

BRFSS

Fact Sheet



Tennessee
Department of Health

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<http://state.tn.us/health>

Definitions:

Moderate Activity: Causes small increases in breathing and/or heart rate (example: walking)

Vigorous Activity: Causes large increases in breathing and/or heart rate (example: jogging)

References:

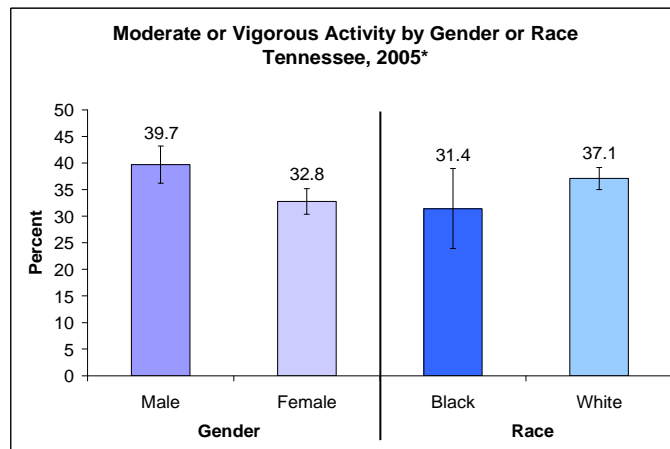
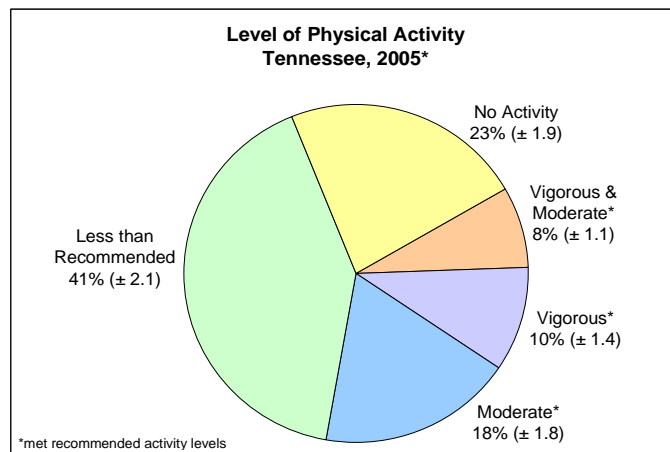
1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans 2005*. 6th ed., Washington, DC: U.S. Government Printing Office, January 2005.
2. Centers for Disease Control and Prevention (www.cdc.gov/brfss)
3. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

Physical Activity

Regular physical activity contributes to one's health, sense of well-being, and maintenance of a healthy body weight.¹ Conversely, a sedentary lifestyle increases risk for overweight, obesity and many chronic diseases, including coronary heart disease, high blood pressure, diabetes, osteoporosis and certain types of cancer.¹ Furthermore, mortality rates from all causes of death are higher in sedentary people than in those who are physically active.¹ It is recommended that adults engage in at least 30 minutes of moderate physical activity on most, and preferably all, days of the week.¹ Meeting this recommendation is important for increasing the quality and years of healthy life for all Tennesseans.

- In 2005, 36.1% of adult Tennesseans reported getting the recommended level of physical activity (at least 30 minutes of moderate activity five or more days per week or at least 20 minutes of vigorous activity three or more days per week), compared to 49.1% for the United States.²
- 18.3% of adults in Tennessee reported engaging in the recommended level of moderate activity, 10.0% in the recommended level of vigorous activity and 7.8% in the recommended level of both moderate and vigorous activity.[†] 41.0% exercised at less than the recommended level and 22.9% did not engage in any physical activity.
- The percentage of males (39.7%) engaging in the recommended level of physical activity was higher than that of females (32.8%).
- The percentage of whites (37.1%) engaging in the recommended level of physical activity was higher than that of blacks (31.4%).
- Engaging in the recommended level of moderate or vigorous activity was more common among those less than 55 years of age than among those 55 years and older.

