

**No Leisure Time Physical Activity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.					
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.					
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?					
Response:		No					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>20.9%</b>	( 19.2% - 22.8% )	103,904	1,108	4,928	<b>21.9%</b>	( 20.2% - 23.8% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>23.5%</b>	( 20.9% - 26.3% )	56,398	629	2,651	<b>24.4%</b>	( 21.8% - 27.2% )
Male	<b>18.6%</b>	( 16.3% - 21.0% )	47,507	479	2,277	<b>19.7%</b>	( 17.4% - 22.2% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>20%</b>	( 13% - 29% )	13,342	53	277	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>16.5%</b>	( 12.8% - 20.8% )	17,032	134	803	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>18.8%</b>	( 15.5% - 22.6% )	18,154	178	923	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>21.4%</b>	( 19.1% - 23.9% )	38,717	500	2,271	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>34.3%</b>	( 29.5% - 39.5% )	16,717	243	654	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>26.5%</b>	( 22.7% - 30.7% )	18,344	277	943	<b>28.7%</b>	( 24.8% - 33.0% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	125	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	98	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	78	<b>DSU</b>	( DSU - DSU )
White	<b>18.6%</b>	( 16.7% - 20.7% )	69,317	713	3,554	<b>19.4%</b>	( 17.4% - 21.6% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	133	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>20.5%</b>	( 18.8% - 22.4% )	97,091	1,053	4,723	<b>21.4%</b>	( 19.6% - 23.3% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>18.6%</b>	( 16.6% - 20.8% )	66,767	680	3,426	<b>19.3%</b>	( 17.2% - 21.6% )
<b>Alaska Native</b>							
Yes	<b>26.1%</b>	( 22.5% - 30.1% )	20,292	305	1,039	<b>28.5%</b>	( 24.8% - 32.6% )
No	<b>20.0%</b>	( 18.1% - 22.1% )	82,800	793	3,841	<b>20.8%</b>	( 18.8% - 23.0% )

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Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity		21.0%	( 18.1% - 24.2% )	56,819	222	1,020	21.7%	( 18.8% - 24.9% )
Fairbanks & Vicinity		19.2%	( 16.5% - 22.2% )	13,183	220	1,012	20.6%	( 18.0% - 23.6% )
Gulf Coast		19.6%	( 17.0% - 22.6% )	11,085	222	1,015	20.4%	( 17.6% - 23.5% )
Rural		26.6%	( 23.4% - 30.0% )	12,635	252	964	28.8%	( 25.4% - 32.5% )
Southeast		19.1%	( 16.5% - 22.1% )	10,183	192	917	19.2%	( 16.5% - 22.2% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area		20.0%	( 17.7% - 22.5% )	66,526	420	1,970	21.0%	( 18.6% - 23.5% )
Micropolitan Statistical Area & Urban Clusters		21.0%	( 18.8% - 23.5% )	17,192	328	1,454	22.2%	( 19.8% - 24.9% )
Rural		24.5%	( 20.7% - 28.8% )	20,187	360	1,504	25.4%	( 21.7% - 29.6% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school		34%	( 27% - 41% )	9,313	126	327	33%	( 27% - 40% )
High school graduate		29.9%	( 26.3% - 33.7% )	37,339	407	1,367	31.0%	( 27.5% - 34.8% )
At least some college		20.0%	( 17.2% - 23.2% )	26,155	312	1,376	20.9%	( 17.9% - 24.2% )
College Graduate		12.0%	( 9.9% - 14.5% )	17,590	206	1,569	13.3%	( 10.9% - 16.1% )
<b>Employment Status</b>								
Employed		17.8%	( 15.8% - 19.9% )	59,258	606	3,256	19.8%	( 17.3% - 22.6% )
Unemployed		28%	( 22% - 36% )	10,066	98	345	28%	( 22% - 35% )
Not in Workforce (Student, Homemaker, Retired)		24.0%	( 19.9% - 28.7% )	26,008	285	1,088	21.0%	( 17.0% - 25.6% )
Unable to work		43%	( 33% - 52% )	7,337	106	217	45%	( 38% - 52% )
<b>Marital Status</b>								
Married or Unwed Couple		18.6%	( 16.7% - 20.6% )	61,883	579	2,956	19.5%	( 17.3% - 22.0% )
Divorced/Separated		26.7%	( 22.4% - 31.6% )	14,969	219	847	26.5%	( 19.7% - 34.7% )
Widowed		37%	( 30% - 46% )	6,610	120	308	18%	( 13% - 25% )
Never Married		22.8%	( 17.5% - 29.1% )	19,946	183	790	24.7%	( 19.5% - 30.8% )

