



State Indicator Report on Physical Activity, 2010 Behavioral Indicators

State	Adults					Students in grades 9-12				
	Physically active ¹	95 % Confidence Interval	Highly active ¹	95 % Confidence Interval	No leisure-time physical activity ¹	95 % Confidence Interval	Physically active ²	95 % Confidence Interval	Daily physical education ²	95 % Confidence Interval
U.S. National	64.5	(64.2, 64.9)	43.5	(43.1, 43.8)	25.4	(25.2, 25.7)	17.1	(16.0, 18.3)	30.3	(25.4, 35.8)
Alabama	59.0	(57.2, 60.8)	39.4	(37.5, 41.3)	29.3	(27.6, 31.0)	NA	NA	NA	NA
Alaska	72.5	(69.7, 75.1)	50.7	(47.6, 53.7)	25.1	(22.6, 27.8)	18.7	(16.1, 21.6)	17.7	(15.3, 20.5)
Arizona	66.5	(63.7, 69.2)	46.9	(43.9, 50.0)	22.9	(20.5, 25.4)	16.2	(14.1, 18.5)	26.9	(21.8, 32.6)
Arkansas	62.1	(60.3, 63.8)	43.1	(41.3, 44.9)	29.2	(27.5, 31.0)	24.9	(21.3, 29.0)	31.3	(26.1, 37.0)
California	66.7	(64.9, 68.4)	45.0	(43.2, 46.8)	23.5	(22.5, 24.7)	NA	NA	NA	NA
Colorado	70.9	(69.8, 72.0)	49.0	(47.8, 50.2)	19.1	(18.2, 20.0)	NA	NA	NA	NA
Connecticut	68.3	(66.7, 69.8)	47.1	(45.4, 48.9)	22.0	(20.5, 23.6)	24.2	(21.7, 27.0)	NA	NA
Delaware	64.3	(61.9, 66.5)	42.5	(40.1, 44.9)	24.0	(22.1, 26.1)	22.8	(20.9, 24.8)	28.3	(24.5, 32.5)
District of Columbia	66.3	(64.2, 68.4)	45.4	(43.2, 47.7)	21.3	(19.6, 23.0)	18.5	(16.3, 20.9)	16.3	(13.2, 19.8)
Florida	63.5	(62.2, 64.8)	44.4	(43.0, 45.7)	25.4	(23.7, 27.2)	23.0	(21.6, 24.5)	23.0	(19.5, 26.9)
Georgia	66.8	(65.3, 68.4)	45.1	(43.3, 46.9)	23.2	(21.7, 24.7)	26.1	(23.6, 28.7)	34.3	(30.8, 38.1)
Hawaii	70.4	(68.8, 72.0)	51.4	(49.6, 53.1)	19.6	(18.2, 21.1)	18.1	(14.9, 21.8)	7.8	(4.8, 12.6)
Idaho	70.7	(69.0, 72.4)	50.3	(48.4, 52.2)	21.1	(19.7, 22.6)	23.2	(20.6, 26.0)	32.0	(25.2, 39.7)
Illinois	63.1	(61.3, 64.9)	41.8	(40.0, 43.6)	28.0	(26.3, 29.7)	21.7	(18.3, 25.4)	47.3	(35.8, 59.1)
Indiana	64.3	(62.5, 66.0)	42.7	(40.9, 44.6)	27.4	(25.6, 29.4)	23.5	(21.6, 25.4)	25.2	(19.2, 32.5)
Iowa	64.1	(62.5, 65.8)	41.8	(40.0, 43.6)	24.4	(23.0, 25.8)	26.3	(22.0, 31.2)	20.0	(12.3, 31.0)
Kansas	64.7	(63.4, 66.0)	42.0	(40.5, 43.4)	25.4	(24.2, 26.6)	26.3	(23.5, 29.3)	25.7	(19.7, 32.7)
Kentucky	57.9	(56.0, 59.8)	37.0	(34.9, 39.1)	30.1	(28.6, 31.7)	17.6	(15.5, 19.8)	20.0	(15.6, 25.3)
Louisiana	56.0	(54.2, 57.8)	35.6	(33.8, 37.4)	29.8	(28.3, 31.4)	NA	NA	NA	NA
Maine	71.3	(69.8, 72.6)	49.8	(48.2, 51.5)	22.4	(21.0, 23.8)	22.1	(19.4, 25.1)	6.7	(3.2, 13.7)
Maryland	64.9	(63.3, 66.4)	42.8	(41.1, 44.4)	24.0	(22.7, 25.4)	16.3	(14.1, 18.8)	15.6	(12.1, 20.0)
Massachusetts	66.9	(65.8, 68.0)	46.2	(45.0, 47.3)	21.8	(20.9, 22.7)	21.5	(19.2, 24.0)	18.2	(13.8, 23.7)
