Exercise

Exercise

In 2008, The U.S. Department of Health and Human Services released the new physical activity guidelines for Americans. These guidelines recommend that adults participate in muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week.[24] The estimate of adults who indicated they met aerobic recommendations or met muscle strengethening recommendations is shown in Table 30.

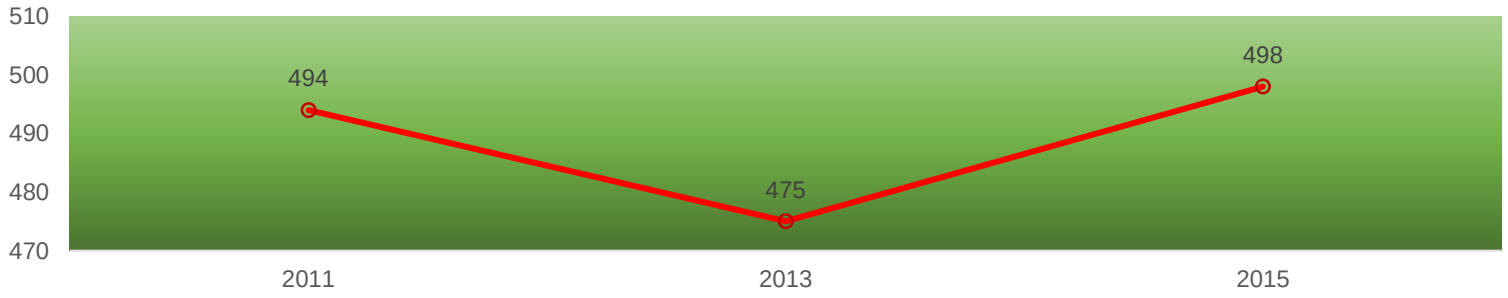
- In 2015, 50 percent of Pennsylvania adults reported they met aerobic recommendations and 30 percent of Pennsylvania adults reported they met muscle strengthening recommendations.
- Pennsylvania women (24 percent) who met muscle strengthening recommendations had a significantly lower percentage than Pennsylvania men (36 percent) who met muscle strengthening recommendations.
- The percentage of Pennsylvania adults who met aerobic recommendations increased as education levels increased.
- The percentage of Pennsylvania adults who met muscle strengthening recommendations decreased as age increased and increased as education levels and household income increased.
- The percentage of Pennsylvania adults who met aerobic recommendations did not significantly differ by gender, age or race.
- The percentage of Pennsylvania adults who met muscle strengthening recommendations does not significantly differ by race.

Table 30A: Exercise, 2015

	Met Aerobic Recommendation*		Met Muscle Strengthening Recommendation*	
Demographics	**%**	**CI**	**%**	**CI**
All adults	50	48-52	30	28-31
Gender				
Male	52	49-55	36	33-38
Female	48	45-50	24	22-26
Age				
18-29	53	47-58	42	37-47
30-44	52	48-56	34	31-38
45-64	48	45-51	25	23-28
65+	49	45-52	21	18-23
Education				
<High school	43	36-51	24	18-33
High school	45	42-48	26	23-29
Some college	50	47-54	28	25-32
College degree	58	56-61	38	35-41
Household income				
<$15,000	46	39-52	21	16-27
$15,000 to $24,999	46	41-52	24	19-29
$25,000 to $49,999	50	46-54	28	25-32
$50,000 to $74,999	44	40-49	32	28-36
$75,000+	56	52-59	35	32-39
Race				
White, non-Hispanic	51	49-53	30	28-32
Black, non-Hispanic	46	40-53	29	24-35
Hispanic	45	35-56	29	20-39

*Excludes missing, don't know and refused

Figure 30: Met Aerobic Recommendation Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2015



Met Aerobic Recommendation
Magnitude of Significant Differences – 2015

Education

- Respondents with a college degree were:
  - 2.1 times more likely to report they met aerobic recommendations than were respondents with less than a high school education;
  - 1.9 times more likely to report they met aerobic recommendations than were respondents with a high school education; and
  - 1.5 times more likely to report they met aerobic recommendations than were respondents with some college education.

Table 30B: Magnitude of Significantly Different Demographics by Met Aerobic Recommendation, 2015

Significantly different demographics	Odds ratio	CI
Education		
College degree vs. < high school	2.1	1.7 - 2.8
College degree vs. high school	1.9	1.7 - 2.2
College degree vs. some college	1.5	1.3 - 1.7
Household income		
$75,000+ vs. $50,000 to $74,999	1.4	1.2 - 1.7

Household Income

- Respondents with a household income of $75,000 or more were 1.4 times more likely to report they met aerobic recommendations than were respondents with a household income of $50,000 to $74,999.

