

Illinois

Spotlight: Impact of Unhealthy Behaviors

The State Profiles describe the prevalence of three or more unhealthy behaviors as well as the prevalence of zero unhealthy behaviors. The data is stratified by subpopulation groups to highlight inequities.



	Rate (%)		95% CI	Estimated Number Impacted
3+ Unhealthy Behaviors*	13.0	11.6 - 14.3		1,171,600
Zero Unhealthy Behaviors*	27.3	25.6 - 29.0		2,470,100

*BRFSS 2014 data

3+ Unhealthy Behaviors**

Education	Rate (%)	95% CI	Estimated Number Impacted
Less than High School	16.4	12.3 - 20.5	345,900
College Graduate	6.2	5.2 - 7.2	295,100
Gap	10.2	NA	NA

**BRFSS 2013-2014 data

NA = Not Available

Top 3+ Unhealthy Behaviors

State	Rate (%)
Utah	6.9
Colorado	8.2
California	8.5
Washington	9.3
Vermont	9.8

Bottom 3+ Unhealthy Behaviors

State	Rate (%)
Mississippi	17.8
Kentucky	16.8
Louisiana	16.3
Arkansas	16.3
Indiana	15.5

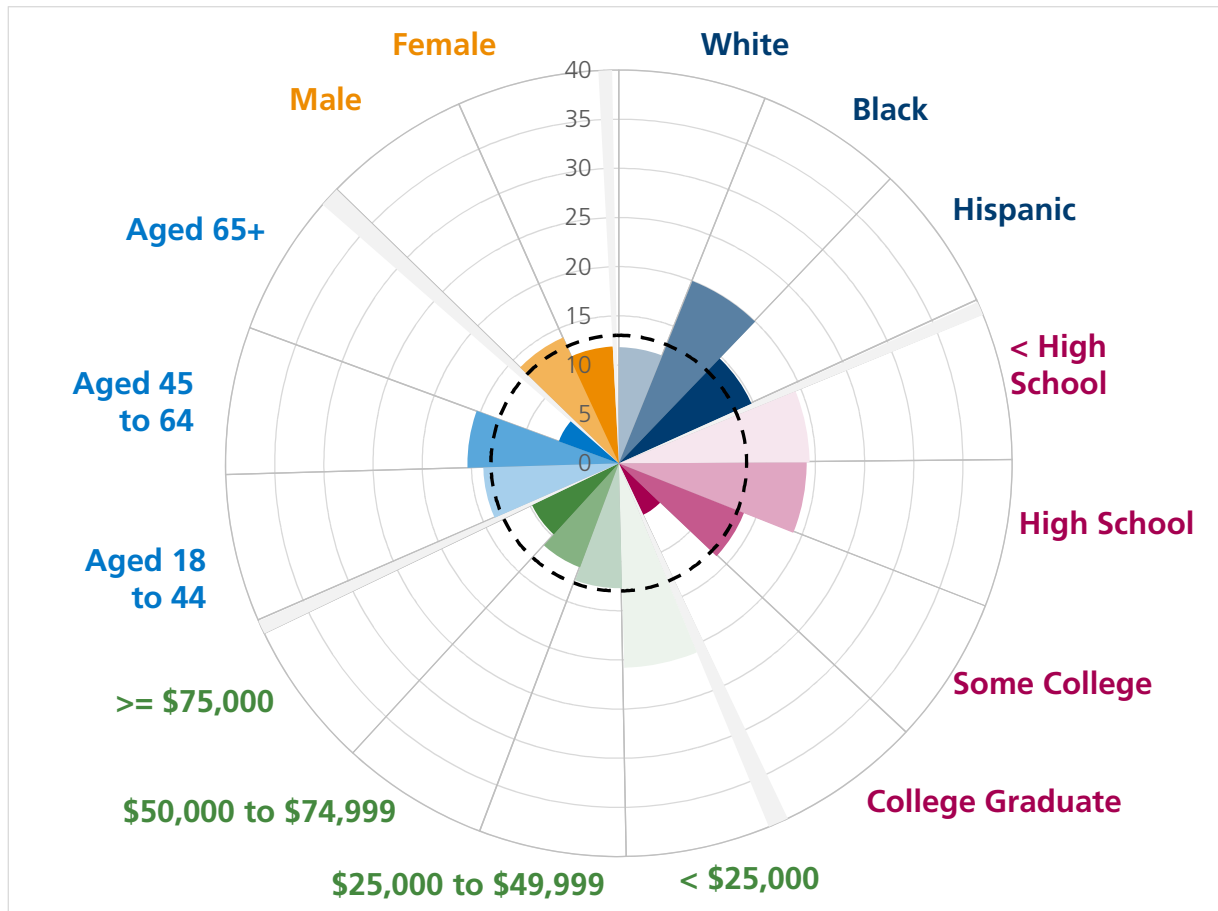
Three or More Unhealthy Behaviors

