

## 18. RECOMMENDED PHYSICAL ACTIVITY

**Measure Definition:** *Based on a set of questions measuring frequency and duration of physical activity (see Appendix G). [Participated in moderate physical activity for at least 30 minutes/day and 5 days/week or vigorous physical activity for at least 20 minutes/day and three days/week]*

### **Why is physical activity important to public health?**

Physical activity has been shown to reduce the risk of coronary heart disease, hypertension, some types of cancer, and diabetes.<sup>9</sup> In fact, physical activity has been shown to prevent the onset of diabetes and can be twice as effective as medication.<sup>40</sup> In addition, physical activity has been associated with improved quality of life among people with arthritis.<sup>41</sup> 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.<sup>42</sup>

For this report, recommended physical activity was defined as the percentage of adults aged 18 and over who reported participating in moderate physical activity for at least 30 minutes per day and five days per week or vigorous physical activity for at least 20 minutes per day and three days per week.

### **Risk factors associated with lack of recommended physical activity**

Engaging in physical activity depends in part on the availability and proximity of community facilities and environments conducive to physical activity. Studies of adult participation in physical activity have shown that facility use generally decreases as the distance from a person's residence increases. People are unlikely to use community resources located more than a few miles away by car or more than a few minutes away by cycling or walking.<sup>38</sup> Similarly, a lack of active community environments (ACEs) has been shown to be a barrier to adults engaging in physical activity. Most communities are designed to accommodate cars and lack walkways and bikeways. Even where walkways and bikeways exist, wide roads and intersections, large parking lots, and drive-through businesses create environments that are unpleasant and unsafe for non-motorists, thus discouraging physical activity.<sup>38</sup>

### **Physical activity in Utah**

More than half (54.1%) of adult Utahns reported getting the recommended amount of physical activity based on data from 2001, 2003, and 2005. This was higher than the comparable rate for the U.S. during the same period (46.5%). The age-adjusted percentage of adults getting the recommended amount of physical activity varied only slightly by local health district. Tooele County had the lowest rate at 48.6%, and Summit County had the highest rate at 64.2%. Only Summit County had a rate that was statistically different than the state rate. None of Utah's local health districts met the Utah target of at least 65% of adults getting the recommended amount of physical activity.

There were differences within local health districts by small area. Along the Wasatch Front, Salt Lake Valley and Utah County health districts had small areas with age-adjusted rates less than 45% (Glendale, Magna, South Salt Lake, Lehi/Cedar Valley). Davis County, Salt Lake Valley, Utah County, Southwest Utah, and Weber-Morgan health districts all had small areas with rates over 60% (Farmington/Centerville, Woods Cross/North SL,

**Utah Objective (related):** Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day to 65%.

**HP2010 Objective (related) 22-2:** Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day to 50% (age-adjusted to the U.S. 2000 standard population).

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## Physical activity in Utah (continued)

Sandy, Southeast, Foothill/U of U, Other Southwest District, East Orem, Morgan/East Weber Co., Riverdale). Foothill/U of U had the highest rate of any small area in the state at 68.4%. Magna had the lowest rate at 41.5%.

Rates of recommended physical activity did not differ by sex. However, as adults in Utah aged, the percentage of persons getting the recommended amount of physical activity declined from about 60% among those aged 18–24 to just over 40% among adults aged 65 and over (Figure 18.A). Physical activity increases with education level. Only 43.3% of adults without a high school degree reported getting the recommended amount of physical activity, while 57.6% of college graduates reported getting the recommended amount of physical activity (Figure 18.B). Overweight or obese adults with a body mass index of greater than 25, and those reporting seven or more days of poor mental health, also reported lower rates of recommended physical activity than those at an ideal weight or who reported fewer than seven days of poor mental health (not shown).

Figure 18.A: Recommended Physical Activity by Age and Sex, Utah Adults, 2001, 2003, 2005

