

CHAPTER 3: PHYSICAL INACTIVITY

No Leisure-Time Physical Activity for Exercise in 2004 and 2005

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: 24.5% (95% CI: 22.9-26.1) in 2004; 28.5% (95% CI: 26.8-30.3) in 2005. US: 24.0% (95% CI: 23.7-24.3) in 2004; 25.5% (95% CI: 25.2-25.7) in 2005. West Virginia ranked 18 th highest among 52 BRFSS participants in 2004, and 11 th highest among 53 BRFSS participants in 2005.
Time Trends	From 1984 until 1994, the physical inactivity risk increased from 27.3% to 45.3%. After 1998, however, the trend improved, with the prevalence dropping to a low of 24.5% in 2004. The prevalence rose again in 2005 to 28.5%, a significant one-year increase.
Gender	Men: 21.3% (95% CI: 18.8-23.7) in 2004; 25.5% (95% CI: 22.8-28.2) in 2005. Women: 27.5% (95% CI: 25.4-29.7) in 2004; 31.3% (95% CI: 29.1-33.5) in 2005. Women had a significantly higher overall risk than men in both years.
Age	In general, the prevalence of physical inactivity increased with age. In both years, the rate among persons aged 65 and older was significantly higher than that among those aged less than 45.
Education	The prevalence of physical inactivity decreased with increasing education in both 2004 and 2005. Significant differences were noted between each level of education in both years.
Household Income	The prevalence of physical inactivity was significantly higher than the state average among adults with incomes of less than \$15,000 in both 2004 and 2005. Persons with incomes in excess of \$75,000 were significantly less likely to be inactive than those with incomes of less than \$35,000 in both years.

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: 28.5% in 2005)
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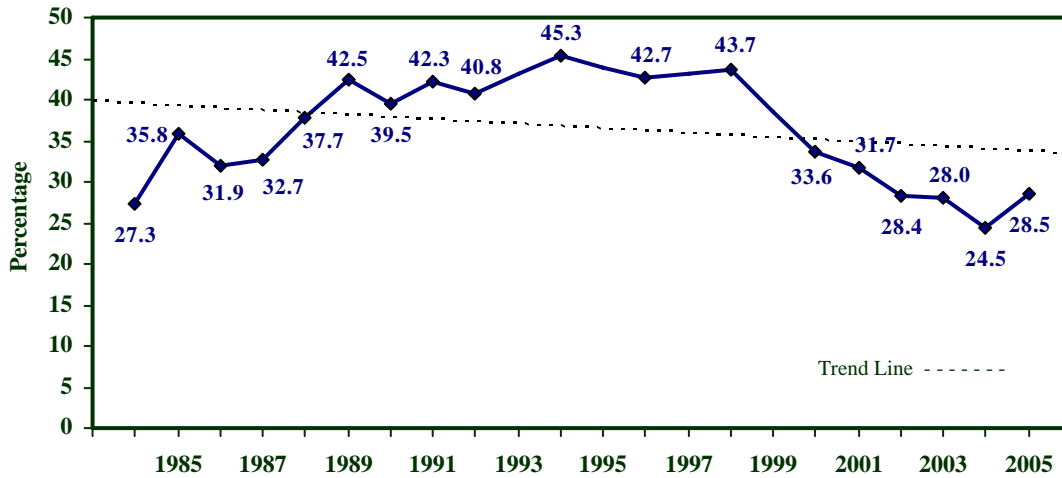
Table 3.1 No leisure-time physical activity for exercise by demographic characteristics: WVBRFSS, 2004

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,320	21.3	18.8-23.7	2,121	27.5	25.4-29.7	3,441	24.5	22.9-26.1
Age									
18-24	75	14.4	6.4-22.3	115	17.8	10.1-25.6	190	16.1	10.5-21.6
25-34	181	15.4	9.8-21.0	282	19.0	14.1-23.9	463	17.2	13.5-20.9
35-44	237	21.9	16.2-27.6	362	24.6	19.8-29.4	599	23.3	19.6-27.0
45-54	297	24.2	18.9-29.5	401	28.4	23.4-33.3	698	26.3	22.7-29.9
55-64	256	24.6	18.9-30.2	380	32.5	27.2-37.8	636	28.6	24.8-32.5
65+	272	25.5	19.8-31.1	577	36.7	32.4-41.1	849	32.1	28.6-35.6
Education									
Less than H.S.	226	40.8	33.7-48.0	402	41.8	36.3-47.3	628	41.4	37.0-45.8
H.S. or G.E.D.	526	23.0	19.0-26.9	798	29.7	26.1-33.2	1,324	26.3	23.6-29.0
Some Post-H.S.	260	14.3	9.7-18.8	471	23.4	19.1-27.6	731	19.2	16.1-22.4
College Graduate	306	10.1	6.5-13.6	447	15.4	11.5-19.3	753	12.8	10.1-15.5
Income									
Less than \$15,000	168	38.2	29.6-46.7	465	37.9	32.8-42.9	633	38.0	33.5-42.5
\$15,000- 24,999	262	31.8	25.5-38.1	404	32.7	27.5-37.9	666	32.3	28.2-36.3
\$25,000- 34,999	165	21.0	14.0-28.1	253	25.2	19.2-31.3	418	23.2	18.7-27.8
\$35,000- 49,999	215	14.6	9.2-20.0	305	22.1	16.8-27.3	520	18.4	14.6-22.2
\$50,000- 74,999	214	15.8	10.3-21.2	230	19.8	13.7-25.8	444	17.5	13.4-21.6
\$75,000+	186	12.6	7.3-17.9	189	12.6	7.5-17.7	375	12.6	8.9-16.3

