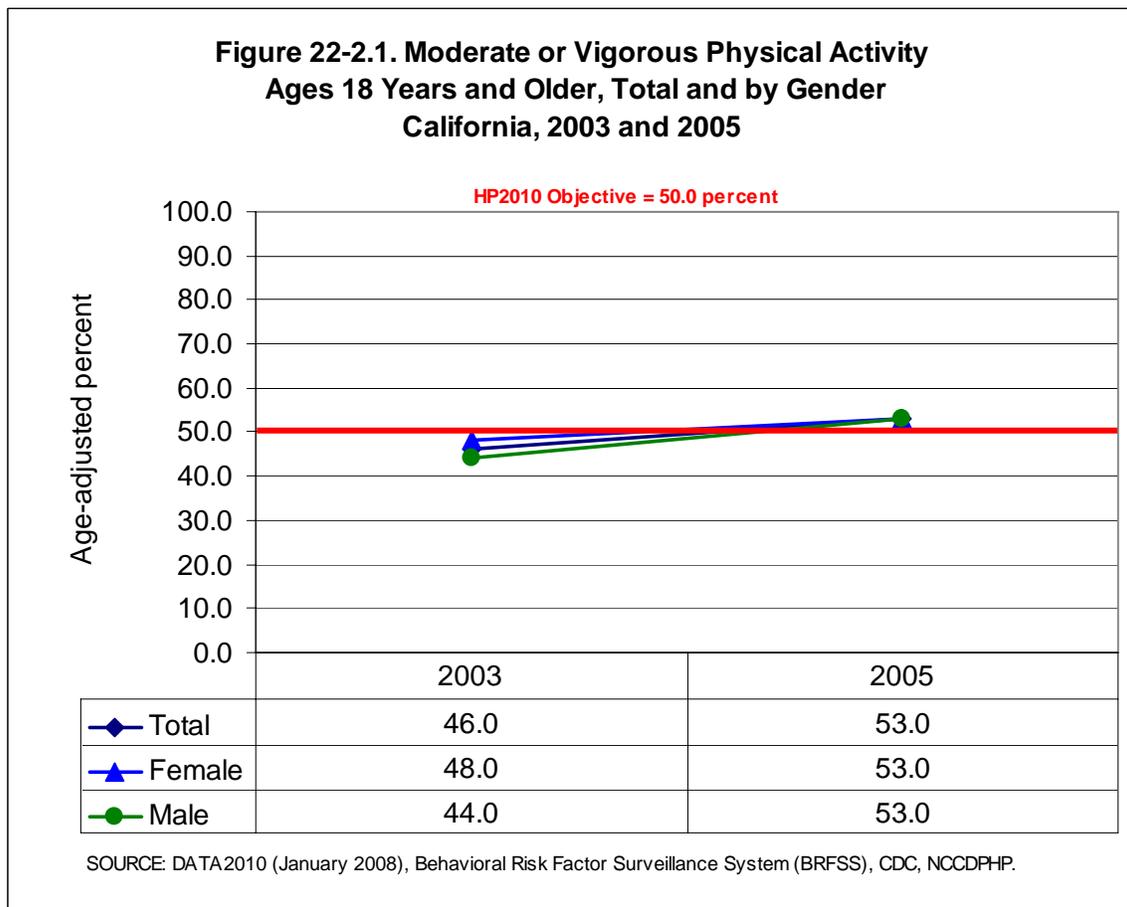


**Focus Area 22: Physical Activity and Fitness**

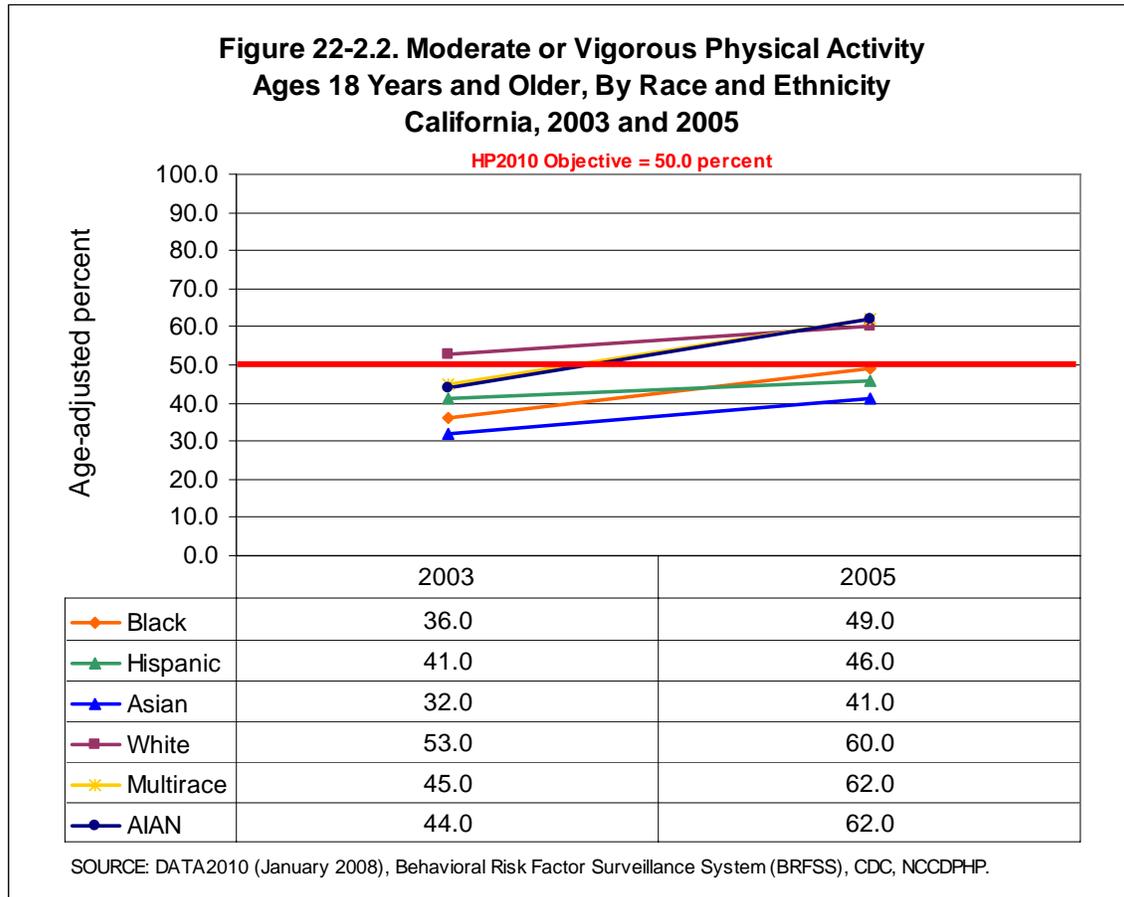
**Objective 22-2. Increase the proportion of adults who engage in moderate physical activity for at least 30 minutes per day five or more days per week or vigorous physical activity for at least 20 minutes per day three or more days per week. Target = 50.0 percent (age-adjusted) [State Data Source: Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP]**

California data from DATA2010 indicate that 53.0 percent of adults aged 18 years and older reported engaging in moderate or vigorous physical activity in 2005, a significant increase from 46.0 percent in 2003 (**Figure 22-2.1**). This HP2010 objective was being achieved for all Californians as of 2005.

