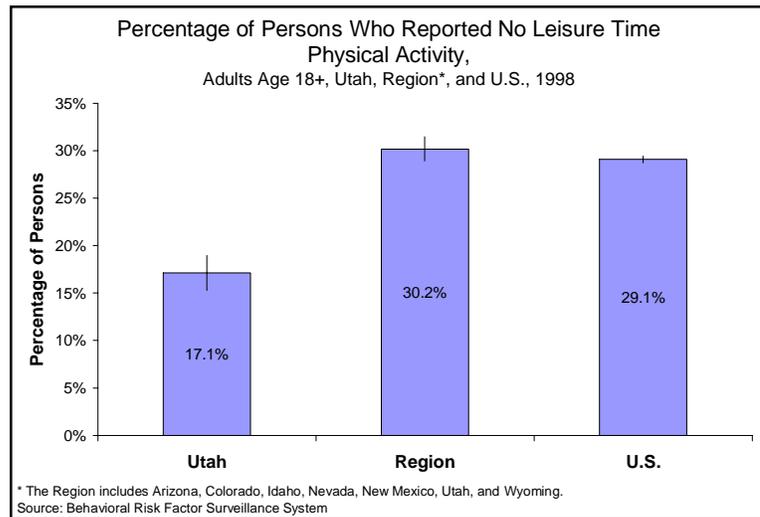


Physical Inactivity

Question: *The next questions are about exercise, recreation, or physical activities other than your regular job duties. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?*

For this report, physical inactivity is defined as no leisure time physical activity. Approximately 300,000 deaths each year in the U.S. are attributable to the combined effect of physical inactivity and poor nutrition. The public health burden of physical inactivity has been highlighted in several recent reports, including the 1996 Surgeon General's Report on Physical Activity and Health.



- In Utah, the percentage of persons who reported no leisure time physical activity decreased from 22.1% in 1989 to 17.4% in 1999. This was a statistically significant downward linear trend for Utah. There was also a significant non-linear trend in Utah reflected in the changes in direction for this measure over the years reported.
- In the Region, there was an overall increase in the percentage of persons who reported no leisure time physical activity from 26.0% in 1989 to 30.2% in 1998. The magnitude of this trend was greater from 1994 to 1999 than for earlier years.
- The U.S. showed a slight but significant decrease in the percentage of persons who reported no leisure time physical activity between 1989 and 1998. However, there were some significant changes in the direction of this trend and leveling since 1994.
- For all years, a significantly smaller percentage of Utahns reported no leisure time physical activity than did adults in the U.S. as a whole.
- Utah did not reach the Healthy People 2000 objective of 15% for the percentage of persons who reported no leisure time physical activity.

Utah Objective: No objective listed.

HP2000 Goal 1.5: Reduce to no more than 15% the proportion of people aged 6 and older who engage in no leisure time physical activity.

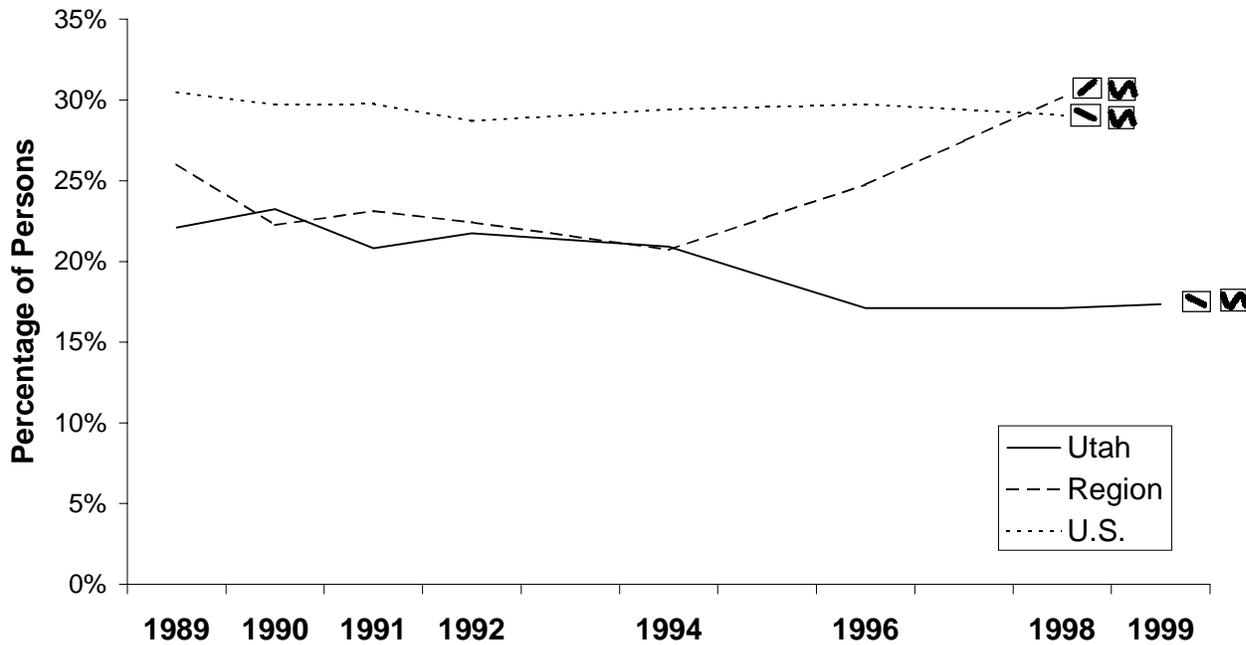
HP2010 Goal 22-1: Reduce the proportion of adults who engage in no leisure time physical activity to 20%.

