

Exercise

Participated in no physical activity in past month:

- Twenty-three percent of Pennsylvania adults responded in 2014 that they participated in no physical activity in the past month.
- Pennsylvania adults age 18-29 had a significantly lower percentage (16 percent, CI: 13-19) compared to Pennsylvania adults age 45-64 (25 percent, CI: 23-27) and adults age 65 and older (31 percent, CI: 29-33).
- Pennsylvania adults age 30-44 had a significantly lower percentage (20 percent, CI: 18-23) compared to Pennsylvania adults age 65 and older (31 percent, CI: 29-33).
- Pennsylvania adults age 45-64 had a significantly lower percentage (25 percent, CI: 23-27) compared to Pennsylvania adults age 65 and older (31 percent, CI: 29-33).
- Pennsylvania adults with a high school education had a significantly lower percentage (30 percent, CI: 28-32) compared to Pennsylvania adults with less than a high school education (39 percent, CI: 34-44).
- Pennsylvania adults with some college education had a significantly lower percentage (19 percent, CI: 17-21) compared to Pennsylvania adults with less than a high school education (39 percent, CI: 34-44) and adults with a high school education (30 percent, CI: 28-32).
- Pennsylvania adults with a college degree had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania adults with less than a high school education (39 percent, CI: 34-44), adults with a high school education (30 percent, CI: 28-32) and adults with some college education (19 percent, CI: 17-21).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (27 percent, CI: 25-30) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-42).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (19 percent, CI: 17-22) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-42), adults with a household income of \$15,000 to \$24,999 (34 percent, CI: 30-37) and adults with a household income of \$25,000 to \$49,999 (27 percent, CI: 25-30).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (11 percent, CI: 9-13) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-42), adults with a household income of \$15,000 to \$24,999 (34 percent, CI: 30-37), adults with a household income of \$25,000 to \$49,999 (27 percent, CI: 25-30) and adults with a household income of \$50,000 to \$74,999 (19 percent, CI: 17-22).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (22 percent, CI: 21-23) compared to Pennsylvania black, non-Hispanic adults (27 percent, CI: 24-32).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (22 percent, CI: 21-23) compared to Pennsylvania Hispanic adults (34 percent, CI: 27-43).

Exercise

Figure 3A: No Physical Activity in the Past Month Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2014

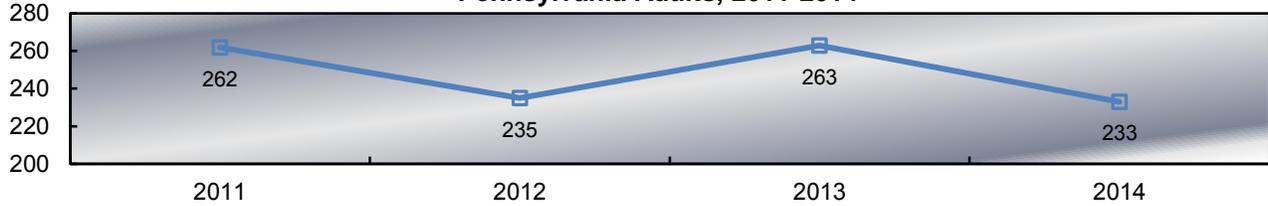


Table 3: Exercise, Pennsylvania Adults, 2014 (with 95% Confidence Intervals)

	Participated in No Physical Activity in the Past Month*	
	%	CI
All adults	23	22-24
Gender:		
Male	22	20-24
Female	24	23-26
Age:		
18-29	16	13-19
30-44	20	18-23
45-64	25	23-27
65+	31	29-33
Education:		
<High school	39	34-44
High school	30	28-32
Some college	19	17-21
College degree	11	10-12
Household income:		
<\$15,000	37	33-42
\$15,000 to \$24,999	34	30-37
\$25,000 to \$49,999	27	25-30
\$50,000 to \$74,999	19	17-22
\$75,000+	11	9-13
Race:		
White, non-Hispanic	22	21-23
Black, non-Hispanic	27	24-32
Hispanic	34	27-43

*Excludes missing, don't know and refused
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 3B: Participated in No Physical Activity in the Past Month, Pennsylvania Health Districts, 2014