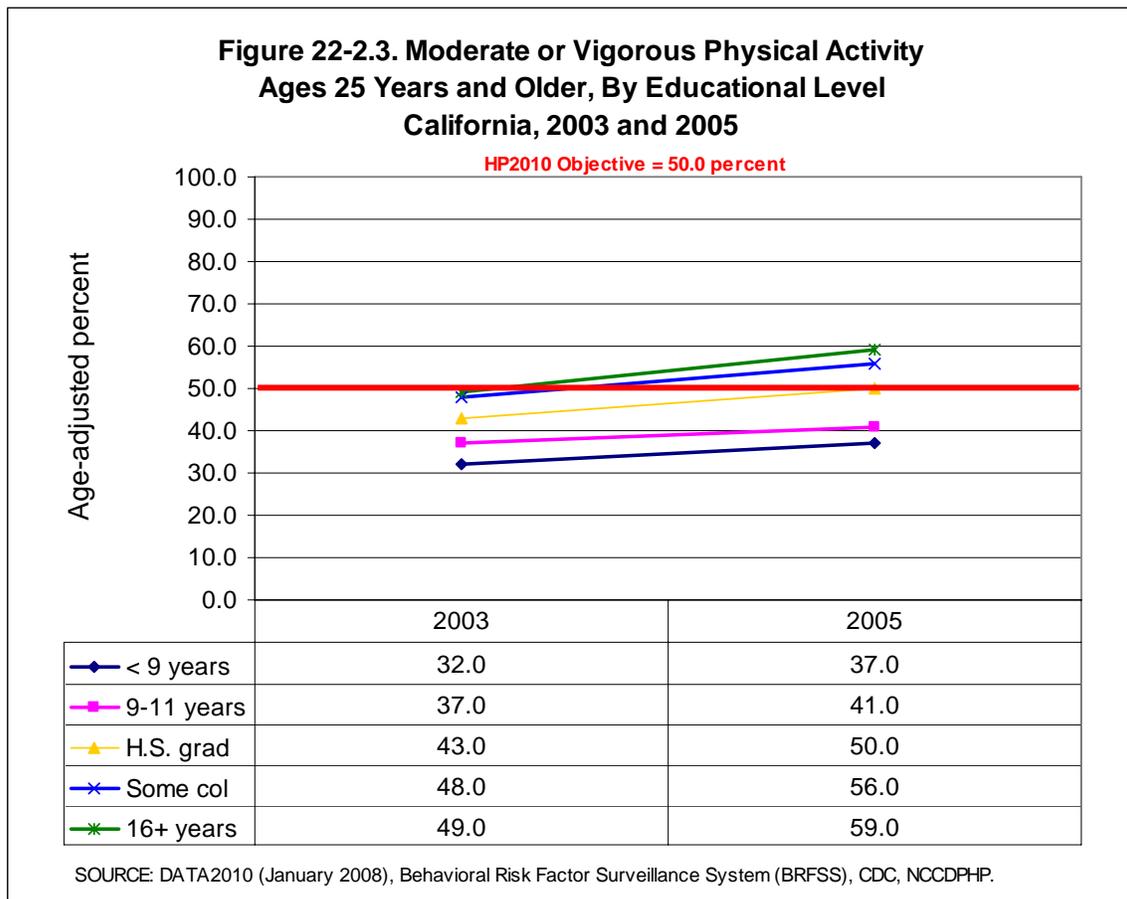


Data by gender indicate gender parity had been achieved on this objective (53.0 percent of each gender in 2005), and this HP2010 objective was being achieved for both genders as of 2005 (**Figure 22-2.1**).