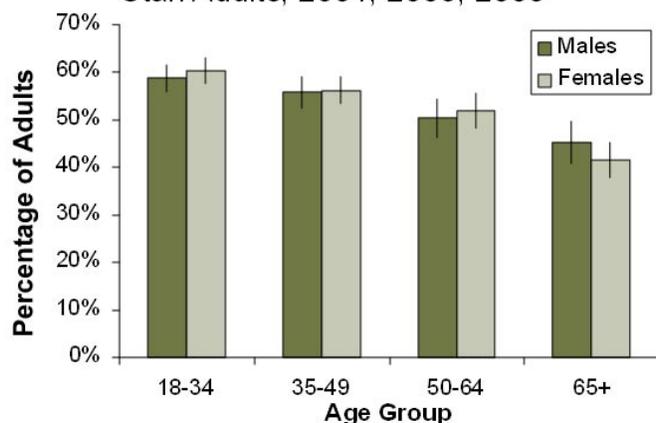
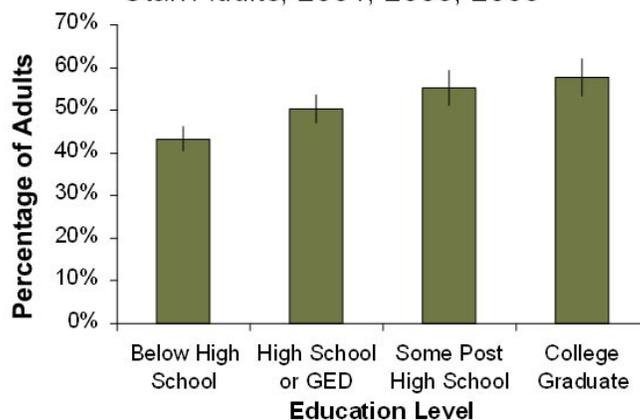


Figure 18.B: Recommended Physical Activity by Education, Utah Adults, 2001, 2003, 2005



## Prevention/Resources

A list of resources can be found in Appendix G of the report *Tipping the Scales Toward a Healthier Population in Utah* (<http://health.utah.gov/obesity/resources.html>).

UtahWalks is a website that features suggestions for creating places for people to walk and bicycle, and identifies places that already exist. For more information, visit [www.utahwalks.org](http://www.utahwalks.org).

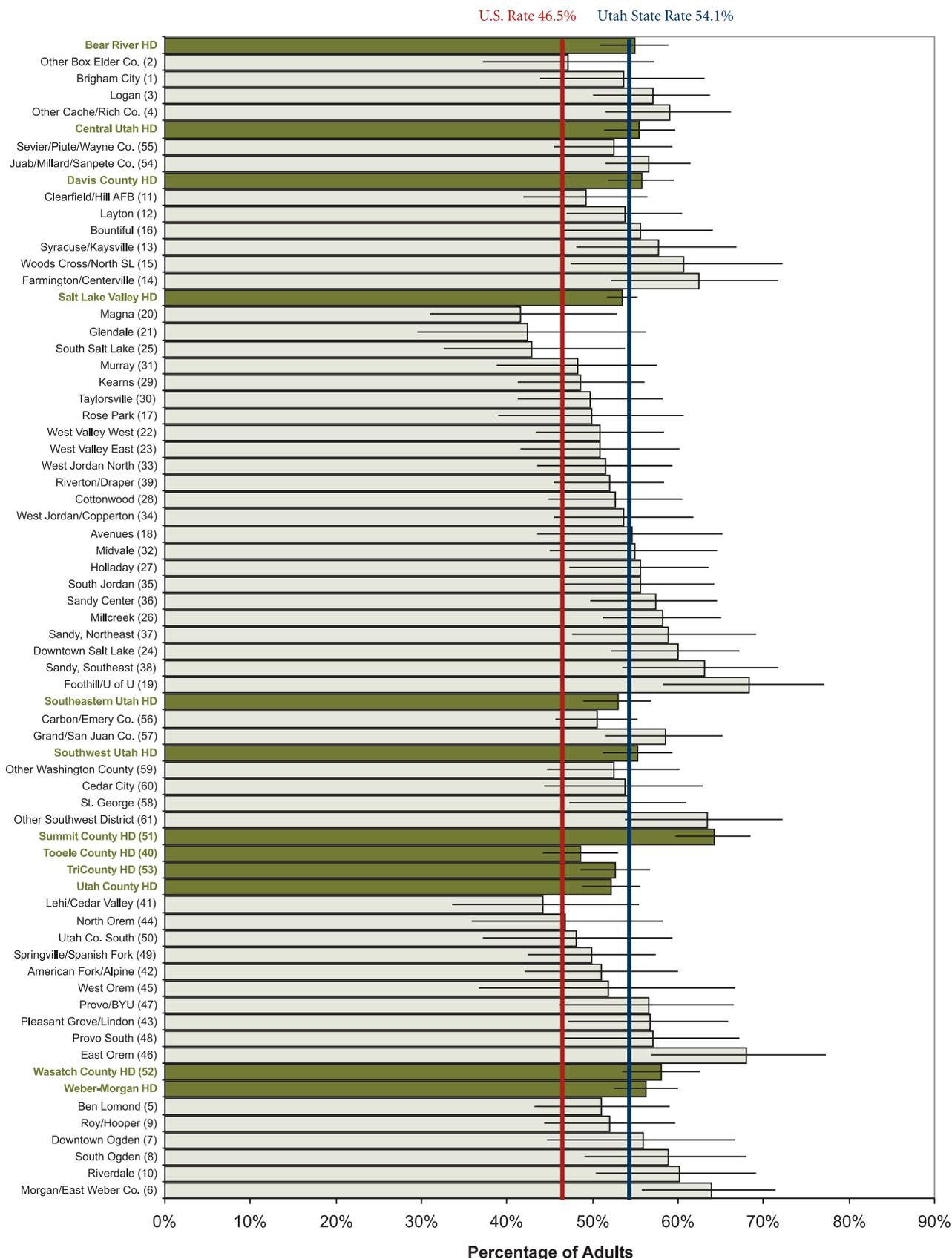
Check Your Health offers sensible, current information like Workouts on the Web to help Utah families live a healthy, active lifestyle ([www.checkyourhealth.org](http://www.checkyourhealth.org)).

