



# PHYSICAL ACTIVITY AMONG ADULTS IN ARKANSAS, 2007



In Arkansas, over half of adults do not participate in the recommended amount of physical activity.

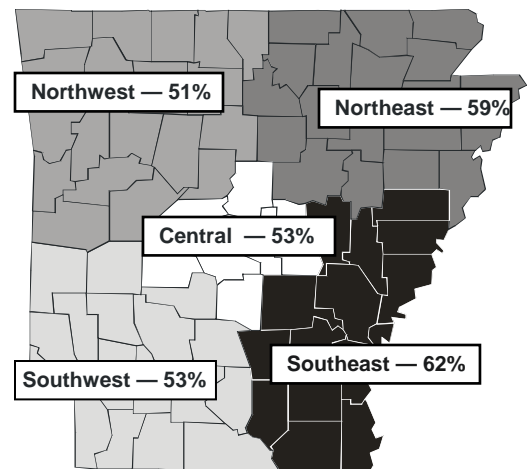
Arkansas Behavioral Risk Factor Surveillance System

## THE IMPORTANCE OF PHYSICAL ACTIVITY

- ◆ In order for adults to meet current physical activity recommendations, they must participate in 30 minutes or more of moderate activity five or more days per week or 20 minutes or more of vigorous activity three or more days per week.
- ◆ According to the Centers for Disease Control and Prevention, physical activity helps adults achieve or maintain a healthy body weight and prevents heart disease, stroke, and diabetes.
- ◆ Over one million (54%) Arkansas adults do not participate in the recommended amount of physical activity.
- ◆ Adults in Arkansas are more likely (54%) to not meet physical activity recommendations compared to U.S. adults (51%).

### PUBLIC HEALTH REGION

The map to the right displays the percent of adults who do not meet physical activity recommendations by public health region in Arkansas.

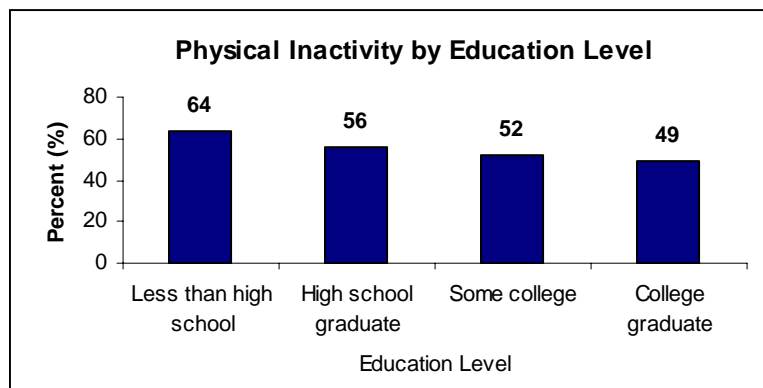


### GENDER

Women are more likely to fall short of physical activity recommendations (59%) compared with men (49%).

### EDUCATION

Adults with less education are more likely to not meet physical activity recommendations, as shown in the graph below.

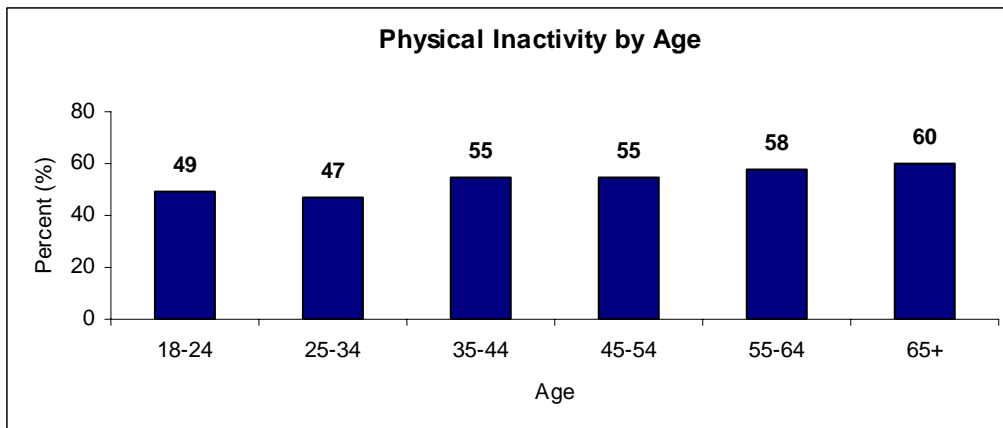


## RACE/ETHNICITY

In Arkansas, white adults (53%) and African American adults (61%) have similar rates of physical inactivity.

## AGE

The percent of adults who do not meet physical activity recommendations vary by age, as shown in the graph below.



## METROPOLITAN VS. NON-METROPOLITAN\*

In Arkansas, physical inactivity rates are similar in metropolitan (55%) and non-metropolitan areas (54%).

In Arkansas, older adults are less likely to meet physical activity recommendations.

### WHAT IS MODERATE PHYSICAL ACTIVITY?

- ◆ You should notice small increases in breathing or heart rate.
- ◆ You should be able to talk comfortably.
- ◆ Activities include brisk walking, bicycling, vacuuming, or gardening.

### WHAT IS VIGOROUS PHYSICAL ACTIVITY?

- ◆ You should notice large increases in breathing or heart rate.
- ◆ You should be too out of breath to carry on a conversation.
- ◆ Activities include running, aerobics, and heavy yard work.

Experts advise that people with chronic diseases, such as a heart condition, arthritis, diabetes, or high blood pressure, should talk to their doctor about what types and amounts of physical activity are appropriate.

\*Metropolitan areas of Arkansas include center cities, counties containing center cities, and suburban counties. Any areas outside of metropolitan areas are considered non-metropolitan.

For more information, visit <http://brfss.arkansas.gov>