

**Table 2.24-- HEALTH RISK BEHAVIORS AND CONDITIONS FOR PERSONS 18 YEARS AND OLDER: 2005 TO 2008**

[Weighted percent of adults who reported the health risk behaviors or conditions.  
Ninety-five percent confidence interval in parenthesis, when available]

Risk factor 1/	2005	2006	2007	2008
Seatbelt non-use	(NA)	0.6 (0.4-1.0)	(NA)	0.7 ( 0.4- 1.1)
Binge drinking 2/	16.5 (15.2-17.9)	17.5 (16.2-19.0)	18.5 (17.0-20.0)	17.6 (16.1-19.1)
Drinking and driving 3/	(NA)	6.8	(NA)	4.6
High cholesterol	34.6 (32.8-36.3)	(NA)	36.3 (34.7-38.1)	(NA)
Hypertension 4/	24.9	(NA)	29.5	(NA)
Lack of exercise 5/	19.5 (18.2-20.8)	19.3 (18.0-20.6)	18.0 (16.8-19.4)	19.6 (18.2-21.0)
Poor nutrition 6/	75.5	(NA)	71.2	(NA)
Diabetes 7/	8.0	8.9	8.6	8.8
Asthma 8/	14.1 (13.0-15.4)	15.9 (14.6-17.3)	13.9 (12.7-15.2)	16.1 (14.8-17.5)
Current smokers	17.0 (15.8-18.4)	17.5 (16.3-18.9)	17.0 (15.7-18.4)	15.4 (14.1-16.8)
Overweight 9/	33.3 (31.7-34.9)	35.5 (33.9-37.1)	35.1 (33.5-36.7)	34.2 (32.6-35.9)
Obese 10/	19.7 (18.3-21.2)	20.6 (19.2-22.0)	21.7 (20.3-23.2)	23.1 (21.7-24.7)

NA Not available.

1/ Certain risk factor data are collected only on alternating years.

2/ Five or more alcoholic beverages on at least one occasion during the past 30 days. From 2007 onward, defined as five or more drinks for men, or four or more drinks for women, on one occasion.

3/ At least once during the past 30 days.

4/ High blood pressure. Includes high blood pressure during pregnancy.

5/ Physically inactive. No leisure-time physical activity reported during the past 30 days. From 2007 onward, defined as did not participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise outside of regular job during the past 30 days.

6/ Eat fruits and vegetables less than five times a day.

7/ Told by doctor that they have diabetes. Includes diabetes during pregnancy.

8/ Told by doctor, nurse or other health professional that they have asthma.

9/ Overweight. Body mass index (BMI) greater than or equal to 25 and less than 30. Criteria used in this table differs from the criteria used in years prior to 2000.

10/ Body mass index (BMI) equal to or greater than 30.

Source: Hawaii State Department of Health, Office of Health Status Monitoring, Behavioral Risk Factor Surveillance System (BRFSS) <<http://www.hawaii.gov/health/statistics/brfss/index.html>> accessed June 16, 2009.