CDC's Active Community Environments Initiative (ACES) promotes walking, bicycling, and the development of accessible recreation facilities. It was developed in response to data from a variety of disciplines, including public health, urban design, and transportation planning ([www.cdc.gov/nccdphp/dnpa/aces.htm](http://www.cdc.gov/nccdphp/dnpa/aces.htm)).

A worksite health promotion online resource directory is available at <http://health.utah.gov/worksitewellness/resources.html>.

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Figure 18.1: Percentage of Adults Reporting Recommended Physical Activity by Local Health District and Small Area, Utah Adults Aged 18+, 2001, 2003, 2005 (Age-adjusted)



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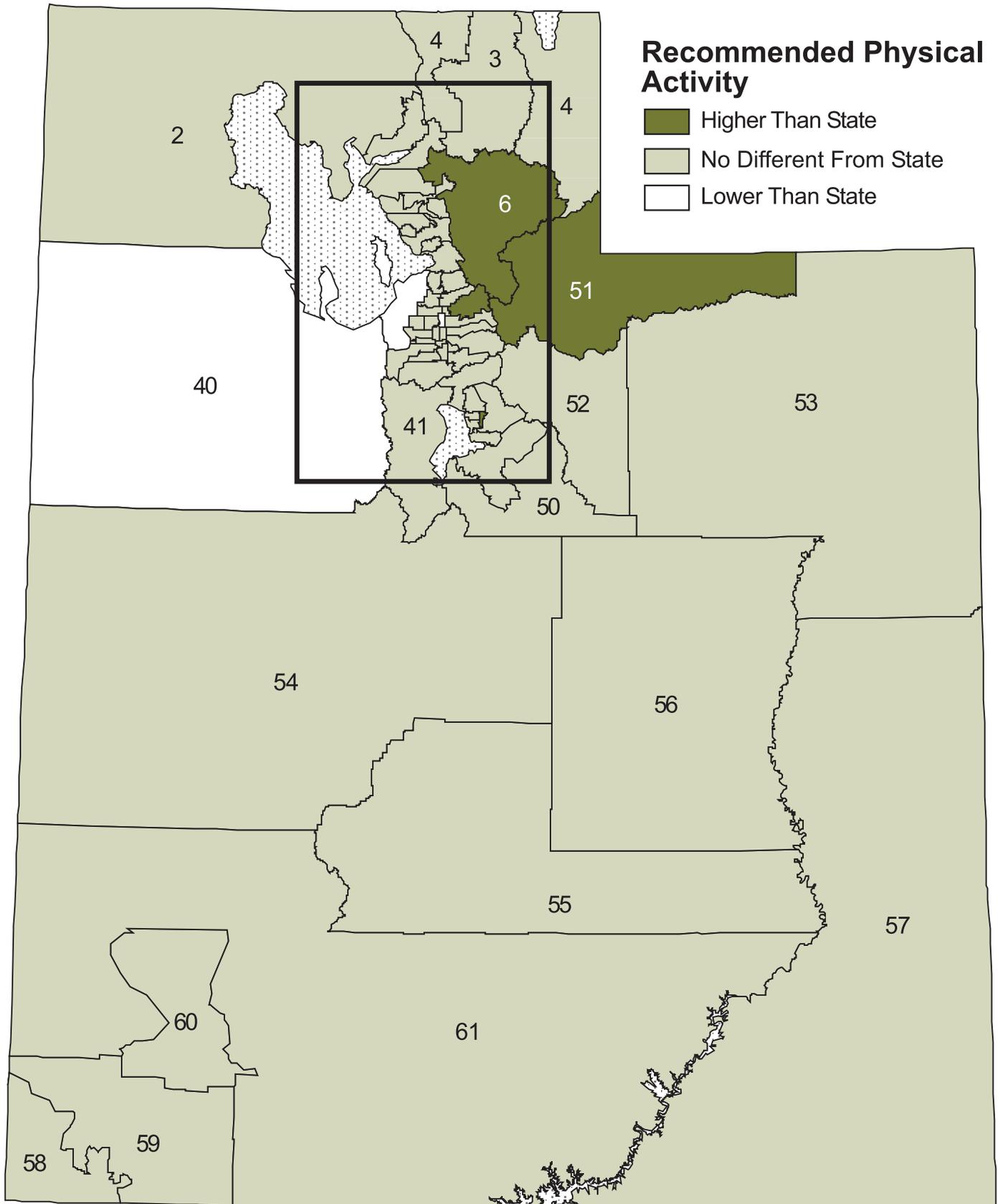
Table 18: Rec. Physical Activity by Health District, Small Area, Utah, and U.S., 2001, 2003, 2005

