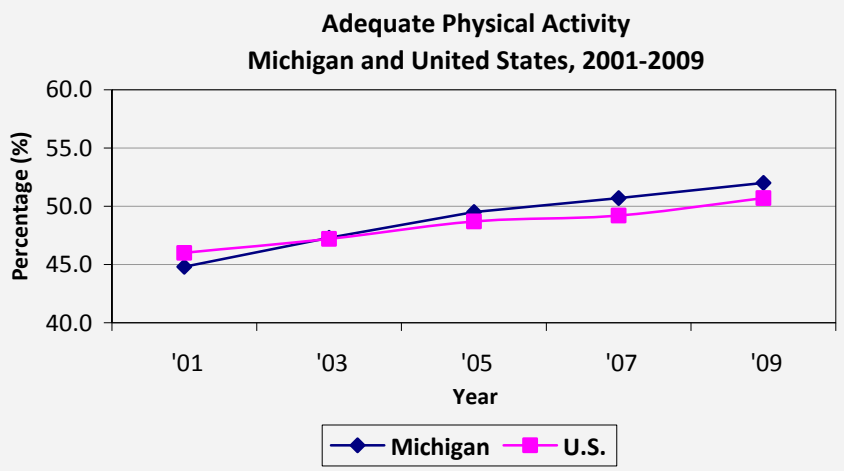
Physical Activity

Indicator Definition: Percentage of adults meeting the recommendation for moderate physical activity (at least 5 days a week for 30 minutes a day of moderate-intensity activity or at least 3 days a week for 20 minutes a day of vigorous-intensity activity).

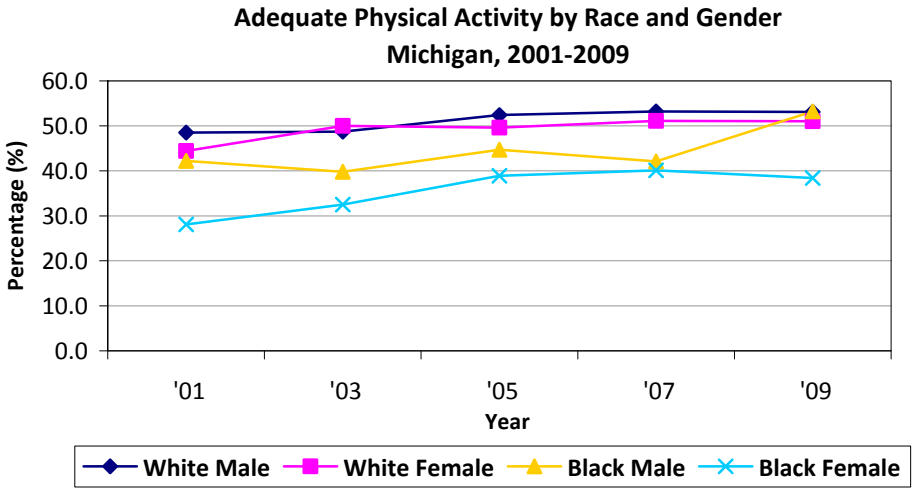
Indicator Overview:

- Regular physical activity is an important contributor to health, yet fewer than 50 percent of people in the United States report engaging in moderate physical activity. The CDC report, *Physical Activity and Health: Report of the Surgeon General*, described numerous associations between physical activity and various health outcomes, such as:
- Moderate to higher levels of regular physical activity lowers mortality rates for both older and younger adults.
- Regular physical activity is associated with decreased risk of developing conditions such as diabetes, colon cancer, and high blood pressure.
- Regular physical activity reduces feelings of depression and anxiety; helps control weight; helps build and maintain healthy bones, muscles, and joints; helps older adults become stronger and better able to move about; and promotes psychological well-being.



← **Trends:** Since 2001, the median prevalence of adequate physical activity for the United States has increased from 46.0% to 50.7% in 2009. In addition, the prevalence of adequate physical activity among Michigan adults has also increased significantly over the same time period (2001: 44.8% vs. 2009: 52.0%).

→ **Health Disparities:** The gender and racial disparities in the prevalence of adequate physical activity have diminished slightly over the past several years, particularly among Black males. Black females continue to report a significantly lower prevalence of adequate physical activity when compared to the three other gender-race groups. In 2009, 53.2% of Black males reported adequate physical activity, followed by White males at 53.1%, White females at 51.0%, and Black females at 38.4%.



Links to Other Sources of Information:

Michigan Department of Community Health. Michigan Behavioral Risk Factor Surveillance System, 2001-2009. (www.michigan.gov/brfs)

Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data.* Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2001-2009. (www.cdc.gov/brfss)

Links to Related Public Health Programs:

Michigan Nutrition, Physical Activity & Obesity Program: http://www.michigan.gov/preventobesity

Michigan Complete Streets: http://michigancompletestreets.com/

Safe Routes to School: http://www.saferoutesmichigan.org/

Healthy Communities: www.michigan.gov/healthycommunities

Healthy Kids, Healthy Michigan: http://www.americanheart.org/healthykidshealthymichigan