Michigan	66.6	(65.0, 68.1)	45.7	(44.1, 47.4)	25.1	(23.9, 26.3)	21.9	(20.2, 23.7)	29.8	(23.4, 37.1)
Minnesota	62.9	(61.1, 64.7)	39.0	(37.1, 40.9)	17.9	(16.5, 19.5)	NA	NA	NA	NA
Mississippi	57.2	(55.6, 58.7)	36.1	(34.5, 37.7)	32.4	(31.0, 34.0)	21.5	(19.4, 23.7)	23.4	(18.7, 28.7)
Missouri	65.0	(63.0, 66.9)	43.7	(41.6, 45.9)	27.2	(25.5, 29.0)	26.8	(23.7, 30.1)	24.1	(18.7, 30.6)
Montana	72.4	(70.8, 74.0)	52.2	(50.3, 54.0)	22.8	(21.3, 24.4)	21.2	(19.6, 22.8)	32.8	(28.6, 37.3)
Nebraska	67.5	(65.8, 69.2)	46.1	(44.1, 48.1)	24.4	(23.1, 25.8)	NA	NA	NA	NA
Nevada	62.5	(60.1, 64.9)	43.3	(40.9, 45.7)	27.6	(25.7, 29.7)	22.6	(20.7, 24.6)	NA	NA
New Hampshire	70.0	(68.3, 71.5)	49.3	(47.5, 51.2)	21.1	(19.8, 22.5)	24.0	(21.9, 26.3)	17.2	(13.7, 21.5)
New Jersey	62.9	(61.1, 64.8)	41.4	(39.4, 43.4)	26.8	(25.5, 28.0)	NA	NA	NA	NA
New Mexico	67.9	(66.2, 69.5)	47.9	(46.2, 49.7)	23.8	(22.2, 25.5)	22.1	(19.9, 24.6)	29.8	(20.2, 41.5)
New York	63.9	(62.1, 65.6)	43.6	(41.8, 45.4)	26.1	(24.8, 27.5)	20.6	(19.0, 22.2)	13.1	(11.3, 15.1)
North Carolina	60.9	(59.6, 62.1)	39.5	(38.2, 40.8)	24.5	(23.6, 25.5)	24.5	(22.4, 26.8)	29.0	(25.5, 32.7)
North Dakota	67.3	(65.6, 69.0)	43.8	(41.9, 45.7)	25.4	(23.9, 27.0)	21.8	(19.4, 24.4)	NA	NA
Ohio	65.6	(64.3, 66.9)	45.2	(43.7, 46.6)	25.6	(24.5, 26.8)	26.8	(24.7, 28.9)	26.2	(22.0, 31.0)
Oklahoma	62.6	(61.1, 64.0)	42.0	(40.4, 43.5)	31.0	(29.6, 32.4)	29.4	(27.1, 31.7)	34.3	(31.1, 37.7)
Oregon	70.6	(68.9, 72.3)	49.2	(47.3, 51.2)	18.8	(17.3, 20.4)	NA	NA	NA	NA
Pennsylvania	66.1	(64.5, 67.6)	44.7	(43.0, 46.3)	25.1	(23.9, 26.4)	NA	NA	NA	NA
Rhode Island	66.3	(64.4, 68.1)	43.5	(41.3, 45.6)	23.9	(22.3, 25.5)	24.1	(21.3, 27.2)	23.1	(15.3, 33.3)
South Carolina	64.3	(62.9, 65.7)	43.6	(42.1, 45.2)	26.9	(25.4, 28.5)	20.1	(17.5, 23.0)	23.1	(17.4, 30.0)
South Dakota	62.7	(61.0, 64.3)	38.4	(36.6, 40.1)	26.5	(25.0, 28.1)	22.6	(19.3, 26.4)	14.5	(11.0, 18.8)
Tennessee	51.8	(49.5, 54.1)	29.9	(27.6, 32.3)	27.3	(25.4, 29.3)	24.3	(21.9, 26.9)	30.4	(23.4, 38.4)
Texas	63.7	(62.5, 64.8)	43.0	(41.8, 44.2)	28.8	(27.4, 30.2)	25.7	(23.0, 28.7)	40.5	(35.3, 46.0)
Utah	71.8	(70.2, 73.4)	49.7	(47.9, 51.5)	20.7	(19.4, 22.1)	19.9	(14.6, 26.5)	29.9	(19.1, 43.4)
Vermont	73.3	(71.9, 74.5)	50.9	(49.3, 52.5)	19.0	(17.8, 20.2)	25.8	(23.3, 28.4)	18.6	(12.8, 26.2)
Virginia	67.1	(64.9, 69.2)	45.3	(43.0, 47.6)	23.6	(21.6, 25.8)	NA	NA	NA	NA
Washington	69.6	(68.8, 70.4)	47.7	(46.8, 48.6)	19.4	(18.6, 20.1)	NA	NA	NA	NA
West Virginia	62.2	(60.4, 64.0)	41.6	(39.7, 43.5)	30.5	(28.7, 32.3)	26.3	(23.1, 29.8)	25.5	(20.5, 31.2)
