

CHAPTER 3: PHYSICAL INACTIVITY

No Leisure-Time Physical Activity for Exercise in 2006

Definition	Responding “No” to the following question: “During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?”
Prevalence	WV: 25.6% (95% CI: 23.9-27.3) in 2006. US: 24.0% (95% CI: 23.6-24.3) in 2006. West Virginia ranked 12 th highest among 50 US States and DC in 2006.
Time Trends	From 1994 through 2004, the prevalence of risk due to lack of exercise generally declined. Between 2004 and 2005, however, the trend reversed direction, moving up significantly from 24.5% in 2004 to 28.5% in 2005. The trend edged down again slightly in 2006.
Gender	Men: 21.0% (95% CI: 18.6-23.4) in 2006. Women: 29.9% (95% CI: 27.6-32.2) in 2006. Women had a significantly higher overall risk than men. This difference was particularly evident among the oldest adults, those aged 65 and older. Differences among men and women in the youngest age group (aged 18-24) were large also, but were not significant, in part because of the lower survey response rate among this group.
Age	In general, the prevalence of physical inactivity increased with age. The rate among persons aged 65 and older was significantly higher than among those in any less than 45 age bracket.
Education	The prevalence of physical inactivity decreased with increasing education in 2006. A pronounced difference existed between the less than high school educated group (43.0%) and those with a college education (12.0%).
Household Income	The prevalence of physical inactivity was significantly higher among adults with incomes below \$15,000 in 2006, compared with adults living in households with income levels of \$25,000 or more annually.

WV HEALTHY PEOPLE 2010 OBJECTIVES

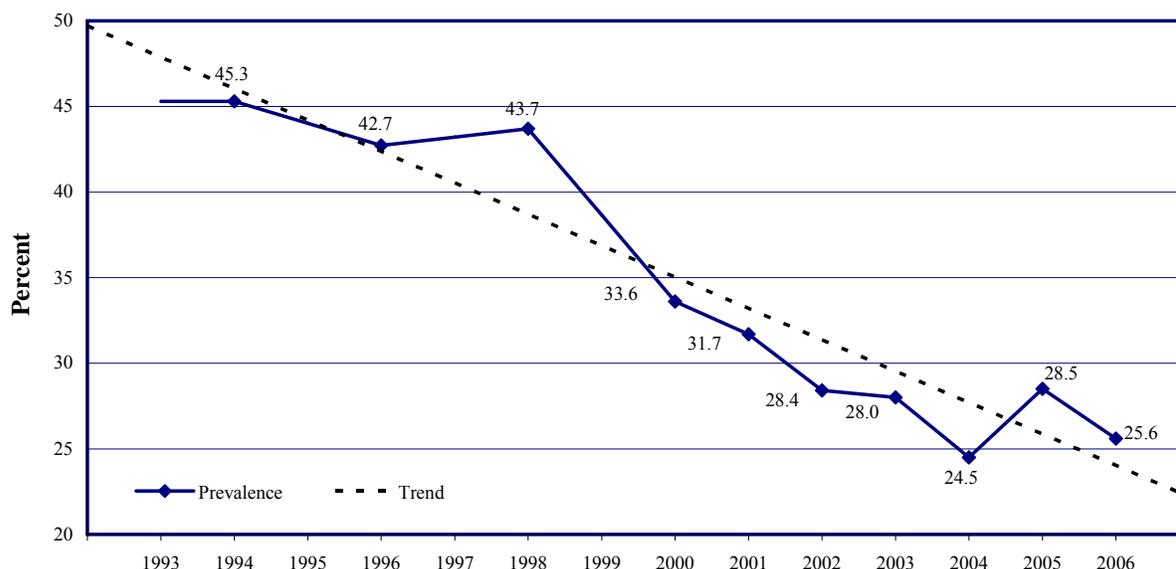
Objective 22.1	Reduce to 37% the proportion of people aged 18 and older who report no leisure-time physical activity. (Baseline: 43.7% in 1998; Current: 25.6% in 2006)
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Table 3.1 No leisure-time physical activity for exercise by demographic characteristics: WVBRFSS, 2006

