Overview

**Why Is This Indicator Important?**
Physical inactivity can lead to obesity and type 2 diabetes. Physical activity can help control weight, reduce the risk of heart disease and some cancers, strengthen bones and muscles, and improve mental health.

**How Are We Doing?**
- In 2010, 12% adults in Hennepin County engaged in no leisure time physical activity. This rate is a decrease from the county rate in 2006, and is also lower than the rates for the state and the nation.
- The lack of leisure time physical activity disproportionately affects many, including seniors, racial and ethnic minorities, residents in some geographic areas, those who experienced frequent mental distress and older adults with a disability.
- Socioeconomic status, i.e. income and education, social connectedness and neighborhood safety are significantly related to leisure time physical activity.

**Data Source:**
SHAPE 2010 – Adult Survey, Hennepin County.

<table>
<thead>
<tr>
<th>Population</th>
<th>Percent</th>
<th>C.I.</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Hennepin County adults aged 18 and older</td>
<td>11.9%</td>
<td>± 1.1</td>
</tr>
<tr>
<td>Age (years)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18-24</td>
<td>9.2%</td>
<td>± 5.2</td>
</tr>
<tr>
<td>25-44</td>
<td>10.0%</td>
<td>± 1.8</td>
</tr>
<tr>
<td>45-54</td>
<td>9.7%</td>
<td>± 2.2</td>
</tr>
<tr>
<td>55-64</td>
<td>11.9%</td>
<td>± 2.4</td>
</tr>
<tr>
<td>65 and older *</td>
<td>22.9%</td>
<td>± 2.5</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>10.8%</td>
<td>± 1.8</td>
</tr>
<tr>
<td>Female</td>
<td>12.8%</td>
<td>± 1.3</td>
</tr>
<tr>
<td>Household income</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;200% federal poverty level *</td>
<td>23.4%</td>
<td>± 3.2</td>
</tr>
<tr>
<td>≥200% federal poverty level *</td>
<td>8.4%</td>
<td>± 1.1</td>
</tr>
<tr>
<td>Geographic region</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minneapolis</td>
<td>12.8%</td>
<td>± 1.6</td>
</tr>
<tr>
<td>Northwest suburbs</td>
<td>12.1%</td>
<td>± 2.4</td>
</tr>
<tr>
<td>West suburbs</td>
<td>9.5%</td>
<td>± 2.4</td>
</tr>
<tr>
<td>South suburbs</td>
<td>14.5%</td>
<td>± 5.0</td>
</tr>
</tbody>
</table>

* Denotes the difference in rates between this group and All Hennepin County adults is statistically significant at p<0.05.
**Technical Notes**

**Definition of indicator:** No leisure time physical activity (LTPA) (or lack of LTPA) is being defined as responding No to the question “During the past 30 days, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” Definitions for other variables and factors used in this report can be found at www.hennepin.us/shape.

**Data source:** The primary data source for this indicator is SHAPE 2010 – Adults Survey. Data from SHAPE 2006 is used to monitor this indicator, and is also used to report this indicator by race and ethnicity. Data sources used for the chart “How does Hennepin County Compare” includes Minnesota 2010 Metro Adult Health Survey that covers six metro counties of Minnesota (Anoka, Carver, Dakota, Ramsey, Scott and Washington), Minnesota 2010 Behavioral Risk Factor Surveillance Survey (BRFSS) and the median value from all 2010 BRFSS participating states.

**Importance of this indicator:** Physical inactivity can lead to obesity and type 2 diabetes. Being physically active is one of the most important steps that Americans of all ages can take to improve their health. Healthy People 2020 aims to reduce the proportion of adults who engage in no LTPA by 10%.

In 2010, 12% of Hennepin County adults engaged in no LTPA. This county rate compares favorably to the rates in the state (19%) and in the nation (24%), and is a significant decrease from what was in 2006 (a rate of 16%).

**Health disparities:** The low rate of having no LTPA among Hennepin County adults is not equally distributed across the county’s populations. Significant higher rates of having no LTPA are found among senior residents, and among residents of racial and ethnic minorities. Geographic variation in the rates of lacking of LTPA is evident, ranging from 7% in South Minneapolis to 25% in North Minneapolis. Residents who experienced frequent mental distress and older residents with a disability are more likely to report no LTPA.

Social and neighborhood condition matter: compared to those with higher household income, residents with low household income are three times more likely to report no LTPA; compared to residents with college or higher education, residents with less than high school education are six times more likely to report no LTPA. Social connectedness, as measured by community involvement and getting together or talking to friends/neighbors, is found to be significantly related to LTPA. It is also found that the higher the perceived neighborhood safety, the lower the rate of no LTPA.

**Notes on the charts and tables:** An asterisk (*) indicates the difference in rates of the indicator between the particular subgroup and all county adults is statistical significant. A set of double asterisks (**) indicates the difference in rates of the indicator across subgroups within the same factor or variable is statically significant. A set of three asterisks (***) indicates the difference in rates of the indicator between the Hennepin County and the nation is statistically significant. The level of statistical significance was determined at $p < 0.05$. 

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**Indicator:** Adults Engaging in No Leisure Time Physical Activity
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**Adults leisure time physical activity status**

- Yes: 88.1%
- No: 11.9%

**SHAPE 2010**

- Adults engaging in no leisure physical activity: 2006 and 2010
  - 2006: 11.9%
  - 2010: 15.5%

**Adults engaging in no leisure time physical activity in 2010**

- How does Hennepin County compare?

**Adults engaging in no leisure time physical activity by race and ethnicity**

- White: 12.6%
- U.S.-born Black: 25.6%
- African-born Black: 56.6%
- Southeast Asian: 33.6%
- Hispanic/Latino: 37%
- All adults: 15.5%

See technical notes for information on data sources and chart notations.
Indicator: Adults Engaging in No Leisure Time Physical Activity

**Adults engaging in no leisure time physical activity by education**

SHAPE 2010

**Adults engaging in no leisure time physical activity by frequent mental distress and disability status**

SHAPE 2010

**Adults engaging in no leisure time physical activity by community involvement and social connectedness**

SHAPE 2010

**Adults engaging in no leisure time physical activity by perceived level of neighborhood safety**

SHAPE 2010

See technical notes for information on data sources and chart notations.
Indicator: Adults Engaging in No Leisure Time Physical Activity

Adults engaging in no leisure time physical activity by geographic areas**

Minneapolis
N  Near-North, Camden
E  Northeast, University, Longfellow
C  City of St. Anthony
S  Central, Phillips, Powderhorn
S  Calhoun-Isles, Southwest, Nokomis

Suburban Hennepin
NW1  Northwest Inner Ring Suburbs
W1  West Inner Ring Suburbs
S1  South Inner Ring Suburbs
NW2  Northwest Outer Ring Suburbs
W2  West Outer Ring Suburbs
S2  South Outer Ring Suburbs

SHAPE 2010

See technical notes for information on data sources and chart notations.