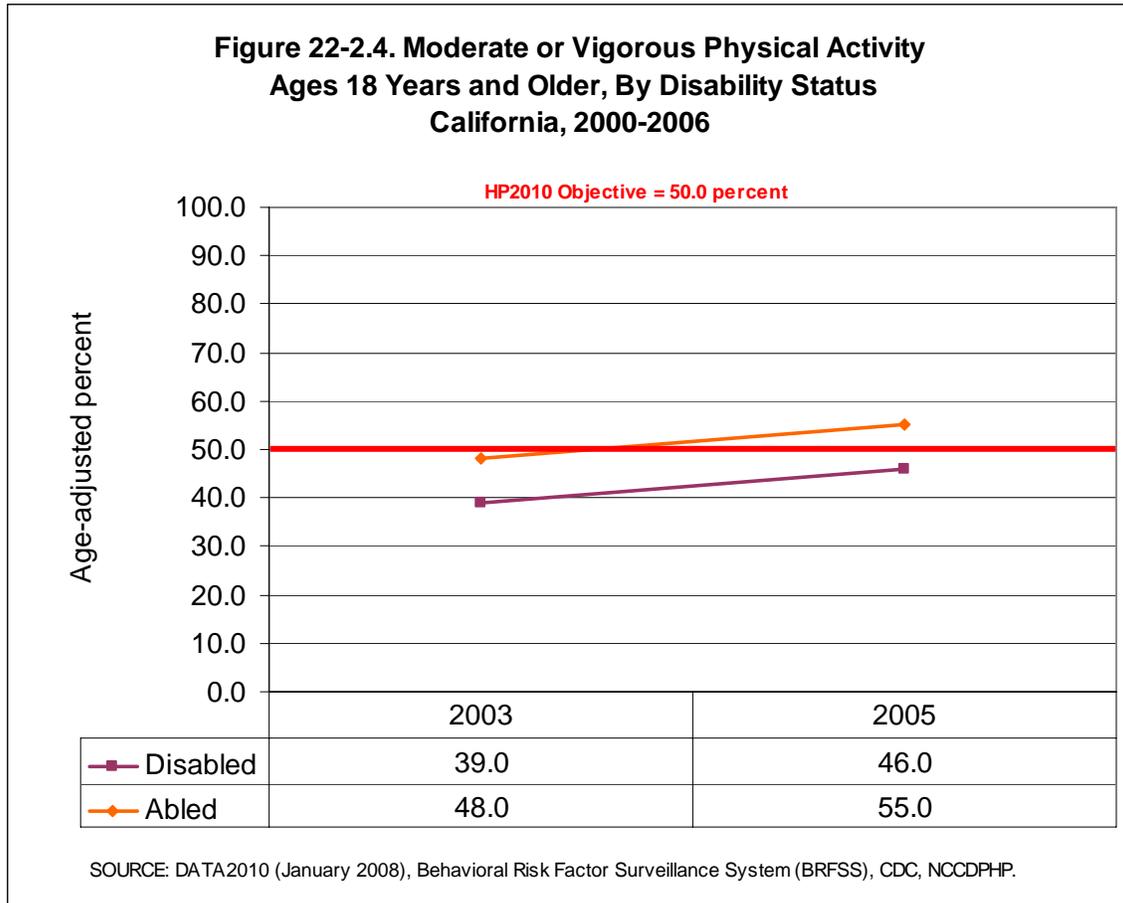
Examined by race and ethnicity (**Figure 22-2.2**), the highest rates of moderate or vigorous physical activity were reported for the Multiracial population and the American Indian or Alaska Native population (62.0 percent for each in 2005), and Whites (60.0 percent in 2005). The HP2010 objective was being achieved for these three California racial and ethnic populations as of 2005, but rates for all others fell short of the HP2010 target.



Data by education level (**Figure 22-2.3**) show increasing rates of moderate or vigorous physical activity with increasing educational level: persons aged 25 years and older with less than nine years of education had a rate of 37.0 percent in 2005; those with nine to eleven years of education had a rate of 41.0 percent; those who had graduated from high school had a rate of 50.0 percent; those with at least some college had a rate of 56.0 percent; and those with 16 years or more of education had a rate of 59.0 percent in 2005. This HP2010 objective was being achieved for populations with a high school education or higher.



Data by disability status (**Figure 22-2.4**) indicate significantly higher rates of moderate or vigorous physical activity among persons without disabilities (55.0 percent in 2005) than those with disabilities (46.0 percent in 2005). This HP2010 objective was being achieved for abled adults in California, but not for disabled adults.



For more information on physical activity and fitness, visit the California Center for Physical Activity Web site at: <http://www.caphysicalactivity.org/>

For more information on Healthy People 2010 objective 22-2, please visit: <http://www.healthypeople.gov/Document/HTML/Volume2/22Physical.htm>

and the DATA2010 Web site at: <http://wonder.cdc.gov/data2010/>