

Physical Activity Briefing Document
Presented to the Governor's Interagency Council on Health Disparities
September 20, 2007

Physical activity is bodily movement that expends energy. The Centers for Disease Control and Prevention (CDC) recommends that adults engage in moderate physical activity (e.g., brisk walking or bicycling) for at least 30 minutes a day, five days a week or engage in vigorous activity (e.g., running or aerobics) for at least 20 minutes a day, least three days a week.

CRITERION #1: MAGNITUDE

- In 2005, 64% of Washington adults met the CDC guidelines for physical activity (see definition in box above). This proportion is the same as in 2001 and 2003.
- In the 2004-2005 school year, 34% of Washington youth in grades 9-12 participated in moderate physical activity and 68% participated in vigorous physical activity for at least 30 minutes a day, five days a week

CRITERION #2: ASSOCIATION TO HEALTH OUTCOMES

- Physical activity reduces the risk for high blood pressure, cardiovascular disease, diabetes, colon cancer, and falls and fractures among older adults.
- Physical activity helps to maintain healthy body weight, reduces problems with osteoarthritis and low back pain, reduces symptoms of depression and anxiety, and improves overall quality of life.

CRITERION #3: DISPARITY

- In Washington, data from 2003 and 2005, found that Asians and Pacific Islanders were least likely to meet guidelines for physical activity (54%), followed by blacks (59%), Hispanics (61%), American Indian/Alaska Natives (63%) and whites (64%).
- The Index of Disparity for not meeting physical activity guidelines was 13.2%.
- Washington data from 2003 and 2005 combined found that men reported meeting the physical activity guidelines more often than women.

The Index of Disparity is the average of the difference in rates between the racial/ethnic group with the "best" rate and all other racial/ethnic groups.

Keppel KG et al., Measuring progress in healthy people 2010. Statistical Notes, no 25. NCHS, 2004.

**Consistent with Keppel et al., (2004), physical activity rates were transformed to rates for not meeting the physical activity guidelines for purposes of calculating the Index of Disparity.*