



MiNPAO

Michigan's Nutrition, Physical
Activity and Obesity Program

PHYSICAL ACTIVITY AMONG MICHIGAN ADULTS (2011)

- The 2008 Physical Activity Guidelines for Americans recommend that adults participate in 1) 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) muscle strengthening activities on two or more days per week.¹
- Increasing the proportion of adults who meet these guidelines is one of Healthy People 2020's physical activity objectives.² This objective was chosen as one of Healthy People's Leading Health Indicators, which are selected, specifically, to communicate high-priority health issues that require actions taken to address them.
- In 2011, the Behavioral Risk Factor Surveillance System included new questions to assess how closely adults are meeting these new guidelines.

- In 2011, nearly one in five Michigan adults (19.7%) met both the aerobic and muscle strengthening components of the 2008 Physical Activity Guidelines.
- A higher percentage of Michigan adult males (21.6%) reported meeting the Guidelines than females (17.9%).
- In Michigan, adequate physical activity prevalence were comparable among non-Hispanic White and non-Hispanic Black adults (19.6% and 19.1%, respectively).
- The prevalence of Michigan adults who reported adequate physical activity increased with education level: 9.8% of adults with less than a high school education, 16.5% of adults with a high school diploma, 20.5% of adults with some college education, and 27.7% of adults who were at least college graduates.

- Physical activity is one of the most important lifestyle behaviors that may reduce risk of various chronic conditions.³
- Among Michigan adults who reported meeting the 2008 Guidelines, 7.0% reported having diabetes, 6.5% reported having cardiovascular disease, and 26.3% reported having high blood pressure in 2011. The general adult Michigan population had higher prevalence of diabetes, CVD, and high blood pressure than those who met the Guidelines (10.0%, 9.5%, and 34.2%, respectively).
- Adequate physical activity decreased with increasing weight status. In 2011, 25.2% of Michigan adults who were classified as having normal BMI, 20.9% classified as overweight, and only 14.5% classified as obese reported meeting both the aerobic and muscle strengthening components.

References:

1. 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>.
2. 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 April 2014.
3. 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.

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