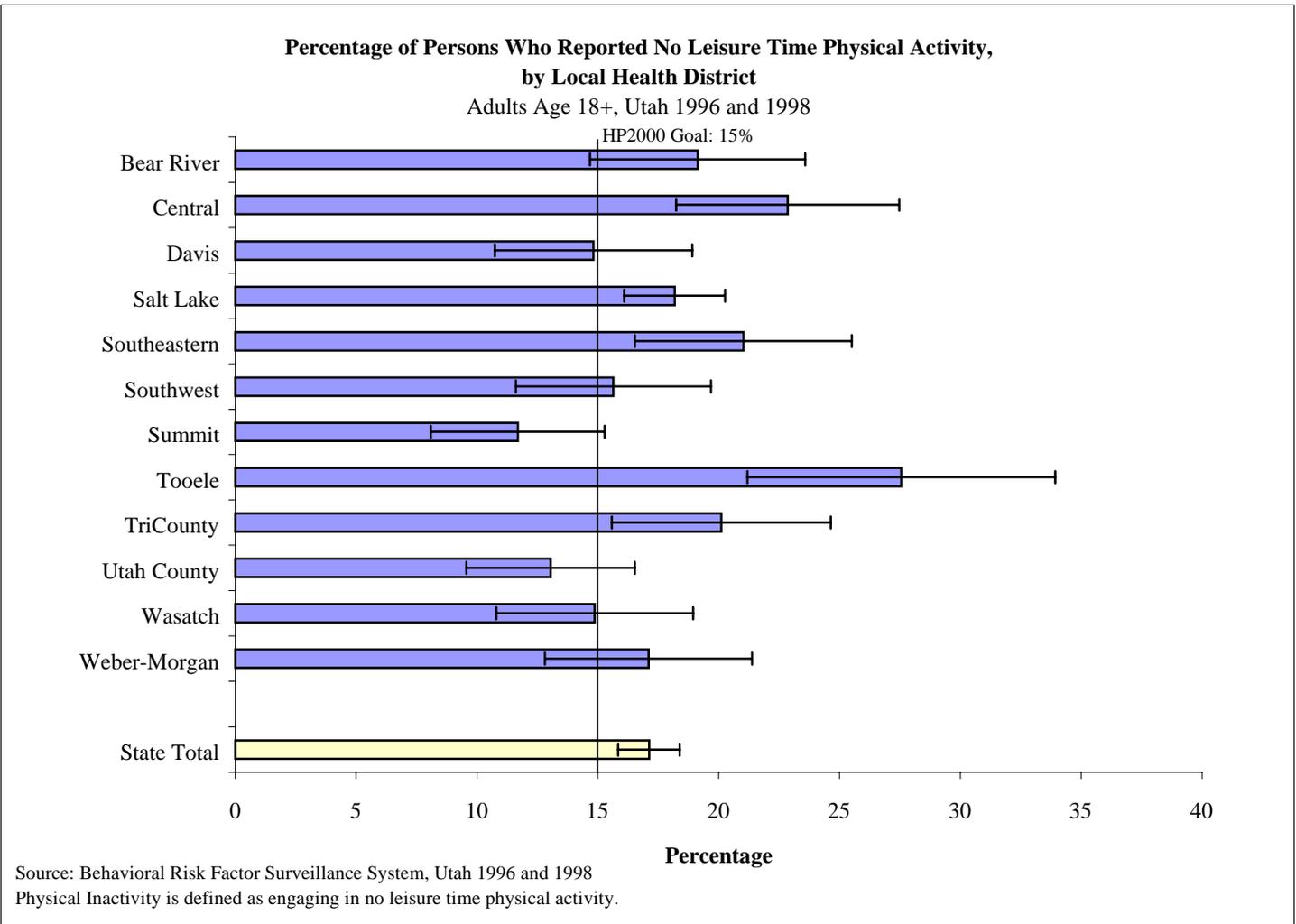


Physical Inactivity

Questions: Do you engage in some type of leisure time physical activity? (This measure is based on a group of questions about an individual's physical activity patterns.)

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For this report physical inactivity is defined as reporting no leisure time physical activity. Engaging in any amount of physical activity is preferable to none. Increasing public awareness about the many benefits of physical activity will be necessary to encourage physically active lifestyles. Americans need to recognize the importance of daily physical activity to weight management, know that walking is a form of exercise most people can do, and understand that one needs to remain active throughout life. The highest risk of death and disability is found among those who do no regular physical activity. Because the BRFSS does not take into account work-related physical activity, some respondents who are physically active at work will be misclassified as physically inactive.

