

Health | Behaviors

2009 Update

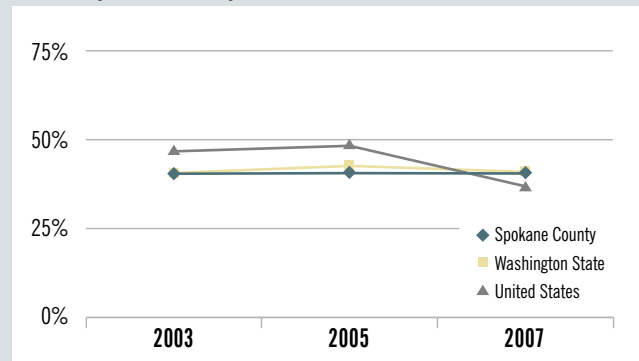
This indicator is 1 of 44 Spokane Counts indicators found at www.srhd.org/SpokaneCounts

Physical Activity (adult)

Adult physical activity is measured as the percent of individuals 18 years of age or older who engage in moderate physical activity for 30 minutes per day on five or more days per week. Regular physical activity reduces the risk of chronic disease, helps control weight, reduces symptoms of anxiety and depression, and improves physical health.¹

In Spokane County, less than half of adults met the recommendation for moderate physical activity. There was no significant change in physical activity level from 2003 to 2007. Spokane County had a proportion of physically active adults similar to that of Washington State, but higher than that of the U.S. in 2007.

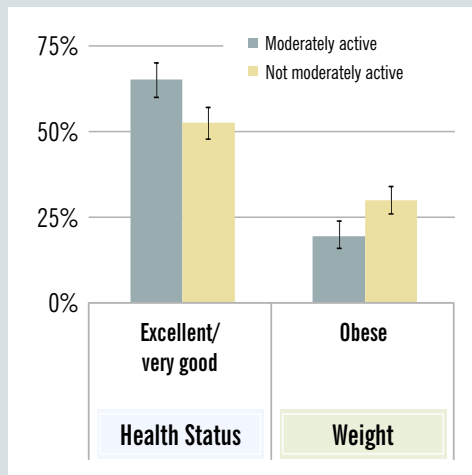
Adult Physical Activity



Source: Behavioral Risk Factor Surveillance System

There was no difference in physical activity by age, sex, race, education level, or poverty level.

Adult Physical Activity by Health and Weight Status Spokane County, 2007



Source: Behavioral Risk Factor Surveillance System

Compared to adults who were not moderately physically active, adults who were physically active were more likely to self-report their general health as excellent or very good and less likely to be obese.

Indicator: Physical Activity (adult)

Percent

(95% Confidence Interval)

	2003	2005	2007	
Total	Spokane County (36.9, 44.2)	40.5% (36.9, 44.2)	40.7% (36.6, 44.8)	41.2% (37.9, 44.7)
	Washington State (40.2, 42.0)	41.1% (40.2, 42.0)	42.6% (41.7, 43.5)	41.0% (40.1, 41.9)
	National	47.2%	49.1%	36.9%
Age Group (years)	18-34 (40.7, 54.8)	47.7% (40.7, 54.8)	43.0% (34.4, 52.0)	41.5% (33.5, 50.0)
	35-44 (37.2, 53.1)	45.0% (37.2, 53.1)	39.4% (30.9, 48.5)	43.4% (35.7, 51.4)
	45-64 (31.2, 43.4)	37.1% (31.2, 43.4)	43.0% (36.5, 49.7)	41.3% (36.8, 45.9)
	65+ (20.5, 36.4)	27.8% (20.5, 36.4)	33.0% (26.3, 40.4)	38.7% (33.4, 44.3)
Sex	Male (35.1, 46.7)	40.8% (35.1, 46.7)	42.1% (35.7, 48.9)	39.1% (33.8, 44.6)
	Female (35.9, 44.8)	40.3% (35.9, 44.8)	39.3% (34.4, 44.4)	43.3% (39.2, 47.5)
Income	≤100% FPL* (25.0, 66.1)	44.6% (25.0, 66.1)	31.2% (14.1, 55.7)	47.0% (31.9, 62.7)
	101-200% FPL (37.7, 52.0)	44.7% (37.7, 52.0)	40.7% (33.5, 48.3)	45.0% (38.6, 51.5)
	>200% FPL (34.5, 43.0)	38.6% (34.5, 43.0)	41.8% (37.1, 46.6)	39.0% (34.8, 43.3)
Education	Less than high school (23.9, 51.2)	36.4% (23.9, 51.2)	37.5% (20.1, 58.9)	40.8% (25.5, 58.2)
	High school graduate (33.2, 48.5)	40.6% (33.2, 48.5)	40.9% (33.1, 49.3)	44.1% (36.5, 52.1)
	Some college (35.1, 46.7)	40.8% (35.1, 46.7)	40.7% (33.9, 47.8)	42.5% (36.8, 48.4)
	4+ yrs college, graduate (34.5, 46.7)	40.4% (34.5, 46.7)	41.2% (35.2, 47.5)	38.3% (33.4, 43.4)
Race	White (36.3, 43.8)	40.0% (36.3, 43.8)	41.9% (37.8, 46.2)	41.5% (38.0, 45.0)
	Non-White (34.6, 64.3)	49.4% (34.6, 64.3)	27.3% (13.5, 47.4)	38.3% (23.8, 55.3)

*FPL=Federal Poverty Level

Source: Behavioral Risk Factor Surveillance System



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