CDI 63: Leisure time physical inactivity among adults (percent of respondents age 18 years or older who report no leisure time physical activity within the past month).

CHSI: Sedentary Lifestyle: No regular or sustained physical activity in the past month.

Physical Inactivity

Percentage of Persons Who Reported No Leisure Time Physical Activity, Adults Age 18+, Utah, Region*, and U.S., 1989-1992, 1994, 1996, 1998, Utah only 1999



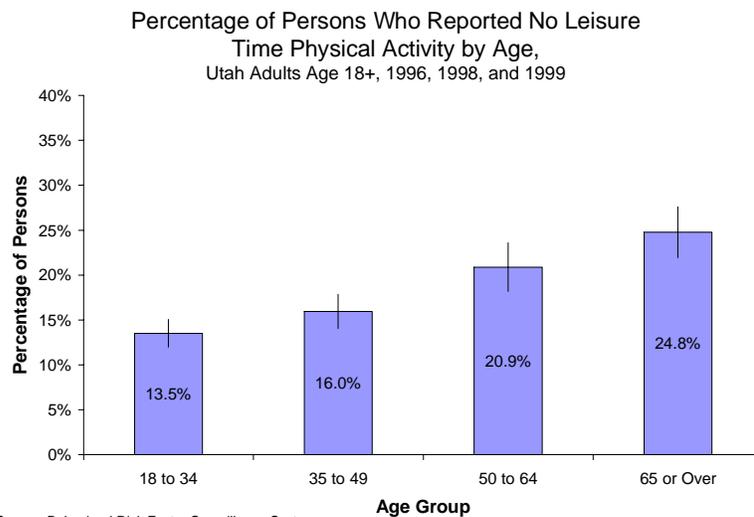
* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.
 Not all states participated in the BRFSS until 1994 (see Appendix A)
 Source: Behavioral Risk Factor Surveillance System

Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1989	22.1%	19.9%	24.3%	26.0%	24.6%	27.4%	30.5%	29.9%	31.1%
1990	23.2%	21.1%	25.4%	22.3%	21.1%	23.4%	29.7%	29.2%	30.2%
1991	20.8%	18.7%	22.9%	23.1%	22.0%	24.3%	29.8%	29.3%	30.3%
1992	21.7%	19.6%	23.9%	22.4%	21.3%	23.5%	28.7%	28.3%	29.1%
1994	20.9%	18.8%	23.0%	20.7%	19.7%	21.8%	29.4%	29.0%	29.9%
1996	17.1%	15.4%	18.8%	24.8%	23.6%	25.9%	29.7%	29.3%	30.1%
1998	17.1%	15.3%	19.0%	30.2%	28.9%	31.5%	29.1%	28.7%	29.5%
1999	17.4%	15.5%	19.2%						

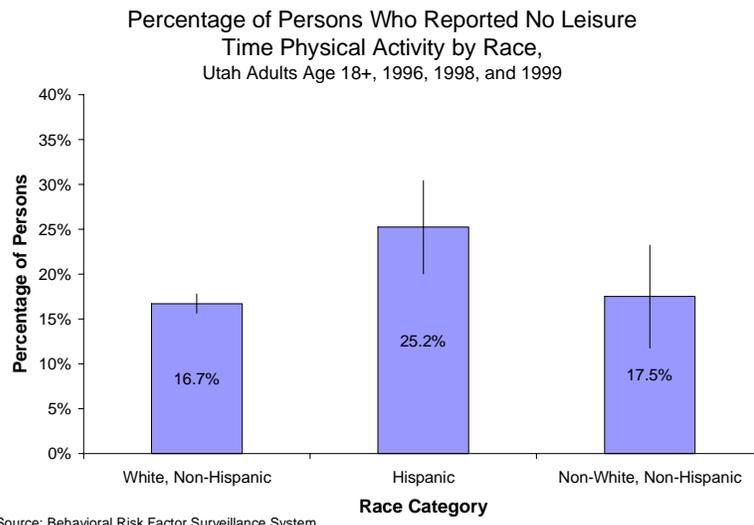
-  upward linear trend
-  downward linear trend
-  non-linear trend

