

Exercise – 2008 Physical Activity Guidelines for Americans

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:		
	Observed Rate			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	#	%	95% CI	
Total	74.4%	(71.7% - 76.9%)	348,013	1,536	2,195		73.2%	(70.5% - 75.7%)	
Demographics									
Gender									
Female	69.6%	(65.8% - 73.1%)	155,063	793	1,194		68.3%	(64.5% - 71.9%)	
Male	78.9%	(75.1% - 82.2%)	192,950	743	1,001		77.7%	(74.0% - 81.1%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	87%	(79% - 92%)	58,775	108	134		NA	(NA - NA)	
Persons aged 25 to 34 years	76%	(68% - 82%)	70,343	232	299		NA	(NA - NA)	
Persons aged 35 to 44 years	76%	(70% - 82%)	68,970	300	404		NA	(NA - NA)	
Persons aged 45 to 64 years	71.7%	(67.9% - 75.3%)	120,004	687	996		NA	(NA - NA)	
Persons aged 65 years and older	59%	(51% - 66%)	27,445	192	342		NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	68%	(61% - 75%)	44,014	244	378		65%	(58% - 71%)	
Asian or Pacific Islander	70%	(50% - 85%)	10,260	41	55	1	65%	(48% - 79%)	
Asian	DSU	(DSU - DSU)	DSU	DSU	44	1	DSU	(DSU - DSU)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	11	1	DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	35	3	DSU	(DSU - DSU)	
White	75.9%	(72.9% - 78.7%)	271,099	1,169	1,640		75.1%	(72.1% - 77.8%)	
Hispanic or Latino	59%	(41% - 75%)	8,984	38	58		56%	(39% - 72%)	
Not Hispanic or Latino	74.9%	(72.2% - 77.5%)	337,144	1,488	2,120		73.7%	(71.0% - 76.2%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	75.8%	(72.7% - 78.7%)	259,665	1,126	1,578		75.0%	(71.9% - 77.9%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

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Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:	
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Alaska Native								
Yes	69%	(62% - 75%)	50,183	268	413		65%	(59% - 71%)
No	75.3%	(72.4% - 78.1%)	295,083	1,257	1,767		74.4%	(71.4% - 77.1%)
Geographic Location								
Anchorage & Vicinity	75%	(71% - 79%)	190,883	327	475		74%	(69% - 78%)
Fairbanks & Vicinity	78%	(73% - 82%)	55,086	341	467		76%	(72% - 80%)
Gulf Coast	69%	(64% - 74%)	35,582	289	427		70%	(65% - 75%)
Rural	72%	(66% - 77%)	29,339	246	362		68%	(62% - 74%)
Southeast	73%	(68% - 78%)	36,613	333	464		72%	(67% - 77%)
Urban/Rural								
Metropolitan Statistical Area	75.6%	(71.9% - 79.0%)	238,937	641	909		74.2%	(70.5% - 77.6%)
Micropolitan Statistical Area & Urban Clusters	70.5%	(66.2% - 74.4%)	57,987	482	705		69.8%	(65.7% - 73.7%)
Rural	73.7%	(69.3% - 77.6%)	51,090	413	581		73.0%	(68.7% - 76.8%)
Education Level (persons aged 25 years and older)								
Less than high school	61%	(48% - 73%)	13,154	74	123		62%	(49% - 73%)
High school graduate	64.2%	(58.4% - 69.6%)	69,843	390	596		63.3%	(57.4% - 68.8%)
At least some college	75.4%	(70.5% - 79.6%)	93,275	448	627		73.6%	(68.7% - 78.0%)
College Graduate	77.6%	(73.2% - 81.5%)	113,022	516	713		76.8%	(72.1% - 80.9%)
Employment Status								
Employed	77.6%	(74.3% - 80.6%)	238,997	1,030	1,381		76.0%	(71.9% - 79.7%)
Unemployed	77%	(69% - 83%)	34,237	144	205		67%	(59% - 74%)
Not in Workforce (Student, Homemaker, Retired)	70.4%	(64.3% - 75.9%)	67,536	322	503		71.0%	(65.0% - 77.0%)
Unable to work	32%	(19% - 48%)	5,060	31	91		51%	(41% - 60%)

