



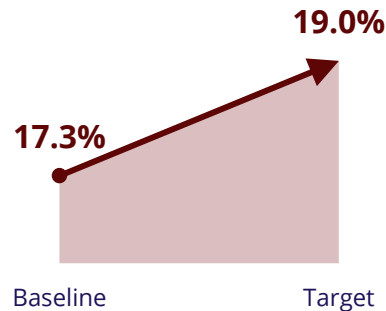
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OBJECTIVE SEVEN

Increase the percent of Michigan adults over 18 who have ever been diagnosed with cancer who meet the objectives for **aerobic physical activity** and for **muscle-strengthening activity**.

Data Target

Increase percent from 17.3% to 19.0%.



Strategies

- Educate survivors on the benefits of physical activity to support the prevention of new or recurring cancers or to treat the side effects of cancer or its treatment.
- Educate survivors and providers on the importance of referrals to physical therapists for safe and appropriate exercise prescription.
- Educate providers on current physical activity guidelines for people in cancer treatment and post-treatment survivorship and encourage them to refer survivors to behavioral support interventions to assist them in adopting and maintaining a physically active lifestyle (i.e. short-term supervised exercise, motivational interviewing, and support groups).

Disparity Spotlight, *Inadequate Physical Activity*



NO SIGNIFICANT DISPARITY



SIGNIFICANT DISPARITY



DATA SUPPRESSED OR NOT AVAILABLE

RACE & ETHNICITY	
Comparison: White	
African American	✓
Native American	●
Asian/Pacific Islander	●
Hispanic	●
Arab	●
SEXUAL ORIENTATION/ GENDER IDENTITY	
Comparison: Straight	
Gay/Lesbian	●
Trans	●
EDUCATION	
Comparison: Some College or More	
High School Diploma or Less	—

INSURANCE	
Comparison: Privately Insured	
Uninsured	—
Medicaid	—
INCOME	
Comparison: More than \$50k	
Less than \$50k	—
POPULATION DENSITY	
Comparison: Suburb	
Rural	✓
Urban	✓

Data Source: 2017 Michigan Behavioral Risk Factor Survey