

Physical Activity

Summary / Recommendations: In 2006, almost of one-third of Louisiana residents reported that they did not engage in any leisure-time physical activity such as running, calisthenics, golf, gardening, or walking in the previous month. Residents who were 55 years and older, female, reporting lower levels of education and household income, and those unable to work were more likely to report not participating in leisure-time physical activity.

Prevalence of adults who have inadequate physical activity, overall and by select categories. Behavioral Risk Factor Surveillance System, Louisiana 2005

Characteristics+	Inadequate physical activity		
	Sample Size*	%	95% CI
Total	1736	61.7	59.4-63.9
Age			
18-34	309	49.2	44.3-53.9
35-54	709	65.2	62.0-68.4
55+	718	70.9	67.8-74.1
Gender			
Male	560	57.2	53.4-60.9
Female	1176	65.8	63.2-68.4
Race			
White	1141	59.9	57.2-62.7
Black	484	66.2	61.7-70.8
Education			
< High school	285	74.7	68.6-80.8
High school grad	618	63.6	59.7-67.4
Some college/grad	829	56.9	53.7-60.1
HH Income			
<\$25,000	596	67.9	63.6-72.1
\$25,000-\$49,999	460	62.3	57.9-66.6
\$50,000+	399	54	50.0-58.1
Employment			
Employed	808	58.6	55.4-61.8
Self- employed	477	65.7	61.7-69.7
Unemployed	234	55	48.7-61.4
Unable to work	213	81.1	75.4-86.7

* Percentages are based on weighted data estimates. Unweighted sample size = 1736
 + In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused..
 * The proportion who reported not participating in any leisure-time physical activity such as running, calisthenics, golf, gardening or walking during the past month..

Over the last decades, Louisiana and the US have made some progress in reducing the proportion of adults reporting no physical activity. However, the sedentary lifestyle remains much more prevalent in Louisiana than in the US in general.

Americans' sedentary lifestyle has heavily contributed to the recent increase in overweight and obesity (as cited in *Healthy People 2010*). According to the *Healthy People 2010*, 40 out of 100 adults in the United States reported participating in no leisure-time physical activity in 1997 (2000). The *Healthy People 2010* (2000) health objective is to "reduce the number of adults who engage in no leisure-time physical activity (objective 22-1)" to 20%.

According to the Surgeon General's report on physical activity (CDC, 1999), physical activity can reduce the risk of hypertension, some types of cancer, coronary heart disease, and early death.

In 2006, the proportion of Louisiana residents who reported not participating in any leisure-time physical activity such as running, calisthenics, golf, gardening or walking during the past month was 31.0% [95% CI: 29.6-32.4]. As age increased, the proportion of those with no leisure-time physical activity increased, from 27.6% [95% CI: 24.6-30.7], age range 18-34 years, to 36.0% [95% CI: 34.0-38.0], age range 55+. As education level and household income increased, the proportion of residents with no leisure-time physical activity decreased significantly. Louisiana residents who report being unable to work are the most likely to report having had no leisure-time physical activity, 55.7% [95% CI: 50.7-60.8].

