

BRFSS Physical Activity Summary 2012 Data

Arizona Department of Health Services
Bureau of Nutrition and Physical Activity
Research and Development

June 25, 2014



Physical Activity in Arizona
Findings from the 2012 Behavior Risk Factor Surveillance Survey (BRFSS)*

Overall Physical Activity

- 53.2% are categorized as active (17.2%) or highly active (36.0%) and are meeting the aerobic activity recommendations (150+ minutes per week moderate physical activity or 75+ minutes per week vigorous activity)
- 46.8% are insufficiently active (18.7%) or inactive (28.1%)
- 53.5% met the recommendation for aerobic activity
- 36.3% met the recommendation for muscle strengthening activity (at least 2 times per week)
- 29.1% met both the aerobic or muscle strengthening recommendations and 18.9% did not meet either

Food Assistance

- Adults who live in households where someone is getting food assistance (WIC, SNAP, Free and reduced lunch) are less likely to meet aerobic and strengthening physical activity guidelines:
 - Aerobic: 44.6% of adults with a member of the household getting food assistance
 - Aerobic: 56.2% of adults with no one in household getting food assistance
 - Strength: 29.2% of adults with a member of the household getting food assistance
 - Strength: 38.2% of adults with no one in household getting food assistance

Education

- People with more education are more likely to meet physical activity guidelines
 - 37.4% met aerobic and 26.6% met strength of those who did not graduate high school
 - 49.6% met aerobic and 30.0% met strength of those who graduated high school
 - 58.4% met aerobic and 39.2% met strength of those who attended college or technical school
 - 60.5% met aerobic and 42.6% met strength of those who graduated from college or technical school

Age

- Younger adults are more likely to meet strength recommendations with 45.2% of those aged 18-34 meeting recommendations compared to 33.7% of those aged 35-64 and 29.6% of those aged 65+
- Younger adults are less likely to meet aerobic recommendations with 53.8% of those aged 18-34 and 51.5% of those aged 35-64 meeting recommendations compared to 57.6% of those aged 65+

Physical Activity and Obesity

- 62.0% of adults in Arizona are either overweight (36.0%) or obese (26.0%)
- People who get the recommended amounts of aerobic and strength physical activity are less likely to be obese:
 - Only 22.6% of those who met the aerobic recommendation are obese compared to 31.6% of those who did not meet the aerobic recommendation
 - Only 20.5% of those who met the strength recommendation are obese compared to 27.3% of those who did not meet the strength recommendation

* The BRFSS is a telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984

Arizona BRFSS 2012[†]

Physical Activity

	Very Active		Active		Insufficiently Active		Inactive		Sample Size
	%	n	%	n	%	n	%	n	N
Total	36.0	2528	17.2	955	18.7	1004	28.1	1760	6247
Food Assistance									
No one in household getting food assistance	38.6	2219	17.3	806	18.1	809	26.0	1404	5238
Someone in household getting food assistance	27.5	309	16.9	149	20.6	195	35.0	356	1009
Education									
Less than 12 th grade	26.1	131	11.2	52	17.1	98	45.5	278	559
Graduated High School	34.3	565	15.1	201	19.0	240	31.7	567	1573
Attended College or Technical School	39.1	811	19.1	325	16.8	302	25.0	540	1978
Graduated from College or Technical School	39.6	1016	20.6	374	22.4	363	17.4	366	2119
Employment Status									
Employed for wages	32.8	694	20.2	394	24.6	482	22.4	398	1968
Self-Employed	39.4	212	18.5	71	15.7	82	26.5	98	463
Out of work (>=1 yr)	32.0	78	14.1	32	16.0	20	37.9	72	202
Out of work (< 1 yr)	37.3	64	18.4	30	14.3	26	30.0	42	162
Homemaker	32.6	199	17.6	81	22.1	92	27.8	151	523
Student	42.5	52	23.4	25	18.1	31	16.0	20	128
Retired	47.5	1120	13.3	282	9.0	204	30.1	692	2298
Unable to work	19.9	94	6.7	36	15.1	65	58.3	273	468
Ethnicity									
Hispanic	27.8	275	15.1	123	21.0	218	36.1	332	948
Not Hispanic	39.0	2229	18.0	824	17.8	775	25.2	1405	5233
Language									
English	38.1	2475	17.2	911	18.2	897	26.5	1620	5903
Spanish	16.9	53	17.4	44	23.1	107	42.6	138	342
Age Group									
18-34	33.2	249	20.6	147	22.1	186	24.2	163	745
35-64	34.3	1101	17.0	495	20.5	572	28.3	713	2881
65+	44.0	1178	13.3	313	9.8	246	32.9	884	2621
Urban/Rural[‡]									
Rural	37.4	1504	14.4	500	18.4	556	29.8	1085	3645
Urban	35.6	1024	18.2	455	18.7	448	27.5	675	2602

[†] Do not compare 2011 and 2012 BRFSS data to previous years. Questions asked and weighting scheme changed. 2011 will be baseline data moving forward

[‡] Urban = Maricopa and Pima Counties; Rural = all other counties