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Response:		No					
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%
							95% CI
<b>Income Level</b>							
<\$15,000		36%	( 29% - 45% )	11,006	135	382	38% ( 31% - 46% )
\$15,000 - \$24,999		32.6%	( 26.5% - 39.3% )	14,345	172	524	35.8% ( 29.9% - 42.2% )
\$25,000 - \$49,999		23.1%	( 19.3% - 27.3% )	24,774	272	1,085	24.2% ( 20.6% - 28.0% )
\$50,000 - \$74,999		19.6%	( 15.8% - 24.0% )	16,217	162	855	18.6% ( 15.1% - 22.8% )
\$75,000		12.0%	( 9.9% - 14.5% )	20,640	208	1,531	13.0% ( 10.2% - 16.6% )
<b>Poverty Threshold</b>							
Poor (<100% Poverty Threshold)		31%	( 23% - 39% )	10,947	111	355	35% ( 27% - 43% )
Near Poor (100% to 199% Poverty Threshold)		30.9%	( 25.6% - 36.8% )	21,075	229	706	33.5% ( 28.4% - 39.0% )
Middle/High Income (≥200% Poverty Threshold)		16.6%	( 14.8% - 18.5% )	55,203	609	3,316	17.4% ( 15.4% - 19.6% )
<b>Below Poverty Guidelines</b>							
Yes		32%	( 26% - 39% )	16,089	158	485	36% ( 30% - 43% )
No		18.4%	( 16.6% - 20.3% )	70,996	791	3,892	19.3% ( 17.4% - 21.4% )
<b>Veteran</b>							
Yes		21%	( 17% - 26% )	20,268	121	491	18% ( 14% - 23% )
No		24.8%	( 22.0% - 27.9% )	98,964	558	2,155	26.5% ( 23.7% - 29.5% )
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good		15.7%	( 13.5% - 18.2% )	43,752	406	2,594	16.6% ( 14.4% - 19.0% )
Good		22.6%	( 19.8% - 25.7% )	33,612	396	1,549	23.4% ( 20.3% - 26.8% )
Fair/Poor		38.4%	( 32.9% - 44.1% )	25,715	294	763	38.4% ( 31.9% - 45.3% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good		5.7	( 4.9 - 6.6 )			1050	5.7 ( 4.8 - 6.5 )
Mental Health Not Good		4.6	( 3.7 - 5.5 )			1052	4.6 ( 3.7 - 5.6 )
Unhealthy Days (Physical or Mental Health Not Good)		8.6	( 7.4 - 9.8 )			1015	8.5 ( 7.3 - 9.7 )
Days with Activity Limitation		4.4	( 3.5 - 5.3 )			1071	4.3 ( 3.4 - 5.3 )

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Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good		35.6%	( 29.9% - 41.8% )	17,355	200	528	33.5%	( 28.0% - 39.6% )
Mental Health Not Good		35%	( 28% - 42% )	14,937	152	469	36%	( 29% - 43% )
Unhealthy Days (Physical or Mental Health Not Good)		33.4%	( 28.6% - 38.6% )	26,415	273	837	34.3%	( 29.2% - 39.9% )
Activity Limitation		44%	( 36% - 53% )	14,833	142	336	45%	( 38% - 53% )
Disability								
Disabled								
Yes		35.9%	( 30.5% - 41.7% )	41,259	246	689	34.8%	( 28.3% - 41.9% )
No		20.4%	( 17.8% - 23.4% )	77,063	425	1,934	22.2%	( 19.5% - 25.2% )
Activity Limitation								
Yes		29.7%	( 26.0% - 33.7% )	33,433	377	1,196	29.7%	( 25.4% - 34.3% )
No		18.3%	( 16.3% - 20.4% )	69,307	712	3,677	19.7%	( 17.7% - 21.8% )
Require Special Equipment								
Yes		DSU	( DSU - DSU )	DSU	DSU	196	DSU	( DSU - DSU )
No		22.9%	( 20.4% - 25.7% )	106,041	588	2,448	23.8%	( 21.3% - 26.6% )
Mental Health								
Depression Measure (PHQ-8)								
No Depression		18.8%	( 16.3% - 21.5% )	61,113	364	1,730	76.2%	( 73.4% - 78.7% )
Mild Depression		24%	( 18% - 31% )	16,844	94	345	22%	( 19% - 25% )
Moderate to Severe Depression		DSU	( DSU - DSU )	DSU	DSU	165	DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually		20.5%	( 18.0% - 23.2% )	79,656	445	1,989	21.6%	( 19.0% - 24.4% )
Sometimes/Rarely/Never		40.3%	( 33.0% - 48.0% )	35,022	196	531	42.1%	( 35.5% - 49.0% )
Life Satisfaction								
Very Satisfied / Satisfied		22.2%	( 19.8% - 24.7% )	101,485	589	2,431	23.2%	( 20.8% - 25.7% )
Dissatisfied / Very Dissatisfied		DSU	( DSU - DSU )	DSU	DSU	117	DSU	( DSU - DSU )