Physical Inactivity

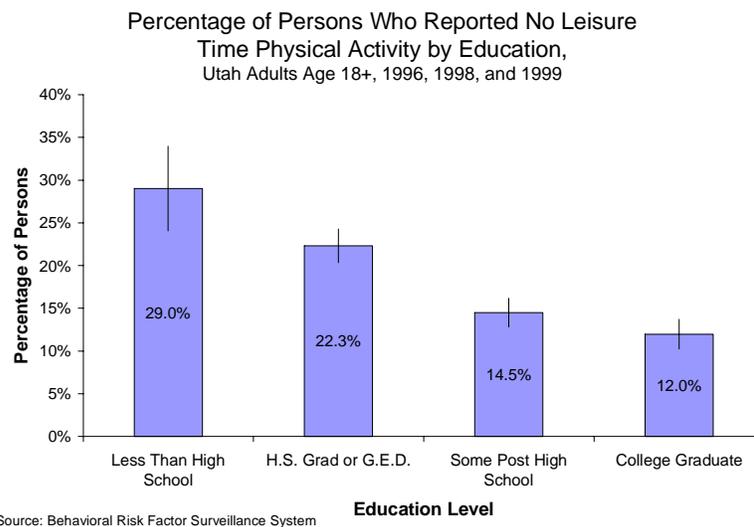
- The estimated percentage of Utah adults who reported no leisure time physical activity increased with increasing age. ($p < 0.0001$)



- Persons in Utah who were Hispanic were more likely to report no leisure time physical activity than Utahns who were White, non-Hispanic. ($p = 0.0074$)



- The percentage of persons in Utah who reported no leisure time physical activity decreased with increasing educational attainment. ($p < 0.0001$)



Physical Inactivity

Percentage of Persons Who Reported No Leisure Time Physical Activity
by Selected Demographic Characteristics, Utah Adults Age 18+, 1996, 1998 & 1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported No Leisure Time Physical Activity				
	Distribution	Number of Adults ¹	Percentage of Adults Who Reported No Leisure Time Physical Activity	95% Confidence Intervals			Number of Adults ^{1, 2}
				Lower	Upper		
Physical Activity Pattern							
Inactive*	17.2%	237,100					
Irregular**	31.2%	429,800					
Regular/Not Vigorous***	36.0%	496,900					
Regular/Vigorous****	15.6%	215,300					
Total, All Adults Age 18+	100.0%	1,379,000					
Sex							
Males	48.8%	673,000	15.5%	14.0%	17.0%	104,300	44.0%
Females	51.2%	706,000	18.8%	17.4%	20.2%	132,700	56.0%
Total, All Adults Age 18+	100.0%	1,379,000	17.2%	16.2%	18.2%	237,100	100.0%
Age Group							
18 to 34	36.8%	508,000	13.5%	12.0%	15.1%	68,700	29.0%
35 to 49	31.5%	434,700	16.0%	14.1%	17.9%	69,400	29.3%
50 to 64	17.3%	238,600	20.9%	18.2%	23.6%	49,800	21.0%
65 or Over	14.3%	197,700	24.8%	21.9%	27.6%	49,000	20.7%
Total, All Adults Age 18+	100.0%	1,379,000	17.2%	16.2%	18.2%	237,100	100.0%
Race							
White, Non-Hispanic	90.8%	1,251,600	16.7%	15.6%	17.8%	209,100	88.1%
Hispanic	5.6%	76,700	25.2%	20.1%	30.4%	19,400	8.2%
Non-White, Non-Hispanic	3.7%	50,700	17.5%	11.8%	23.2%	8,900	3.7%
Total, All Adults Age 18+	100.0%	1,379,000	17.2%	16.2%	18.2%	237,100	100.0%
Income							
Less Than \$20,000	17.9%	247,300	23.0%	20.1%	25.9%	56,900	24.4%
\$20,000-\$49,999	50.7%	698,900	18.0%	16.5%	19.5%	125,700	54.0%
\$50,000 or Over	31.4%	432,900	11.6%	9.8%	13.4%	50,300	21.6%
Total, All Adults Age 18+	100.0%	1,379,000	17.2%	16.2%	18.2%	237,100	100.0%
Education							
Less Than High School	6.5%	89,500	29.0%	24.1%	34.0%	26,000	11.0%
H.S. Grad or G.E.D.	31.2%	430,800	22.3%	20.4%	24.3%	96,200	40.6%
Some Post High School	33.5%	461,400	14.5%	12.8%	16.2%	66,900	28.3%
College Graduate	28.8%	397,300	12.0%	10.3%	13.7%	47,600	20.1%
Total, All Adults Age 18+	100.0%	1,379,000	17.2%	16.2%	18.2%	237,100	100.0%

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

* No Leisure-Time Physical Activity

** Some Activity, but <3 times/week or <20 minutes/session.

*** 3+ times/week, 20+ minutes/session, <50% of capacity.

**** 3+ times/week, 20+ minutes/session, 50+% of capacity.

Source: Utah Behavioral Risk Factor Surveillance System