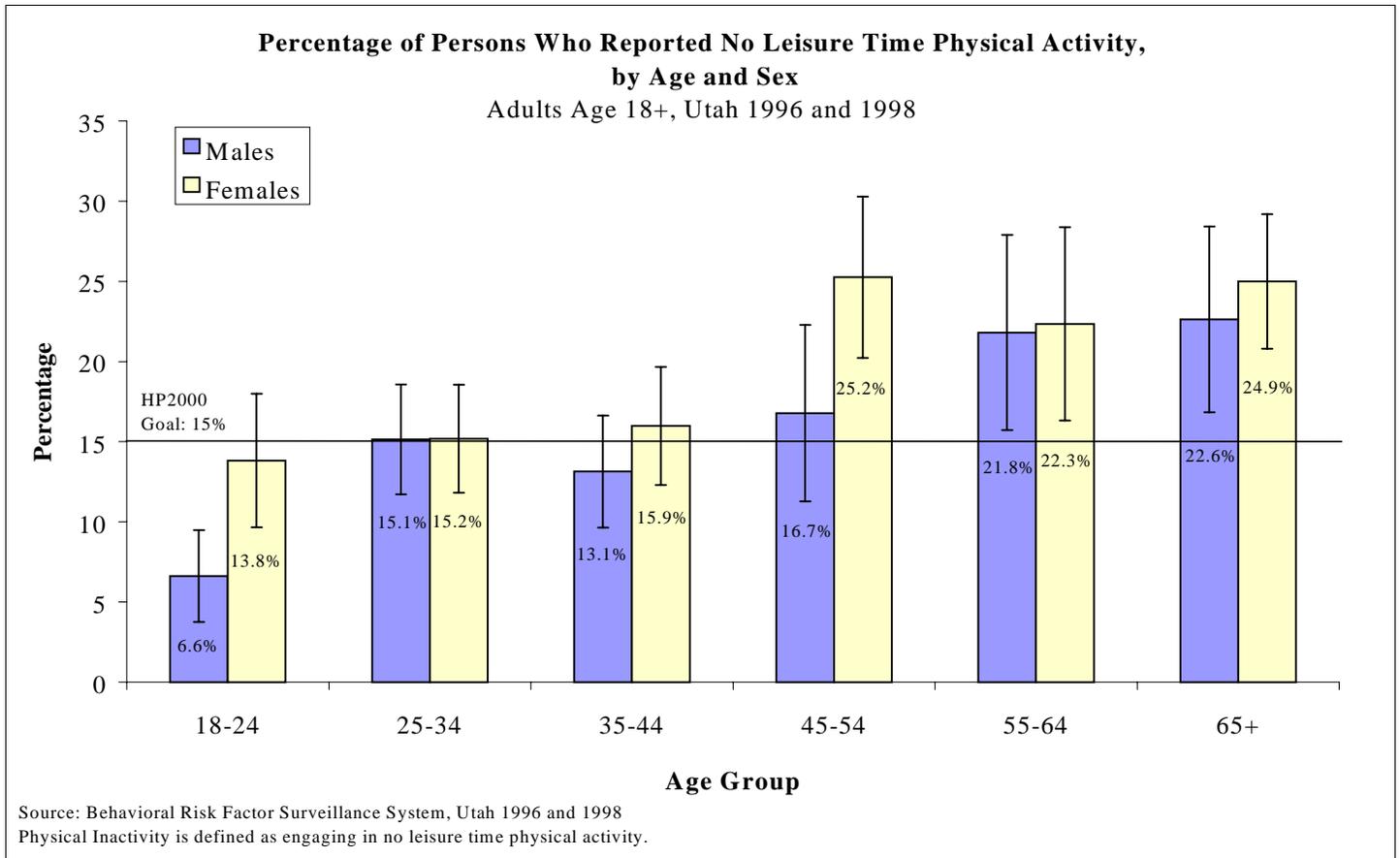


UTAH OBJECTIVE: No objective listed.

YEAR 2000 OBJECTIVE 1.5: Reduce to no more than 15% the proportion of people aged 6 and older who engage in no leisure time physical activity.

YEAR 2010 OBJECTIVE 1.1: Increase to 85% the proportion of people aged 18 and older who engage in any leisure time activity.

Physical Inactivity



District	Total Number of Adults in District	Number Physically Inactive	Percentage Physically Inactive	95% Confidence Intervals	
				Lower	Upper
Bear River	82,989	15,875	19.1%	14.7%	23.6%
Central	42,047	9,612	22.9%	18.3%	27.5%
Davis	145,970	21,640	14.8%	10.8%	18.9%
Salt Lake	561,198	101,998	18.2%	16.1%	20.2%
Southeastern	37,191	7,817	21.0%	16.6%	25.5%
Southwest	85,125	13,315	15.6%	11.6%	19.7%
Summit	17,370	2,030	11.7%	8.1%	15.3%
Tooele	22,207	6,120	27.6%	21.2%	33.9%
TriCounty	25,467	5,122	20.1%	15.6%	24.6%
Utah County	209,215	27,296	13.0%	9.6%	16.5%
Wasatch	8,726	1,297	14.9%	10.8%	18.9%
Weber-Morgan	128,275	21,929	17.1%	12.8%	21.4%
State Total	1,365,777	233,765	17.1%	15.9%	18.4%

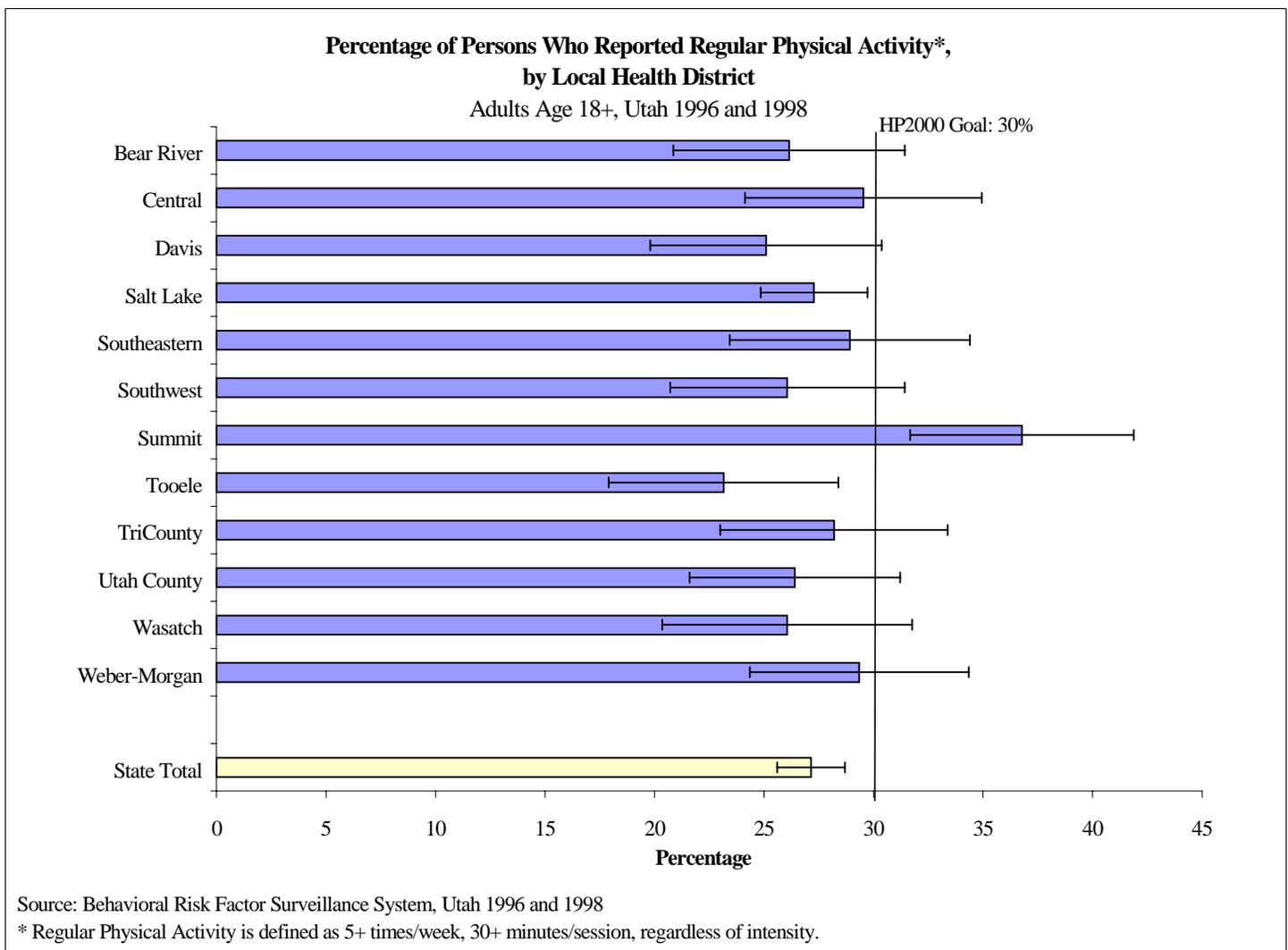
- Females in Utah ages 18-24 are almost twice as likely to be physically inactive compared to male Utahns of the same age.

Regular Physical Activity

Questions: How many times do you engage in some type of leisure time physical activity? (This measure is based on a group of questions about an individual's physical activity patterns.)