Wisconsin	70.7	(69.0, 72.4)	48.5	(46.6, 50.5)	21.9	(20.3, 23.5)	18.8	(16.9, 20.9)	NA	NA
Wyoming	70.9	(69.4, 72.4)	51.1	(49.5, 52.8)	24.3	(23.1, 25.5)	26.4	(23.7, 29.4)	21.9	(18.2, 26.0)

¹Weighted percentage; ²National percentage from national YRBSS survey; state percentages from state YRBSS surveys; both are weighted percentages; NA = Not available





State Indicator Report on Physical Activity, 2010 Policy and Environmental Indicators

Strategy	Create or enhance access to places for PA					Enhance PE and PA in schools and PA in child care settings				Support urban design, land use and transportation policies			Develop PA public health workforce
	% of middle & high schools that allow youth use of PA facilities	% of youth with parks, community centers and sidewalks in neighborhood	95% Confidence Interval	% of census blocks with park within 1/2 mile of boundary	% of census blocks with fitness center within 1/2 mile of boundary	Require or recommend elem schools provide scheduled recess	Require elem, middle and high schools to teach PE	% of middle & high schools that support walking or biking to & from school	Child care centers specify MVPA	Community-scale urban design/land use policy	Street-scale urban design/land use policy	Transportation and travel policy	
State													
U.S. National	89.4¹	50.0	(49.2, 50.8)	20.3	16.6	20³	37³	46.1¹	8³	27³	23³	36³	1.0¹
Alabama	75.5	33.2	(30.1, 36.4)	7.4	10.2	No	Yes	24.8	No	No	No	No	0.5
Alaska	84.1	52.6	(49.3, 55.8)	8.0	14.6	No	No	46.8	Yes	No	No	Yes	0.0
Arizona	64.0	48.2	(44.7, 51.7)	18.9	14.7	No	No	62.9	No	Yes	Yes	Yes	1.0
Arkansas	82.7	34.4	(31.6, 37.2)	4.0	8.5	Yes	Yes	37.7	No	Yes	No	No	1.0
California	NA	64.3	(59.9, 68.5)	47.1	27.6	Yes	Yes	NA	No	Yes	Yes	Yes	15.0
Colorado	NA	67.6	(64.1, 71.0)	31.5	21.3	No	No	NA	No	No	No	Yes	0.5
Connecticut	89.7	52.3	(49.5, 55.1)	43.6	25.0	Yes	Yes	31.1	No	Yes	Yes	Yes	1.0
Delaware	91.1	44.9	(41.9, 47.9)	37.2	22.0	Yes	Yes	31.0	Yes	No	No	No	NA
District of Columbia	63.7	71.6	(68.5, 74.5)	97.1	75.3	Yes	Yes	39.3	No	No	Yes	Yes	NA
Florida	68.7	46.7	(42.4, 51.0)	25.7	23.1	No	No	52.2	No	Yes	No	Yes	NA
Georgia	82.6	38.6	(35.1, 42.1)	9.5	13.8	No	No	28.1	No	Yes	No	Yes	1.0
Hawaii	73.4	64.1	(61.1, 66.9)	34.2	18.8	Yes	Yes	42.9	Yes	Yes	Yes	Yes	1.0
Idaho	95.1	41.8	(38.9, 44.7)	9.4	10.2	Yes	No	45.9	No	No	No	Yes	3.0
Illinois	89.1	62.9	(59.9, 65.8)	33.7	19.9	No	Yes	55.3	No	Yes	Yes	Yes	0.0
Indiana	NA	43.7	(40.4, 47.1)	15.2	13.3	No	Yes	NA	No	No	No	No	1.0
Iowa	90.2	52.4	(49.1, 55.7)	16.5	12.7	No	Yes	53.2	No	No	No	Yes	2.0
Kansas	93.2	50.1	(47.1, 53.2)	7.7	11.0	Yes	No	48.2	No	No	No	No	0.5
