

Physical Activity - Adults

DESCRIPTION

The benefits of physical activity have been well-documented and include improved cardiorespiratory fitness, muscle strength, flexibility, bone density, as well as reduced risk of depression and non-communicable diseases. People who engage in physical activity have lower rates of high blood pressure, stroke, type 2 diabetes, colon cancer and breast cancer.¹ Physical activity can improve health and quality of life regardless of the presence of disability or disease. Successful approaches that increase opportunity and support behavior change require a combined effort that includes policy, systems and environmental changes. It also requires a multidisciplinary approach incorporating nontraditional partnerships, such as health care and education joining up with transportation, urban planning, environmental health and other fields.²

HOW WE ARE DOING

In 2016 in Minnesota, 17.5 percent of residents did not participate in any physical activity in the past month, while in the Minneapolis – St. Paul – Bloomington statistical area, that rate was 16.1 percent.³ According to a 2014 survey of Ramsey County residents, 19.1 percent did not participate in any leisure time physical activity (such as walking, running, golf, gardening) in the past month. These rates all surpass the Healthy People target of 32.6 percent. At the other end of the continuum, 59.7 percent of Ramsey County adults reported getting 150 minutes or more of moderate physical activity in a week, and 51.2 percent reported getting 75 minutes or more of vigorous exercise. These rates compare to the Six-County Metro survey results of 62.7 percent getting the recommended moderate activity and 51.8 percent getting the recommended vigorous activity.⁴

BENCHMARK INDICATOR

Healthy People 2020: Reduce the proportion of adults who engage in no leisure-time physical activity.
U.S. Target: 32.6 percent⁵

DISPARITIES

Racial/ethnic minorities are, in general, less likely than whites to meet physical activity recommendations.⁵ In Ramsey County, there are disparities by education and income level. Only 59.3 percent of those with high school education are physically active compared to 87 percent of those with bachelor's degrees.⁴

RISK FACTORS

Adults who do not have access to supportive environments (e.g., sidewalks, bike lanes, parks), safe neighborhoods or social support report less exercise. Lack of post-secondary education, low income and no history of physical activity also is correlated with less exercise.⁶

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

The Statewide Health Improvement Partnership (SHIP) work has become an integral part of Saint Paul- Ramsey County Public Health's efforts to increase physical activity opportunities

Information to note

- In Ramsey County, about 60% of adults get the recommended 150 minutes of moderate exercise and about 51% get the recommended 75 minutes of vigorous exercise.
- Adults with less education or lower income are less likely to participate in leisure time physical activity.



Community voice

"Playing a lot of basketball keeps me healthy I also stay healthy in the gym and stay away from drugs."
- Black/African American Male, age 25-34

1259 respondents mentioned the importance of physical activity on overall health. Over two thirds of the respondents mentioned physical exercise as helping them stay healthy.

¹ Physical Activity and Adults. World Health Organization. http://who.int/dietphysicalactivity/factsheet_adults/en/. Accessed May 2018.

² Active Living in Communities Implementation Guide. Minnesota Department of Health. <http://www.health.state.mn.us/healthreform/ship/docs/ship4/ActiveLiving.pdf>. Updated October 2016. Accessed May 2018.

³ BRFSS Prevalence & Trends Data. Centers for Disease Control and Prevention. <https://www.cdc.gov/brfss/brfssprevalence>. Accessed May 2018.

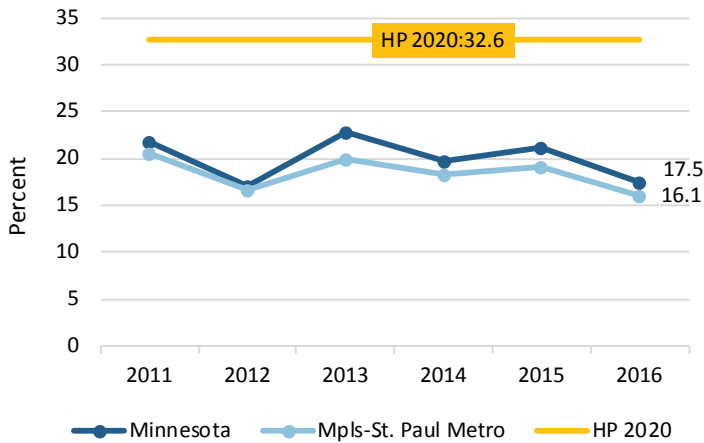
⁴ Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed May 2018.