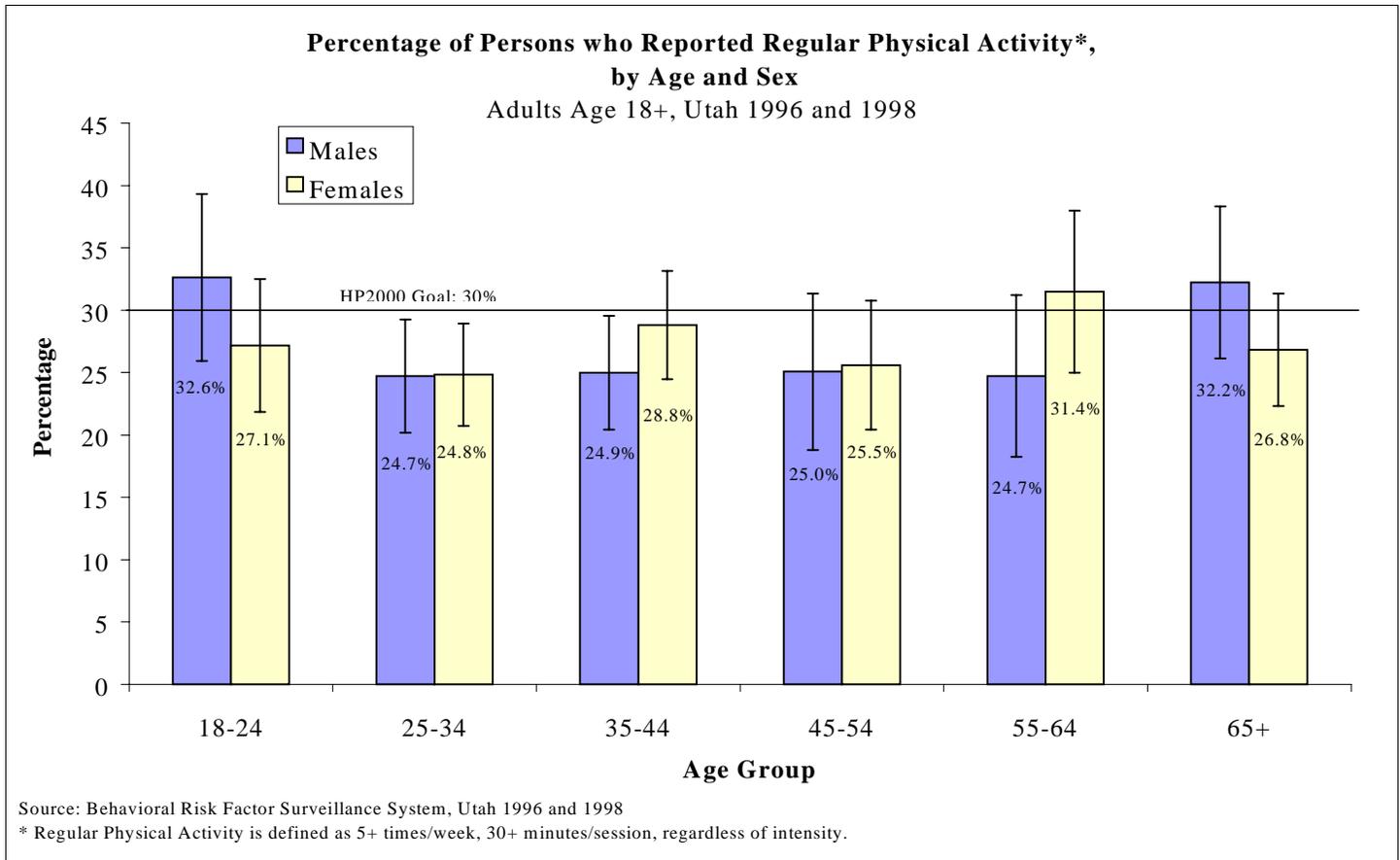
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Light to moderate physical activity is activity that requires sustained, rhythmic muscular movements and is at least equivalent to sustained walking. Regular physical activity can help prevent cardiovascular disease, diabetes, osteoporosis, and certain types of cancer. On average, physically active people outlive those who are inactive. Regular physical activity also protects against the effects of stress, helps maintain functional independence of older adults, and can improve the overall quality of life at all ages. It is generally acknowledged that everyone should exercise.



UTAH OBJECTIVE: By 2001, increase to at least 45% the proportion of people 6 years of age and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day.
YEAR 2000 OBJECTIVE 1.3: Increase to at least 30% the proportion of people aged 6 and older who engage regularly, preferably daily, in sustained physical activity for at least 30 minutes per day.
YEAR 2010 OBJECTIVE 1.3: Increase to at least 30% the proportion of people aged 18 and older who engage regularly, preferably daily, in sustained physical activity for at least 30 minutes per day.

Regular Physical Activity



District	Total Number of Adults in District	Number Physically Active	Percentage Physically Active	95% Confidence Intervals	
				Lower	Upper
Bear River	82,989	21,692	26.1%	20.9%	31.4%
Central	42,047	12,420	29.5%	24.2%	34.9%
Davis	145,970	36,624	25.1%	19.8%	30.3%
Salt Lake	561,198	153,101	27.3%	24.9%	29.7%
Southeastern	37,191	10,752	28.9%	23.5%	34.4%
Southwest	85,125	22,182	26.1%	20.7%	31.4%
Summit	17,370	6,388	36.8%	31.7%	41.9%
Tooele	22,207	5,142	23.2%	17.9%	28.4%
TriCounty	25,467	7,179	28.2%	23.0%	33.4%
Utah County	209,215	55,249	26.4%	21.6%	31.2%
Wasatch	8,726	2,273	26.1%	20.4%	31.7%
Weber-Morgan	128,275	37,645	29.3%	24.4%	34.3%
State Total	1,365,777	370,795	27.1%	25.6%	28.7%

