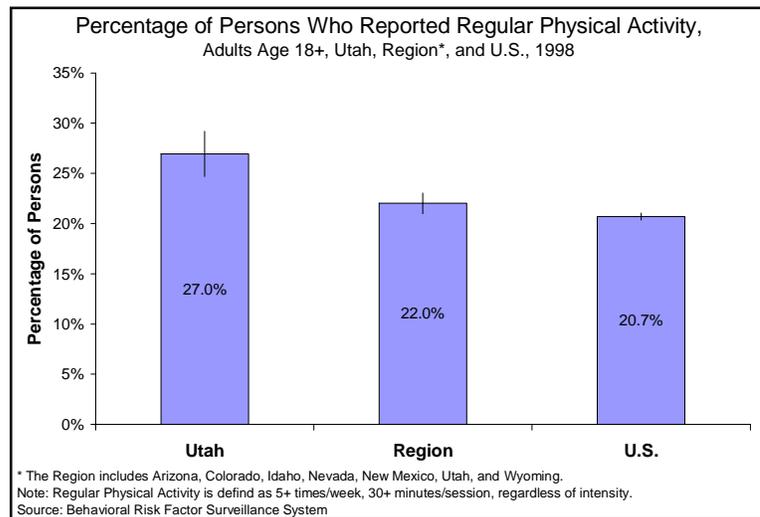


# Regular Physical Activity

**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? (This measure is based on a group of questions asked of respondents who answer 'yes' to the above question.)*

Physical activity is one of the leading health indicators for Healthy People 2010. The benefits of regular physical activity are numerous and well-documented and extend to all age groups. The BRFSS defines regular and sustained physical activity as five or more sessions per week of 30 minutes or more duration per session regardless of intensity. The Utah Department of Health, Cardiovascular Health Program promotes physical activity among Utahns by working collaboratively with communities, work sites, schools, and local health departments.



- In Utah, the estimated percentage of adults who reported regular physical activity decreased from 26.3% in 1989 to a low of 21.6% in 1994 and then increased to 27% in 1999, resulting in no significant linear trend. The significant non-linear trend for Utah is reflected in many changes in the direction of the trend line for the years reported.
- In the Region, the percentage of adults reporting regular physical activity decreased linearly, but also showed a significant non-linear trend due to the changes in direction of the trend line.
- The U.S. trend showed a slight overall linear increase with significant leveling and changes in direction along the way.
- Compared to the Region and the U.S., a higher percentage of Utahns reported regular physical activity for most years looked at in this report.
- Utah did not quite reach the Healthy People 2000 objective (see below).

**Utah Objective:** By 2010, increase the percentage of adult Utahns who engage in 30 minutes of moderate intensity physical activity on most days of the week to 30%.

**HP2000 Goal 1.3:** Increase to at least 30% the proportion of people aged 6 and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day.

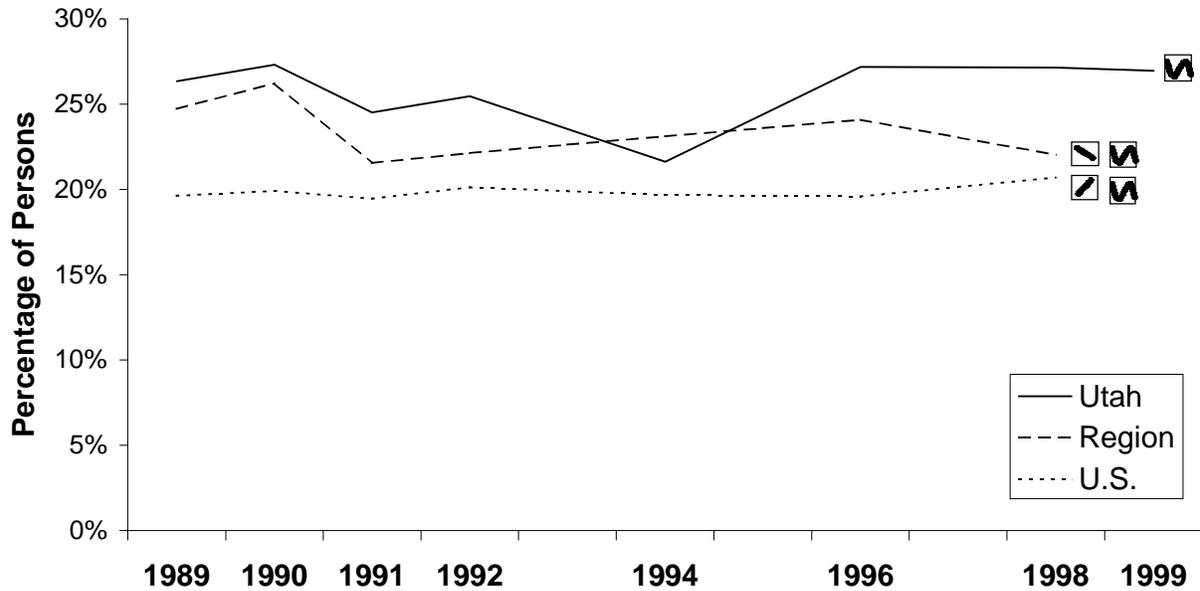
**HP2010 Goal 22-2:** Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day to 30%.