⁵ Physical Activity. HealthyPeople.gov. <https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>. Accessed May 2018.

⁶ Li K, Wen M. Racial and ethnic disparities in leisure-time physical activity in California: Patterns and mechanisms. *Race and Social Problems*. 2013; 5(3): 147–156.

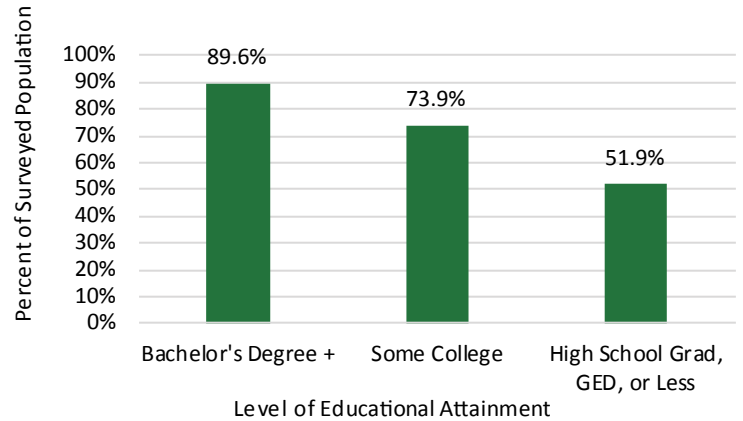
in adults. SHIP and Active Living Ramsey Communities have worked to create and support pedestrian and bicycle plans to create more opportunities for physical activity. Ramsey County Parks and Recreation offers many programs to get families outside and increasing their activity levels, including hiking, canoeing, skiing and gardening. The Ramsey County Library partners with the Friends of Ramsey County Library each year to offer the "Book It 5K walk/run"

Adults Not Participating in Leisure Time Physical Activity



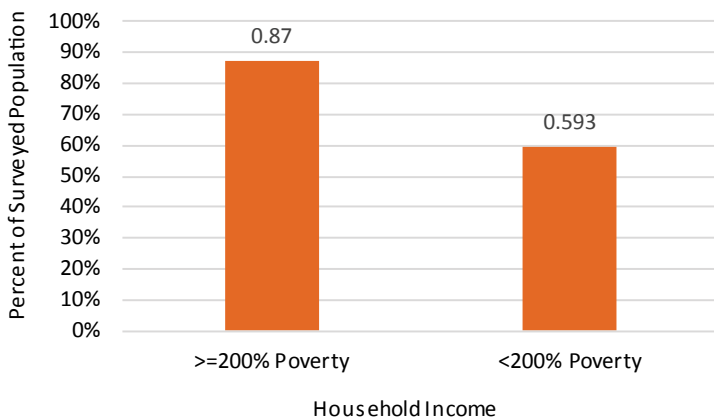
Source: Centers for Disease Control and Prevention, BRFSS.⁷

Adults Participating in Physical Activity (other than job) in Past Month by Education, Ramsey County, 2014



Source: Saint Paul - Ramsey County. Metro SHAPE Ramsey County Data Book 2014.⁸

Adults Participating in Physical Activity (other than job) in Past Month by Income, Ramsey County, 2014



Source: Saint Paul - Ramsey County. Metro SHAPE Ramsey County Data Book 2014.⁹

⁷ BRFSS Prevalence & Trends Data. Centers for Disease Control and Prevention. <https://www.cdc.gov/brfss/brfssprevalence>. Accessed May 2018.

⁸ Source: Saint Paul - Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed May 2018.

⁹ Source: Saint Paul - Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed May 2018.