

CHAPTER 6: PHYSICAL INACTIVITY

Physically Inactive: During the past month, other than their regular job, did not participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise.

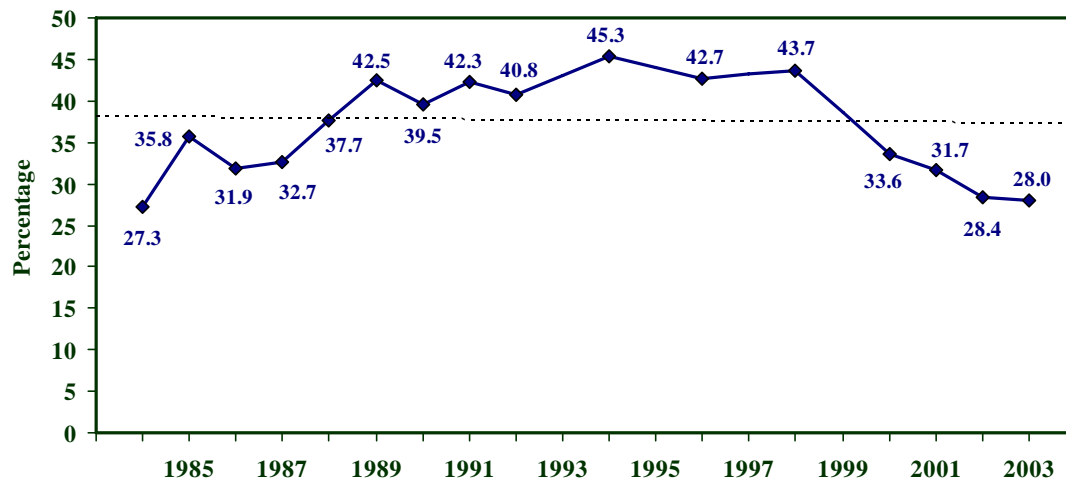
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|-------------------------|---|
| State Prevalence | 28.0% (95% CI: 26.3-29.7); 11 th highest among 54 BRFSS participants. National prevalence: 24.6% (95% CI: 24.3 -24.9). |
| Time Trends | Historically, West Virginia has ranked high in physical inactivity. However, inactivity dropped sharply after 1998 and has continued to decline for the past four years. Between 2001 and 2003, the prevalence significantly declined from 31.7% to 28.0%. |
| Gender | Men 24.9% (95% CI: 22.3-27.4); Women 30.9% (95% CI: 28.7-33.2). Since 1984 women have had higher rates of physical inactivity than men. In 2003, the gender difference was statistically significant. Between 2000 and 2003, the prevalence of inactivity significantly declined among men (32.0% versus 24.9%) but not women (35.0% versus 30.9%). |
| Age | Physical inactivity significantly increased with age, ranging from a low of 13.6% of 18 to 24-year-olds to 34.3% of those aged 65 and older. Women had a significantly higher rate of inactivity than men at ages 55 to 64 (39.5% versus 25.5%) and 65 and older (39.2% versus 27.2%). |
| Education | The prevalence of physical inactivity significantly decreased as education increased. Adults without a high school diploma/GED were significantly more likely to be inactive than those at all higher levels of educational attainment. More than 44% of adults with fewer than 12 years of school were participating in no leisure-time physical activities, compared with 14% of college graduates. |
| Household Income | There was also an inverse relationship between physical inactivity and household income. Adults in the poorest households had the highest prevalence of inactivity (43.8% - more than four times higher than those with the highest income). Significant declines in physical inactivity occurred when income reached \$25,000-34,999 and \$75,000 or more. Adults living in the wealthiest households were significantly less likely to be inactive than those at all other income levels. |
| Quick Stats | <ul style="list-style-type: none">57.3% of adults did not meet the CDC's Healthy People-2010 objective for moderate or physical activity. <i>Moderate activity: small increases in heart rate - 30+ min., 5+ days/wk.</i> <i>Vigorous activity: large increases in heart rate - 20+ min., 3+ days/wk.</i> |

