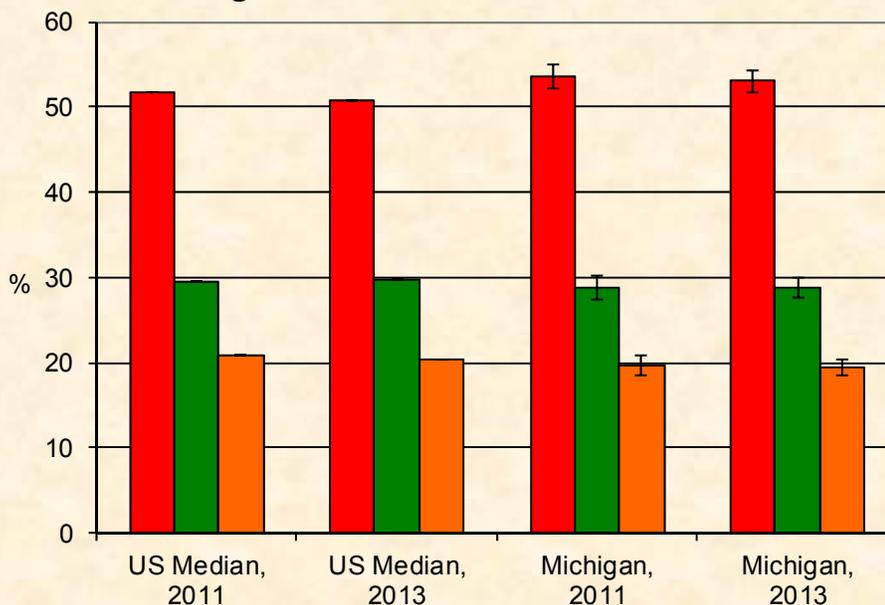




- In 2011 and 2013, about one quarter of Michigan adults (18 years and older) reported that they did not perform any leisure-time physical activity (i.e., non-work physical activities or exercise) during the past month.
- Physical activity is one of the most important healthful behaviors that may reduce risk of complications due to chronic conditions such as diabetes, cardiovascular disease (CVD), high blood pressure, and obesity.¹ In 2013, 30% of Michigan adults with at least one of these chronic conditions reported no leisure-time physical activity in the past month, while about 20% of adults with no chronic conditions reported no leisure-time physical activity in the past month.
- The 2008 Physical Activity Guidelines for Americans recommend that adults participate in 1) adequate aerobic activity (defined as moderate physical activity for at least 150 minutes per week, vigorous physical activity for at least 75 minutes per week, or an equivalent combination of moderate and vigorous physical activity) and also participate in 2) adequate muscle strengthening (defined as muscle strengthening activities on two or more days per week).² Meeting both guidelines is defined as adequate physical activity.
- Increasing the proportion of adults who meet the physical activity guidelines is one of Healthy People 2020's Leading Health Indicators, which are selected specifically to communicate high-priority health issues for action.³
- This fact sheet compares the Michigan Behavioral Risk Factor Surveillance System physical activity results 2011 and 2013 for those who did participate in some form of physical activity based on the 2008 Physical Activity Guidelines.

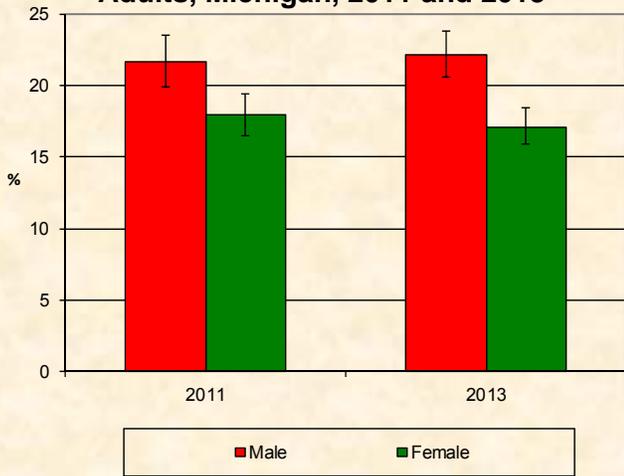
**Physical Activity among Adults,
Michigan and United States, 2011 and 2013**



- More than half of the adults in Michigan, as well as the United States, reported meeting the aerobic component recommendation for 2011 and 2013.
- About 30% of adults in Michigan, as well as the United States, reported adequate muscle strengthening for both years.
- In 2011 and 2013, nearly one in five Michigan adults reported meeting the 2008 Guidelines for adequate physical activity (19.7% and 19.5%, respectively).

■ Adequate Aerobic Physical Activity ■ Adequate Muscle Strengthening ■ Adequate Physical Activity

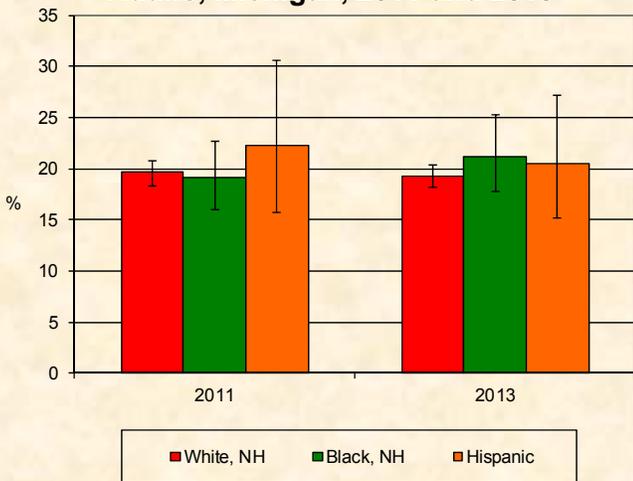
Adequate Physical Activity by Gender, Adults, Michigan, 2011 and 2013



Source: MiBRFSS [www.michigan.gov/brfs]

- A higher percentage of adult males compared to females reported meeting the 2008 Guidelines in 2011 (21.6% and 17.9%, respectively).
- The 2013 percentages of males and females who reported meeting the Guidelines were comparable to the 2011 estimates (22.1% and 17.1%, respectively).

