

Physical Inactivity

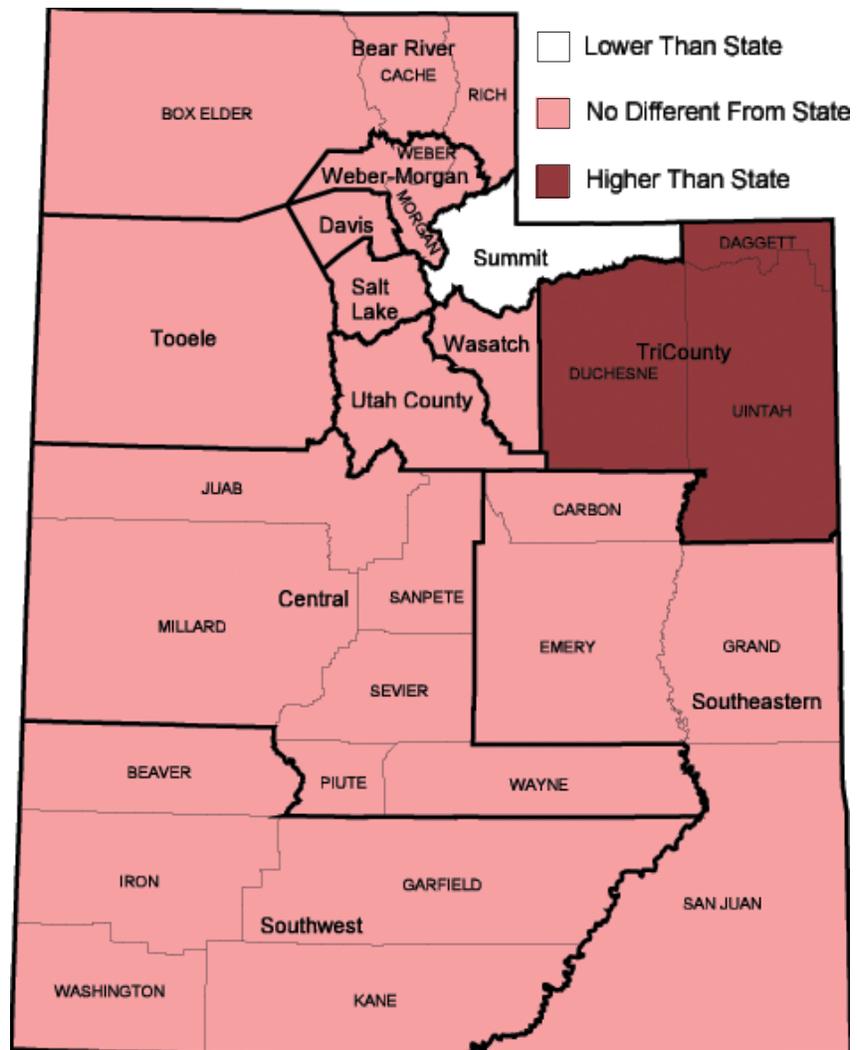


Question: *The next few questions are about exercise, recreation, or physical activities other than your regular job duties. During the past month, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?*

The risk posed by physical inactivity is almost as high as several well-known risk factors, such as cigarette smoking, high blood pressure, and high blood cholesterol. Physically inactive persons are almost twice as likely to develop coronary heart disease (CHD) as persons who engage in regular physical activity.²⁰ Physical inactivity is also linked to other adverse health conditions, including diabetes, osteoporosis, and some cancers²¹ and is associated with the increased rates of obesity seen in Utah and the U.S. Sedentary lifestyle was defined as no participation in any physical activities for exercise, other than those associated with a regular job.