Met Muscle Strengthening Recommendation
Magnitude of Significant Differences – 2015

Gender

- Male respondents were 1.6 times more likely to report they met muscle strengthening recommendations than were female respondents.

Age

- Respondents age 18-29 were:
  - 2.2 times more likely to report they met muscle strengthening recommendations than were respondents age 45-64; and
  - 2.5 times more likely to report they met muscle strengthening recommendations than were respondents age 65 and older.
- Respondents age 30-44 were:
  - 1.5 times more likely to report they met muscle strengthening recommendations than were respondents age 45-64; and
  - 1.7 times more likely to report they met muscle strengthening recommendations than were respondents age 65 and older.

Table 30C: Magnitude of Significantly Different Demographics by Met Muscle Strengthening Recommendation, 2015

Significantly different demographics	Odds ratio	CI
Gender		
Male vs. female	1.6	1.4 - 1.8
Age		
18-29 vs. 45-64	2.2	1.9 - 2.7
18-29 vs. 65+	2.5	2.0 - 3.0
30-44 vs. 45-64	1.5	1.3 - 1.8
30-44 vs. 65+	1.7	1.4 - 2.0
Education		
College degree vs. < high school	2.7	1.9 - 3.6
College degree vs. high school	2.0	1.7 - 2.3
College degree vs. some college	1.6	1.4 - 1.9
Household income		
$50,000 to $74,999 vs. < $15,000	2.1	1.5 - 2.8
$75,000+ vs. < $15,000	2.3	1.8 - 3.1
$75,000+ vs. $15,000 to $24,999	1.9	1.5 - 2.4

Education

- Respondents with a college degree were:
  - 2.7 times more likely to report they met muscle strengthening recommendations than were respondents with less than a high school education;
  - 2.0 times more likely to report they met muscle strengthening recommendations than were respondents with a high school education; and
  - 1.6 times more likely to report they met muscle strengthening recommendations than were respondents with some college education.

Household Income

- Respondents with a household income of $50,000 to $74,999 were 2.1 times more likely to report they met muscle strengthening recommendations than were respondents with a household income of less than $15,000.
- Respondents with a household income of $75,000 or more were:
  - 2.3 times more likely to report they met muscle strengthening recommendations than were respondents with a household income of less than $15,000; and
  - 1.9 times more likely to report they met muscle strengthening recommendations than were respondents with a household income of $15,000 to $24,999.

Exercise (continued)

Exercise

Regular physical activity among adults has been shown to reduce the risk of many diseases including cardiovascular disease, diabetes, colon and breast cancers, and osteoporosis. Keeping physically active also helps to control weight, maintain healthy bones, muscles, and joints, and relieve symptoms of depression.[25] The estimate of adults who indicated they participated in no physical activity in the past month or participated in over 300 minutes of physical activity per week is shown in Table 31.

- In 2015, 28 percent of Pennsylvania adults reported they participated in no physical activity in the past month and 31 percent of Pennsylvania adults reported they participated in over 300 minutes of physical activity per week.
- Pennsylvania adults with a college degree (15 percent) who participated in no physical activity in the past month had a significantly lower percentage than Pennsylvania adults with less than a high school education (37 percent), adults with a high school education (35 percent) and adults with some college education (27 percent) who participated in no physical activity in the past month.
- The percentage of Pennsylvania adults who participated in no physical activity in the past month increased as age increased.
- The percentage of Pennsylvania adults who participated in no physical activity in the past month did not significantly differ by gender or race.
- The overall number of Pennsylvania adults per 1,000 Pennsylvania population who participated in no physical activity in the past month increased in 2015 compared to previous years.

