**PHYSICAL ACTIVITY: ADULTS MEETING RECOMMENDATIONS**

**ISSUE**

The health benefits of physical activity include: \(^{(1-2)}\)

- Reduced risk of dying from heart disease or stroke.
- Reduced risk of developing type 2 diabetes.
- Improved ability to maintain current weight or lose weight.
- Reduced symptoms of depression and improved mood.

Physical activity can take many forms from walking, bicycling, gardening, sports and dancing. In general, health benefits increase as levels of physical activity increase, with the goal being to meet recommended amounts of physical activity for your age. \(^{(3)}\)

**FINDINGS**

- In 2009, about 3 in 5 (60%) of Thurston County adults got enough (the recommended amount) physical activity. About 2 in 5 (40%) of county adults engaged in an insufficient amount or no physical activity. \(^{(4)}\)
**Detailed Data**

- During the past decade Thurston County consistently exceeded Washington State rates for adults meeting physical activity recommendations.

![Percent of Adults Meeting Physical Activity Recommendations, Thurston County and Washington State 2003-2009](image)

- Physical activity levels for adults vary by annual household income.

![Percent of Adults by Level of Physical Activity and Annual Household Income, Thurston County 2005-2007-2009 Combined](image)
CITATIONS

NOTES
- Enough PA/Meeting physical activity recommendations = adults engaging in moderate-intensity physical activity for 30 minutes on five or more days of the week or engaging in vigorous-intensity physical activity on three or more days of the week.
- Insufficient PA = adults engaging in some physical activity, but not enough to meet recommendations.
- No PA = adults engaging in no physical activity.

MORE INFORMATION
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