

**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?							
Population at Risk (See Appendix)	Response:	No					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>								
Gender								
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	NA	( NA - NA )
Persons aged 25 to 34 years		<b>16.5%</b>	( 12.8% - 20.8% )	17,032	134	803	NA	( NA - NA )
Persons aged 35 to 44 years		<b>18.8%</b>	( 15.5% - 22.6% )	18,154	178	923	NA	( NA - NA )
Persons aged 45 to 64 years		<b>21.4%</b>	( 19.1% - 23.9% )	38,717	500	2,271	NA	( NA - NA )
Persons aged 65 years and older		<b>34.3%</b>	( 29.5% - 39.5% )	16,717	243	654	NA	( 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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<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>					
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>		<b>Age-Adjusted Rate</b>
		<b>95% CI</b>					<b>95% CI</b>
<b>Geographic Location</b>							
Anchorage & Vicinity	<b>21.0%</b>	( 18.1% - 24.2% )	56,819	222	1,020	<b>21.7%</b>	( 18.8% - 24.9% )
Fairbanks & Vicinity	<b>19.2%</b>	( 16.5% - 22.2% )	13,183	220	1,012	<b>20.6%</b>	( 18.0% - 23.6% )
Gulf Coast	<b>19.6%</b>	( 17.0% - 22.6% )	11,085	222	1,015	<b>20.4%</b>	( 17.6% - 23.5% )
Rural	<b>26.6%</b>	( 23.4% - 30.0% )	12,635	252	964	<b>28.8%</b>	( 25.4% - 32.5% )
Southeast	<b>19.1%</b>	( 16.5% - 22.1% )	10,183	192	917	<b>19.2%</b>	( 16.5% - 22.2% )
<b>Urban/Rural</b>							
Metropolitan Statistical Area	<b>20.0%</b>	( 17.7% - 22.5% )	66,526	420	1,970	<b>21.0%</b>	( 18.6% - 23.5% )
Micropolitan Statistical Area & Urban Clusters	<b>21.0%</b>	( 18.8% - 23.5% )	17,192	328	1,454	<b>22.2%</b>	( 19.8% - 24.9% )
Rural	<b>24.5%</b>	( 20.7% - 28.8% )	20,187	360	1,504	<b>25.4%</b>	( 21.7% - 29.6% )
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	<b>34%</b>	( 27% - 41% )	9,313	126	327	<b>33%</b>	( 27% - 40% )
High school graduate	<b>29.9%</b>	( 26.3% - 33.7% )	37,339	407	1,367	<b>31.0%</b>	( 27.5% - 34.8% )
At least some college	<b>20.0%</b>	( 17.2% - 23.2% )	26,155	312	1,376	<b>20.9%</b>	( 17.9% - 24.2% )
College Graduate	<b>12.0%</b>	( 9.9% - 14.5% )	17,590	206	1,569	<b>13.3%</b>	( 10.9% - 16.1% )
<b>Employment Status</b>							
Employed	<b>17.8%</b>	( 15.8% - 19.9% )	59,258	606	3,256	<b>19.8%</b>	( 17.3% - 22.6% )
Unemployed	<b>28%</b>	( 22% - 36% )	10,066	98	345	<b>28%</b>	( 22% - 35% )
Not in Workforce (Student, Homemaker, Retired)	<b>24.0%</b>	( 19.9% - 28.7% )	26,008	285	1,088	<b>21.0%</b>	( 17.0% - 25.6% )
Unable to work	<b>43%</b>	( 33% - 52% )	7,337	106	217	<b>45%</b>	( 38% - 52% )
<b>Marital Status</b>							
Married or Unwed Couple	<b>18.6%</b>	( 16.7% - 20.6% )	61,883	579	2,956	<b>19.5%</b>	( 17.3% - 22.0% )
Divorced/Separated	<b>26.7%</b>	( 22.4% - 31.6% )	14,969	219	847	<b>26.5%</b>	( 19.7% - 34.7% )
Widowed	<b>37%</b>	( 30% - 46% )	6,610	120	308	<b>18%</b>	( 13% - 25% )
Never Married	<b>22.8%</b>	( 17.5% - 29.1% )	19,946	183	790	<b>24.7%</b>	( 19.5% - 30.8% )

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

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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					
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	Age-Adjusted Rate 95% CI	
<b>Healthcare</b>							
<b>Healthcare Coverage</b>							
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% )
<b>Immunization</b>							
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% )
<b>Screening</b>							
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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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	Individuals	n	N	Age-Adjusted Rate	
		95% CI				%	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% )
<b>Diagnoses</b>							
<b>Asthma</b>							
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>							
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					
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	Age-Adjusted Rate 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)	%	Observed Rate	Individuals	n	N	Age-Adjusted Rate		
		95% CI				%	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

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 95% CI	Individuals	n	N	Age-Adjusted Rate % 95% CI

### Appendix

#### 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.