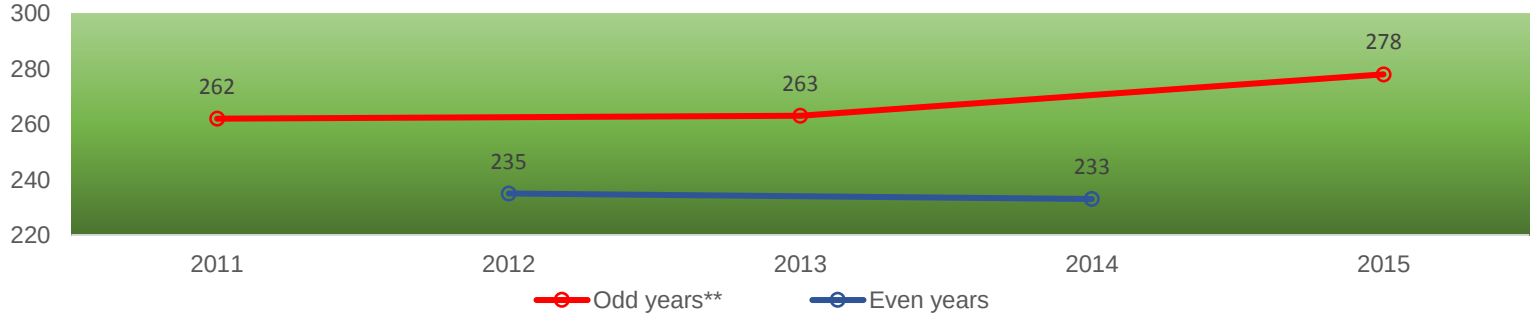
Table 31A: Exercise (continued), 2015

	Participated in No Physical Activity in the Past Month* **		Participated in Over 300 Minutes of Physical Activity Per Week*	
Demographics	**%**	**CI**	**%**	**CI**
All adults	28	26-29	31	29-33
Gender				
Male	26	24-28	32	30-35
Female	30	27-32	30	28-32
Age				
18-29	21	17-25	29	25-34
30-44	25	22-29	30	26-34
45-64	29	27-32	30	28-33
65+	35	32-38	36	33-39
Education				
<High school	37	30-44	28	22-36
High school	35	32-38	31	28-33
Some college	27	24-30	31	27-34
College degree	15	13-17	33	31-36
Household income				
<$15,000	41	34-47	30	24-36
$15,000 to $24,999	33	29-38	32	27-37
$25,000 to $49,999	30	26-33	33	29-36
$50,000 to $74,999	30	26-34	28	24-32
$75,000+	19	16-22	33	30-36
Race				
White, non-Hispanic	27	25-29	32	30-33
Black, non-Hispanic	30	24-36	29	24-36
Hispanic	32	23-42	34	25-45

*Excludes missing, don't know and refused

**Odd years of survey include the following interviewer instruction: If respondent does not have a "regular job duty" or is retired, they may count the physical activity or exercise they spend the most time doing in a regular month.

Figure 31: Participated in No Physical Activity Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2015



Participated in No Physical Activity in the Past Month
Magnitude of Significant Differences – 2015

Age

- Respondents age 45-64 were 1.8 times more likely to report they participated in no physical activity in the past month than were respondents age 18-29.
- Respondents age 65 and older were:
  - 2.1 times more likely to report they participated in no physical activity in the past month than were respondents age 18-29; and
  - 1.6 times more likely to report they participated in no physical activity in the past month than were respondents age 30-44.

Table 31B: Magnitude of Significantly Different Demographics by Participated in No Physical Activity in the Past Month, 2015

Significantly different demographics	Odds ratio	CI
Age		
45-64 vs. 18-29	1.8	1.4 - 2.2
65+ vs. 18-29	2.1	1.7 - 2.7
65+ vs. 30-44	1.6	1.3 - 1.9
Education		
< High school vs. college degree	4.0	3.1 - 5.1
High school vs. some college	1.6	1.3 - 1.8
High school vs. college degree	3.2	2.7 - 3.7
Some college vs. college degree	2.0	1.7 - 2.4
Household income		
< $15,000 vs. $25,000 to $49,999	1.7	1.3 - 2.1
< $15,000 vs. $75,000+	3.6	2.8 - 4.7
$15,000 to $24,999 vs. $75,000+	2.8	2.3 - 3.5
$25,000 to $49,999 vs. $75,000+	2.2	1.8 - 2.6
$50,000 to $74,999 vs. $75,000+	1.8	1.5 - 2.3

Education

- Respondents with less than a high school education were 4.0 times more likely to report they participated in no physical activity in the past month than were respondents with a college degree.
- Respondents with a high school education were:
  - 1.6 times more likely to report they participated in no physical activity in the past month than were respondents with some college education; and
  - 3.2 times more likely to report they participated in no physical activity in the past month than were respondents with a college degree.
- Respondents with some college education were 2.0 times more likely to report they participated in no physical activity in the past month than were respondents with a college degree.

Household Income

- Respondents with a household income of less than $15,000 were:
  - 1.7 times more likely to report they participated in no physical activity in the past month than were respondents with a household income of $25,000 to $49,999; and
  - 3.6 times more likely to report they participated in no physical activity in the past month than were respondents with a household income of $75,000 or more.
- Respondents with a household income of $15,000 to $24,999 were 2.8 times more likely to report they participated in no physical activity in the past month than were respondents with a household income of $75,000 or more.
- Respondents with a household income of $25,000 to $49,999 were 2.2 times more likely to report they participated in no physical activity in the past month than were respondents with a household income of $75,000 or more.
- Respondents with a household income of $50,000 to $74,999 were 1.8 times more likely to report they participated in no physical activity in the past month than were respondents with a household income of $75,000 or more.

Participated in Over 300 Minutes of Physical Activity in the Past Month
Magnitude of Significant Differences – 2015

No significant differences

- Based on the sample conducted in 2015, there were no statistically significant differences within demographics for respondents who participated in over 300 minutes of physical activity in the past month.