West Virginia Healthy People 2010 Objectives

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| 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: 28.0% in 2003) |
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Table 6.1: No leisure-time physical activity: WVBFRSS, 2003

| Characteristic | Men | | | Women | | | Total | | |
|--------------------|---------|-------------|-------------|---------|-------------|-------------|---------|-------------|-------------|
| | # Resp. | % | 95% CI | # Resp. | % | 95% CI | # Resp. | % | 95% CI |
| TOTAL | 1,323 | 24.9 | (22.3-27.4) | 2,026 | 30.9 | (28.7-33.2) | 3,349 | 28.0 | (26.3-29.7) |
| Age | | | | | | | | | |
| 18-24 | 92 | 13.2 | (5.8-20.6) | 111 | 14.0 | (6.4-21.7) | 203 | 13.6 | (8.3-18.9) |
| 25-34 | 187 | 24.7 | (18.2-31.2) | 268 | 21.0 | (15.7-26.3) | 455 | 22.8 | (18.7-27.0) |
| 35-44 | 235 | 25.3 | (19.1-31.5) | 322 | 31.5 | (25.9-37.1) | 557 | 28.4 | (24.3-32.6) |
| 45-54 | 284 | 29.9 | (24.2-35.7) | 388 | 32.0 | (27.0-37.0) | 672 | 31.0 | (27.1-34.8) |
| 55-64 | 250 | 25.5 | (19.7-31.3) | 397 | 39.5 | (34.3-44.7) | 647 | 32.6 | (28.7-36.6) |
| 65+ | 274 | 27.2 | (21.5-33.0) | 529 | 39.2 | (34.7-43.7) | 803 | 34.3 | (30.8-37.9) |
| Education | | | | | | | | | |
| Less than H.S. | 245 | 42.2 | (35.1-49.4) | 391 | 46.7 | (41.2-52.2) | 636 | 44.5 | (40.0-49.0) |
| H.S. or G.E.D. | 529 | 27.6 | (23.5-31.8) | 792 | 35.3 | (31.6-39.1) | 1,321 | 31.6 | (28.8-34.4) |
| Some Post-H.S. | 265 | 14.3 | (9.7-18.9) | 476 | 22.4 | (18.2-26.6) | 741 | 18.9 | (15.8-22.0) |
| College Graduate | 281 | 12.4 | (8.3-16.5) | 366 | 15.8 | (11.8-19.8) | 647 | 14.0 | (11.2-16.9) |
| Income | | | | | | | | | |
| Less than \$15,000 | 171 | 47.7 | (38.9-56.5) | 355 | 41.0 | (35.3-46.8) | 526 | 43.8 | (38.8-48.8) |
| \$15,000- 24,999 | 263 | 35.6 | (29.2-42.0) | 461 | 37.5 | (32.6-42.4) | 724 | 36.7 | (32.7-40.6) |
| \$25,000- 34,999 | 194 | 17.7 | (12.0-23.4) | 269 | 28.3 | (22.3-34.3) | 463 | 23.3 | (19.0-27.5) |
| \$35,000- 49,999 | 211 | 22.6 | (16.6-28.5) | 267 | 20.8 | (15.7-26.0) | 478 | 21.8 | (17.8-25.7) |
| \$50,000- 74,999 | 168 | 14.1 | (8.5-19.7) | 225 | 23.6 | (17.4-29.7) | 393 | 18.8 | (14.6-23.0) |
| \$75,000+ | 183 | 9.7 | (5.1-14.4) | 146 | 12.7 | (6.5-18.9) | 329 | 10.8 | (7.1-14.5) |

Figure 6.1: No leisure-time physical activity by year: WVBFRSS, 1984-2003

----- Trend Line

NOTE: Data not available for the years 1993, 1995, 1997, and 1999.

