

Regular Physical Activity



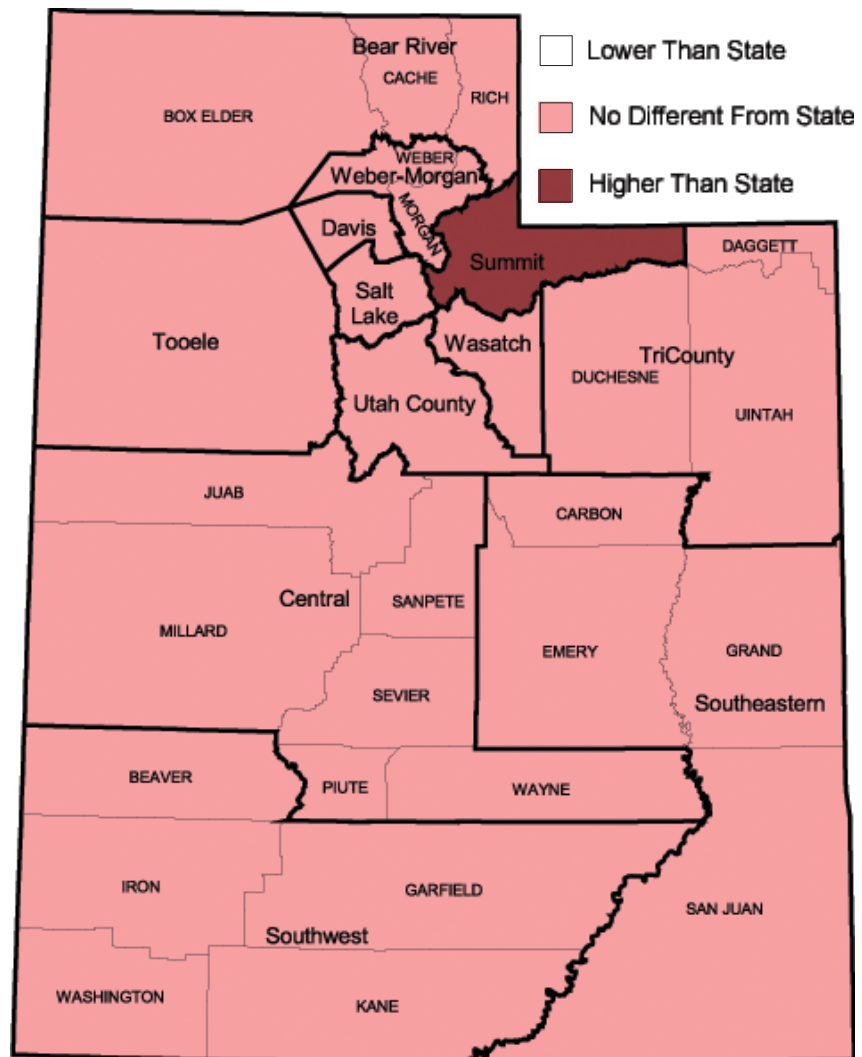
Questions: *What type of physical activity or exercise did you spend the most time doing during the past month? What other type of physical activity gave you the next most exercise during the past month? (This measure is based on a group of questions.)*

Physical activity can substantially reduce the risk of developing heart disease, diabetes, colon cancer, and high blood pressure.²¹ Physical activity is also important for people who have joint or bone problems such as arthritis and has been shown to improve muscle function.²³ Regular physical activity is also known to improve affective disorders such as depression and anxiety, and increase quality of life and independent living among the elderly.²⁴ For this report, regular physical activity was defined as five or more sessions per week of 30 minutes or more duration per session regardless of intensity.

The BRFSS module used to measure regular physical activity was changed in 2001. Future data will not be comparable with the rates presented in this report.

- Persons in Summit County Health District reported significantly higher rates of regular physical activity than persons residing in the rest of the state.
- About 26.5% of adults reported engaging in regular physical activity in Utah, which is well below the HP2010 objective of 30%. This was similar to the rate of 26.3% in 1989. The rate of regular physical activity has remained relatively constant over the past twelve years.²²
- Adults in Utah were significantly more likely to get regular physical activity than in the U.S. (26.3% and 21.5% respectively, age-adjusted rates).

