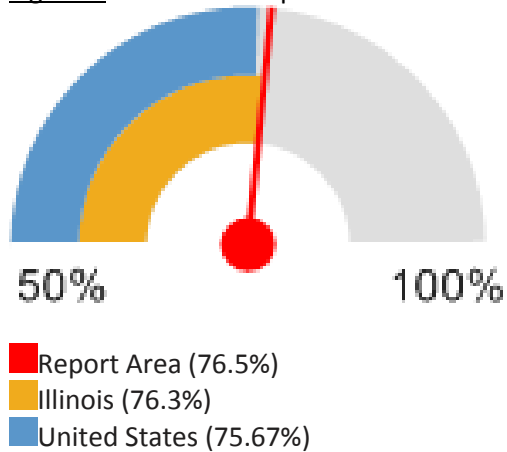
In the report area an estimated 168,860, or 76.50% of adults over the age of 18 are consuming less than 5 servings of fruits and vegetables each day. This indicator is relevant because current behaviors are determinants of future health, and because unhealthy eating habits may cause of significant health issues, such as obesity and diabetes.



Table 3: Inadequate Fruit/Vegetable Consumption

	Total Population Age 18+	Estimated Population with Inadequate Fruit / Vegetable Consumption	Percent Population with Inadequate Fruit / Vegetable Consumption
Report Area	257,603	168,860	76.5%
Boone County, IL	36,871	no data	suppressed
Winnebago County, IL	220,732	168,860	76.5%
Illinois	9,591,923	7,318,637	76.3%
United States	227,279,010	171,972,118	75.67%

Figure 3: Percent of Population with Inadequate Fruit/Vegetable Consumption



FRUIT/VEGETABLE EXPENDITURE

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.

Data Source: Nielsen, [NielsenSiteReports](#): 2011. Source geography: Tract.

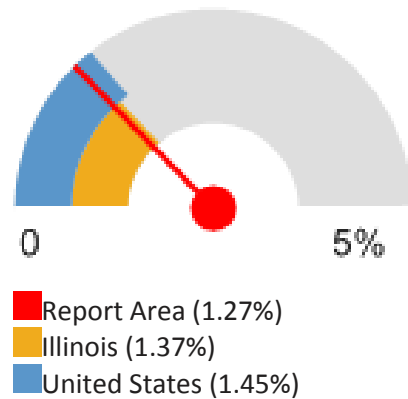
This indicator reports estimated expenditures for fruits and vegetables purchased for in-home consumption, as a percentage of total household expenditures. This indicator is relevant because current behaviors are determinants of future health, and because unhealthy eating habits may illustrate a cause of significant health issues, such as obesity and diabetes.



Table 4: Fruit/Vegetable Expenditure

	Average Total Household Expenditures (USD)	Average Household Fruit / Vegetable Expenditures (USD)	Fruit / Vegetable Expenditures, County Rank (In-State)	Fruit / Vegetable Expenditures, County Percentile	Percent Fruit / Vegetable Expenditures
Report Area	46,975	596	no data	no data	1.27%
Boone County, IL	no data	no data	8	7.84%	no data
Winnebago County, IL	no data	no data	9	8.82%	no data
Illinois	52,831	722	no data	no data	1.37%
United States	50,932	737	no data	no data	1.45%

Figure 4: Percent of Fruit/Vegetable Expenditure



PHYSICAL INACTIVITY

Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, [Diabetes Atlas](#): 2010. Source geography: County.

Within the report area, 65,824 or 25.54% of adults aged 20 and older self-report no leisure time for activity, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?". This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.



