**Behavioral**

**Community Health Survey**

Riskiest behaviors identified were alcohol abuse, illegal drug use, and physical inactivity.

Three behaviors listed as top factors that positively and negatively affect mental health: exercise, sleeping habits, and diet.

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**Top Risky Behaviors of Adults**

- Alcohol abuse: 57.1%
- Illegal drug use: 50.9%
- Physical inactivity: 42.2%
- Texting or using a cell phone while driving: 34.4%

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**Exercised in Past 30 Days**

- White: 75.3%
- Black/African American: 53.4%
- Average: 71.5%

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**Iowa’s adults that meet the daily vegetable intake recommendation**

- United States: 67.6%
- Iowa: 58.3%
- Black Hawk County: 50.2%

**Iowa’s adults that meet the daily fruit intake recommendation**

- United States: 7.0%
- Iowa: 10.7%

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**Adults Reporting <7 Hours of Sleep a Night**

- United States: 35.1%
- Cedar Rapids: 28.4%
- Iowa City: 27.5%
- Waterloo: 30.4%
- Black Hawk County: 27%

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**Alcohol Impaired Driving Deaths**

- United States: 13%
- Iowa: 28%

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**Source**

- Community Health Survey
- Behavioral Risk Factor Surveillance System
- Iowa Youth Survey
- Iowa Department of Transportation