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

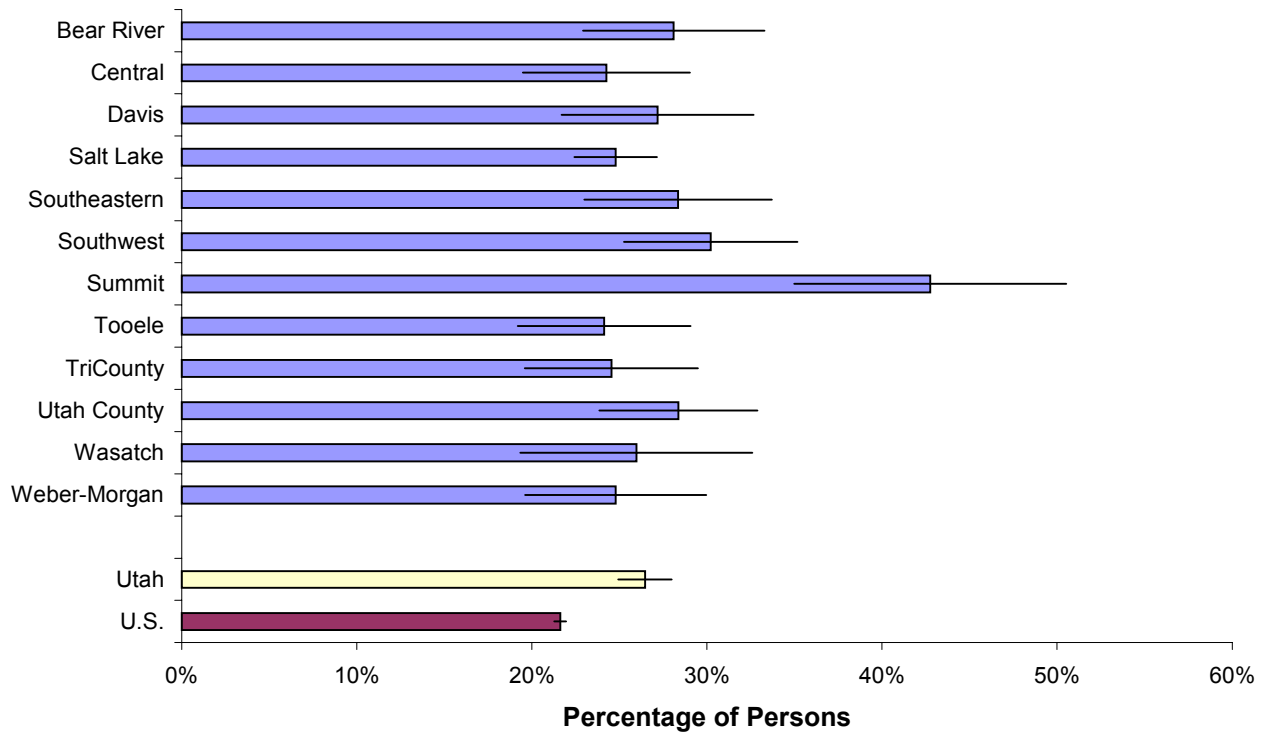


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Note: Regular physical activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity. Source: Behavioral Risk Factor Surveillance System



Regular Physical Activity

Percentage of Persons Reporting Regular Physical Activity*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2000



* crude rates

Note: Regular physical activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity.

Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number Regularly Physically Active	Percent	95% CI Range	Percent	95% CI Range	
Bear River	379	91,817	25,800	28.1%	22.9% 33.3%	28.9%	23.7% 34.1%	
Central	389	43,286	10,500	24.3%	19.5% 29.0%	23.8%	19.3% 28.4%	
Davis	370	155,816	42,400	27.2%	21.7% 32.7%	27.1%	21.7% 32.4%	
Salt Lake	1,669	627,857	155,600	24.8%	22.4% 27.2%	24.8%	22.4% 27.1%	
Southeastern	359	36,451	10,300	28.4%	23.0% 33.7%	28.2%	22.9% 33.4%	
Southwest	412	97,595	29,500	30.2%	25.3% 35.2%	29.2%	24.3% 34.0%	
Summit	391	21,092	9,000	42.8%	35.0% 50.5%	40.9%	34.2% 47.6%	
Tooele	480	27,012	6,500	24.1%	19.2% 29.1%	23.6%	19.1% 28.2%	
TriCounty	369	26,359	6,500	24.6%	19.6% 29.5%	24.0%	19.2% 28.8%	
Utah County	531	245,264	69,600	28.4%	23.9% 32.9%	27.8%	23.4% 32.3%	
Wasatch	327	10,154	2,600	26.0%	19.4% 32.6%	25.9%	19.7% 32.1%	
Weber-Morgan	374	140,822	34,900	24.8%	19.6% 30.0%	25.3%	20.3% 30.2%	
Utah	6,050	1,523,525	403,100	26.5%	24.9% 28.0%	26.3%	24.8% 27.9%	
U.S.				21.6%	21.3% 22.0%	21.5%	21.2% 21.9%	

** Age adjusted to U.S. 2000 standard population

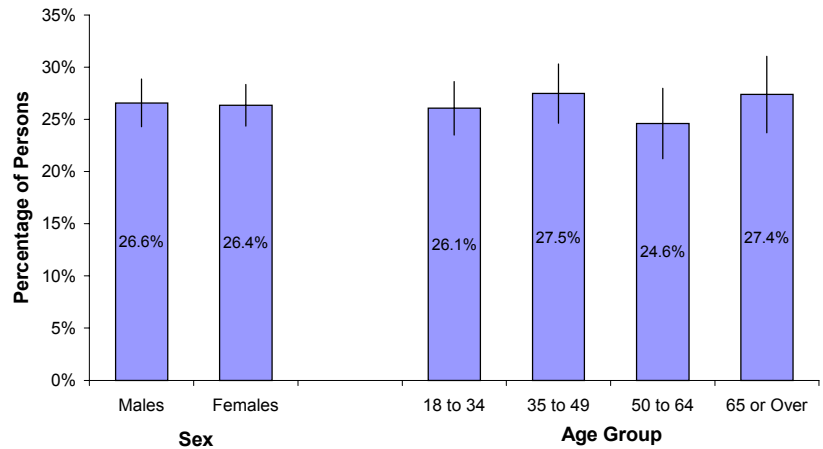
U.S. rate includes only year 2000.