Table 5: Adult Population with No Leisure Time Physical Activity

	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity
Report Area	251,157	65,824	25.54%
Boone County, IL	37,040	9,297	24.6%
Winnebago County, IL	214,117	56,527	25.7%
Illinois	9,361,500	2,217,069	23.42%
United States	226,142,005	53,729,295	23.41%

Figure 5: Percent of Adult Population with no Leisure Time Physical Activity

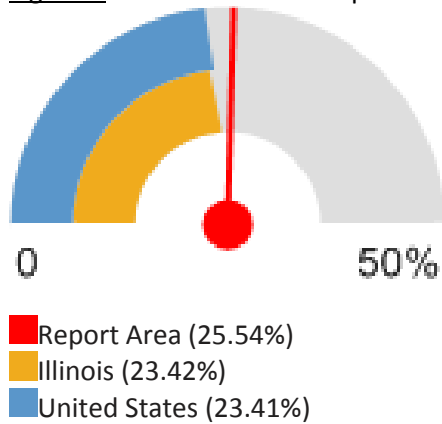


Table 6: Adults with No Leisure-time Physical Activity by Gender

	Total Males with No Leisure-Time Physical Activity	Percent Males with No Leisure-Time Physical Activity	Total Females with No Leisure-Time Physical Activity	Percent Females with No Leisure-Time Physical Activity
Report Area	60,914	24.53%	71,774	26.66%
Boone County, IL	4,599	24.8%	4,956	25.8%
Winnebago County, IL	4,341	23.4%	4,956	25.8%
Illinois	2,046,366	22.56%	2,426,536	24.47%
United States	47,761,489	21.75%	59,408,212	24.88%

