

# PHYSICAL ACTIVITY: ADULTS MEETING RECOMMENDATIONS

## ISSUE

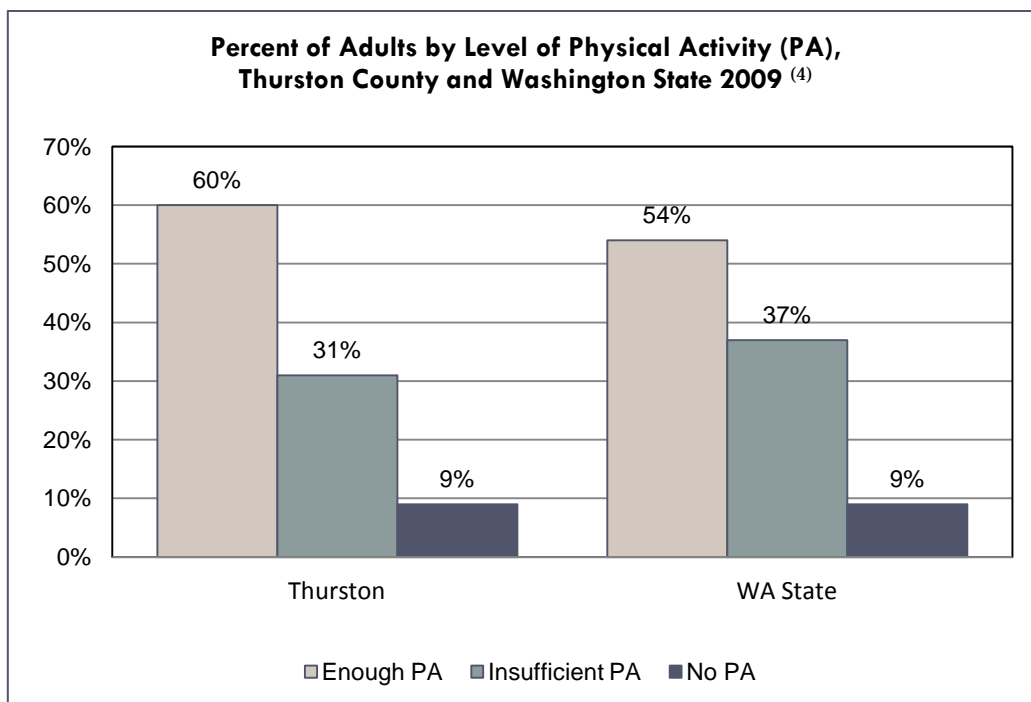
The health benefits of physical activity include: <sup>(1-2)</sup>