- Summit County Health District had a lower rate of sedentary lifestyle than the state average. Neighboring TriCounty Health District had a higher rate of sedentary lifestyle than the state average.
- Only 16.4% of adults in Utah reported that they engaged in no leisure time physical activity. This is down from 22.1% in 1989.²² Utah already meets the HP2010 objective of no more than 20% of adults engaging in no leisure time activity. If the current trend continues, by 2010 Utah will meet the state objective of no more than 15%.
- Utah did much better than the U.S. average of 26.8% of adults reporting no leisure time physical activity. The difference was significant even after adjusting for age.

Physical Inactivity by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999-2000

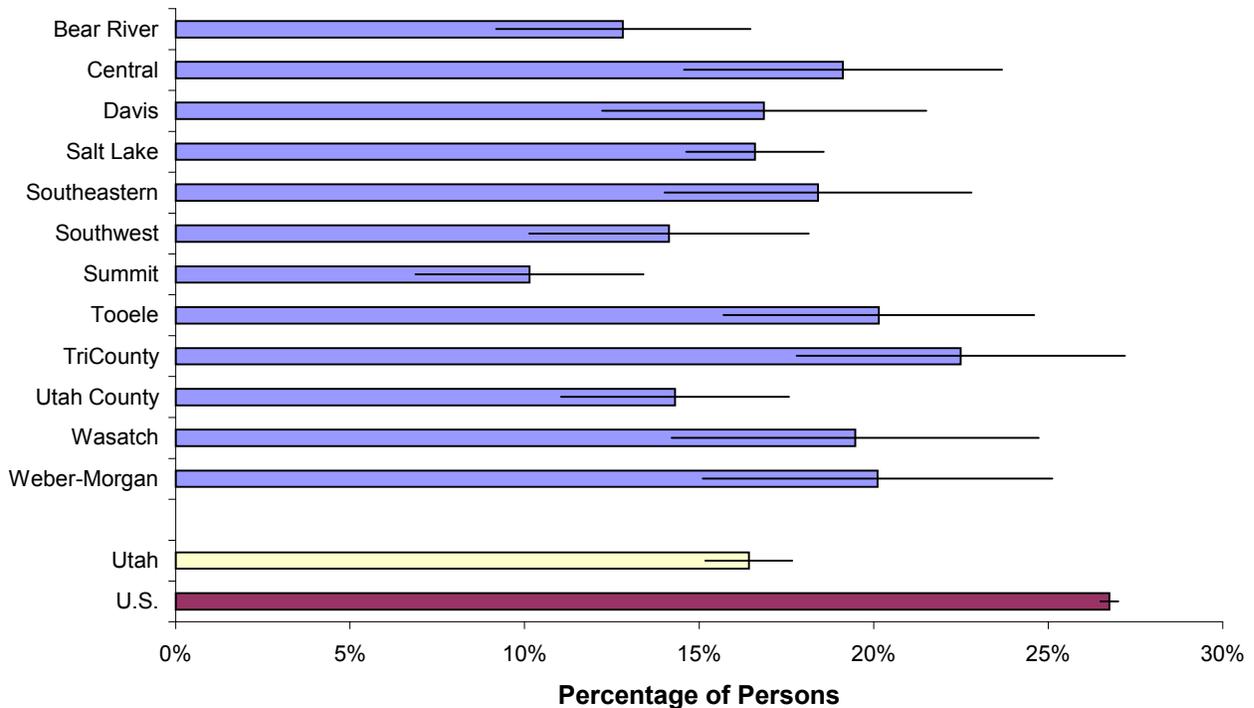


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



Physical Inactivity

Percentage of Persons Who Reported No Leisure Time Physical Activity* in the Past 30 Days by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2000



