

# Exercise – Moderate and Vigorous Physical Activity

	Meets recommendations for moderate and vigorous activity				Meets recommendations for vigorous activity only			Meets recommendations for moderate activity only		
	N	n	Weighted %	95% CI	n	Weighted %	95% CI	n	Weighted %	95% CI
<b>Sex</b>										
Male	443	279	24%	20.8– 27.6	182	16%	12.9– 18.7	261	23%	19.3–26.1
Female	472	256	18%	15.7– 21.4	140	11%	8.8– 13.3	332	23%	19.8–25.7
<b>Total</b>	<b>915</b>	<b>535</b>	<b>21%</b>	<b>19.1– 23.6</b>	<b>322</b>	<b>13%</b>	<b>11.5– 15.3</b>	<b>593</b>	<b>23%</b>	<b>20.4–24.9</b>
<b>Race</b>										
Native, any mention	181	81	16%	12.4– 21.2	61	11%	8.0– 14.8	120	22%	17.0–27.1
Non-Native	729	451	22%	19.9– 25.0	259	14%	11.7– 16.0	470	23%	20.3–25.4
<b>Age</b>										
Age 18–24	74	63	30%	22.8– 38.8	38	16%	11.3– 23.2	36	16%	10.5–22.4
Age 25–34	169	142	30%	24.4– 36.2	70	15%	10.9– 20.0	99	21%	16.4–26.6
Age 35–44	214	131	22%	17.5– 26.6	81	15%	11.3– 19.5	133	22%	17.8–26.8
Age 45–54	229	120	17%	13.7– 21.0	65	11%	7.7– 14.7	164	29%	24.2–35.4
Age 55–64	137	47	13%	8.8– 17.9	49	15%	10.5– 21.5	88	21%	16.8–27.0
Age 65 or older	86	27	11%	6.7– 18.6	18	6%	3.3– 10.3	68	22%	16.3–28.9
<b>Education</b>										
Some H.S.	56	32	19%	11.5– 29.0	28	17%	10.6– 27.0	28	10%	6.3–15.6
H.S. grad or GED	283	140	21%	17.1– 25.3	88	12%	8.9– 15.4	195	23%	19.6–27.7
Some College or Tech School	285	163	21%	17.2– 25.1	99	13%	10.5– 17.2	186	23%	19.1–27.4
College Grad	291	198	23%	19.2– 27.0	107	14%	10.6– 17.1	184	25%	20.9–29.6
<b>Income</b>										
Less than \$15K	65	30	13%	8.4– 19.7	21	12%	7.1– 19.5	44	21%	14.3–29.4
\$15,000–24,999	125	59	17%	12.6– 23.4	41	19%	12.9– 26.7	84	20%	15.0–26.1
\$25,000–34,999	120	69	23%	16.6– 30.0	39	13%	8.0– 19.2	81	25%	18.5–31.7
\$35,000–49,999	172	106	21%	16.4– 26.7	44	8%	5.3– 12.0	128	32%	25.6–38.1
\$50,000–74,999	153	109	24%	18.8– 29.9	58	12%	8.8– 16.9	95	18%	13.9–23.7
\$75K+	202	132	25%	20.4– 30.4	86	15%	11.3– 19.0	116	22%	17.2–26.7

n = Number of respondents in this subgroup.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

# Exercise – Moderate and Vigorous Physical Activity

	Insufficient activity to meet moderate or vigorous recommendations			No moderate or vigorous physical activity		
	n	Weighted %	95% CI	n	Weighted %	95% CI
<b>Sex</b>						
Male	329	28%	24.8– 32.1	126	10%	7.6– 12.1
Female	476	36%	32.7– 40.0	164	12%	9.7– 14.5
<b>Total</b>	<b>805</b>	<b>32%</b>	<b>29.6– 34.8</b>	<b>290</b>	<b>11%</b>	<b>9.2– 12.5</b>
<b>Race</b>						
Native, any mention	163	31%	25.5– 37.4	108	20%	15.3– 25.6
Non-Native	639	32%	29.5– 35.3	180	9%	7.4– 10.6
<b>Age</b>						
Age 18–24	61	33%	25.1– 41.9	17	5%	2.8– 8.4
Age 25–34	135	27%	21.6– 33.4	27	7%	4.2– 11.7
Age 35–44	206	34%	28.6– 39.2	49	8%	5.4– 11.1
Age 45–54	200	31%	25.9– 36.4	72	12%	8.6– 16.2
Age 55–64	117	35%	28.7– 41.6	56	16%	11.5– 21.4
Age 65 or older	81	36%	28.3– 44.9	65	25%	18.2– 32.3
<b>Education</b>						
Some H.S.	51	32%	23.1– 43.5	58	22%	15.2– 29.7
H.S. grad or GED	243	30%	25.5– 34.1	117	14%	11.3– 18.1
Some College or Tech School	279	34%	29.5– 39.1	69	8%	6.2– 11.6
College Grad	230	32%	27.7– 37.1	45	6%	4.4– 9.1
<b>Income</b>						
Less than \$15K	55	30%	21.8– 40.8	52	24%	15.9– 33.7
\$15,000–24,999	112	30%	24.0– 37.6	47	13%	9.5– 18.7
\$25,000–34,999	105	28%	22.0– 35.1	43	12%	7.9– 18.3
\$35,000–49,999	150	33%	27.0– 39.1	32	6%	4.1– 10.2
\$50,000–74,999	163	39%	32.3– 45.2	36	7%	4.6– 10.4
\$75K+	149	30%	24.7– 36.3	39	9%	5.8– 12.3

**n** = Number of respondents in this subgroup

**%** = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

**N** = Total number of respondents.

**95% CI** = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.