

Hennepin County  
Public Health  
Assessment Team

# FACT SHEET



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Public Health

## Adult Physical Activity

### Why is this indicator important?

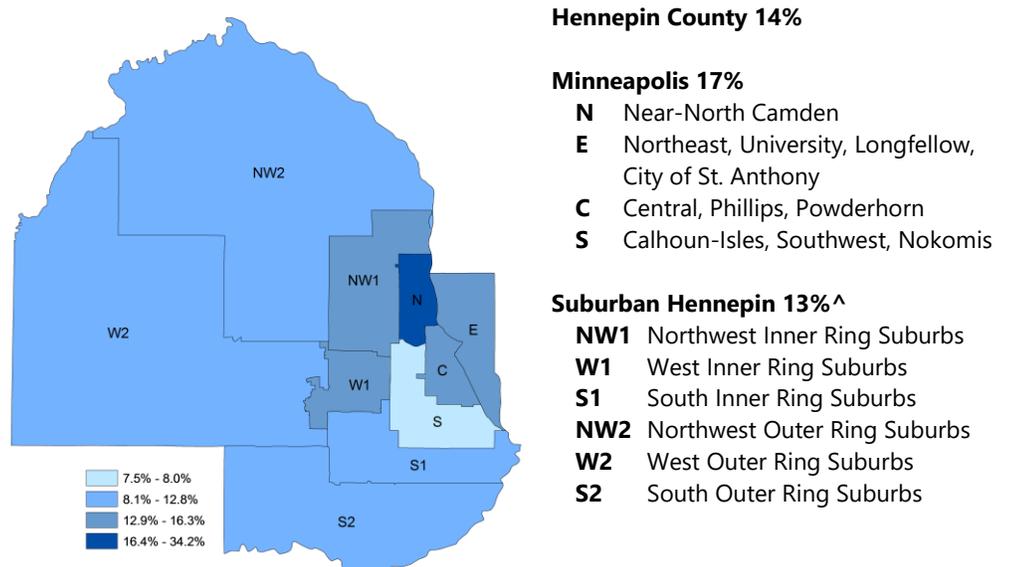
Regular physical activity can improve health. People who are physically active tend to live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Physical activity can also help with weight control, and may improve academic achievement in students. Inactive adults have a higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers<sup>1</sup>. Healthy People 2020 aims to reduce the proportion of adults who engage in no leisure time physical activity by 10 percent.

### What is the current status?

In 2014, 14 percent of Hennepin County adults aged 25 and older engaged in no leisure time physical activity. While 86 percent of adults engaged in any leisure time physical activity, only 74 percent of adults aged 25 and older met the 150 minutes of aerobic activity guideline, and 59 percent of adults met the 300 minutes aerobic activity guideline.

The map below shows the results for adults aged 25 and older that report no leisure time physical activity vary widely by geography.

**Figure 1. No leisure time physical activity, adults 25 and older, Hennepin County, 2014.**



**For more information** on the health of Hennepin County residents, visit: [www.Hennepin.us/PublicHealthData](http://www.Hennepin.us/PublicHealthData) or email: [PublicHealthData@hennepin.us](mailto:PublicHealthData@hennepin.us)

## What is the current status?

Figure 2 shows that 31 percent of the adults age 25 and older in Hennepin County households where the household income is less than 200% of the Federal Poverty Level engage in no leisure time physical activity compared to 11 percent of adults with higher incomes.

**Figure 2. Percentage of adults age 25 and older who engage in no leisure time physical activity by household income (2014)**

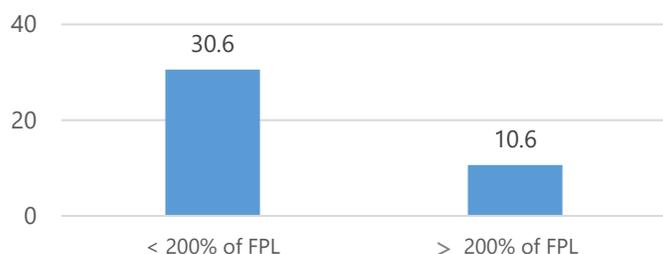


Figure 3 shows that the percent of adults age 25 and older who engage in no leisure time physical activity by race/ethnicity. Non-Hispanic US-born blacks are most likely to engage in no leisure time physical activity compared to adults from other racial and ethnic groups.

**Figure 3. Percentage of adults age 25 and older who engage in no leisure time physical activity by race/ethnicity (2014)**

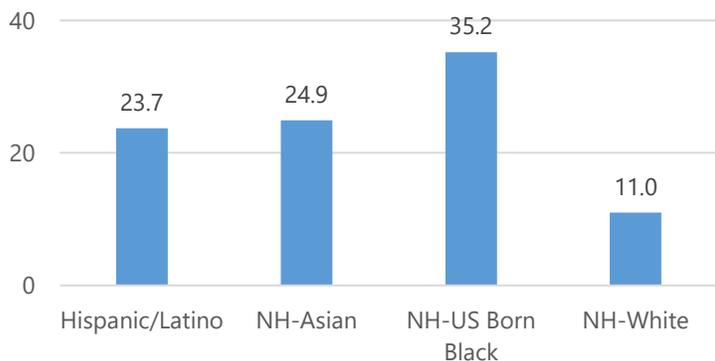
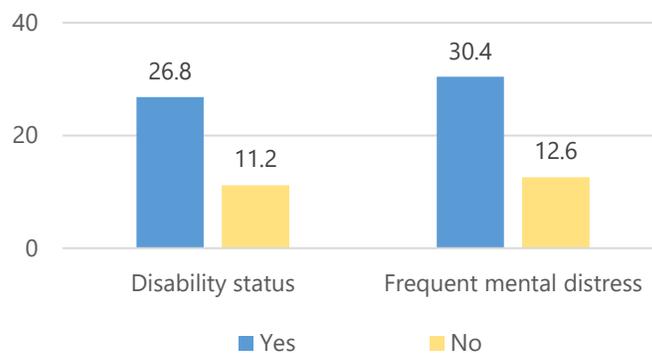


Figure 4 shows that the percentage of adults age 25 and older who engage in no leisure time physical activity by disability status and frequent mental distress.

**Figure 4. Percentage of adults who engage in no leisure time physical activity by disability status and frequent mental distress (2014)**



## How do we compare?

Adults age 25 and older in Hennepin County are less likely to engage in no leisure time physical activity compared to adults in Minnesota and U.S.

Overall, 14 percent of adults aged 25 and older in Hennepin County engage in no leisure time physical activity, compared to 21 percent adults in Minnesota and 23 percent adults in the nation.

The data shown in this fact sheet come from the Metro SHAPE 2014 survey for Hennepin County for adults aged 25 and older. The question asked was: "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?" Yes, No.

<sup>1</sup> Facts about physical activity. Retrieved October 31<sup>st</sup>, 2016 from <https://www.cdc.gov/physicalactivity/data/facts.htm>

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