

# Exercise – Moderate and Vigorous Physical Activity

2007	N	Meet recommendations for moderate and vigorous physical activity			Meet recommendations for vigorous physical activity only			Meet recommendations for moderate physical activity only		
		n	Weighted %	95% CI	n	Weighted %	95% CI	n	Weighted %	95% CI
<b>Gender</b>										
Male	1,028	255	30%	25.6 - 35.4	158	16%	12.8 - 20.7	219	18%	15.1 - 21.9
Female	1,265	256	21%	17.6 - 24.0	152	12%	9.9 - 15.3	289	23%	20.1 - 26.8
Total	2,293	511	26%	22.8 - 28.9	310	14%	12.2 - 17.1	508	21%	18.3 - 23.2
<b>Race</b>										
Alaska Native (any mention)	461	74	17%	11.7 - 23.3	66	19%	11.5 - 28.7	97	18%	13.7 - 24.3
Non-Alaska Native	1,822	434	27%	24.2 - 31.1	244	14%	11.5 - 16.3	406	21%	18.2 - 23.6
<b>Age</b>										
18 - 24	155	50	DSU		29	DSU		29	13%	8.2 - 20.7
25 - 34	392	106	30%	22.9 - 37.8	68	15%	10.9 - 19.9	79	21%	15.5 - 27.8
35 - 44	486	108	26%	20.7 - 32.3	64	11%	8.0 - 15.7	99	20%	14.9 - 25.3
45 - 54	567	140	22%	17.5 - 26.6	88	18%	13.4 - 22.7	132	23%	18.2 - 28.3
55 - 64	390	63	21%	15.3 - 29.3	40	12%	7.4 - 17.8	94	19%	14.5 - 24.7
65 or older	280	40	12%	7.9 - 16.7	19	8%	4.7 - 14.7	71	32%	24.8 - 40.9
<b>Education</b>										
Did not graduate High School	155	32	DSU		15	7%	3.5 - 12.3	37	20%	12.7 - 29.9
Graduated High School	681	131	24%	18.6 - 30.1	97	16%	11.1 - 22.3	154	22%	17.5 - 26.5
Attended College or Technical School	676	136	21%	16.6 - 25.7	87	16%	11.6 - 20.7	161	24%	19.5 - 29.3
Graduated from College	776	211	30%	25.0 - 35.4	110	14%	10.7 - 17.6	155	17%	13.6 - 21.2
<b>Income</b>										
Less than \$15K	186	27	12%	7.1 - 19.9	22	DSU		48	20%	12.3 - 30.6
\$15,000 - 24,999	215	40	27%	16.7 - 39.5	12	8%	3.8 - 16.4	51	19%	12.1 - 27.2
\$25,000 - 34,999	216	38	19%	12.3 - 28.7	27	11%	7.0 - 17.2	51	29%	20.9 - 39.2
\$35,000 - 49,999	322	73	28%	19.7 - 38.2	43	11%	7.1 - 15.5	77	21%	15.4 - 28.1
\$50,000 - 74,999	432	102	30%	23.1 - 37.4	61	14%	9.8 - 20.0	92	18%	13.6 - 22.9
\$75K+	691	183	28%	22.8 - 33.2	113	18%	13.9 - 22.7	149	21%	17.0 - 26.0
<b>Region</b>										
Anchorage and Vicinity	488	120	28%	22.8 - 33.0	65	14%	10.6 - 18.8	114	21%	17.1 - 25.1
Gulf Coast	473	107	26%	20.8 - 31.2	56	13%	9.5 - 16.9	114	22%	18.1 - 26.7
Southeast	460	96	22%	17.8 - 27.1	62	15%	11.4 - 19.2	99	21%	16.8 - 24.9
Rural	410	69	16%	12.4 - 20.8	59	15%	11.2 - 20.5	83	20%	15.4 - 24.5
Fairbanks and Vicinity	462	119	27%	22.3 - 31.6	68	16%	12.3 - 20.3	98	19%	15.7 - 23.9

Risk Factors

# Exercise – Moderate and Vigorous Physical Activity (continued)

	N	Insufficient activity to meet moderate or vigorous recommendations			No moderate or vigorous physical activity		
		n	Weighted %	95% CI	n	Weighted %	95% CI
<b>Gender</b>							
Male	1,028	289	26%	21.7 - 29.9	107	10%	6.9 - 12.9
Female	1,265	427	34%	30.6 - 38.3	141	9%	7.2 - 12.1
Total	2,293	716	30%	27.0 - 32.7	248	9%	7.7 - 11.5
<b>Race</b>							
Alaska Native (any mention)	461	136	31%	24.3 - 38.7	88	15%	10.6 - 21.3
Non-Alaska Native	1,822	578	30%	26.6 - 32.9	160	8%	6.5 - 10.7
<b>Age</b>							
18 - 24	155	34	21%	13.3 - 30.6	13	8%	3.8 - 15.6
25 - 34	392	112	30%	23.4 - 38.2	27	4%	2.6 - 6.1
35 - 44	486	171	35%	29.5 - 41.5	44	8%	4.8 - 12.4
45 - 54	567	162	28%	23.2 - 34.0	45	10%	5.4 - 16.3
55 - 64	390	138	36%	28.9 - 43.3	55	12%	8.2 - 17.4
65 or older	280	91	27%	20.4 - 33.8	59	21%	15.2 - 28.6
<b>Education</b>							
Did not graduate High School	155	39	DSU		32	DSU	
Graduated High School	681	200	28%	22.9 - 33.2	99	11%	8.2 - 13.9
Attended College or Technical School	676	218	30%	24.9 - 34.9	74	10%	6.5 - 14.8
Graduated from College	776	259	33%	28.3 - 38.5	41	6%	3.8 - 9.4
<b>Income</b>							
Less than \$15K	186	50	22%	14.2 - 33.5	39	DSU	
\$15,000 - 24,999	215	76	DSU		36	14%	8.7 - 22.1
\$25,000 - 34,999	216	71	28%	20.6 - 38.0	29	12%	7.3 - 19.1
\$35,000 - 49,999	322	104	32%	24.5 - 39.7	25	9%	5.1 - 14.9
\$50,000 - 74,999	432	139	32%	26.0 - 39.5	38	6%	4.0 - 8.8
\$75K+	691	211	29%	24.0 - 33.8	35	5%	2.6 - 7.7
<b>Region</b>							
Anchorage and Vicinity	488	146	29%	24.2 - 33.8	43	9%	5.9 - 12.4
Gulf Coast	473	155	32%	27.6 - 37.8	41	7%	4.9 - 10.0
Southeast	460	158	33%	28.6 - 38.4	45	9%	6.5 - 12.6
Rural	410	128	32%	26.4 - 37.6	71	17%	13.2 - 22.5
Fairbanks and Vicinity	462	129	28%	23.3 - 32.3	48	10%	7.5 - 14.1

**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 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.

**DSU** = Data Statistically Unreliable