	Rate	Lower CI	Upper CI	No. Impacted
Overall	13.0	11.6	14.3	1,172,000
Male	14.0	11.9	16.2	625,000
Female	11.9	10.1	13.7	547,000
White	11.8	10.3	13.2	708,000
Black	20.0	15.0	25.0	244,000
Hispanic	14.8	10.1	19.5	177,000
<High School	19.4	13.0	25.8	197,000
High School	19.1	15.9	22.3	397,000
Some College	13.7	11.1	16.3	327,000
College	5.8	4.4	7.2	138,000
<25K	20.8	17.2	24.5	426,000
25-49K	12.7	9.8	15.7	225,000
50-74K	11.3	8.2	14.3	136,000
75K+	9.8	7.4	12.2	255,000
Aged 18-44	13.8	11.4	16.2	577,000
Aged 45-64	15.4	13.1	17.6	485,000
Aged 65+	6.5	4.9	8.0	110,000

The prevalence of the adult population with three or more unhealthy behaviors (Multiple Unhealthy Behaviors or MUBs) is presented in this table at the state level and further stratified by subpopulation. MUBs are defined as any combination of three or more of the following five unhealthy behaviors: smoking, physical inactivity, excessive drinking, obesity, and insufficient sleep. Nationally, 12.0% of US adults have MUBs.

