

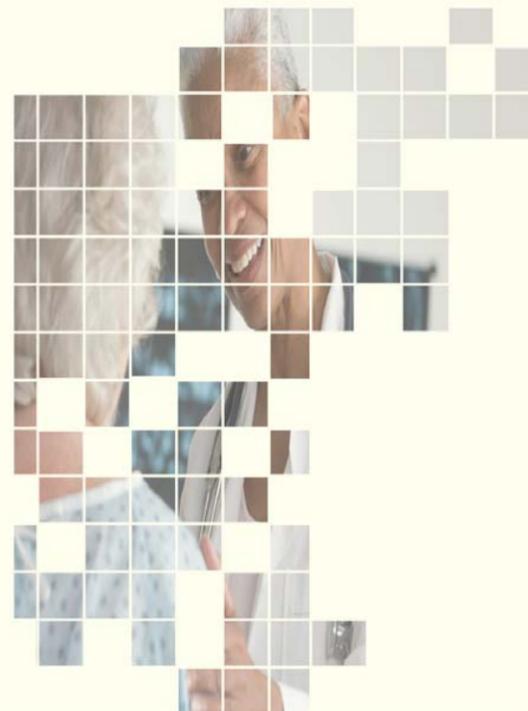


**Health Behaviors**

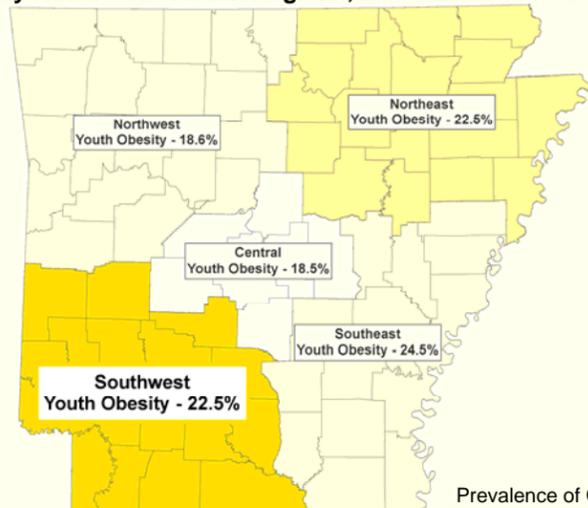
- In 2007, the prevalence of adult current smokers in the Southwest Region of 21.7% (95% confidence intervals = 17.7 - 25.7) was comparable to the state rate of 22.4% (95% confidence intervals = 20.9 - 23.9) (Table 1).
- In 2007, the prevalence of obesity among adults in the Southwest Region of 31.8% (95% confidence intervals = 27.4 - 36.2) was higher than the state rate of 29.3% (95% confidence intervals = 27.7 - 30.9) (Table 1).
- In 2007, the prevalence of physical inactivity among adults in the Southwest Region of 52.9% (95% confidence intervals = 47.9 - 57.9) was lower than the state rate of 54.1% (95% confidence intervals = 52.3 - 55.9) (Table 1).
- In 2007, the prevalence of consumption of less than five fruits and vegetables (5-a-day F/V consumption) among adults in the Southwest Region of 81.7% (95% confidence intervals = 77.8 - 85.6) was higher than the state rate of 78.2% (95% confidence intervals = 76.8 - 79.7) (Table 1).
- In 2008-2009 school year, the prevalence of obesity among Arkansas children in Southwest Region of 22.5% (95% confidence intervals = 21.9 - 23.0) was higher than the state rate of 20.4% (95% confidence intervals = 20.2 - 20.6) (Figure 5).

**Table 1. Health Behaviors among Arkansas Adults by ADH Public Health Regions, 2007**

Region/Area (Confidence Intervals)	Cigarette Smoking	Obesity	Physical Inactivity	5-a-day Nutrition
Central (Confidence Intervals)	21.5 (18.6 - 24.5)	27.4 (24.2 - 30.6)	53.3 (49.8 - 56.8)	77.8 (75.1 - 80.4)
Northeast (Confidence Intervals)	23.3 (20.1 - 26.6)	31.0 (27.0 - 35.0)	58.6 (54.4 - 62.7)	81.3 (78.4 - 84.1)
Northwest (Confidence Intervals)	21.7 (19.2 - 24.3)	27.5 (24.8 - 30.1)	50.8 (47.8 - 53.9)	76.5 (74.0 - 79.0)
Southeast (Confidence Intervals)	26.5 (20.7 - 32.3)	35.2 (29.4 - 41.0)	61.7 (55.4 - 68.0)	75.0 (68.6 - 81.4)
Southwest (Confidence Intervals)	21.7 (17.7 - 25.7)	31.8 (27.4 - 36.2)	52.9 (47.9 - 57.9)	81.7 (77.8 - 85.6)
State (Confidence Intervals)	22.4 (20.9 - 23.9)	29.3 (27.7 - 30.9)	54.1 (52.3 - 55.9)	78.2 (76.8 - 79.7)
United States	19.8	26.3	50.8	75.6



**Figure 5. Prevalence of Obesity among Arkansas Children by ADH Public Health Regions, 2008 - 2009 School Year**



Prevalence of Obesity Among Arkansas Children: AR = 20.4%

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