

# HEALTH BEHAVIORS AND UNNECESSARY DEATH, ILLNESS AND INJURY IN OKLAHOMA

*More than 50% of all deaths in Oklahoma may be attributed to unhealthy lifestyles and are potentially preventable simply by making changes in personal health practices.*

## CARDIOVASCULAR DISEASE

- **Number one killer** in Oklahoma; accounts for forty-four percent of deaths.
- Cardiovascular disease stems from smoking, a sedentary lifestyle, obesity, and poor diet, among other risk factors.
- Thirty-eight percent of Oklahoma high school students do **not** participate in vigorous physical activity.
- A third of adults in Oklahoma lead a sedentary lifestyle.
- In 1995, 24% of adults in Oklahoma were overweight.
- 850,000 adult Oklahomans are at risk of developing heart disease today.

## LUNG CANCER and CHRONIC OBSTRUCTIVE PULMONARY DISEASE

- Lung Cancer is the **leading** cause of cancer deaths for **both men and women**, and cancers overall are the **2<sup>nd</sup>** leading cause of death. COPD is the **4<sup>th</sup>** leading killer in Oklahoma.
- Major cause is cigarette smoking.
- Oklahoma is **10<sup>th</sup>** in the nation for lung cancer deaths.
- Lung cancer is the **leading** cause of death in Oklahoma women.
- Oklahoma women between the ages of 35-64 have **one of the highest** smoking prevalence rates in the nation.
- 30% of Oklahoma youth have smoked a whole cigarette prior to the age of thirteen.
- A third of high schoolers report they are **regular** cigarette smokers.
- Twenty-six percent of adults are **regular** cigarette smokers.
- Coincidence?

## UNINTENTIONAL INJURIES

- Number **five** cause of death in Oklahoma.
- Motor vehicle-related death rate in Oklahoma is 22 (16 nationally).
- Only 12% of 9-12<sup>th</sup> graders **always** wear a seatbelt when riding in a car.
- In 1995, 60% of females and 47% of males always wore a seatbelt in a car.
- In 1995, over 52% of occupants killed in car crashes were not restrained.
- An unbelted occupant in a car crash is twice as likely to be hospitalized as a belted occupant.
- One in four high school students (24%) has driven a car after drinking alcohol, and 47% have ridden with a drinking driver in the past month.
- In 1997, 23% of fatal car crashes were alcohol-related.
- Accidents of all types are the **leading** killer of Oklahoma youth in the 5-24 year age group.

## DIABETES MELLITUS

- **7<sup>th</sup>** leading overall killer of Oklahomans.
- Sedentary lifestyle, obesity, and poor diet can be a contributors to diabetes.
- In the past 24 hours, 44% of 9-12<sup>th</sup> graders did not eat fruit, 60% did not drink fruit juice, half did not eat green salad, and 60% did not eat cooked vegetables.
- Only 22% of adults say they ate five or more servings of fruits and vegetables in the past 24 hours.

## SUMMARY

- From this data, the trend is that the youth of Oklahoma will lead a greater sedentary lifestyle than their parents, they will smoke as much as their parents, and they will have higher rates of obesity – all **MAJOR** contributors to **PREVENTABLE** chronic disease.
- The smoking data among youth reflects that Oklahoma's ability to reduce the burden of cardiovascular disease (#1 killer), lung cancer, and obstructive lung disease (#4 killer) will be difficult if not impossible unless this trend can be reversed.

Data are derived from national and state sources: Vital Statistics Registries, Behavioral Risk Factor Surveillance System, and Youth Risk Behavior Survey. The Youth Risk Behavior Survey can not be generalized to all Oklahoma students due to sampling methods.