



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.<sup>1</sup>

**Where are we** | In 2013, 20.0% 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.

**Health Disparities** | Among adults in Douglas County in 2013:

- Physical inactivity increased for those with annual household incomes less than \$35,000

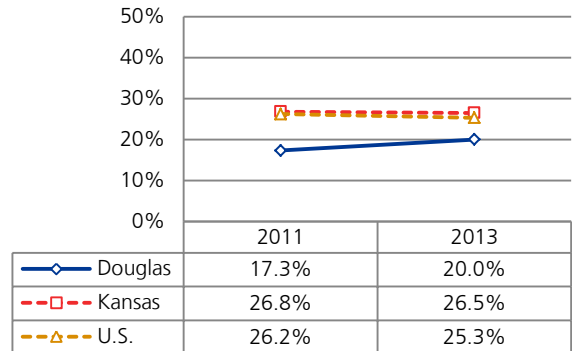
**Healthy People 2020 Goal** |  $\leq 32.6\%$ <sup>1</sup>

**Additional Information** | 47.4% of Douglas county residents are overweight or obese (BMI  $\geq 25$ ) 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.<sup>1</sup>

### Trend Analysis

Percent of adults not participating in any physical activity<sup>2</sup>



\*\*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 activity<sup>2</sup>

Douglas County, 2013