Figure 6: Adults with No Leisure-time Physical Activity by Gender

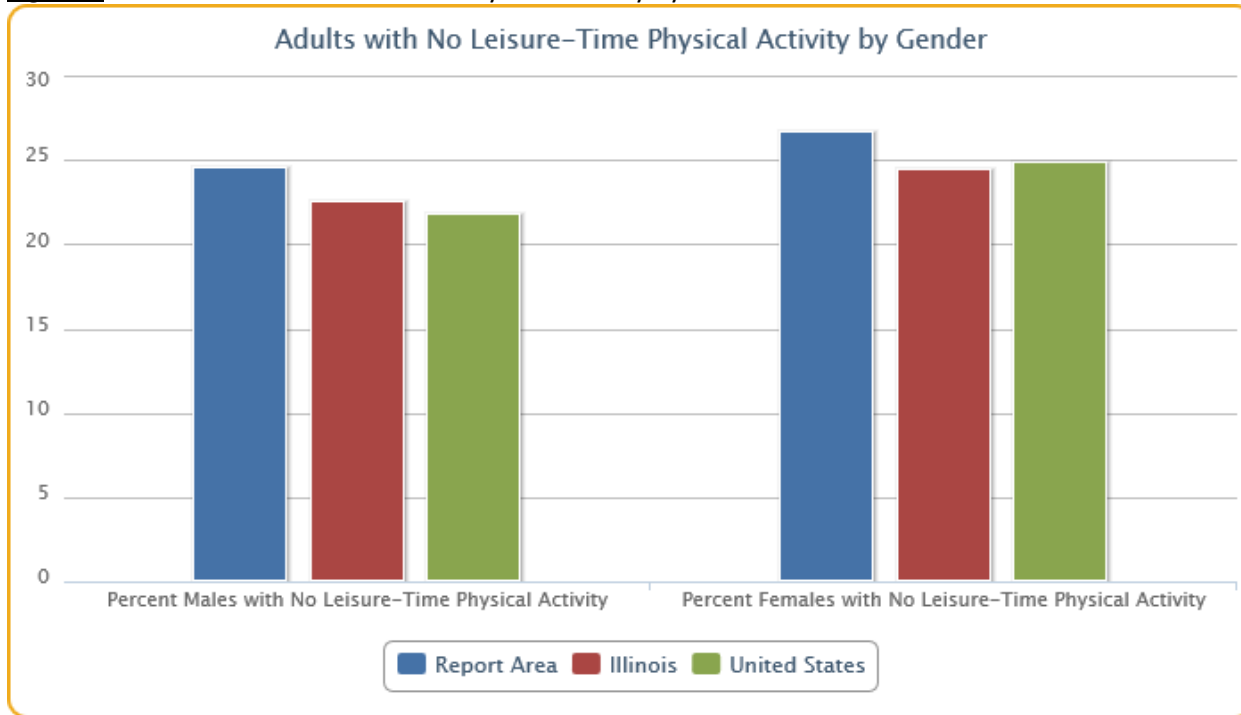
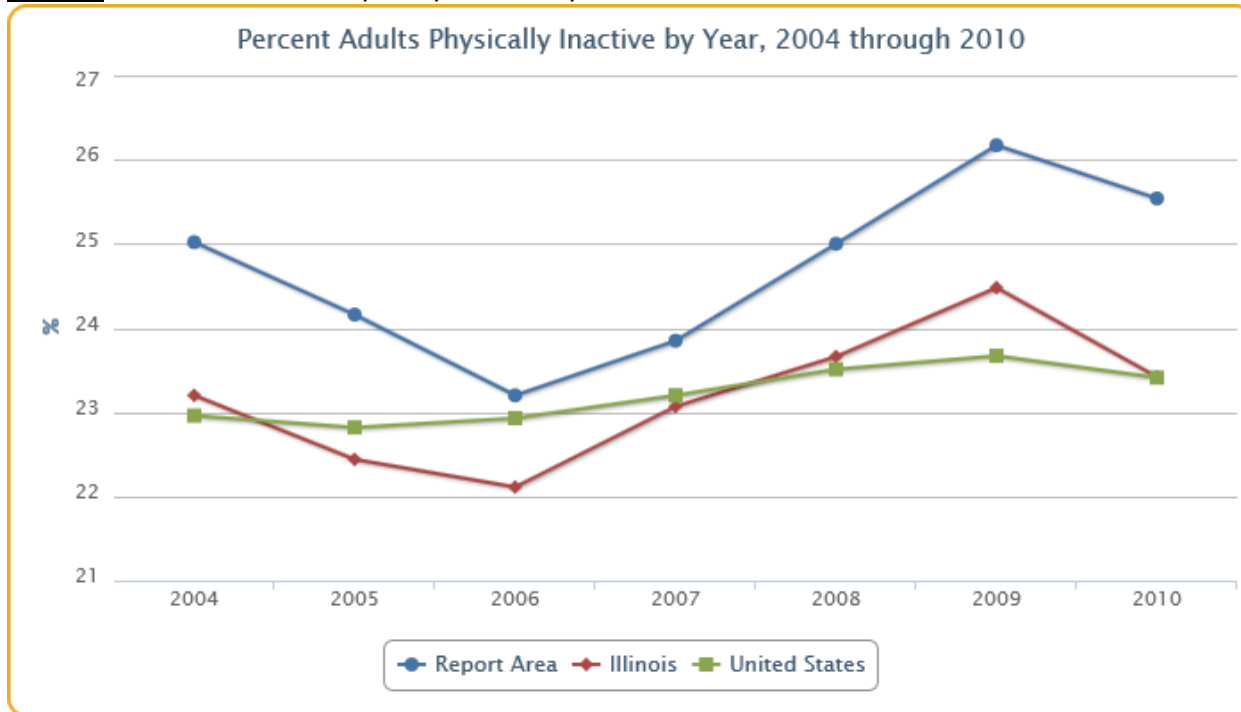


Table 7: Percent of Adults Physically Inactive by Year

	2004	2005	2006	2007	2008	2009	2010
Report Area	25.02%	24.16%	23.2%	23.85%	25%	26.17%	25.54%
Boone County, IL	23.9%	23.9%	23.8%	24.7%	25%	26%	24.6%
Winnebago County, IL	25.2%	24.2%	23.1%	23.7%	25%	26.2%	25.7%
Illinois	23.2%	22.44%	22.11%	23.07%	23.66%	24.48%	23.42%
United States	22.96%	22.82%	22.93%	23.2%	23.51%	23.67%	23.41%

Figure 7: Percent of Adults Physically Inactive by Year



SODA EXPENDITURES

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.