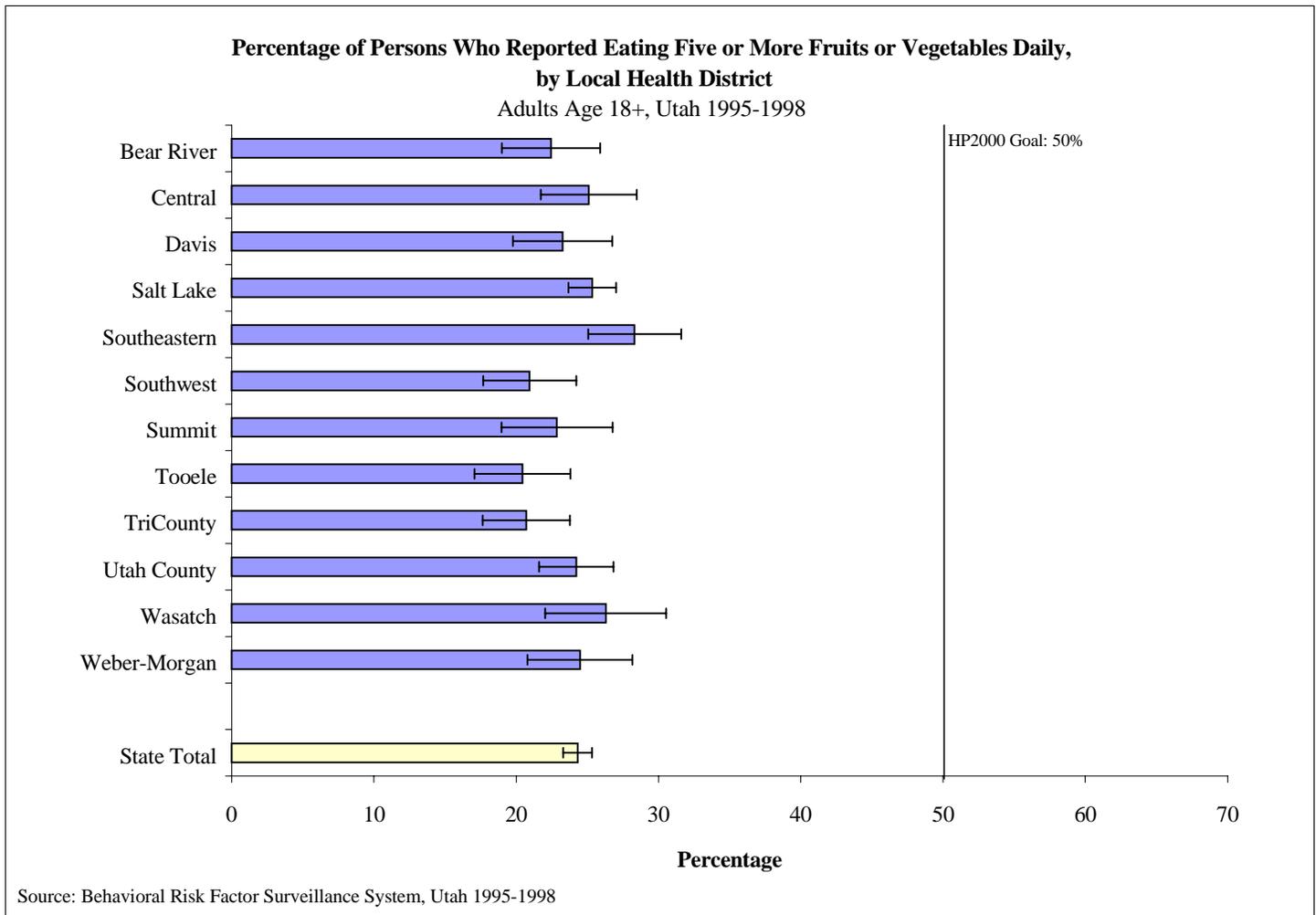
- Studies show that 12% of all deaths, and 23-46% of coronary heart disease deaths, could be prevented through physical activity. Despite these health benefits, only about one quarter of Utah adults reported to have exercised regularly.
- Rates of regular physical activity in Summit county are above the HP 2000 goal and well above the state average rate of regular physical activity.

5 a Day

Question: How many servings of fruits and vegetables do you eat each day? (This measure is based on a group of questions about an individual's food choices.)

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The *Dietary Guidelines* recommend five to nine daily servings of fruits and vegetables, depending on calorie needs, with three to five from various vegetables and vegetable juices, and two to four from various fruits and fruit juices. The guidelines further recommend that Americans choose dark-green leafy and deep yellow vegetables and legumes often. Vegetables should also be prepared and served with little or no fats. For consumption of fruits, the guidelines recommend that Americans regularly choose citrus fruits or juices, melons, or berries and that fruits be prepared and served with little or no added sugars. Dietary patterns with higher intakes of fruits and vegetables (including legumes) are associated with a variety of health benefits, including decreased risk for some types of cancer.

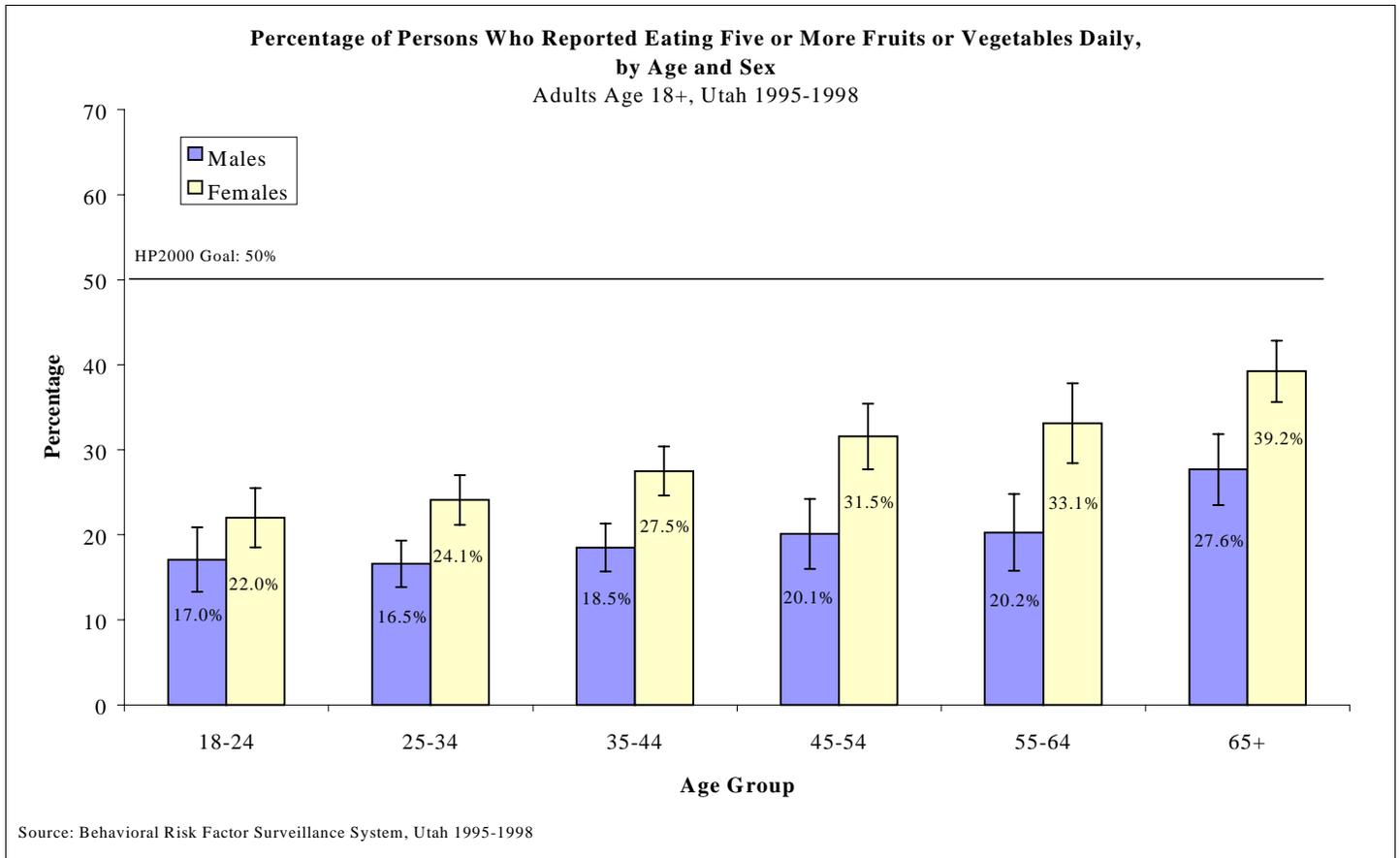


UTAH OBJECTIVE: By 2000, increase complex carbohydrate and fiber-containing foods in the diets of 30% of Utahns to have 5 or more daily fruits and vegetables, including legumes.

