

Physical Activity | Adult

Definition | Percent of adults not participating in any physical activity or exercise, other than their regular job, in the past 30 days.

Importance | Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. For people who are inactive, even small increases in physical activity are associated with health benefits.¹

Where are we | In 2010 in Douglas County, 14.9% of adults did not participate in any physical activity or exercise. The proportion of physical inactivity decreased from 2007 to 2010. Douglas County had a percentage of physically inactive adults lower than the state of Kansas and the U.S. in 2009 and 2010.

Health Disparities | Among adults in Douglas County in 2009:

- Physical inactivity increased as age increased.

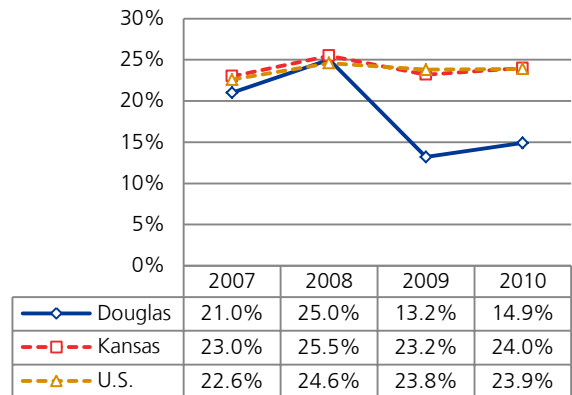
Healthy People 2020 Goal | $\leq 32.6\%$ ¹

Additional Information | 47.4% of Douglas county residents are overweight or obese (BMI ≥ 25) compared to 64.5% of Kansas residents.

Among adults and older adults, physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, breast & colon cancer, falls, and depression. Among children and adolescents, physical activity can improve bone health, cardiorespiratory and muscular fitness. It can decrease levels of body fat, and reduce symptoms of depression.¹

Trend Analysis

Percent of adults not participating in any physical activity²



*Behavioral Risk Factor Surveillance Survey sample size was considerably smaller in 2010 as compared to 2009 survey sample.

Disparity Analysis

Disparities in percent of adults not participating in any physical activity²

Douglas County, 2009