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

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Population at Risk (See Appendix)	Response:		2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.				Age-Adjusted Rate	
	%	95% CI	Observed Rate		Yes		%	95% CI
			Individuals	n	N #			
Marital Status								
Married or Unwed Couple	76.8%	(73.6% - 79.8%)	211,035	896	1,221	75.1%	(70.6% - 79.2%)	
Divorced/Separated	51%	(39% - 63%)	9,032	77	155	75%	(67% - 82%)	
Widowed	62%	(54% - 69%)	33,681	240	383	67%	(59% - 74%)	
Never Married	80%	(72% - 86%)	71,939	223	301	65%	(57% - 73%)	
Income Level								
<\$15,000	63%	(52% - 74%)	18,085	98	172	63%	(54% - 72%)	
\$15,000 - \$24,999	69%	(57% - 79%)	26,164	134	214	65%	(57% - 73%)	
\$25,000 - \$49,999	68%	(61% - 74%)	63,152	293	447	67%	(60% - 73%)	
\$50,000 - \$74,999	73%	(67% - 79%)	53,489	268	375	73%	(65% - 79%)	
\$75,000	81.9%	(78.0% - 85.2%)	138,551	569	730	80.7%	(76.0% - 84.7%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	75%	(62% - 85%)	24,787	98	146	66%	(54% - 75%)	
Near Poor (100% to 199% Poverty Threshold)	65%	(57% - 73%)	34,999	162	266	64%	(56% - 71%)	
Middle/High Income (>=200% Poverty Threshold)	76.0%	(72.9% - 78.8%)	239,431	1,102	1,526	75.6%	(72.2% - 78.6%)	
Below Poverty Guidelines								
Yes	72%	(61% - 81%)	31,317	130	197	67%	(57% - 75%)	
No	74.8%	(71.8% - 77.6%)	268,175	1,232	1,741	74.4%	(71.3% - 77.2%)	
Veteran								
Yes	78%	(72% - 83%)	65,925	287	397	79%	(73% - 84%)	
No	73.7%	(70.6% - 76.5%)	281,877	1,247	1,793	71.8%	(68.8% - 74.6%)	

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
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Screening Question: **2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.**

Population at Risk (See Appendix)	Response:		Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Health Status							
General Health							
Excellent to Very Good	81.0%	(77.6% - 83.9%)	223,750	917	1,177	79.5%	(76.1% - 82.5%)
Good	66.8%	(61.3% - 71.9%)	92,320	451	697	66.5%	(61.3% - 71.4%)
Fair/Poor	59%	(51% - 67%)	30,223	161	312	63%	(54% - 70%)
Healthy Days (Mean Number of Days)							
Physical Health Not Good	2.2	(1.8 - 2.6)			1511	2.3	(1.9 - 2.7)
Mental Health Not Good	2.3	(1.8 - 2.7)			1499	2.2	(1.8 - 2.6)
Unhealthy Days (Physical or Mental Health Not Good)	4.3	(3.7 - 4.9)			1485	4.3	(3.7 - 4.9)
Days with Activity Limitation	1.4	(1.1 - 1.7)			1521	1.4	(1.1 - 1.7)
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	58%	(49% - 66%)	19,835	100	207	60%	(49% - 69%)
Mental Health Not Good	61%	(50% - 71%)	19,926	96	170	60%	(51% - 69%)
Unhealthy Days (Physical or Mental Health Not Good)	66%	(58% - 72%)	42,015	193	338	66%	(59% - 72%)
Activity Limitation	51%	(40% - 63%)	11,753	65	144	57%	(46% - 67%)
Disability							
Disabled							
Yes	68.5%	(62.7% - 73.8%)	72,068	321	532	71.3%	(65.9% - 76.2%)
No	76.2%	(73.1% - 79.0%)	271,882	1,198	1,636	75.2%	(72.1% - 78.0%)
Activity Limitation							
Yes	69.2%	(63.3% - 74.6%)	68,827	303	504	71.9%	(66.5% - 76.8%)
No	75.8%	(72.7% - 78.7%)	275,302	1,217	1,667	74.6%	(71.6% - 77.5%)