Table 3.2 No leisure-time physical activity for exercise by demographic characteristics: WVBRFSS, 2005

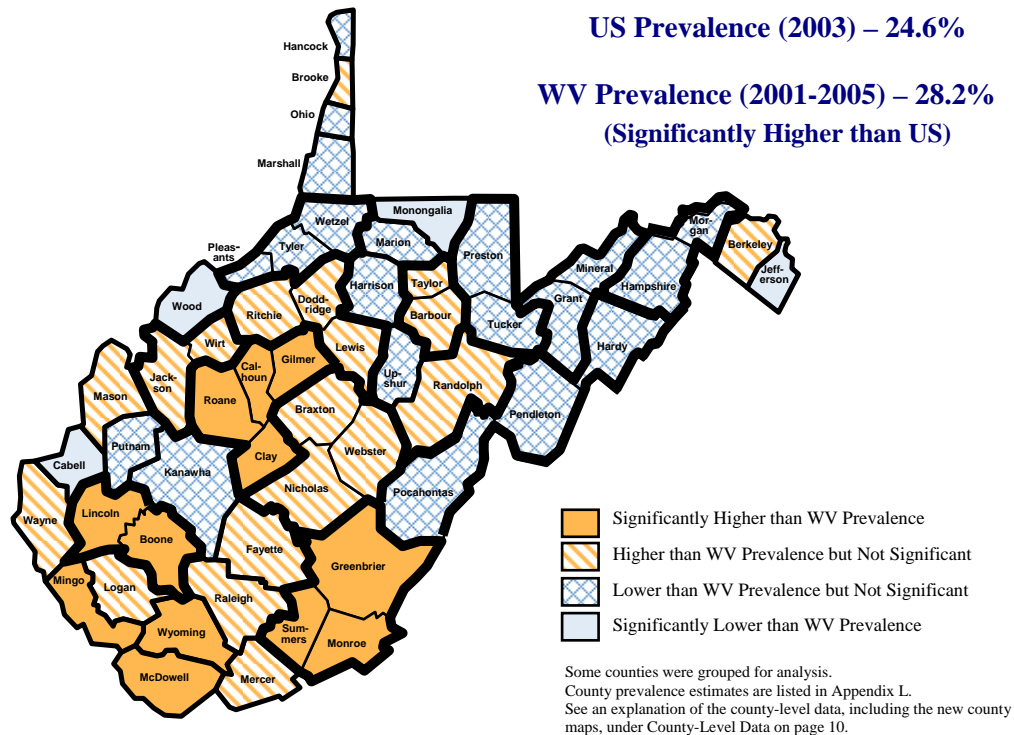
Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,360	25.5	22.8-28.2	2,192	31.3	29.1-33.5	3,552	28.5	26.8-30.3
Age									
18-24	68	24.0	12.6-35.5	102	17.5	9.6-25.4	170	20.8	13.8-27.9
25-34	182	16.1	10.3-21.9	282	22.6	17.3-27.9	464	19.3	15.4-23.2
35-44	226	24.2	18.1-30.2	351	29.0	23.7-34.3	577	26.6	22.6-30.6
45-54	286	28.5	22.8-34.2	458	35.8	30.9-40.6	744	32.1	28.4-35.9
55-64	276	26.5	21.0-32.1	366	37.4	31.9-42.8	642	32.1	28.1-36.0
65+	320	33.1	27.5-38.7	624	38.3	34.0-42.6	944	36.1	32.7-39.6
Education									
Less than H.S.	250	42.3	34.8-49.8	382	44.7	38.8-50.5	632	43.4	38.7-48.2
H.S. or G.E.D.	556	26.4	22.3-30.6	869	37.6	33.9-41.3	1,425	32.1	29.3-34.9
Some Post-H.S.	249	20.6	14.7-26.6	503	23.7	19.5-27.9	752	22.4	19.0-25.9
College Graduate	304	12.8	8.9-16.7	435	17.0	13.2-20.7	739	14.9	12.2-17.6
Income									
Less than \$15,000	167	34.5	26.4-42.6	435	43.3	37.9-48.7	602	39.9	35.3-44.5
\$15,000- 24,999	270	28.9	22.8-34.9	462	35.4	30.3-40.6	732	32.4	28.4-36.3
\$25,000- 34,999	214	27.1	20.3-33.8	254	36.9	30.0-43.8	468	31.5	26.7-36.4
\$35,000- 49,999	207	24.4	18.1-30.8	265	26.5	20.7-32.4	472	25.4	21.1-29.8
\$50,000- 74,999	209	18.6	12.1-25.1	262	20.7	15.4-25.9	471	19.6	15.4-23.8
\$75,000+	175	12.1	6.8-17.4	211	17.5	12.3-22.8	386	14.6	10.9-18.4