YEAR 2000 OBJECTIVE 2.6: Increase to at least 50% the proportion of people aged 2 and older who meet the Dietary Guidelines' minimum average daily goal of five or more servings of fruits and vegetables.

YEAR 2010 OBJECTIVE 2.7: Increase to at least 75% the proportion of people aged 2 and older who meet the Dietary Guidelines' minimum average daily goal of at least five servings of fruits and vegetables.

5 a Day



District	Total Number of Adults in District	Number Who Had 5 a Day	Percentage Who Had 5 a Day	95% Confidence Intervals	
				Lower	Upper
Bear River	79,823	17,912	22.4%	19.0%	25.9%
Central	40,297	10,115	25.1%	21.7%	28.5%
Davis	141,480	32,894	23.3%	19.8%	26.7%
Salt Lake	547,744	138,798	25.3%	23.7%	27.0%
Southeastern	36,191	10,249	28.3%	25.1%	31.6%
Southwest	80,057	16,764	20.9%	17.7%	24.2%
Summit	16,526	3,778	22.9%	19.0%	26.7%
Tooele	21,226	4,336	20.4%	17.1%	23.8%
TriCounty	24,712	5,115	20.7%	17.6%	23.8%
Utah County	201,995	48,923	24.2%	21.6%	26.8%
Wasatch	8,343	2,193	26.3%	22.1%	30.5%
Weber-Morgan	125,148	30,636	24.5%	20.8%	28.1%
State Total	1,323,541	321,885	24.3%	23.3%	25.3%

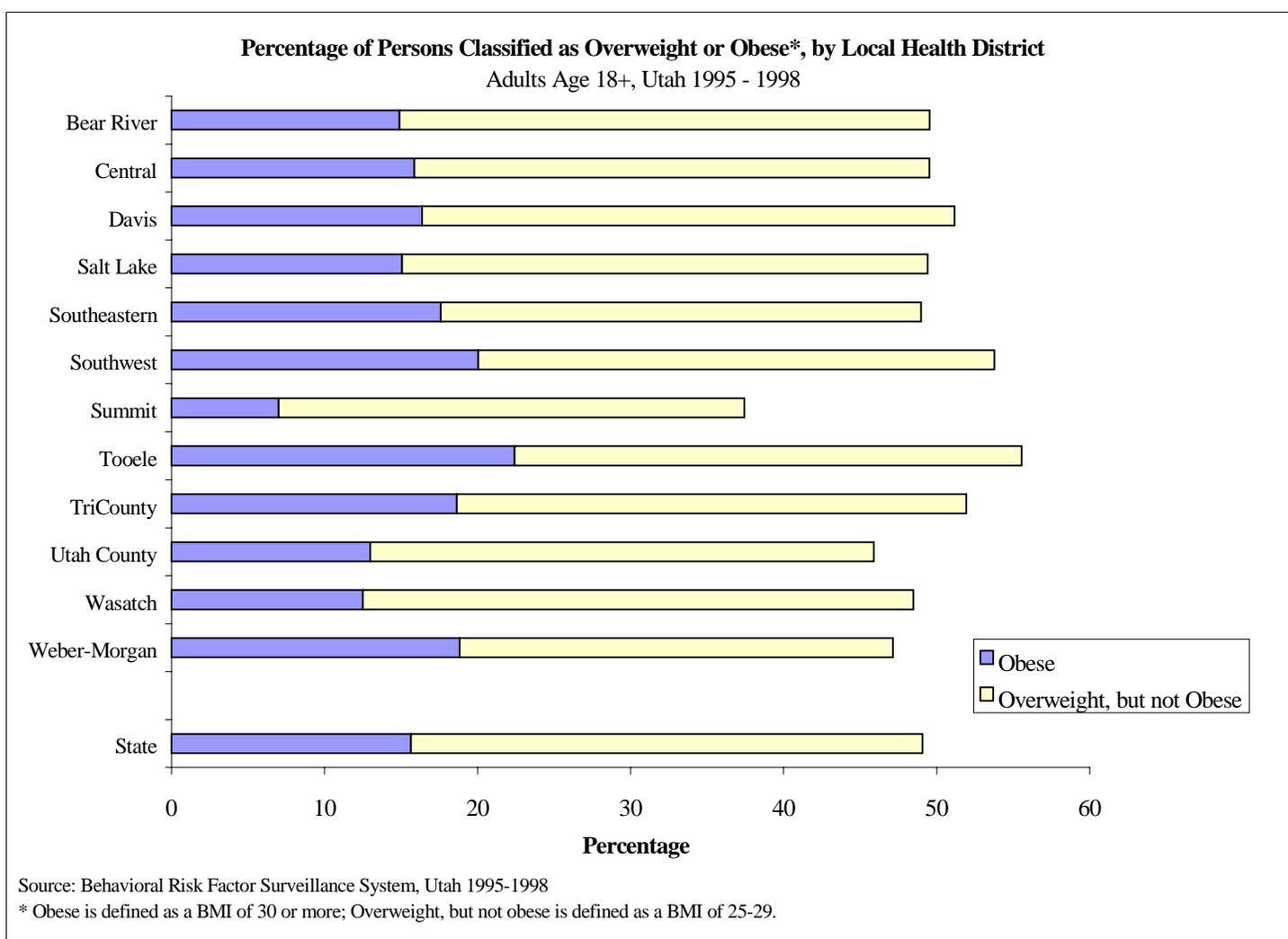
- 5 a Day, a statewide partnership-based program, promotes the message to eat five servings of fruits and vegetables each day for better health.
- Females aged 18+ in Utah are more likely to eat five servings of fruits and vegetables each day than males.

Overweight or Obese

Questions: About how much do you weigh without shoes? About how tall are you without shoes?

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The BRFSS uses self-reported weight and height to calculate the Body Mass Index (BMI), defined as weight in kilograms divided by the square of height in meters. In 1998 the National Heart, Lung and Blood Institute (NHLBI) defined overweight as a BMI of 25 through 29 and obesity as a BMI of greater than or equal to 30 for both males and females. Overweight and obese people are at greater risk for diabetes mellitus, high blood pressure, stroke, coronary heart disease, and some types of cancer. Increased weight may be controlled through behavioral changes that lead to decreased calorie intake and increased physical activity. The Utah and HP2000 objectives are based on an earlier definition of overweight. Therefore, the HP2000 objective is not included in the graph.