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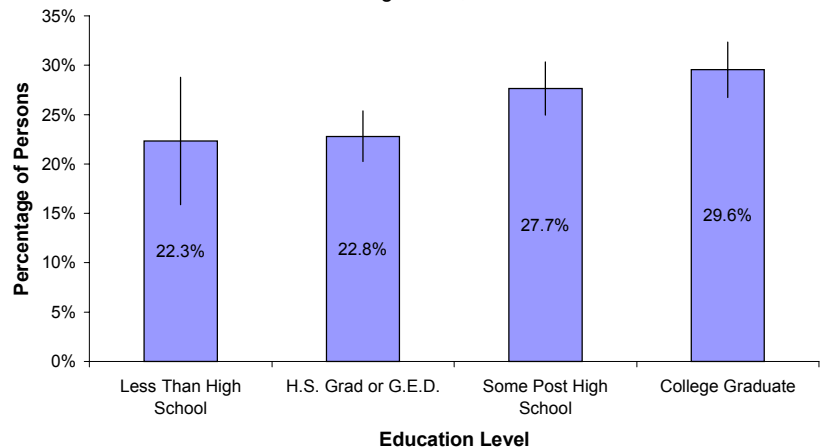
- Rates of regular physical activity did not differ by age or sex.

Percentage of Persons Who Reported Regular Physical Activity* by Sex and Age, Utah Adults Ages 18+, 1999-2000



- Utah adults with an annual household income of greater than \$50,000 (not graphed) or education beyond high school were more likely to get regular physical activity than persons with less income or education.

Percentage of Persons Who Reported Regular Physical Activity* by Education, Utah Adults Ages 18+, 1999-2000



* Regular physical activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity.

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

Utah Objective: Same as HP2010 Objective.

HP2010 Objective 22-2: Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day to 30% (age adjusted to the U.S. 2000 standard population).



Regular Physical Activity

Percentage of Persons Who Reported Regular Physical Activity* 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 Reported Regular Physical Activity ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Regular Physical Activity by Category
			95% Confidence Intervals	Lower	Upper		
Regular Physical Activity							
Yes	26.5%	403,100					
No	73.5%	1,120,400					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	26.6%	24.3%	28.9%	200,300	49.7%
Females	50.5%	769,800	26.4%	24.4%	28.4%	202,800	50.3%
Total, All Adults	100.0%	1,523,500	26.5%	24.9%	28.0%	403,100	100.0%
Age Group							
18 to 34	42.6%	648,500	26.1%	23.5%	28.6%	169,000	42.0%
35 to 49	28.5%	433,700	27.5%	24.6%	30.3%	119,100	29.6%
50 to 64	16.4%	250,000	24.6%	21.2%	28.0%	61,500	15.3%
65 or Over	12.6%	191,300	27.4%	23.7%	31.0%	52,400	13.0%
Total, All Adults	100.0%	1,523,500	26.5%	24.9%	28.0%	403,100	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	26.9%	25.3%	28.5%	361,500	90.4%
Hispanic	8.3%	126,000	20.4%	14.8%	26.0%	25,700	6.4%
Non-White, Non-Hispanic	3.4%	51,500	24.8%	16.4%	33.2%	12,800	3.2%
Total, All Adults	100.0%	1,523,500	26.5%	24.9%	28.0%	403,100	100.0%
Income							
Less Than \$20,000	13.6%	207,700	24.6%	20.7%	28.6%	51,200	12.8%
\$20,000-\$49,999	47.8%	727,500	24.1%	22.0%	26.2%	175,200	43.9%
\$50,000 or Over	38.6%	588,400	29.4%	26.5%	32.2%	172,700	43.3%
Total, All Adults	100.0%	1,523,500	26.5%	24.9%	28.0%	403,100	100.0%
Education							
Less Than High School	6.0%	91,700	22.3%	15.9%	28.8%	20,500	5.1%
H.S. Grad or G.E.D.	30.1%	458,100	22.8%	20.3%	25.4%	104,500	26.0%
Some Post High School	35.1%	534,100	27.7%	25.0%	30.3%	147,700	36.7%
College Graduate	28.9%	439,500	29.6%	26.7%	32.4%	129,900	32.3%
Total, All Adults	100.0%	1,523,500	26.5%	24.9%	28.0%	403,100	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.

* Regular physical activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity.

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.