

Exercise – Moderate Physical Activity

Definition: Moderate physical activity 30 or more minutes a day, 5 or more days per week; or vigorous physical activity for 20 or more minutes a day, 3 times or more a week.

Healthy People 2010 Objective 22.2:
Increase proportion of adults who participate in moderate physical activity to 30%.

Healthy Alaskan 2010 Objective 1.2:
Increase proportion of adults who engage in regular, preferably moderate physical activity to 40%.

- ▶ 2001 survey has new classification of moderate physical activity which includes vigorous physical activity. Respondents were asked to recall overall frequency and duration of time spent in household, transportation, and leisure time activities of moderate intensity and vigorous intensity.
- ▶ More males participate in this level of exercise than females.
- ▶ Prevalence of moderate physical activity without vigorous participants is approximately 23% of the population.
- ▶ This level of exercise decreases with age and increases slightly with income and education.
- ▶ The 2001 BRFSS activity estimates provide the current baseline for states.

2001

	n	%	N	95% CI		n	%	N	95% CI
Gender					Education				
Male	754	59.9	1,264	55.7-63.9	Some H.S.	109	52	211	42.8-61.2
Female	738	53.5	1,389	49.5-57.5	H.S. Grad or GED	440	54.2	811	49.1-59.1
Race					Some College or Tech School	486	57.8	835	52.1-63.2
Native (any mention)	243	52	474	45.7-58.9	College Grad	457	59.8	795	54.7-64.8
Non-Native	1210	57.6	2,110	54.3-60.7	Income				
Total	1492	56.9	2,653	54.0-59.7	< \$15,000	120	46	231	37.5-55.3
Age					15,000-24,999	204	52	394	44.9-59.0
18-24	184	65	276	57.1-72.7	25,000-34,999	190	59	333	51.2-66.7
25-34	302	62	490	55.3-68.8	35,000-49,999	256	61	432	53.5-67.2
35-44	390	60.3	707	55.0-65.3	50,000-74,000	281	57.4	510	50.8-63.7
45-54	351	52.9	634	47.0-58.7	> 75,000	316	63.4	527	57.2-69.2
55-64	173	50	323	41.2-59.3					
65+	71	36	192	26.3-45.9					

Risk Factors

n = Number of respondents who report moderate physical activity for 30 or more minutes a day, 5 or more days a week, or vigorous physical activity for 20 or more minutes a day, 3 times a week.
% = 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 in this subgroup.
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.