Data Source: Nielsen, [Nielsen SiteReports](#); 2011. Source geography: Tract

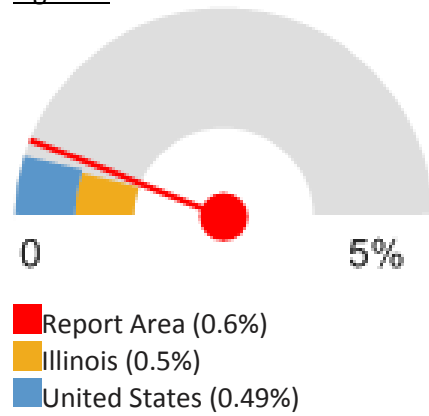
This indicator reports soft drink consumption by census tract by estimating expenditures for carbonated beverages, as a percentage of total household expenditures. This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues such as diabetes and obesity.



Table 8: Soda Expenditures

	Average Total Household Expenditures (USD)	Average Household Soda Expenditures (USD)	Soda Expenditures, County Rank (In-State)	Soda Expenditures, County Percentile	Percent Soda Expenditures
Report Area	46,975	281	no data	no data	0.6%
Boone County, IL	no data	no data	44	43.14%	no data
Winnebago County, IL	no data	no data	68	66.67%	no data
Illinois	52,831	267	no data	no data	0.5%
United States	50,932	252	no data	no data	0.49%

Figure 8: Percent of Households with Public Assistance Income



TOBACCO EXPENDITURES

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.

Data Source: Nielsen, [Nielsen SiteReports](#): 2011. Source geography: Tract

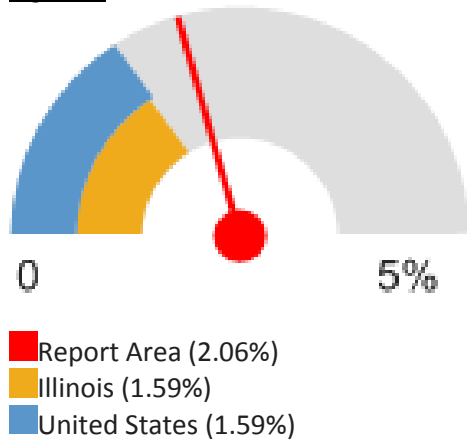
This indicator reports estimated expenditures for cigarettes, as a percentage of total household expenditures. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.



Table 9: Cigarette Expenditures

	Average Total Household Expenditures (USD)	Average Household Cigarette Expenditures (USD)	Cigarette Expenditures, County Rank (In-State)	Cigarette Expenditures, County Percentile	Percent Cigarette Expenditures
Report Area	46,975	969	no data	no data	2.06%
Boone County, IL	no data	no data	14	13.73%	no data
Winnebago County, IL	no data	no data	32	31.37%	no data
Illinois	52,831	841	no data	no data	1.59%
United States	50,932	810	no data	no data	1.59%

Figure 9: Percent of Total Household Cigarette Expenditure



TOBACCO USAGE – CURRENT SMOKERS

Note: This indicator is compared with the state average. Data breakout by demographic groups are not available.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#): 2006-12. Accessed via the [Health Indicators Warehouse](#). Source geography: County

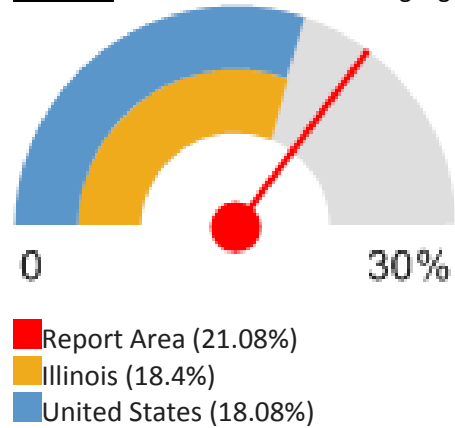
In the report area an estimated 53,203, or 20.53% of adults age 18 or older self-report currently smoking cigarettes some days or every day. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.