Figure 6.2: No leisure-time physical activity by county: WVBRFSS, 2000-2003

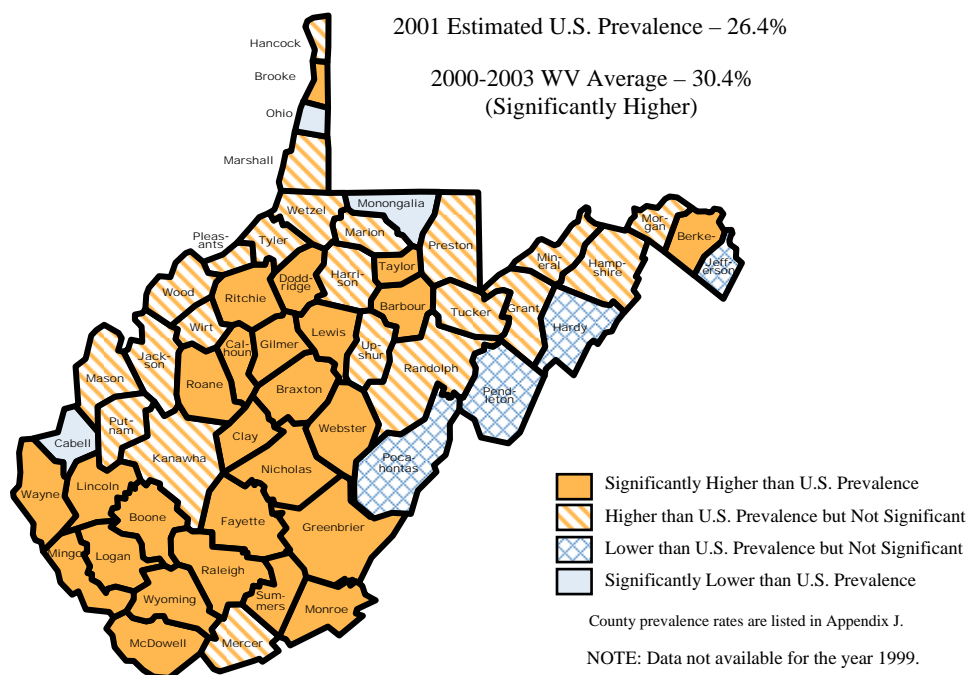


Table 6.2: Adults who are being more physically active (in order to lower their risk of heart disease or stroke) and health professional advice on the same: WVBRFSS, 2003

| Characteristic | Adults who are being more physically active | | | Adults advised by a health professional in the past 12 months to be more physically active | | |
|--------------------|---|-------------|-------------|--|-------------|-------------|
| | # Resp. | % | 95% CI | # Resp. | % | 95% CI |
| TOTAL | 3,307 | 61.8 | (60.0-63.7) | 3,308 | 28.2 | (26.5-30.0) |
| Sex | | | | | | |
| Males | 1,305 | 60.6 | (57.6-63.6) | 1,304 | 26.8 | (24.1-29.5) |
| Females | 2,002 | 63.0 | (60.6-65.4) | 2,004 | 29.5 | (27.3-31.8) |
| Age | | | | | | |
| 18-24 | 198 | 71.0 | (63.9-78.2) | 196 | 14.6 | (8.6-20.7) |
| 25-34 | 446 | 67.3 | (62.6-72.0) | 447 | 21.4 | (17.4-25.5) |
| 35-44 | 548 | 63.9 | (59.4-68.3) | 549 | 31.3 | (27.0-35.5) |
| 45-54 | 668 | 64.0 | (60.0-68.0) | 667 | 34.8 | (30.8-38.8) |
| 55-64 | 641 | 60.0 | (55.9-64.2) | 641 | 36.5 | (32.4-40.6) |
| 65+ | 794 | 49.8 | (46.0-53.6) | 796 | 27.0 | (23.7-30.3) |
| Education | | | | | | |
| Less than H.S. | 627 | 54.5 | (49.9-59.0) | 627 | 31.2 | (26.8-35.5) |
| H.S. or G.E.D. | 1,295 | 60.3 | (57.3-63.3) | 1,296 | 27.3 | (24.6-29.9) |
| Some Post-H.S. | 739 | 65.2 | (61.2-69.2) | 739 | 27.3 | (23.8-30.9) |
| College Graduate | 642 | 68.8 | (64.8-72.8) | 642 | 28.4 | (24.5-32.3) |
| Income | | | | | | |
| Less than \$15,000 | 519 | 49.2 | (44.1-54.3) | 520 | 33.5 | (28.8-38.2) |
| \$15,000- 24,999 | 714 | 60.3 | (56.3-64.4) | 713 | 26.0 | (22.5-29.6) |
| \$25,000- 34,999 | 461 | 64.9 | (60.1-69.6) | 461 | 32.6 | (27.9-37.4) |
| \$35,000-49,999 | 475 | 67.6 | (62.9-72.3) | 475 | 29.5 | (25.1-34.0) |
| \$50,000-74,000 | 390 | 69.1 | (64.0-74.2) | 390 | 26.9 | (22.1-31.7) |
| \$75,000+ | 326 | 71.4 | (65.8-77.0) | 325 | 29.3 | (24.0-34.7) |