



Together, day by day, building a healthy community

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 2011, 17.3% of adults in Douglas County did not participate in any physical activity or exercise. The percent in Douglas County was lower than the state of Kansas and the U.S in 2011.

Health Disparities | Among adults in Douglas County in 2011:

- Physical inactivity increased as age increased.

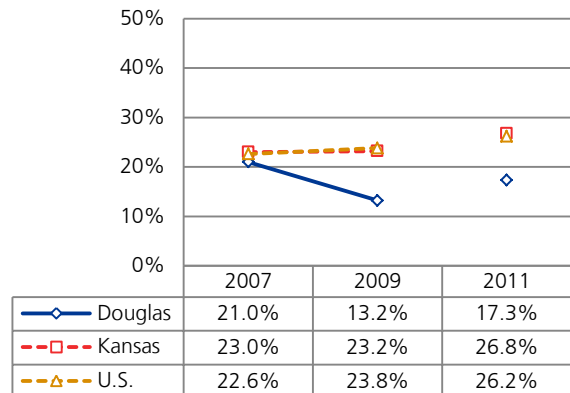
Healthy People 2020 Goal | $\leq 32.6\%$ ¹

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

Among adults and seniors, physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, Type 2 diabetes, breast and colon cancer, falls, and depression.¹

Trend Analysis

Percent of adults not participating in any physical activity²



**The 2011 BRFSS data should be considered a baseline year for data analysis and is not directly comparable to previous years of BRFSS data because of changes in weighting methodology and the addition of cell phone respondents.

Disparity Analysis

Disparities in percent of adults not participating in any physical activity²

Douglas County, 2011