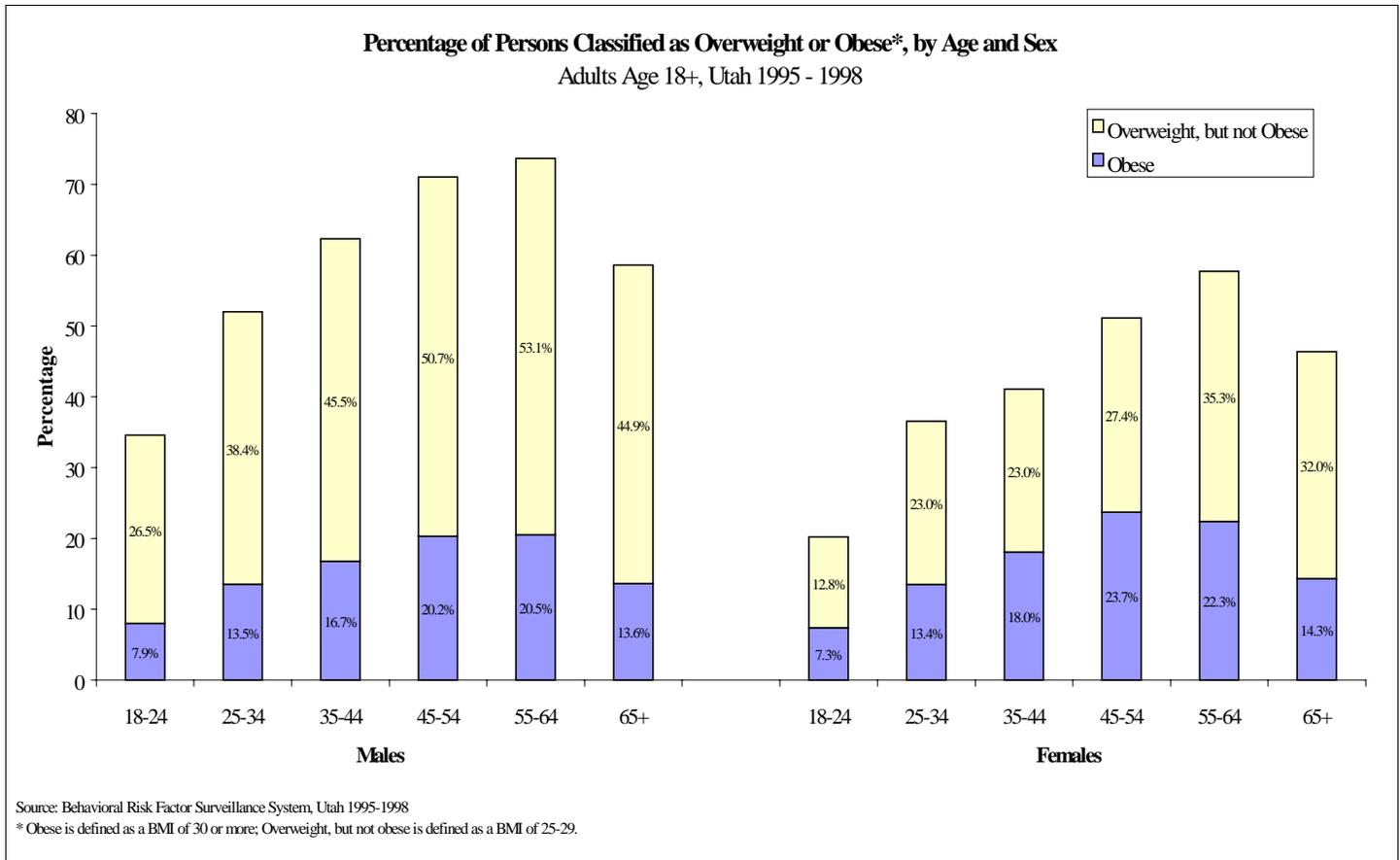


UTAH OBJECTIVE: by 2000, reduce overweight to a prevalence of no more than 24% among people aged 18 and older (BMI =>27.8 for men and =>27.3 for women).

YEAR 2000 OBJECTIVE 2.3: Reduce overweight to a prevalence of no more than 20% among people aged 20 and older (BMI =>27.8 for men and =>27.3 for women).

YEAR 2010 OBJECTIVE 2.2: Reduce to less than 15% the prevalence of BMI at or above 30.0 among people aged 20 and older.

Overweight or Obese



District	Total Number of Adults in District	Number of Adults Overweight or Obese	Percentage of Adults Overweight or Obese	95% Confidence Intervals	
				Lower	Upper
Bear River	81,406	40,312	49.5%	45.2%	53.8%
Central	41,172	20,384	49.5%	45.8%	53.2%
Davis	143,725	73,544	51.2%	47.0%	55.4%
Salt Lake	554,471	274,019	49.4%	47.5%	51.4%
Southeastern	36,691	17,975	49.0%	45.0%	53.0%
Southwest	82,591	44,417	53.8%	49.4%	58.2%
Summit	16,948	6,342	37.4%	33.2%	41.6%
Tooele	21,716	12,063	55.6%	51.4%	59.7%
TriCounty	25,089	13,026	51.9%	47.9%	56.0%
Utah County	205,605	94,373	45.9%	42.5%	49.3%
Wasatch	8,535	4,137	48.5%	44.2%	52.7%
Weber-Morgan	126,711	59,744	47.2%	43.1%	51.2%
State	1,344,659	659,958	49.1%	47.9%	50.3%

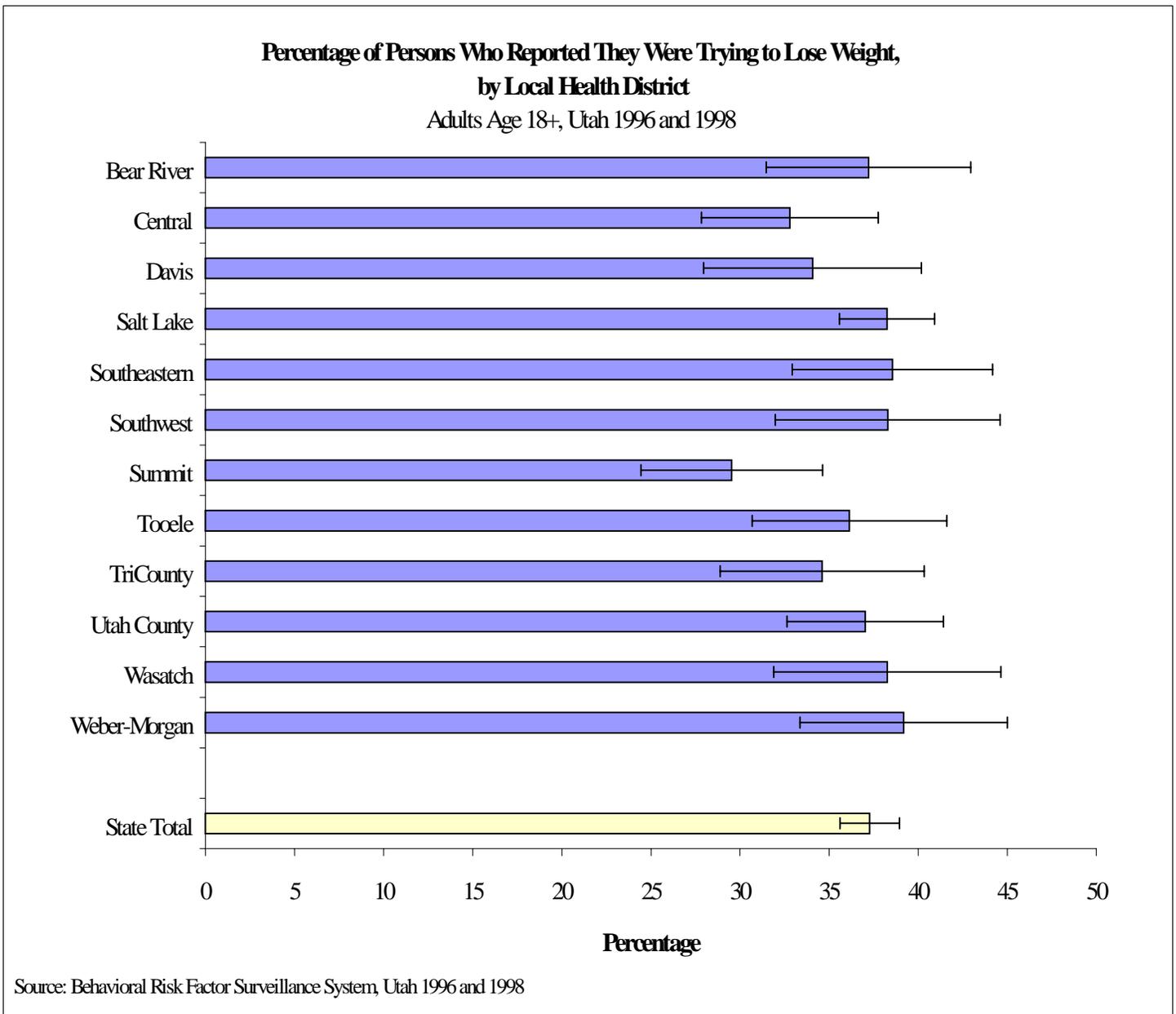
- Utahns living in Summit County are less likely to be obese or overweight.
- Obesity has shown a steady increase among Utah adults, from a prevalence of 11.51% in 1992 to 15.89% in 1998. Obesity is a contributing factor to the development of many chronic conditions.
- A staggering 49.1% of the Utah adult population is overweight or obese.