State Rank*	State, Health District, or Small Area	2003 Population 18+	Number of Adults		Crude Rate	Age-adjusted Rate	95% Confidence Interval	
			Reporting Recommended Physical Activity				Lower	Upper
	U.S.	217,803,051	101,496,222		46.6%	46.5%	46.3%	46.7%
	State of Utah	1,657,454	916,406		55.3%	54.1%	53.0%	55.2%
	<b>Bear River HD</b>	98,027	56,591		57.7%	55.0%	50.9%	58.9%
28	Brigham City (1)	14,566	8,016		55.0%	53.6%	43.9%	63.1%
42	Logan (3)	45,904	28,713		62.6%	57.1%	50.1%	63.8%
6	Other Box Elder Co. (2)	14,636	6,886		47.1%	47.1%	37.2%	57.3%
51	Other Cache/Rich Co. (4)	22,921	13,180		57.5%	59.0%	51.5%	66.1%
	<b>Central Utah HD</b>	47,558	26,385		55.5%	55.6%	51.4%	59.7%
39	Juab/Millard/Sanpete Co. (54)	31,637	18,248		57.7%	56.5%	51.5%	61.5%
24	Sevier/Piute/Wayne Co. (55)	15,921	8,201		51.5%	52.5%	45.5%	59.4%
	<b>Davis County HD</b>	175,027	100,903		57.7%	55.8%	51.9%	59.5%
36	Bountiful (16)	33,318	19,191		57.6%	55.5%	46.6%	64.1%
11	Clearfield/Hill AFB (11)	37,329	20,300		54.4%	49.2%	41.9%	56.5%
55	Farmington/Centerville (14)	19,034	11,826		62.1%	62.5%	52.2%	71.7%
31	Layton (12)	46,815	27,448		58.6%	53.8%	46.9%	60.6%
45	Syracuse/Kaysville (13)	24,542	13,866		56.5%	57.8%	48.2%	66.8%
54	Woods Cross/North SL (15)	13,989	8,614		61.6%	60.6%	47.5%	72.3%
	<b>Salt Lake Valley HD</b>	658,810	356,877		54.2%	53.4%	51.6%	55.3%
33	Avenues (18)	18,959	9,421		49.7%	54.6%	43.5%	65.2%
27	Cottonwood (28)	33,297	17,498		52.6%	52.7%	44.8%	60.5%
52	Downtown Salt Lake (24)	42,808	26,331		61.5%	59.9%	52.2%	67.2%
61	Foothill/U of U (19)	17,778	11,904		67.0%	68.4%	58.1%	77.1%
2	Glendale (21)	18,642	10,632		57.0%	42.3%	29.5%	56.2%
35	Holladay (27)	35,956	19,873		55.3%	55.5%	47.2%	63.5%
10	Kearns (29)	42,995	21,442		49.9%	48.6%	41.2%	56.1%
1	Magna (20)	15,623	7,318		46.8%	41.5%	31.0%	52.9%
34	Midvale (32)	21,672	11,831		54.6%	55.0%	45.1%	64.5%
47	Millcreek (26)	44,008	23,980		54.5%	58.3%	51.2%	65.1%
8	Murray (31)	24,072	11,622		48.3%	48.2%	38.9%	57.6%
22	Riverton/Draper (39)	41,391	23,949		57.9%	52.0%	45.5%	58.5%
13	Rose Park (17)	22,639	10,586		46.8%	49.8%	39.0%	60.7%
44	Sandy Center (36)	36,106	21,100		58.4%	57.3%	49.8%	64.6%
49	Sandy, Northeast (37)	18,245	10,684		58.6%	58.8%	47.6%	69.2%
56	Sandy, Southeast (38)	20,781	13,767		66.3%	63.1%	53.5%	71.7%
37	South Jordan (35)	20,931	11,294		54.0%	55.6%	46.6%	64.2%
3	South Salt Lake (25)	18,456	7,860		42.6%	42.8%	32.6%	53.8%
12	Taylorsville (30)	27,372	13,900		50.8%	49.7%	41.2%	58.1%
20	West Jordan North (33)	30,391	17,052		56.1%	51.6%	43.6%	59.4%