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,493	21.0	18.6-23.4	2,294	29.9	27.6-32.2	3,787	25.6	23.9-27.3
Age									
18-24	67	*11.4	3.3-19.5	78	*25.6	13.8-37.5	145	18.3	11.0-25.6
25-34	150	17.1	10.4-23.7	265	23.9	18.3-29.4	415	20.4	16.1-24.8
35-44	232	22.4	16.6-28.2	368	25.9	21.0-30.8	600	24.2	20.4-28.0
45-54	330	21.5	16.7-26.3	430	29.9	25.3-34.6	760	25.8	22.4-29.1
55-64	370	27.1	22.2-32.1	463	30.1	25.7-34.5	833	28.6	25.3-32.0
65+	340	24.0	19.2-28.7	677	39.0	35.0-43.1	1,017	32.7	29.5-35.9
Education									
Less than H.S.	257	40.6	33.4-47.8	360	45.5	39.5-51.4	617	43.0	38.2-47.7
H.S. or G.E.D.	593	22.3	18.4-26.2	897	32.0	28.4-35.5	1,490	27.2	24.5-29.8
Some Post-H.S.	282	17.0	12.4-21.7	541	29.2	23.7-34.7	823	24.0	20.2-27.8
College Graduate	357	7.9	4.9-10.9	493	16.2	12.5-19.9	850	12.0	9.6-14.4
Income									
Less than \$15,000	168	36.8	27.7-46.0	414	41.0	35.3-46.7	582	39.6	34.7-44.4
\$15,000- 24,999	266	31.1	24.6-37.6	461	35.4	30.0-40.7	727	33.5	29.3-37.6
\$25,000- 34,999	215	26.4	19.3-33.4	281	28.7	22.7-34.7	496	27.5	22.8-32.1
\$35,000- 49,999	237	16.4	11.3-21.6	286	21.8	15.5-28.1	523	19.0	14.9-23.0
\$50,000- 74,999	225	15.5	10.1-21.0	273	24.4	18.7-30.1	498	19.9	15.9-23.8
\$75,000+	247	11.2	7.3-15.2	262	17.3	12.0-22.7	509	13.9	10.7-17.2

* Use caution when interpreting and reporting this specific estimate. See the detailed discussion of estimates in the Methodology section.

Figure 3.1 No leisure-time physical activity for exercise by year: WVBRFSS, 1994-2006



Source: West Virginia Behavioral Risk Factor Surveillance System (WVBRFSS), West Virginia Health Statistics Center, January 2008.
 Population: Non-institutionalized adults age 18 and older residing in West Virginia.
 Definition: Responding “No” to the following question: “During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?”
 Notes: Data are not available for the years 1993, 1995, 1997, and 1999. This Y axis does not begin with zero, in order to maintain a 30 percentage point Y axis range that facilitates comparability among a group of graphs presented together.

Figure 3.2 No leisure-time physical activity for exercise by county: WVBRESS, 2002-2006

