



# RELATED RISK FACTORS OF CHRONIC DISEASE IN DELAWARE

IDENTIFY



ADDRESS



REDUCE THE BURDEN  
OF CHRONIC DISEASE

## PHYSICAL ACTIVITY

It can prevent chronic disease, improve all areas of health, and extend life expectancy. *Conversely, a lack of exercise is a known risk factor for chronic disease.*

23.5%

OF ADULTS DID NOT EXERCISE  
IN THE PAST MONTH IN 2022.<sup>1</sup>

20.9% OF NON-HISPANIC WHITE ADULTS  
AND

26.5% OF NON-HISPANIC BLACK ADULTS  
REPORTED PHYSICAL INACTIVITY IN 2022.<sup>1</sup>



19.6%

OF HIGH SCHOOL STUDENTS  
WERE NOT PHYSICALLY ACTIVE AT  
LEAST 60 MINUTES/WEEK IN 2022.<sup>2</sup>



39.7% OF DELAWARE ADULTS  
CONSUMED FRUIT LESS THAN  
ONCE PER DAY IN 2021.<sup>1</sup>



20.5% OF DELAWARE ADULTS  
CONSUMED VEGGIES LESS THAN  
ONCE PER DAY IN 2021.<sup>1</sup>



58.8% OF DELAWARE ADULTS  
CONSUMED ONE SUGAR-SWEETENED  
DRINK IN THE PAST 30 DAYS IN 2021.<sup>3</sup>

50.8% OF DELAWARE ADULTS HAD AT LEAST ONE  
SUGAR-SWEETENED DRINK PER DAY IN 2021.<sup>3</sup>

## NUTRITION

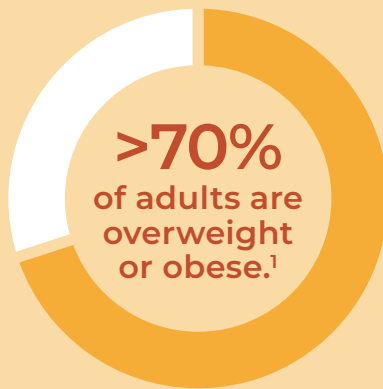
A healthy diet can prevent chronic disease and extend life expectancy. *Conversely, a poor diet is a known risk factor for chronic disease.*

Non-Hispanic White and Black adults  
ate fewer fruits and vegetables than  
Hispanic adults in 2021.<sup>1</sup>

# OBESITY

Closely linked to physical inactivity and poor nutrition, obesity greatly increases the risk of chronic disease — both in children and adults.

Non-Hispanic Black adults have the highest rate of obesity as of 2022.<sup>1</sup>



**33.9% OVERWEIGHT<sup>1</sup>**  
**37.9% OBESE<sup>1</sup>**

As of 2022

## OBESITY FROM 2011 TO 2021<sup>2</sup>



**HIGH SCHOOL STUDENTS: 32.4%** (up 3.3%)  
**OVERALL: 37.9%** (up 9.1%)

## CIGARETTE SMOKING IN DECLINE:

**21.8%** in 2011<sup>1</sup> vs. **12.9%** in 2022<sup>1</sup>

2.7% of high school students smoked in the past month vs. 18.3% in 2011.<sup>2</sup>

## VAPING:



**STABLE IN ADULTS: 6.1%** (FROM 2016 TO 2022)<sup>1</sup>

**DECLINING IN HIGH SCHOOLERS: 17.9%** (FROM 2015 TO 2021)<sup>1</sup>

## TOTAL TOBACCO USE:



**STABLE SINCE 2015**  
**20.3% IN 2022<sup>1</sup>**

## TOBACCO USE

Both nicotine and byproducts of combustion can cause lasting effects that contribute to or exacerbate chronic disease (this includes vaping products and other smoking alternatives).

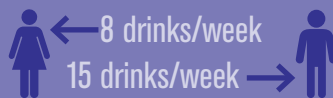
Those who smoke cigarettes are more likely to also use another form of tobacco than those who do not smoke.<sup>1</sup>

## EXCESSIVE ALCOHOL USE/BINGE DRINKING

A risk factor for many chronic diseases.

To view *The Burden of Chronic Disease in Delaware 2024*, visit [degov.link/chronicdiseasereport](https://degov.link/chronicdiseasereport).

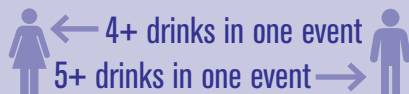
### HEAVY DRINKING:



**14.0%**

**DOWN FROM 2011 to 2022<sup>2</sup>**

### BINGE DRINKING:



**5.5%**

**STABLE FROM 2011 to 2022<sup>2</sup>**

### HIGH SCHOOLERS ARE DRINKING LESS:

**40.4%** in 2011

vs.

**20.2%\*** in 2022

\*% of students who reported drinking in the last month.<sup>2</sup>

<sup>1</sup>Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance Survey

<sup>2</sup>Centers for Disease Control and Prevention 1991-2021 High School Youth Risk Behavior Survey Data

<sup>3</sup>Delaware Behavioral Risk Factor Surveillance System