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number Physically Inactive	Percent	95% CI Range	Percent	95% CI Range	
Bear River	379	91,817	11,800	12.8%	9.2% 16.5%	14.0%	10.2% 17.9%	
Central	389	43,286	8,300	19.1%	14.6% 23.7%	19.1%	14.7% 23.4%	
Davis	370	155,816	26,300	16.9%	12.2% 21.5%	17.9%	13.2% 22.6%	
Salt Lake	1,669	627,857	104,200	16.6%	14.6% 18.6%	16.8%	14.8% 18.8%	
Southeastern	359	36,451	6,700	18.4%	14.0% 22.8%	18.8%	14.4% 23.1%	
Southwest	412	97,595	13,800	14.1%	10.1% 18.1%	14.8%	10.8% 18.7%	
Summit	391	21,092	2,100	10.1%	6.9% 13.4%	12.1%	8.2% 16.0%	
Tooele	480	27,012	5,400	20.2%	15.7% 24.6%	20.6%	16.7% 24.6%	
TriCounty	369	26,359	5,900	22.5%	17.8% 27.2%	24.0%	19.6% 28.4%	
Utah County	531	245,264	35,100	14.3%	11.0% 17.6%	15.9%	12.3% 19.4%	
Wasatch	327	10,154	2,000	19.5%	14.2% 24.7%	20.1%	15.1% 25.2%	
Weber-Morgan	374	140,822	28,300	20.1%	15.1% 25.1%	20.2%	15.3% 25.1%	
Utah	6,050	1,523,525	250,300	16.4%	15.2% 17.7%	17.0%	15.7% 18.3%	
U.S.				26.8%	26.5% 27.0%	26.9%	26.6% 27.1%	

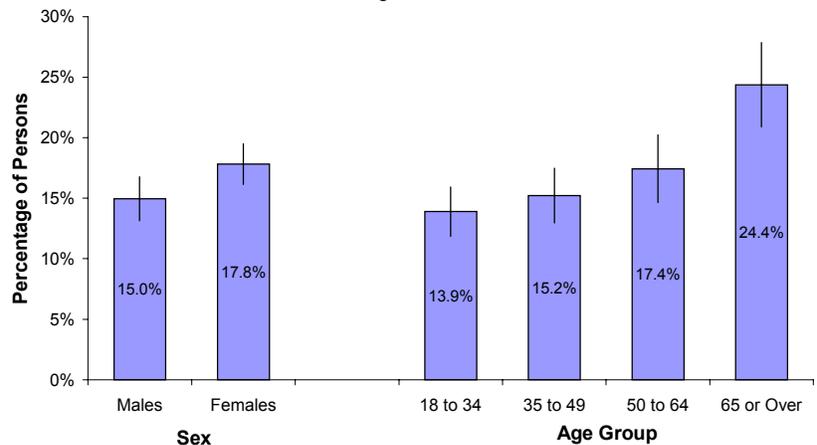
** Age adjusted to U.S. 2000 standard population
U.S. rate includes only years 2000 and 2001.

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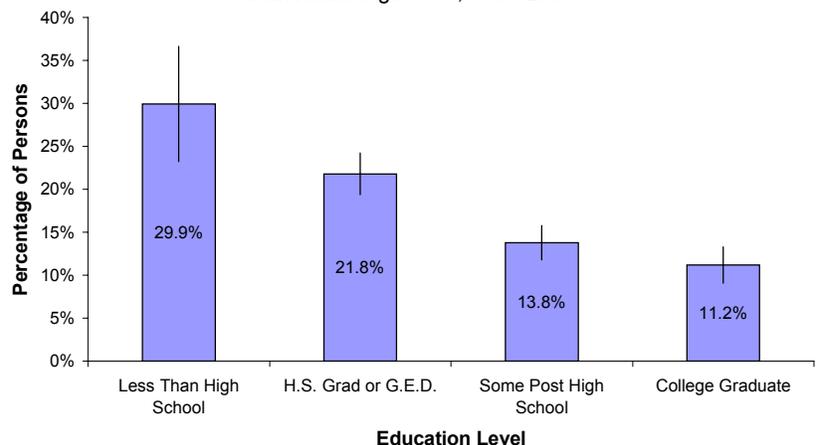
- Women in Utah were slightly more likely to report having a sedentary lifestyle than men.
- Persons of Hispanic ethnicity and those ages 65 or over were also slightly more likely to report getting no leisure time physical activity (race/ethnicity not graphed).