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

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Population at Risk (See Appendix)	Response:		2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.				Age-Adjusted Rate	
	%	95% CI	Yes			%	95% CI	
			Observed Rate	n	N #			
Require Special Equipment								
Yes	55%	(44% - 66%)	13,752	68	140	53%	(41% - 65%)	
No	75.6%	(72.8% - 78.1%)	334,100	1,467	2,051	74.2%	(71.5% - 76.8%)	
Mental Health								
Social and Emotional Support								
Always/Usually	77.0%	(74.0% - 79.7%)	281,292	1,212	1,669	75.8%	(72.9% - 78.6%)	
Sometimes/Rarely/Never	65%	(58% - 71%)	59,849	297	483	64%	(58% - 70%)	
Life Satisfaction								
Very Satisfied / Satisfied	75.1%	(72.4% - 77.7%)	330,017	1,468	2,073	73.9%	(71.2% - 76.5%)	
Dissatisfied / Very Dissatisfied	55%	(39% - 70%)	9,819	47	86	54%	(39% - 68%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	75.5%	(72.7% - 78.2%)	287,661	1,274	1,800	74.9%	(72.1% - 77.6%)	
No	68%	(60% - 75%)	54,104	252	380	57%	(51% - 64%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	75.8%	(71.6% - 79.5%)	133,832	576	846	76.7%	(72.7% - 80.3%)	
No	73.6%	(70.0% - 76.9%)	211,499	948	1,329	70.9%	(67.3% - 74.2%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	67.5%	(61.9% - 72.6%)	63,912	326	545	71.9%	(65.6% - 77.5%)	
No	75.7%	(72.2% - 78.8%)	230,288	1,021	1,388	73.4%	(69.7% - 76.8%)	

Risk Factors

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	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	76.6%	(72.5% - 80.3%)	155,075	636	872		76.0%	(72.1% - 79.6%)
No	75.0%	(70.6% - 78.9%)	149,771	640	894		73.0%	(68.0% - 77.4%)
Diagnoses								
Arthritis								
Arthritis								
Yes	68.0%	(62.5% - 72.9%)	73,659	403	648		72.0%	(65.3% - 77.8%)
No	76.5%	(73.4% - 79.4%)	272,516	1,124	1,532		74.5%	(71.2% - 77.6%)
Asthma								
Asthma Diagnosis								
Yes	77%	(71% - 83%)	53,399	218	311		75%	(68% - 80%)
No	74.0%	(71.0% - 76.8%)	293,694	1,314	1,878		73.0%	(70.0% - 75.8%)
Current Asthma								
Yes	77%	(68% - 84%)	32,980	135	192		76%	(68% - 82%)
No	81%	(70% - 88%)	19,322	73	103		77%	(66% - 85%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	59%	(47% - 70%)	11,836	64	124		62%	(41% - 79%)
No	75.2%	(72.4% - 77.8%)	332,394	1,455	2,045		73.4%	(70.6% - 76.1%)
Heart Attack (Myocardial Infarction)								
Yes	60%	(46% - 72%)	8,032	44	86		57%	(32% - 79%)
No	74.9%	(72.1% - 77.4%)	338,266	1,482	2,097		73.5%	(70.7% - 76.1%)

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

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	%	95% CI	Observed Rate		Yes		%	95% CI
			Individuals	n	N #			
Coronary Heart Disease (Angina)								
Yes	58%	(43% - 72%)	7,526	40	81	78%	(70% - 84%)	
No	75.0%	(72.2% - 77.5%)	337,665	1,487	2,097	73.3%	(70.5% - 76.0%)	
Stroke								
Yes	56%	(40% - 70%)	4,108	30	61	52%	(33% - 70%)	
No	74.8%	(72.1% - 77.3%)	343,646	1,502	2,128	73.5%	(70.8% - 76.1%)	
Diabetes								
Nongestational Diabetes								
Yes	63%	(53% - 73%)	17,591	88	162	71%	(55% - 83%)	
No	75.1%	(72.3% - 77.7%)	329,425	1,444	2,027	73.8%	(70.9% - 76.4%)	
Pre-Diabetes								
Yes	60%	(50% - 70%)	21,698	115	194	61%	(50% - 71%)	
No	76.5%	(73.6% - 79.1%)	308,082	1,331	1,834	74.8%	(71.9% - 77.4%)	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	77%	(71% - 83%)	66,152	276	373	70%	(63% - 76%)	
No	73.5%	(70.4% - 76.3%)	274,014	1,237	1,787	72.8%	(69.8% - 75.6%)	
Heavy Drinking								
Yes	73%	(62% - 82%)	21,651	105	152	68%	(57% - 78%)	
No	74.4%	(71.6% - 77.1%)	317,343	1,394	1,983	73.3%	(70.5% - 75.9%)	