Three or More Unhealthy Behaviors

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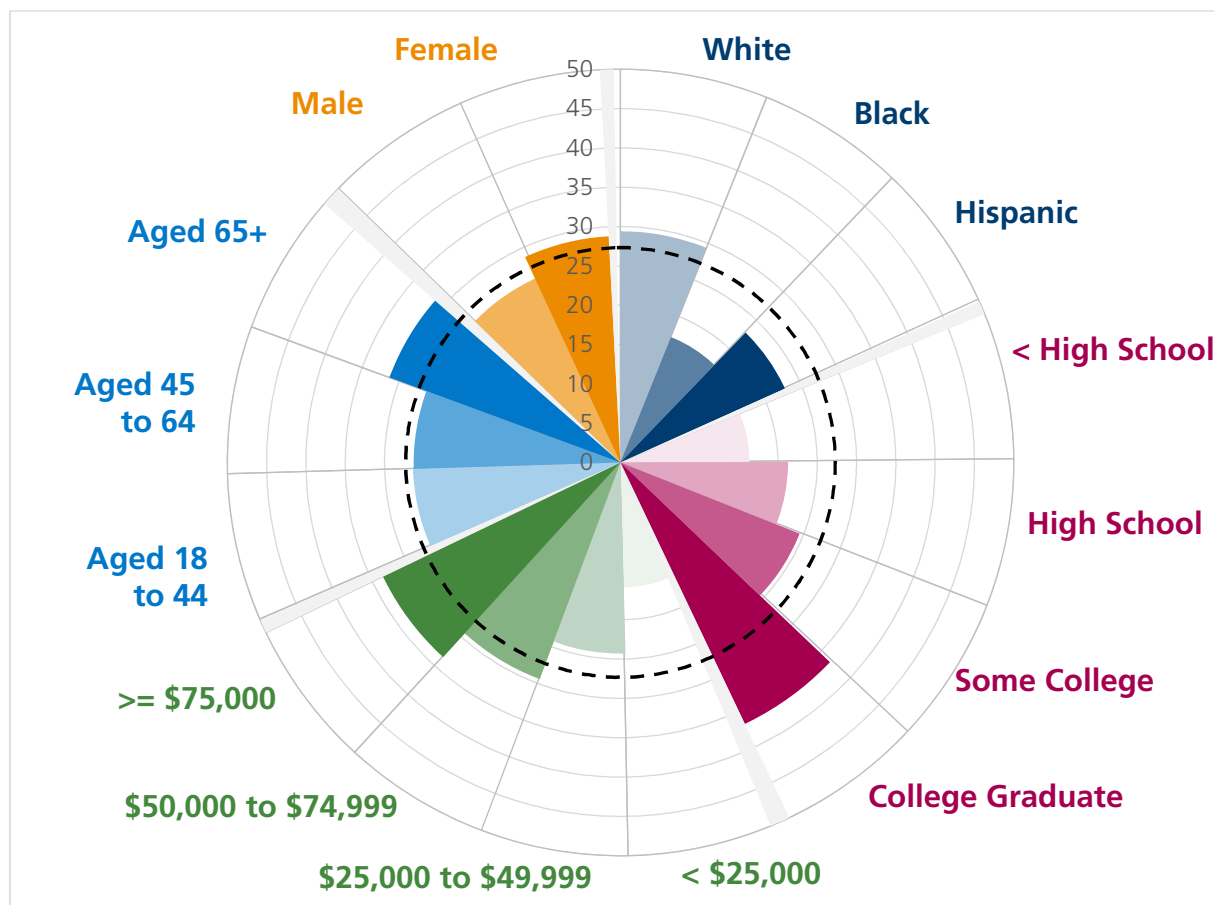


The figure shows the rate for each subpopulation as the distance a colored segment extends from the center. The dotted line shows the rate for the entire state. The greater the distance a segment is from the dotted line, the greater the inequity. If all were equal, the sunburst would be a perfect circle bordered by the dotted line.

Zero Unhealthy Behaviors

	Rate	Lower CI	Upper CI	No. Impacted
Overall	27.3	25.6	29.0	2,470,000
Male	25.8	23.3	28.2	1,148,000
Female	28.8	26.5	31.1	1,322,000
White	29.4	27.4	31.3	1,770,000
Black	17.2	13.1	21.4	210,000
Hispanic	22.9	17.9	28.0	274,000
<High School	16.4	11.0	21.8	167,000
High School	21.3	18.3	24.2	442,000
Some College	24.5	21.3	27.6	583,000
College	36.8	34.1	39.5	881,000
<25K	15.9	12.7	19.1	325,000
25-49K	24.3	21.0	27.6	429,000
50-74K	29.4	25.2	33.6	355,000
75K+	33.5	30.5	36.4	869,000
Aged 18-44	26.4	23.5	29.3	1,107,000
Aged 45-64	26.3	23.9	28.8	830,000
Aged 65+	31.3	28.5	34.2	534,000

In addition to highlighting states with multiple unhealthy behaviors, this report looks at state by state prevalence of zero unhealthy behaviors and the breakdown by subpopulation groups. Nationally, 28.1% of US adults report having zero of the five unhealthy behaviors.



The figure shows the rate for each subpopulation as the distance a colored segment extends from the center. The dotted line shows the rate for the entire state. The greater the distance a segment is from the dotted line, the greater the inequity. If all were equal, the sunburst would be a perfect circle bordered by the dotted line.