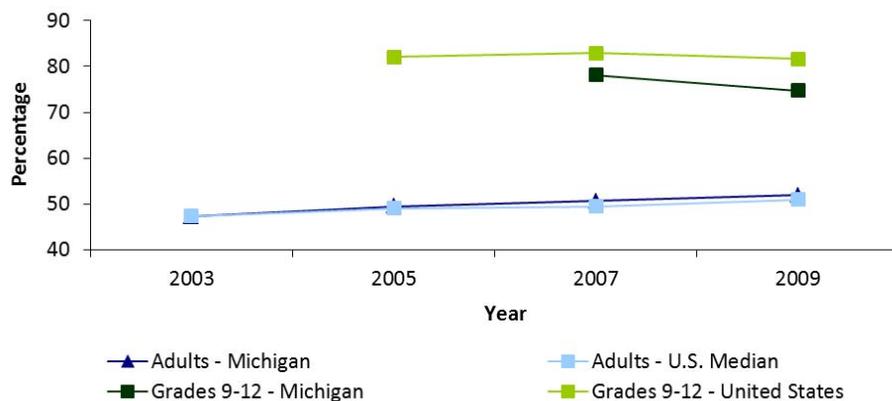


**Indicator Definition:** Percentage of adults and children (grades 9-12) meeting the current recommendation for physical activity.

**Indicator Overview:**

- 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.

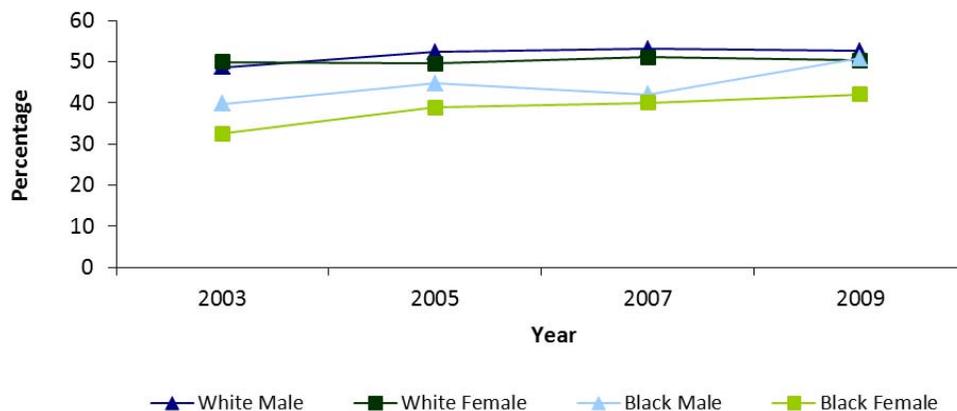
**Sufficient Physical Activity Among Adults and Children Grades 9-12, Michigan and the United States, 2003-2009**



← **Trends:** Since 2003, the prevalence of adequate physical activity among adults in the United States has increased from 47.3 percent to 52 percent in 2009. Michigan adults follow a similar trend, increasing from 47.4 percent in 2003 to 51 percent in 2009. In contrast, sufficient physical activity has dropped slightly among United States adolescents, grades 9-12, from 82.1 to 81.6 percent. Michigan data for grades 9-12, only available for 2007 and 2009, reflect a more drastic drop, from 78.1 to 74.7 percent.

→ **Health Disparities:** 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, 52.6 percent of White males reported adequate physical activity, followed by Black males at 50.8 percent, White females at 50.3 percent, and Black females at 42.1 percent.

**Sufficient Physical Activity Among Michigan Adults, By Race and Gender, 2003-2009**



**Links to Other Sources of Information:**

Michigan Behavioral Risk Factor Surveillance System: <http://www.michigan.gov/brfs>  
 Behavioral Risk Factor Surveillance System Survey Data, CDC: <http://www.cdc.gov/brfss>  
 Youth Risk Behavior Surveillance System, CDC: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

**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: <http://www.michigan.gov/healthycommunities>