Weight Loss

Questions: Are you now trying to lose weight?

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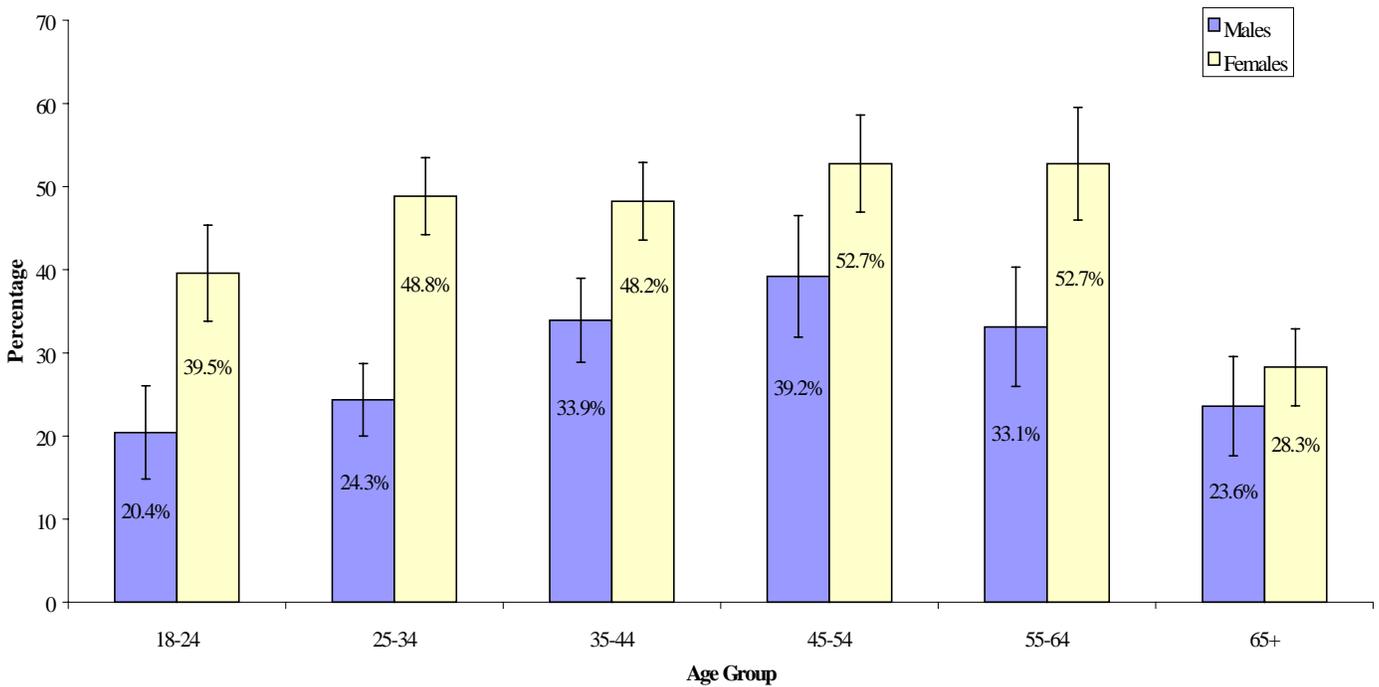
While many individuals attempt to lose weight, studies show that within 5 years a majority of them regain the weight. To maintain weight loss, good dietary habits must be coupled with increased physical activity, and these must become permanent lifestyle changes. Weight loss decreases risk factors such as hypertension, high cholesterol, and elevated glucose levels. Establishing healthful lifestyle behaviors for both diet and physical activity needs to start with children and then be maintained throughout adulthood. The family and other channels, such as schools, worksites, and institutional food services, can play a key role in this process.



UTAH OBJECTIVE: No objective listed.
YEAR 2000 OBJECTIVE: No objective listed.
YEAR 2010 OBJECTIVE: No objective listed.

Weight Loss

Percentage of Persons Who Reported They Were Trying to Lose Weight, by Age and Sex
Adults Age 18+, Utah 1996 and 1998