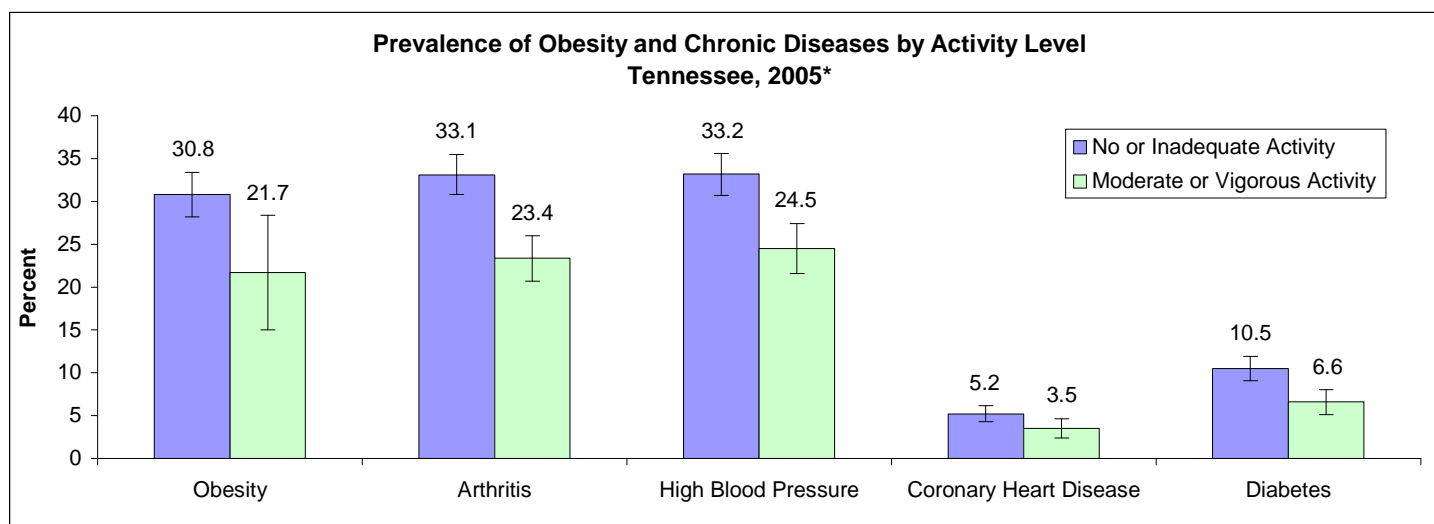
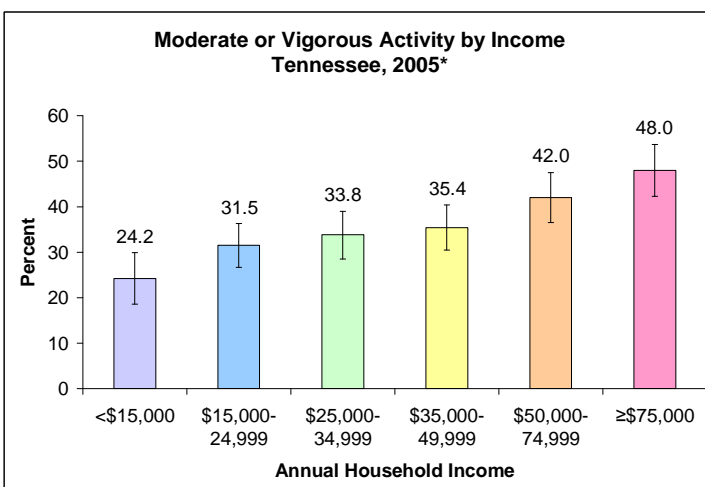
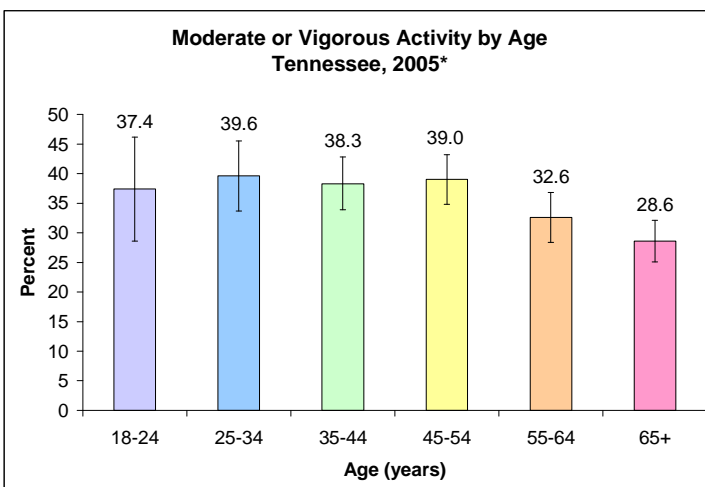


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- The percentage of persons engaging in the recommended level of activity increased as education increased: less than high school 25.3% (± 6.0)*, high school graduate or GED 32.2% (± 3.8), some post-high school 40.8% (± 4.1), and college graduate 41.5% (± 3.7).
- The percentage of persons engaging in the recommended level of activity increased as annual household income increased, from 24.2% among those with an income of less than \$15,000 to 48.0% among those with an income of \$75,000 or more.
- The prevalence of obesity was higher among persons getting no or inadequate physical activity than in those getting the recommended level of moderate or vigorous activity.
- Persons getting no or inadequate physical activity were more likely to have arthritis, high blood pressure, coronary heart disease and diabetes than those getting the recommended level of moderate or vigorous activity.



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text and charts.

†Other surveys have found much lower rates of physical activity. For example, the National Health Interview Survey found that the prevalence of moderate physical activity in the U.S. was just 15%.³