Kentucky	NA	29.6	(27.1, 32.2)	10.1	10.7	Yes	No	NA	No	No	No	No	0.5
Louisiana	NA	35.5	(32.3, 38.8)	13.9	18.6	Yes	Yes	NA	Yes	No	No	Yes	NA
Maine	94.6	41.0	(38.2, 44.0)	4.3	7.8	No	Yes	48.6	No	Yes	No	Yes	1.5
Maryland	NA	52.3	(49.0, 55.5)	46.1	29.8	No	Yes	NA	Yes	Yes	Yes	Yes	0.0
Massachusetts	88.6	56.6	(53.4, 59.8)	45.2	30.2	No	Yes	45.2	No	Yes	Yes	Yes	8.0
Michigan	86.4	52.0	(48.6, 55.3)	21.3	14.7	Yes	No	46.3	No	Yes	Yes	Yes	3.0
Minnesota	NA	53.9	(50.5, 57.3)	17.7	16.1	No	Yes	NA	No	Yes	No	Yes	1.5
Mississippi	66.8	24.7	(22.2, 27.3)	1.9	6.8	Yes	Yes	10.3	No	No	No	No	1.0
Missouri	92.0	45.9	(43.0, 48.9)	17.0	11.3	No	Yes	41.4	No	No	Yes	No	0.0
Montana	93.9	43.7	(41.0, 46.5)	3.1	7.1	No	Yes	58.5	Yes	No	Yes	No	1.0
Nebraska	95.9	54.6	(51.3, 57.8)	13.8	11.1	No	Yes	53.2	No	No	No	No	1.0
Nevada	NA	59.5	(56.0, 62.9)	19.9	14.4	Yes	No	NA	No	Yes	Yes	Yes	NA
New Hampshire	94.4	40.6	(37.7, 43.6)	15.6	14.3	No	Yes	53.0	No	No	Yes	Yes	NA
New Jersey	NA	57.9	(54.8, 61.0)	34.8	31.7	No	Yes	NA	No	Yes	Yes	Yes	1.0
New Mexico	NA	43.7	(40.2, 47.2)	10.2	8.1	Yes	Yes	NA	No	No	Yes	Yes	NA
New York	97.0 ²	53.1	(49.8, 56.4)	30.0	25.3	No	Yes	46.8	No	Yes	Yes	Yes	1.5
North Carolina	88.9	34.6	(31.5, 37.8)	11.3	13.9	Yes	Yes	26.7	Yes	Yes	No	Yes	2.0
North Dakota	86.5	50.3	(47.6, 53.0)	2.6	6.0	Yes	Yes	49.9	No	No	Yes	Yes	0.5
Ohio	NA	51.1	(47.7, 54.5)	21.7	17.2	No	Yes	NA	No	No	Yes	No	0.5
Oklahoma	NA	34.7	(31.9, 37.7)	12.6	12.2	No	No	NA	No	No	No	Yes	1.0
Oregon	91.0	54.9	(51.7, 58.1)	24.5	15.7	No	No	59.9	No	No	Yes	Yes	0.0
Pennsylvania	84.9	46.6	(43.0, 50.3)	16.5	22.4	No	Yes	36.2	No	Yes	Yes	Yes	0.5
Rhode Island	80.3	60.2	(57.0, 63.3)	35.9	28.4	No	Yes	36.3	No	Yes	No	No	1.0
South Carolina	81.3	28.9	(26.2, 31.6)	5.5	11.4	No	Yes	35.6	No	Yes	No	Yes	2.0
South Dakota	91.4	50.8	(47.9, 53.8)	5.3	7.2	No	No	57.4	No	Yes	No	No	0.25
Tennessee	78.5	37.8	(34.8, 40.8)	12.1	10.7	Yes	Yes	26.1	Yes	No	Yes	Yes	1.0
Texas	85.9	48.1	(44.2, 52.1)	17.3	14.6	No	Yes	38.3	No	Yes	Yes	Yes	1.0
Utah	96.8	67.2	(64.1, 70.1)	31.3	14.6	Yes	Yes	59.9	No	Yes	No	Yes	1.0
Vermont	97.6	38.4	(35.1, 41.8)	3.8	9.7	No	Yes	58.5	No	Yes	No	Yes	1.0
Virginia	95.2	46.3	(43.2, 49.4)	19.4	18.3	Yes	Yes	29.2	No	Yes	No	Yes	NA
Washington	90.7	52.3	(48.7, 55.9)	29.7	18.8	No	Yes	50.9	No	Yes	No	Yes	1.0
West Virginia	93.9	27.2	(24.7, 29.8)	5.6	10.4	No	Yes	23.4	No	No	No	No	1.0
Wisconsin	NA	47.6	(44.6, 50.6)	23.4	15.2	Yes	Yes	NA	No	No	Yes	No	1.0
Wyoming	NA	57.2	(54.2, 60.2)	5.0	6.5	No	No	NA	No	Yes	No	Yes	NA

¹Median; ²Survey did not include schools from the New York City Department of Education; ³Total count; NA = Not available