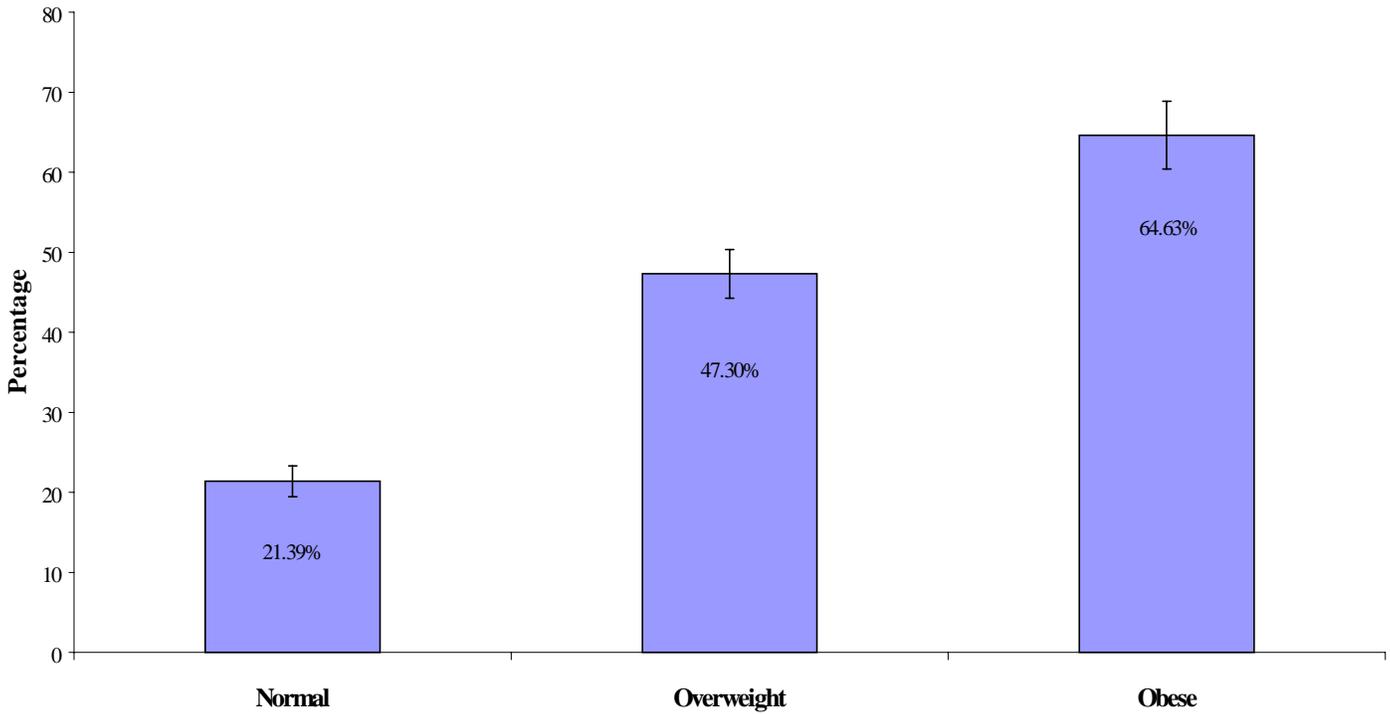
Source: Behavioral Risk Factor Surveillance System, Utah 1996 and 1998

District	Total Number of Adults in District	Number Trying to Lose Weight	Percentage Trying to Lose Weight	95% Confidence Intervals	
				Lower	Upper
Bear River	82,989	30,880	37.2%	31.5%	42.9%
Central	42,047	13,791	32.8%	27.9%	37.7%
Davis	145,970	49,732	34.1%	28.0%	40.2%
Salt Lake	561,198	214,658	38.3%	35.6%	40.9%
Southeastern	37,191	14,341	38.6%	33.0%	44.2%
Southwest	85,125	32,594	38.3%	32.0%	44.6%
Summit	17,370	5,131	29.5%	24.5%	34.6%
Tooele	22,207	8,026	36.1%	30.7%	41.6%
TriCounty	25,467	8,814	34.6%	28.9%	40.3%
Utah County	209,215	77,472	37.0%	32.7%	41.4%
Wasatch	8,726	3,339	38.3%	31.9%	44.6%
Weber-Morgan	128,275	50,258	39.2%	33.4%	45.0%
State Total	1,365,777	509,161	37.3%	35.6%	38.9%

- According to BRFSS, approximately 37% of Utahns reported they were trying to lose weight.
- The majority of Utahns trying to lose weight reported using a combination of diet and exercise with “diet only” being the second method of choice for those trying to lose weight.

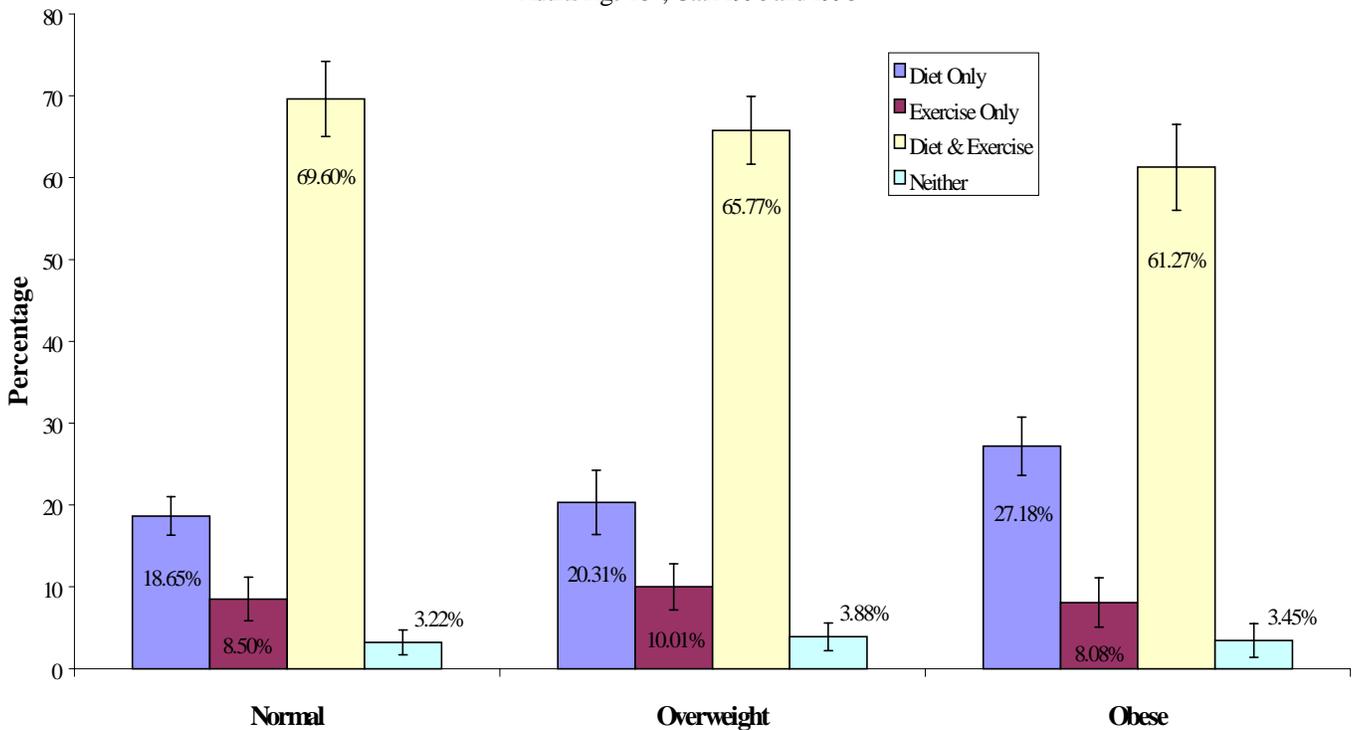
Weight Loss

Percentage of Persons Who Reported They Were Trying to Lose Weight, by Weight Category
Adults Age 18+, Utah 1996 and 1998



Source: Behavioral Risk Factor Surveillance System, Utah 1996 and 1998

Percentage of Persons in Each Weight Category, by Method Used to Achieve Weight Loss
Persons Who Were Trying to Lose Weight
Adults Age 18+, Utah 1996 and 1998



Source: Behavioral Risk Factor Surveillance System, Utah 1996 and 1998