**CDI:** Not used.

**CHSI:** Not used.

# Regular Physical Activity

Percentage of Persons Who Reported Regular Physical Activity\*,  
Adults Age 18+, Utah, Region\*, and U.S.,  
1989-1992, 1994, 1996, 1998, Utah only 1999



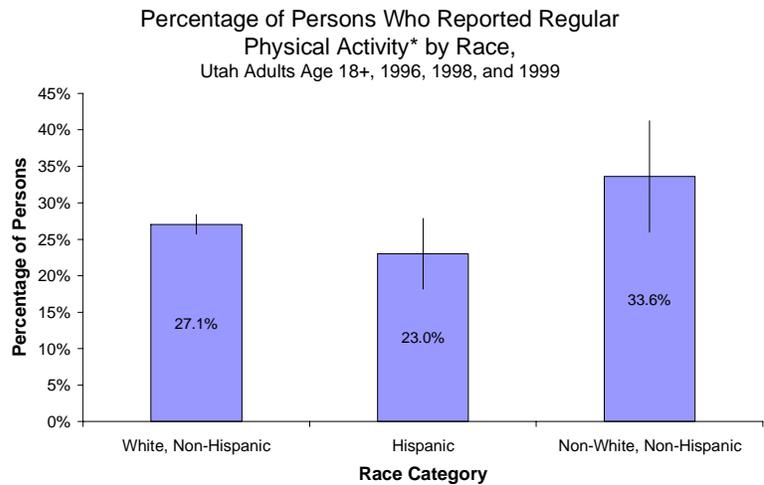
\* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.  
Note: Regular Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity.  
Not all states participated in the BRFSS until 1994 (see Appendix A)  
Source: Behavioral Risk Factor 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	26.3%	23.9%	28.8%	24.7%	23.3%	26.1%	19.6%	19.1%	20.1%
1990	27.3%	25.1%	29.6%	26.2%	25.0%	27.5%	19.9%	19.5%	20.4%
1991	24.5%	22.2%	26.8%	21.6%	20.4%	22.7%	19.5%	19.0%	19.9%
1992	25.5%	23.2%	27.7%	22.1%	21.1%	23.2%	20.1%	19.8%	20.5%
1994	21.6%	19.5%	23.7%	23.1%	22.0%	24.2%	19.7%	19.3%	20.1%
1996	27.2%	25.0%	29.3%	24.1%	23.0%	25.2%	19.6%	19.2%	19.9%
1998	27.2%	24.9%	29.4%	22.0%	21.0%	23.0%	20.7%	20.4%	21.0%
1999	27.0%	24.8%	29.1%						

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

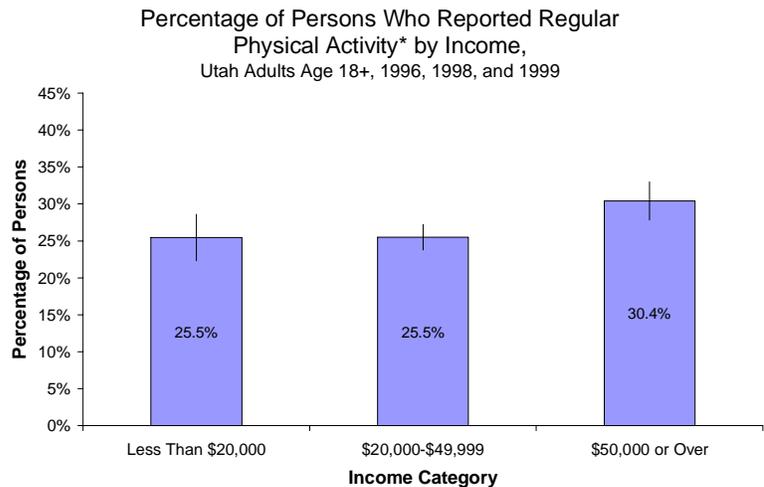
# Regular Physical Activity

- Utahns who were Hispanic were less likely to report regular physical activity than Utahns who were non-Hispanic (both White and non-White). ( $p = 0.0214$ )