- 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. <sup>(3)</sup>

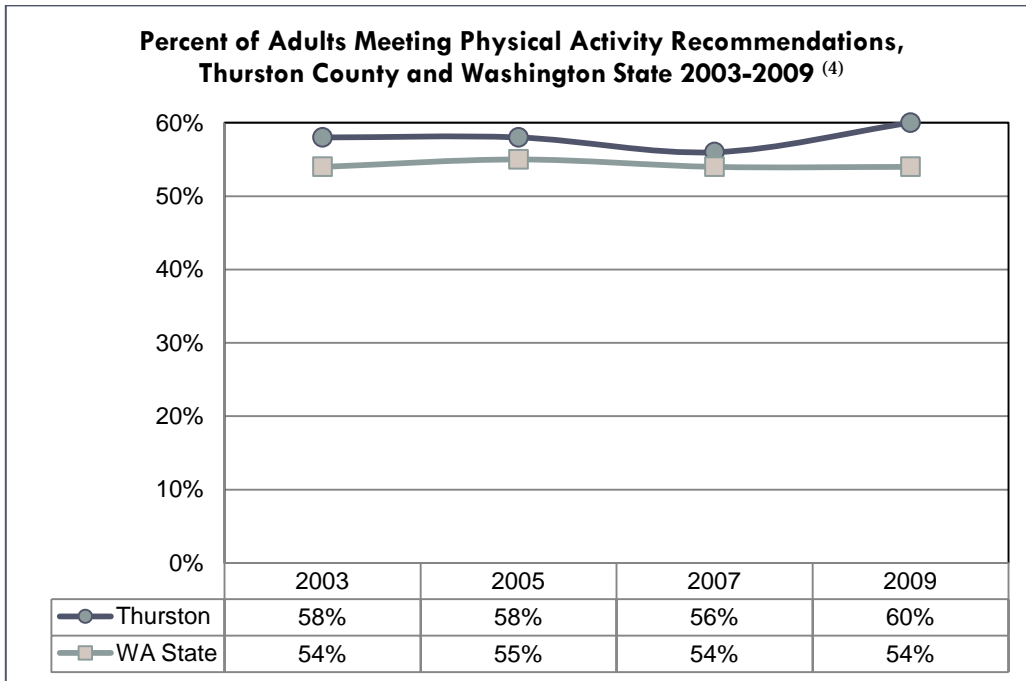
## FINDINGS

- 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. <sup>(4)</sup>

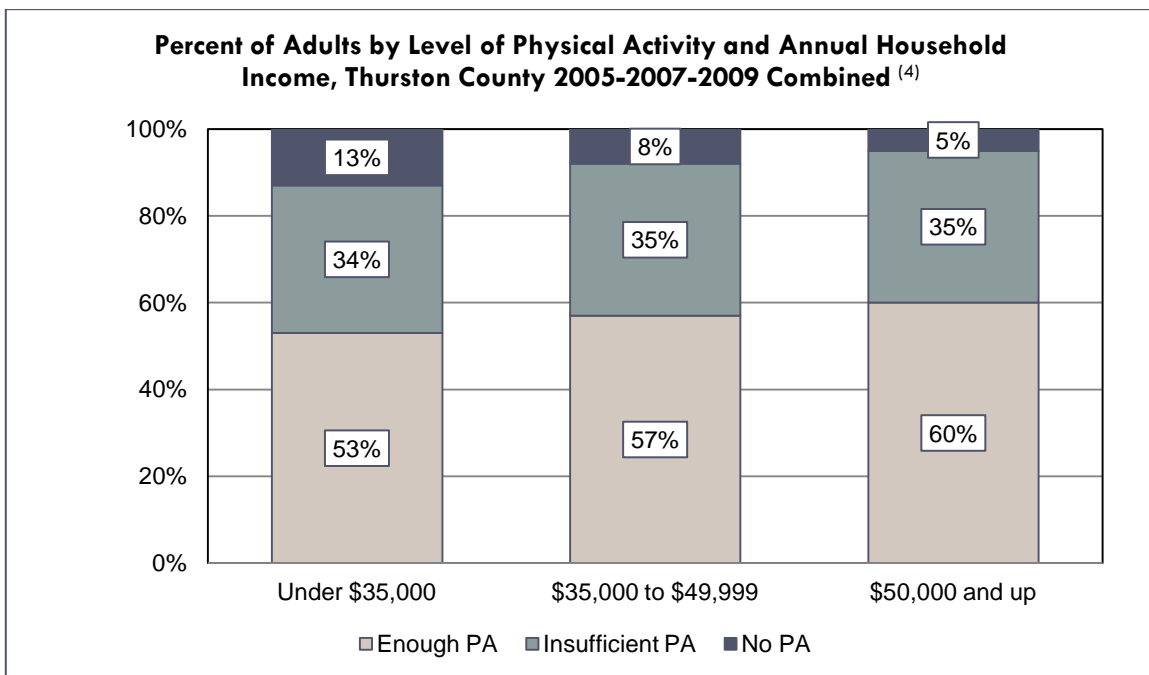


## DETAILED DATA

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



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



## CITATIONS

- (1) Physical Activity and Health: The Benefits for Everyone. 2012. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention. [www.cdc.gov/physicalactivity/everyone/health/index.html](http://www.cdc.gov/physicalactivity/everyone/health/index.html)
- (2) Physical Activity and Health – A Report of the Surgeon General. 2006. U.S. Department of Health & Human Services, Office of the Surgeon General. [www.cdc.gov/nccdphp/sgr/index.htm](http://www.cdc.gov/nccdphp/sgr/index.htm)
- (3) 2008 Physical Activity Guidelines for Americans: - Be Active Your Way: A Fact Sheet for Adults. 2008. U.S. Department of Health & Human Services. [www.health.gov/paguidelines/adultguide/](http://www.health.gov/paguidelines/adultguide/)
- (4) Behavioral Risk Factor Surveillance Survey (BRFSS) Data. 2003-2009. Washington State Department of Health. Prepared by Thurston County Public Health & Social Services Department. This survey topic is included every other year.

## 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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