Figure 3.1 No leisure-time physical activity for exercise by year: WVBRFSS, 1984-2005



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

Figure 3.2 No leisure-time physical activity for exercise by county: WVBRFSS, 2001-2005



Moderate and Vigorous Physical Activity in 2005

Definitions

Moderate or Vigorous Physical Activity

Adults who reported participating in either moderate physical activity, for 30 or more minutes per day for 5 or more days per week, or vigorous activity, for 20 or more minutes per day on 3 or more days.

Insufficient Physical Activity

Adults who reported some physical activity but not enough to meet the moderate or vigorous physical activity recommendations listed above.

No Physical Activity

Adults who report doing no physical activity that meets the moderate or vigorous physical activity recommendations listed above. (This CDC definition varies from that of No Leisure-Time Physical Activity.)

Prevalence

Moderate or Vigorous Physical Activity

WV: **39.4%** (95% CI: 37.4-41.4) in 2005.

US: **48.1%** (95% CI: 47.8-48.5) in 2005.

West Virginia ranked 49th highest among 53 participants in 2005.

Insufficient Physical Activity

WV: **36.8%** (95% CI: 34.9-38.7) in 2005.

US: **37.7%** (95% CI: 37.4-38.1) in 2005.

West Virginia ranked 34th highest among 53 participants in 2005.

No Physical Activity

WV: **23.8%** (95% CI: 22.2-25.5) in 2005.

US: **14.2%** (95% CI: 13.9-14.4) in 2005.

West Virginia ranked 3rd highest among 53 participants in 2005.

Table 3.3 Adults meeting recommendations for moderate or vigorous physical activity for exercise, by demographic characteristics: WVBRFSS, 2005

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,297	41.9	38.7-45.0	2,094	37.2	34.7-39.6	3,391	39.4	37.4-41.4
Age									
18-24	65	*59.2	46.2-72.2	97	*55.0	44.3-65.7	162	57.1	48.7-65.6
25-34	174	50.5	42.6-58.4	274	41.5	35.2-47.7	448	46.0	40.9-51.0
35-44	218	44.1	37.0-51.1	338	44.1	38.3-49.8	556	44.1	39.5-48.6
45-54	275	33.7	27.6-39.7	444	36.7	31.8-41.7	719	35.2	31.3-39.1
55-64	262	38.1	31.7-44.6	346	31.8	26.4-37.1	608	34.9	30.7-39.1
65+	301	30.8	25.3-36.4	589	23.5	19.9-27.1	890	26.5	23.4-29.7
Education									
Less than H.S.	229	31.3	23.7-38.9	354	29.8	23.8-35.7	583	30.6	25.7-35.4
H.S. or G.E.D.	526	38.3	33.5-43.1	829	35.4	31.6-39.2	1,355	36.8	33.8-39.9
Some Post-H.S.	241	48.9	41.5-56.3	485	38.7	33.4-43.9	726	42.9	38.5-47.2
College Graduate	300	51.3	44.9-57.6	423	44.8	39.6-50.1	723	48.1	44.0-52.2
Income									
Less than \$15,000	157	34.3	25.4-43.1	413	24.2	19.2-29.2	570	28.0	23.4-32.6
\$15,000- 24,999	255	39.9	32.6-47.2	438	36.4	31.1-41.7	693	38.1	33.6-42.5
\$25,000- 34,999	204	32.4	25.4-39.4	250	34.7	28.0-41.3	454	33.5	28.6-38.3
\$35,000- 49,999	196	44.2	36.4-52.0	257	41.6	34.6-48.6	453	42.9	37.7-48.2
\$50,000- 74,999	203	42.5	34.9-50.0	257	46.2	39.5-53.0	460	44.3	39.2-49.4
\$75,000+	173	50.9	42.7-59.1	206	49.4	41.9-56.9	379	50.2	44.6-55.8

* Use caution when interpreting and reporting this estimate. See discussion of unstable estimates on page 9.