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

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	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.							
Hypercholesterolemia							
High Cholesterol							
Yes	63.6%	(58.4% - 68.6%)	74,403	430	691	59.5%	(50.5% - 67.9%)
No	81.5%	(77.9% - 84.5%)	180,372	772	1,003	80.0%	(76.2% - 83.4%)
Hypertension							
High Blood Pressure							
Yes	66.0%	(61.0% - 70.6%)	80,361	430	699	69.7%	(63.2% - 75.5%)
No	77.4%	(74.2% - 80.3%)	265,938	1,097	1,482	75.1%	(71.7% - 78.2%)
Nutrition							
Fruit and Vegetable Index							
<1 Per Day or Never	54%	(40% - 67%)	15,345	59	120	52%	(41% - 63%)
1 to <3 Times Per Day	67.1%	(62.0% - 71.8%)	107,767	489	762	65.6%	(60.7% - 70.2%)
3 to <5 Times Per Day	77.2%	(73.0% - 81.0%)	130,396	579	801	76.4%	(72.1% - 80.3%)
5 Or More Times Per Day	86.4%	(82.4% - 89.5%)	94,536	408	509	85.2%	(81.3% - 88.3%)
Physical Activity							
Physical Activity Recommendations (2008)							
Active	100.0%	(0.0% - 0.0%)	348,013	1,536	1,536	100.0%	(0.0% - 0.0%)
Insufficient	0%	(0% - 0%)	0	0	424	0%	(0% - 0%)
Inactive	0%	(0% - 0%)	0	0	235	0%	(0% - 0%)
Leisure Time Exercise							
Yes	82.3%	(79.7% - 84.7%)	301,285	1,337	1,701	81.0%	(78.4% - 83.4%)
No	46%	(39% - 53%)	46,569	195	490	45%	(39% - 52%)

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	Observed Rate		Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N #	%	95% CI	
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	71%	(64% - 77%)	58,784	274	402	71%	(64% - 77%)	
No	75.9%	(73.0% - 78.6%)	267,173	1,186	1,663	74.3%	(71.4% - 77.0%)	
Unwanted Sexual Activity								
Yes	66%	(58% - 73%)	37,707	212	315	65%	(58% - 72%)	
No	75.9%	(73.0% - 78.7%)	287,585	1,249	1,754	74.6%	(71.7% - 77.3%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	68%	(61% - 74%)	62,334	317	481	65%	(59% - 71%)	
No	76.5%	(73.5% - 79.2%)	263,944	1,149	1,598	75.5%	(72.6% - 78.2%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	76%	(65% - 85%)	19,754	74	115	66%	(56% - 75%)	
No	74.5%	(71.6% - 77.1%)	305,893	1,390	1,962	73.7%	(70.8% - 76.3%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	70%	(64% - 76%)	66,134	296	463	63%	(58% - 68%)	
Former Smoker	76.0%	(71.2% - 80.2%)	98,760	486	686	77.2%	(72.1% - 81.7%)	
Never Smoked	75.0%	(71.0% - 78.6%)	179,525	739	1,027	72.6%	(68.7% - 76.2%)	
Smokeless Tobacco Status								
Current User	70%	(56% - 81%)	14,064	66	96	71%	(57% - 81%)	
Former User	83%	(76% - 88%)	71,238	270	354	81%	(74% - 86%)	
Never Used	72.5%	(69.4% - 75.5%)	249,979	1,159	1,680	71.6%	(68.4% - 74.6%)	

Risk Factors

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	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	80.0%	(75.5% - 83.9%)	133,265	546	718	77.5%	(73.3% - 81.3%)
Overweight (BMI 25 to 30)	76.0%	(71.6% - 79.9%)	130,382	578	799	75.7%	(71.4% - 79.6%)
Obese (BMI ≥30)	64.5%	(59.0% - 69.6%)	74,499	366	611	61.2%	(55.2% - 67.0%)
Obese I (BMI 30 TO < 35)	65%	(58% - 71%)	48,775	246	398	61%	(53% - 69%)
Obese II & III (BMI ≥35)	64%	(55% - 73%)	25,896	120	213	62%	(53% - 70%)