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Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	20.0%	( 18.1% - 22.0% )	80,947	902	4,134	20.7%	( 18.7% - 22.8% )	
No	24.8%	( 20.2% - 30.0% )	21,691	195	764	31.8%	( 26.6% - 37.5% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	34%	( 26% - 43% )	10,985	84	228	34%	( 26% - 43% )	
No	DSU	( DSU - DSU )	DSU	DSU	128	DSU	( DSU - DSU )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	38%	( 30% - 48% )	11,253	174	214	38%	( 30% - 48% )	
No	DSU	( DSU - DSU )	DSU	DSU	128	DSU	( DSU - DSU )	
Ever Had Hepatitis B Shot								
Yes	20.3%	( 16.2% - 25.1% )	36,967	179	901	21.8%	( 17.6% - 26.7% )	
No	26.7%	( 23.1% - 30.6% )	56,794	363	1,233	26.0%	( 22.2% - 30.2% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	20.4%	( 16.7% - 24.7% )	38,805	201	972	21.3%	( 17.3% - 25.9% )	
No	24.2%	( 20.5% - 28.4% )	56,225	296	1,164	24.4%	( 20.4% - 28.8% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	29.8%	( 24.6% - 35.5% )	23,713	163	560	32.0%	( 26.5% - 38.0% )	
No	31%	( 25% - 39% )	15,819	106	358	32%	( 26% - 40% )	
Colorectal Screening (Ages 50+)								
Yes	26.4%	( 22.1% - 31.2% )	25,604	203	691	27.8%	( 23.3% - 32.8% )	
No	35.6%	( 29.8% - 41.8% )	25,314	163	513	39.3%	( 32.7% - 46.3% )	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	23%	( 17% - 31% )	10,770	73	282	22%	( 16% - 31% )	
No	29.1%	( 23.8% - 35.0% )	24,050	155	525	31.9%	( 26.1% - 38.2% )	

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Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Home Occult Blood Test (Ages 50+)								
Yes		26%	( 19% - 35% )	6,992	56	192	29%	( 22% - 37% )
No		30.4%	( 26.4% - 34.8% )	42,401	300	992	31.1%	( 26.8% - 35.7% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes		27.4%	( 22.7% - 32.6% )	24,349	184	648	28.8%	( 23.9% - 34.2% )
No		36%	( 28% - 45% )	15,397	86	276	38%	( 30% - 47% )
Oral Cancer Exam Annually								
Yes		15.8%	( 12.4% - 20.0% )	19,479	115	674	15.5%	( 12.1% - 19.6% )
No		27.1%	( 23.9% - 30.6% )	90,201	499	1,748	28.7%	( 25.5% - 32.1% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes		19.1%	( 15.8% - 22.9% )	30,087	195	913	20.4%	( 16.9% - 24.4% )
No		DSU	( DSU - DSU )	DSU	DSU	172	DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes		23%	( 18% - 29% )	14,075	98	383	22%	( 16% - 29% )
No		31%	( 25% - 38% )	20,236	123	399	32%	( 25% - 39% )
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes		24.6%	( 19.5% - 30.6% )	18,304	166	652	26.3%	( 21.4% - 31.9% )
No		20.3%	( 18.5% - 22.2% )	84,901	934	4,243	21.2%	( 19.3% - 23.2% )
Current Asthma								
Yes		31%	( 24% - 39% )	13,358	120	410	33%	( 26% - 40% )
No		17%	( 10% - 27% )	4,929	43	215	19%	( 13% - 27% )
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes		26%	( 20% - 33% )	5,527	86	269	22%	( 14% - 32% )
No		20.5%	( 18.7% - 22.4% )	96,151	987	4,581	21.8%	( 20.0% - 23.8% )

