

Focus Area **22 Title** Physical Fitness and Activity **Goal** Improve health, fitness, and quality of life through daily physical activity.

<i>Obj Num</i>	<i>Category</i>	<i>Objective</i>	<i>2010 US Target</i>	<i>Pop Cat</i>	<i>Population Description</i>	<i>Lead Agency</i>	<i>Level of Interest</i>	<i>Type of Interest</i>	<i>Modified</i>	<i>Data Source</i>	<i>UT Baseline</i>	<i>UT Target</i>	<i>UT Target Selection</i>
22.01	Physical Activity in Adults	No leisure-time physical activity (age adjusted, ages 18 years and older)	0.2	main		CFHS (CVH)	UDOH	S & I	N	BRFSS	1999 17.3%	0.15	Based on incremental changes in past
22.02	Physical Activity in Adults	Moderate physical activity (age adjusted, ages 18 years and older)	0.3	main		CFHS (CVH)	UDOH	S & I	N	BRFSS	1999 26.8%	0.3	SAHP2010
22.02	Physical Activity in Adults	Moderate physical activity (age adjusted, ages 18 years and older)	0.3	sub1	Hispanic		S & I	N	BRFS S	1995-1999 23.0%		26% same proportion as above	
22.03	Physical Activity in Adults	Vigorous physical activity (age adjusted, ages 18 years and older)	0.3	main		CFHS (CVH)		NS					
22.04	Muscular Strength and Flexibility	Muscular strength and endurance (age adjusted, ages 18 years and older)	0.3	main		CFHS (CVH)		NS					
22.05	Muscular Strength and Flexibility	Flexibility (age adjusted, ages 18 years and older)	0.43	main		CFHS (CVH)		NS					
22.06	Physical Activity in Children and Adolescents	Moderate physical activity in adolescents (students in grades 9 through 12)	0.35	main		CFHS (CVH)	UDOH	S & I	N	YBRS	2001 30%		SA HP2010
22.07	Physical Activity in Children and Adolescents	Vigorous physical activity in adolescents (students in grades 9 through 12)	0.85	main		SOE	UDOH	S & I	N	YBRS	1999 31.4%	0.4	SA HP2010
22.08a	Physical Activity in Children and Adolescents	Physical education requirement in schools -Middle and junior high schools (students in grades 9 through 12)	0.25	main		SOE	D/P	S & I	N	TBD	NA	TBDT	WBDABE
22.08b	Physical Activity in Children and Adolescents	Physical education requirement in schools -Senior high schools (students in grades 9 through 12)	0.05	main		CFHS (CVH)		NS					
22.09	Physical Activity in Children and Adolescents	Participation in daily physical education in schools (students in grades 9 through 12)	0.5	main		CFHS (CVH)		NS					

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22.10	Physical Activity in Children and Adolescents	Physical activity in physical education class (students in grades 9 through 12)	0.5	main		CFHS (CVH)		NS					
22.11	Physical Activity in Children and Adolescents	Television viewing (students in grades 9 through 12)	0.75	main		CFHS (CVH)		S					
22.12	Access	Access to school physical activity facilities, non-school time	DNC	main		SOE	D/P	S & I	N	TBD	NA	TBDT	WBDABE
22.13	Access	Worksite physical activity and fitness Worksite only Total - 50+ employees	0.75	main		CFHS (USCHPA)	D/P	S	N	USCHPA Survey	TBD	TBDT	WBDABE
22.14a	Access	Community walking - Adults - Trips of 1 mile or less (age adjusted, ages 18 years and older)	0.25	main		CFHS (CVH)		NS					
22.14b	Access	Community walking - Children and adolescents - Trips to school of 1 mile or less (age adjusted, ages 5 to 15 years)	0.5	main		CFHS (CVH)		NS					
22.15a	Access	Community bicycling - Adults - Trips of 5 miles or less (age adjusted, ages 18 years and	0.02	main		CFHS (CVH)		NS					
22.15b	Access	Community bicycling - Children and adolescents -Trips to school of 2 miles or less (age adjusted, ages 5 to 15 years)	0.05	main		CFHS (CVH)		NS					