Table 10: Adult Population Smoking Cigarettes

	Total Population Age 18+	Total Adults Regularly Smoking Cigarettes	Percent Population Smoking Cigarettes (Crude)	Percent Population Smoking Cigarettes (Age-Adjusted)
Report Area	259,176	53,203	20.53%	21.08%
Boone County, IL	38,305	5,937	15.5%	17.5%
Winnebago County, IL	220,871	47,266	21.4%	21.7%
Illinois	9,654,603	1,766,792	18.3%	18.4%
United States	232,556,016	41,491,223	17.84%	18.08%

Figure 10: Percent of Adults Smoking Cigarettes



TOBACCO USAGE – FORMER OR CURRENT SMOKERS

Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#): 2011-12. Additional data analysis by [CARES](#). Source geography: County

In the report area, an estimated 131,050 adults, or 52.76%, report ever smoking 100 or more cigarettes. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.



Table 11: Adults Having Ever Smoked 100 or More Cigarettes

Report Area	Survey Population (Adults Age 18+)	Total Adults Ever Smoking 100 or More Cigarettes	Percent Adults Ever Smoking 100 or More Cigarettes
Report Area	248,371	131,050	52.76%
Boone County, IL	43,348	19,934	45.99%
Winnebago County, IL	205,023	111,116	54.20%
Illinois	9,659,812	4,258,470	44.08%
United States	235,151,778	103,842,020	44.16%

Figure 11: Percent of Adults Ever Having Smoked 100 or More Cigarettes

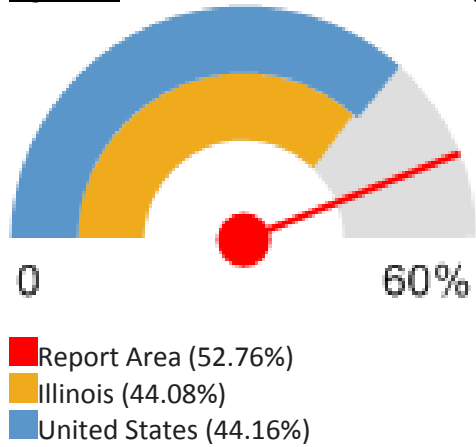
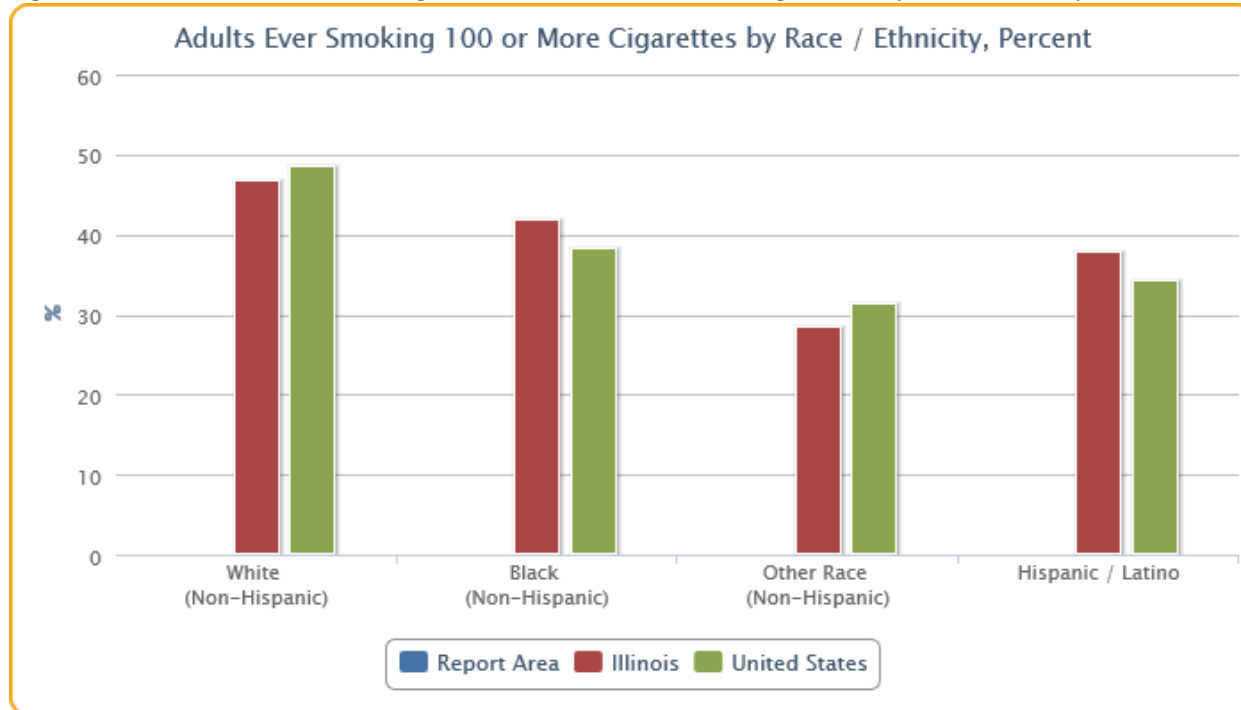