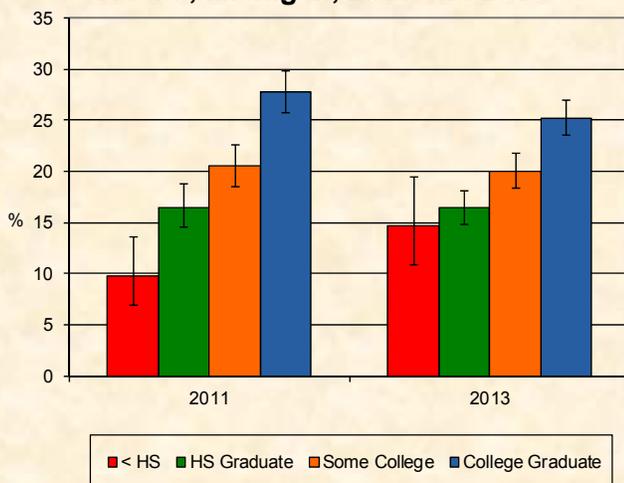
Adequate Physical Activity by Race/Ethnicity, Adults, Michigan, 2011 and 2013



Source: MiBRFSS [www.michigan.gov/brfs]

- In 2011 and 2013, approximately one in five Michigan adults who were either non-Hispanic White or Black adults reported meeting the 2008 Guidelines.

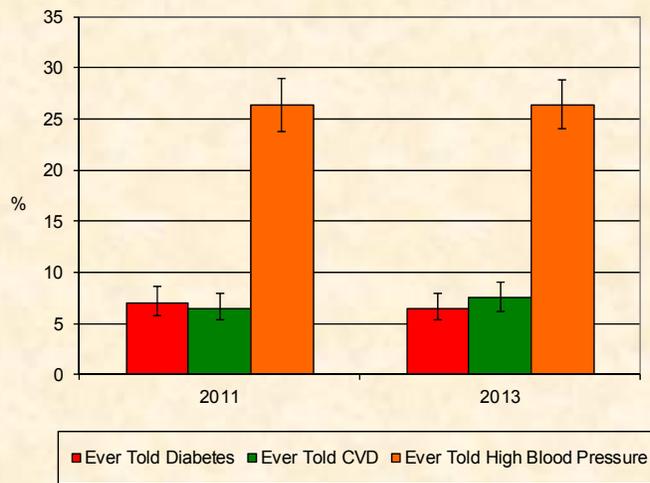
Adequate Physical Activity by Education, Adults, Michigan, 2011 and 2013



Source: MiBRFSS [www.michigan.gov/brfs]

- Adequate physical activity increased by increasing education level in both 2011 and 2013.
- The prevalence estimates were similar for corresponding educational levels: high school graduate, some college, and college graduate.

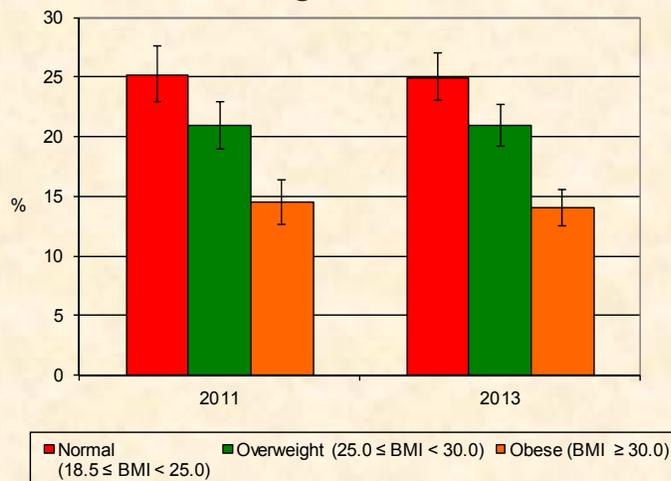
Chronic Disease Prevalence Estimates Among Those Who Met Guidelines, Adults, Michigan, 2011 and 2013



Source: MiBRFSS [www.michigan.gov/brfs]

- In 2013, diabetes, CVD, and high blood pressure prevalence estimates were lower among Michigan adults who reported meeting the Guidelines (6.5%, 7.5%, and 26.3%, respectively) than the corresponding prevalence estimates among those who did not meeting the Guidelines (11.1%, 10.7%, 36.6%, respectively, data not shown).
- Similar differences were observed in 2011.

Adequate Physical Activity by Weight Status, Adults, Michigan, 2011 and 2013



Source: MiBRFSS [www.michigan.gov/brfs]

- Adequate physical activity decreased with increasing weight status among Michigan adults in 2013. The prevalence of adequate physical activity was about 25% among adults classified as normal BMI, 20% among those classified as overweight, and 14% among those classified as obese.
- There was no evidence of changes in the estimates between the two years.

References:

1. Kruk J. Physical Activity in the Prevention of the Most Frequent Chronic Diseases: an Analysis of Recent Evidence. *Asian Pacific J of Cancer Prev.* 2007; 8:325-338.
2. US Department of Health and Human Services. 2008 physical activity guidelines for Americans. Hyattsville, MD: US Department of Health and Human Services; 2008. Available on-line at <http://www.health.gov/paguidelines>.
3. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. Healthy People 2020. Washington, DC Physical Activity Available on-line at <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=33> Accessed October 2014.

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