29	West Jordan/Copperton (34)	26,360	14,472		54.9%	53.7%	45.5%	61.8%
17	West Valley East (23)	35,527	18,023		50.7%	50.9%	41.6%	60.1%
16	West Valley West (22)	44,794	23,194		51.8%	50.9%	43.4%	58.4%
	<b>Southeastern Utah HD</b>	36,828	19,559		53.1%	52.9%	48.9%	56.8%
15	Carbon/Emery Co. (56)	21,451	11,004		51.3%	50.5%	45.7%	55.3%
48	Grand/San Juan Co. (57)	15,377	8,774		57.1%	58.5%	51.5%	65.3%
	<b>Southwest Utah HD</b>	116,150	63,720		54.9%	55.3%	51.1%	59.3%
30	Cedar City (60)	22,401	12,925		57.7%	53.8%	44.4%	62.9%
57	Other Southwest District (61)	15,384	9,630		62.6%	63.5%	53.8%	72.2%
25	Other Washington County (59)	32,503	16,661		51.3%	52.5%	44.7%	60.2%
32	St. George (58)	45,862	24,330		53.1%	54.2%	47.3%	61.0%
59	<b>Summit County HD (51)</b>	24,525	16,052		65.5%	64.2%	59.7%	68.5%
9	<b>Tooele County HD (40)</b>	32,458	16,047		49.4%	48.6%	44.2%	53.1%
26	<b>TriCounty HD (53)</b>	28,023	15,020		53.6%	52.7%	48.5%	56.8%
	<b>Utah County HD</b>	278,832	152,326		54.6%	52.2%	48.9%	55.6%
18	American Fork/Alpine (42)	26,819	14,203		53.0%	51.1%	42.1%	60.0%
60	East Orem (46)	14,955	10,413		69.6%	67.9%	56.9%	77.3%
4	Lehi/Cedar Valley (41)	18,752	8,770		46.8%	44.2%	33.5%	55.4%
5	North Orem (44)	25,965	12,058		46.4%	46.8%	35.9%	58.1%
41	Pleasant Grove/Lindon (43)	24,636	14,853		60.3%	56.7%	47.1%	65.8%
40	Provo/BYU (47)	39,401	23,002		58.4%	56.6%	46.1%	66.5%
43	Provo South (48)	48,138	30,423		63.2%	57.1%	46.4%	67.2%
14	Springville/Spanish Fork (49)	41,036	21,318		52.0%	49.9%	42.5%	57.3%
7	Utah Co. South (50)	17,363	8,145		46.9%	48.2%	37.2%	59.4%
21	West Orem (45)	21,774	10,584		48.6%	51.9%	36.7%	66.7%
46	<b>Wasatch County HD (52)</b>	12,514	7,407		59.2%	58.1%	53.5%	62.5%
	<b>Weber-Morgan HD</b>	148,702	85,682		57.6%	56.2%	52.5%	59.9%
19	Ben Lomond (5)	33,215	17,033		51.3%	51.1%	43.2%	59.0%
38	Downtown Ogden (7)	21,684	11,781		54.3%	56.0%	44.7%	66.7%
58	Morgan/East Weber Co. (6)	24,131	15,881		65.8%	64.0%	55.8%	71.5%
53	Riverdale (10)	15,522	9,445		60.9%	60.2%	50.4%	69.2%
23	Roy/Hooper (9)	27,898	15,213		54.5%	52.0%	44.3%	59.6%
50	South Ogden (8)	26,255	15,532		59.2%	58.9%	49.1%	68.0%

\*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

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Figure 18.2: Recommended Physical Activity by Small Area, Utah Adults Aged 18+, 2001, 2003, 2005 (Age-adjusted)



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Figure 18.3: Recommended Physical Activity by Small Area, Wasatch Front Adults, 2001, 2003, 2005 (Age-adjusted)

