

MMWR HIGHLIGHT

Prevalence of Self-Reported Participation in Aerobic and Muscle-Strengthening Physical Activity in Adults, United States, 2011

May 3, 2013

*The data for this study are from the Behavioral Risk Surveillance Survey (BRFSS), which is a state-based, random-digit-dialed telephone survey of the non-institutionalized U.S. civilian population aged ≥ 18 years. Data for the 2011 BRFSS survey were collected from 497,795 respondents and reported by the 50 states and Washington, DC.

Meeting the Federal Physical Activity Guidelines:* Self-Reported Aerobic and Muscle-Strengthening Physical Activity

The Federal Physical Activity Guidelines include *both* aerobic physical activity and muscle-strengthening.

- 20.6% of adult reported meeting *both* aerobic and muscle-strengthening guidelines.
 - 51.6% of adults met the aerobic activity guidelines.
 - 29.3% of adults met the muscle-strengthening guidelines.

Sex

- 17.9% of women met both guidelines: 50.2% met the aerobic and 24.5% met the muscle-strengthening guidelines.
- 23.4% of men met both guidelines: 53.1 % met the aerobic and 34.4% met the muscle-strengthening guidelines.

Race

- 18.4% of Hispanics met both guidelines.
- 21.2% of non-Hispanic blacks, met both guidelines.
- 20.7% of non-Hispanic whites met both guidelines.

Age

Younger adults had a higher percentage meeting both guidelines (30.7% aged 18–24 years), while older adults had lower percentages meeting both guidelines (17.1% aged 55–64 years and 15.9% aged ≤ 65 years).

Census Region and States

- The West (23.5%) and the Northeast (21.3%) regions had higher rates meeting both guidelines than did the Midwest (20.0%) and the South (18.7%).
- Among the states and Washington, DC, some states had higher rates than others ranging from 27.3% in Colorado to 12.7% in Tennessee. Higher rates of physical activity were also reported in Washington, DC (26.3%), Alaska (25%), and Arizona (24.2%). The reasons for some states having higher rates than others are unknown; however, opportunities exist in all states to increase the proportion of adults who meet the physical activity guidelines.

Strategies to Increase Physical Activity in States, Communities, Schools, and Work Sites

To increase physical activity, groups may choose from evidence-based approaches, such as creating or enhancing access to places for physical activity combined with informational outreach. To create access, specific ways may include establishing joint-use agreements to allow using school facilities during non-school hours and creating and promoting walking paths around work sites and communities.

*Physical Activity Guidelines Defined

The Federal Physical Activity Guidelines include *both* aerobic physical activity and muscle-strengthening. Respondents were classified as meeting the guidelines if they reported meeting both.

- **Aerobic guidelines**—participate in ≥ 2 and $\frac{1}{2}$ hours (150 minutes) per week of moderate-intensity aerobic activity, or 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity where vigorous-intensity minutes are multiplied by two, totaling ≥ 2 and $\frac{1}{2}$ hours (150 minutes) per week.
- **Muscle-strengthening guidelines**— participating in muscle-strengthening activities ≥ 2 times per week.