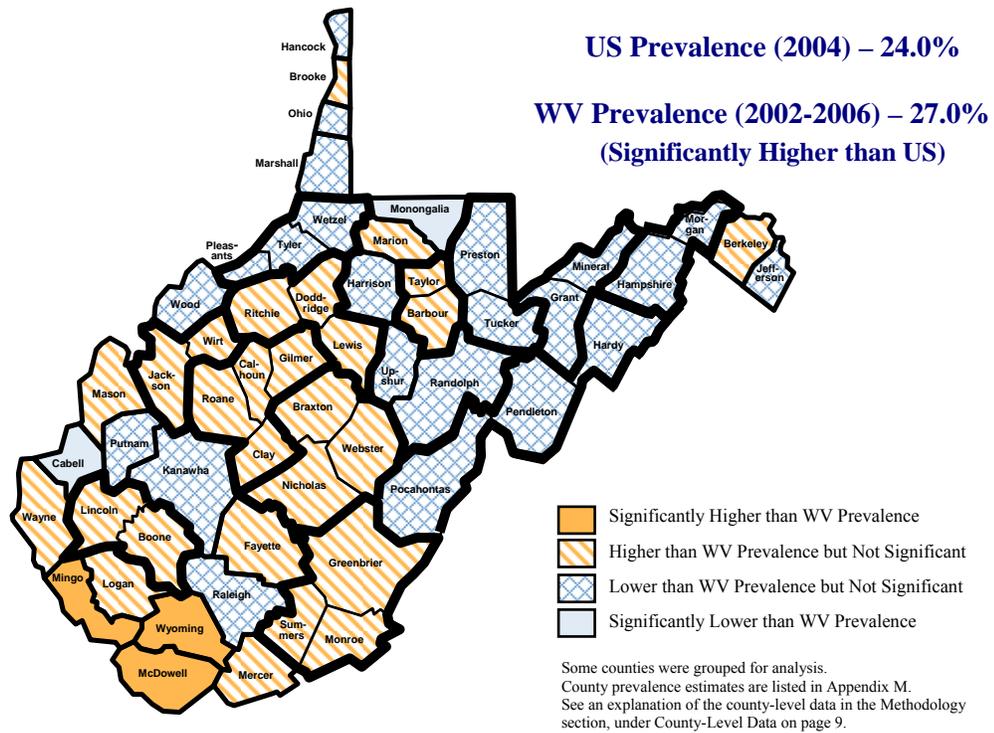
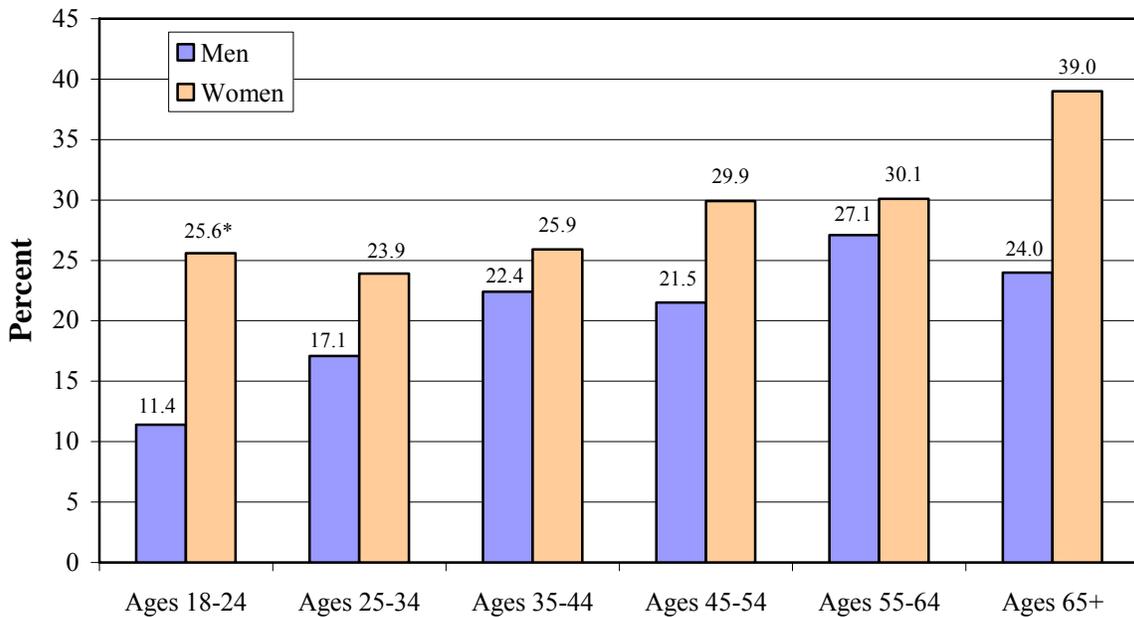


Figure 3.3 No leisure-time physical activity for exercise by age and sex: WVBRESS, 2006



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