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Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Heart Attack (Myocardial Infarction)								
Yes	30%	( 22% - 39% )	4,234	66	179	DSU	( DSU - DSU )	
No	20.6%	( 18.8% - 22.5% )	98,513	1,024	4,710	21.8%	( 19.9% - 23.7% )	
Coronary Heart Disease (Angina)								
Yes	25%	( 18% - 34% )	3,803	63	197	DSU	( DSU - DSU )	
No	20.7%	( 18.9% - 22.6% )	98,806	1,025	4,685	22.0%	( 20.2% - 23.9% )	
Stroke								
Yes	DSU	( DSU - DSU )	DSU	DSU	130	DSU	( DSU - DSU )	
No	20.5%	( 18.8% - 22.4% )	99,437	1,049	4,780	21.4%	( 19.7% - 23.3% )	
Diabetes								
Nongestational Diabetes								
Yes	34%	( 26% - 42% )	9,665	126	329	41%	( 31% - 51% )	
No	20.2%	( 18.4% - 22.1% )	94,130	978	4,586	21.2%	( 19.4% - 23.1% )	
Pre-Diabetes								
Yes	24%	( 18% - 32% )	8,852	92	376	23%	( 17% - 30% )	
No	19.7%	( 17.8% - 21.6% )	84,223	877	4,188	20.7%	( 18.9% - 22.7% )	
Prostate Cancer								
Prostate Cancer								
Yes	DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )	
No	26.6%	( 22.5% - 31.1% )	34,943	228	818	28.7%	( 23.7% - 34.2% )	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	16.8%	( 13.5% - 20.7% )	13,259	154	778	18.4%	( 14.3% - 23.3% )	
No	21.6%	( 19.6% - 23.7% )	88,446	918	4,043	22.4%	( 20.4% - 24.5% )	
Heavy Drinking								
Yes	22%	( 16% - 29% )	6,183	81	308	22%	( 16% - 28% )	
No	21.5%	( 19.6% - 23.6% )	86,833	907	3,951	22.6%	( 20.6% - 24.7% )	

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Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	0.0%	( 0.0% - 0.0% )	0	0	3,820	0.0%	( 0.0% - 0.0% )	
No	100.0%	( 0.0% - 0.0% )	103,904	1,108	1,108	100.0%	( 0.0% - 0.0% )	
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	26.1%	( 22.3% - 30.2% )	28,147	328	1,108	28.8%	( 24.8% - 33.1% )	
Former Smoker	22.4%	( 19.5% - 25.6% )	30,018	337	1,500	21.8%	( 18.5% - 25.5% )	
Never Smoked	17.8%	( 15.3% - 20.6% )	44,790	431	2,290	18.9%	( 16.5% - 21.7% )	
Smokeless Tobacco Status								
Current User	23%	( 17% - 31% )	5,669	66	253	25%	( 19% - 33% )	
Former User	18.9%	( 14.9% - 23.8% )	17,113	162	864	20.5%	( 16.3% - 25.5% )	
Never Used	20.9%	( 18.9% - 23.1% )	75,305	815	3,603	21.7%	( 19.6% - 23.9% )	
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	16.7%	( 13.8% - 20.1% )	27,950	283	1,592	17.5%	( 14.9% - 20.5% )	
Overweight (BMI 25 to 30)	19.3%	( 16.6% - 22.4% )	34,460	351	1,764	20.3%	( 17.4% - 23.5% )	
Obese (BMI ≥30)	27.5%	( 24.0% - 31.2% )	36,567	408	1,379	28.5%	( 24.8% - 32.5% )	
Obese I (BMI 30 TO < 35)	25.0%	( 21.1% - 29.4% )	20,708	228	853	25.5%	( 21.7% - 29.8% )	
Obese II & III (BMI ≥35)	31.5%	( 25.4% - 38.3% )	15,859	180	526	32.9%	( 26.3% - 40.2% )	



**No Leisure Time Physical Activity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy People 2010 Objective:</b>		<b>22.1: Reduce the proportion of adults who are physically inactive to 20%.</b>					
<b>Healthy Alaskans 2010 Objective:</b>		<b>1.1: Reduce the proportion of adults who are physically inactive to 15%.</b>					
<b>Screening Question:</b>		<b>During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?</b>					
<b>Response:</b>		<b>No</b>					
		<i>Observed Rate</i>				<i>Age-Adjusted Rate</i>	
<b>Population at Risk (See Appendix)</b>		<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>
							<b>95% CI</b>
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.