Table 12: Percent of Adults Having Ever Smoked 100 or More Cigarettes by Race/Ethnicity

	White (Non-Hispanic)	Black (Non-Hispanic)	Other Race (Non-Hispanic)	Hispanic / Latino
Report Area	no data	no data	no data	no data
Illinois	46.74%	41.85%	28.48%	37.87%
United States	48.52%	38.34%	31.3%	34.17%

Figure 12: Percent of Adults Having Ever Smoked 100 or More Cigarettes by Race/Ethnicity



TOBACCO USAGE – QUIT ATTEMPT

Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#): 2011-12. Additional data analysis by [CARES](#). Source geography: County

An estimated 57.1% of adult smokers in the report area attempted to quit smoking for at least 1 day in the past year. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease and supporting efforts to quit smoking may increase positive health outcomes.



Table 13: Smokers with Quit Attempt in the Past Year

	Survey Population (Smokers Age 18+)	Total Smokers with Quit Attempt in Past 12 Months	Percent Smokers with Quit Attempt in Past 12 Months
Report Area	62,116	35,466	57.1%
Boone County, IL	8,081	2,020	25.00%
Winnebago County, IL	54,035	33,446	61.90%
Illinois	1,903,115	1,164,973	61.21%
United States	45,526,654	27,323,073	60.02%

Figure 13: Percent of Smokers with Quit Attempt in the Past Year

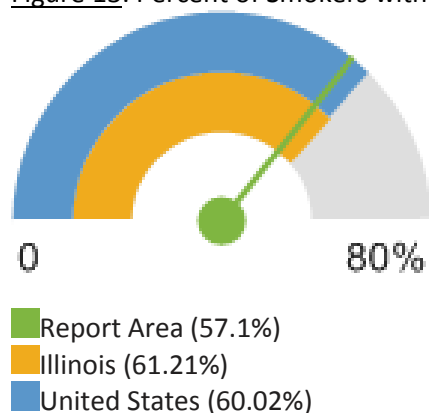


Table 14: Percent of Adult Smokers with Quit Attempts in the Past Year by Race/Ethnicity

Report Area	White (Non-Hispanic)	Black (Non-Hispanic)	Other Race (Non-Hispanic)	Hispanic / Latino
Report Area	no data	no data	no data	no data
Illinois	57.5%	71.54%	54.02%	66.17%
United States	56.63%	70.87%	62.26%	65.83%

Figure 14: Percent of Adult Smokers with Quit Attempts in the Past year by Race/Ethnicity