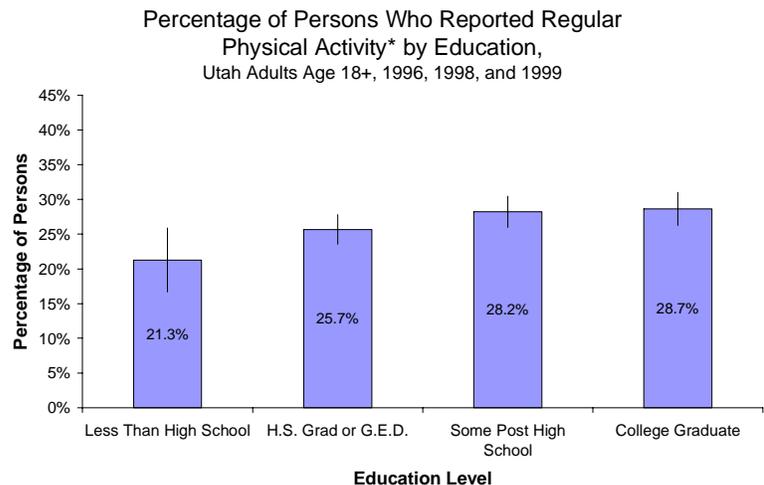
\*Regular Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity. Source: Behavioral Risk Factor Surveillance System

- Utah adults with an annual household income of \$50,000 or greater were more likely to report regular physical activity than those with an annual household income less than \$50,000. ( $p = 0.0020$ )



\*Regular Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity. Source: Behavioral Risk Factor Surveillance System

The percentage of Utahns who reported regular physical activity increased with increasing education level. ( $p = 0.0021$ )



\*Regular Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity. Source: Behavioral Risk Factor Surveillance System

# Regular Physical Activity

Percentage of Persons Who Reported Regular Physical Activity\*  
by Selected Demographic Characteristics, Utah Adults Age 18+, 1996, 1998 & 1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported Regular Physical Activity					
	Distribution	Number of Adults <sup>1</sup>	Percentage of Adults Who Reported Regular Physical Activity	95% Confidence Intervals			Number of Adults <sup>1, 2</sup>	Distribution of Adults Who Reported Regular Physical Activity by Category
				Lower	Upper			
<b>Regular Physical Activity</b>								
Yes	27.1%	373,400						
No	72.9%	1,005,600						
Total, All Adults Age 18+	100.0%	1,379,000						
<b>Sex</b>								
Males	48.8%	673,000	27.1%	25.2%	29.0%	182,500	48.9%	
Females	51.2%	706,000	27.1%	25.4%	28.7%	191,000	51.1%	
Total, All Adults Age 18+	100.0%	1,379,000	27.1%	25.8%	28.4%	373,400	100.0%	
<b>Age Group</b>								
18 to 34	36.8%	508,000	26.6%	24.5%	28.7%	135,100	36.2%	
35 to 49	31.5%	434,700	27.1%	24.8%	29.4%	117,800	31.6%	
50 to 64	17.3%	238,600	26.4%	23.4%	29.3%	62,900	16.9%	
65 or Over	14.3%	197,700	28.8%	25.9%	31.8%	57,000	15.3%	
Total, All Adults Age 18+	100.0%	1,379,000	27.1%	25.8%	28.4%	373,400	100.0%	
<b>Race</b>								
White, Non-Hispanic	90.8%	1,251,600	27.1%	25.7%	28.4%	338,600	90.7%	
Hispanic	5.6%	76,700	23.0%	18.2%	27.9%	17,700	4.7%	
Non-White, Non-Hispanic	3.7%	50,700	33.6%	26.0%	41.2%	17,000	4.6%	
Total, All Adults Age 18+	100.0%	1,379,000	27.1%	25.8%	28.4%	373,400	100.0%	
<b>Income</b>								
Less Than \$20,000	17.9%	247,300	25.5%	22.3%	28.6%	63,000	16.9%	
\$20,000-\$49,999	50.7%	698,900	25.5%	23.8%	27.2%	178,200	47.8%	
\$50,000 or Over	31.4%	432,900	30.4%	27.8%	33.0%	131,600	35.3%	
Total, All Adults Age 18+	100.0%	1,379,000	27.1%	25.8%	28.4%	373,400	100.0%	
<b>Education</b>								
Less Than High School	6.5%	89,500	21.3%	16.7%	25.9%	19,000	5.1%	
H.S. Grad or G.E.D.	31.2%	430,800	25.7%	23.6%	27.8%	110,700	29.6%	
Some Post High School	33.5%	461,400	28.2%	26.0%	30.5%	130,300	34.9%	
College Graduate	28.8%	397,300	28.7%	26.3%	31.0%	113,800	30.4%	
Total, All Adults Age 18+	100.0%	1,379,000	27.1%	25.8%	28.4%	373,400	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.

\*Regular Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity.

Source: Utah Behavioral Risk Factor Surveillance System