Percentage of Persons Who Reported No Leisure Time Physical Activity in the Past 30 Days by Sex and Age, Utah Adults Ages 18+, 1999-2000



- Persons with a household income of less than \$20,000 (not graphed) or less than a high school education were significantly more likely to report getting no leisure time physical activity.

Percentage of Persons Who Reported No Leisure Time Physical Activity in the Past 30 Days by Education, Utah Adults Ages 18+, 1999-2000



The Utah Cardiovascular Health Program is implementing strategies to address physical activity issues in schools, communities, worksites, and among health care professionals.

Utah Objective: Reduce the proportion of adults who engage in no leisure time physical activity to no more than 15% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 22-1: Reduce the proportion of adults who engage in no leisure time physical activity to no more than 20% (age adjusted to the U.S. 2000 standard population).



Physical Inactivity

Percentage of Persons Who Reported No Leisure Time Physical Activity in the Past 30 Days by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 - 2000.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Engaged in No Physical Activity ²			Number of Persons ^{1,3}	Distribution of Persons Who Engaged in No Physical Activity by Category
			95% Confidence Intervals				
			Lower	Upper			
Physical Activity Pattern							
Inactive*	16.4%	250,300					
Irregular**	32.2%	490,400					
Regular/Not Vigorous***	35.9%	546,900					
Regular/Vigorous****	15.5%	235,800					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	15.0%	13.1%	16.8%	112,800	45.1%
Females	50.5%	769,800	17.8%	16.1%	19.5%	137,200	54.9%
Total, All Adults	100.0%	1,523,500	16.4%	15.2%	17.7%	250,300	100.0%
Age Group							
18 to 34	42.6%	648,500	13.9%	11.9%	15.9%	90,100	36.6%
35 to 49	28.5%	433,700	15.2%	13.0%	17.5%	66,000	26.8%
50 to 64	16.4%	250,000	17.4%	14.6%	20.2%	43,600	17.7%
65 or Over	12.6%	191,300	24.4%	20.9%	27.9%	46,600	18.9%
Total, All Adults	100.0%	1,523,500	16.4%	15.2%	17.7%	250,300	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	16.2%	14.9%	17.4%	217,400	85.7%
Hispanic	8.3%	126,000	22.6%	16.6%	28.7%	28,500	11.2%
Non-White, Non-Hispanic	3.4%	51,500	15.4%	7.2%	23.7%	7,900	3.1%
Total, All Adults	100.0%	1,523,500	16.4%	15.2%	17.7%	250,300	100.0%
Income							
Less Than \$20,000	13.6%	207,700	25.6%	21.6%	29.6%	53,200	21.7%
\$20,000-\$49,999	47.8%	727,500	16.3%	14.5%	18.1%	118,500	48.3%
\$50,000 or Over	38.6%	588,400	12.5%	10.3%	14.6%	73,400	29.9%
Total, All Adults	100.0%	1,523,500	16.4%	15.2%	17.7%	250,300	100.0%
Education							
Less Than High School	6.0%	91,700	29.9%	23.2%	36.6%	27,400	11.0%
H.S. Grad or G.E.D.	30.1%	458,100	21.8%	19.4%	24.2%	99,800	39.9%
Some Post High School	35.1%	534,100	13.8%	11.8%	15.8%	73,700	29.5%
College Graduate	28.9%	439,500	11.2%	9.1%	13.3%	49,100	19.6%
Total, All Adults	100.0%	1,523,500	16.4%	15.2%	17.7%	250,300	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

* No leisure time physical activity

** Some activity, but <3 times/week or <20 minutes/session.

*** 3+ times/week, 20+ minutes/session, <50% of capacity.

**** 3+ times/week, 20+ minutes/session, 50+% of capacity.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.