Introduction

This briefing presents major findings on the lack of leisure time physical activity among Hennepin County adults from SHAPE 2006 – Adult Survey. The SHAPE 2006 Survey is the third in a series of national recognized surveys collecting information on the health of Hennepin County residents and the factors that affect it. More than 10,000 households in the county participated in SHAPE 2006, providing information on 8,000 adults and 4,000 children.¹

Background

As a companion to SHAPE Briefing number 9 on physical activity among Hennepin County adults,² this briefing summarizes findings on no leisure time physical activity. Here no leisure physical activity (or lack of leisure time physical activity) 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 of other indicators or measures used in this briefing can be found in the technical compendium for this briefing.³

One in six Hennepin County adults lacks leisure time physical activity

One in six (15.5%) county adults currently engages in no leisure time physical activity. This rate is not statistically different from the rate among adults statewide, and is lower than the national average. Moreover, this rate exceeds the Healthy People 2010 objective⁴ which aims to reduce this rate to 20% or lower (Figure 1).

Highlights

- Currently, one in six (15.5%) adults in Hennepin County engages in no leisure time physical activity. This rate is comparable to the statewide rate, but lower than the national average.
- The lack of leisure time physical activity is not equally distributed across the county’s population. Racial and ethnic minorities are disproportionately affected, and geographic variation is evident.
- Socioeconomic status, social connectedness and neighborhood safety are significantly related to no leisure time physical activity.

Upcoming Issues

- Family connectedness
- Adult weight status
- Adult chronic conditions

Figure 1. Percent of adults who engaged in no leisure time physical activity, 2006

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<tbody>
<tr>
<td>Healthy People 2010 objective</td>
<td>20%</td>
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<tr>
<td>Hennepin County</td>
<td>15.5%</td>
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<tr>
<td>Minnesota</td>
<td>14.2%</td>
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<td>US</td>
<td>22.6%</td>
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* Difference in rates between this group and the rate for U.S. is statistically significant at p<0.05.
SOURCE: SHAPE 2006, BRFSS 2006; available at www.cdc.gov/BRFSS
The lack of leisure time physical activity is not equally distributed across Hennepin County populations

Variation in the rates of lacking leisure time physical activity is found across age groups (Figure 2). The highest rate of lacking leisure time physical activity occurs among adults aged 65 and older (23.8%) and the lowest rates occur among those aged 25 to 54. Lacking leisure time physical activity is also more prevalent among females than among males (16.7% vs. 14.2%, p<0.05).

Racial and ethnic minorities are disproportionately affected by the lack of leisure time physical activity (Figure 3). More than half (56.6%) of African-born Blacks reported lacking leisure time physical activity; the rate for Hispanics/Latinos is 37.0 percent, while the rate for Whites is 12.8 percent. US-born Blacks and Southeast Asians also reported a higher rate of lacking leisure time physical activity than Whites.

Geographic variation in the rates of no leisure time physical activity is evident (Figure 4). The rates are lowest among residents of the West outer ring suburbs and South Minneapolis (11.6% or 12.1%), and highest among residents of North Minneapolis (31.5%).

Figure 2. Percent of adults who engaged in no leisure time physical activity by age, Hennepin County 2006

Figure 3. Percent of adults who engaged in no leisure time physical activity by race and ethnicity, Hennepin County 2006

Figure 4. Percent of adults who engaged in no leisure time physical activity by geographic areas, Hennepin County 2006
Social and neighborhood conditions matter

The absence of leisure time physical activity is often considered a “personal choice.” However, lifestyle “choices” are greatly influenced by the socio-economic environments in which people live, learn, work and play.

SHAPE 2006 data suggest that lacking leisure time physical activity is inversely related to the level of education and household income. In other words, the higher the education or household income, the lower the rate of lacking leisure time physical activity tends to be (Figure 5).

Figure 6 presents results for lacking leisure time physical activity by two measures of social connectedness. Compared to those who are involved in community activities (either school, neighborhood or community activities) at any level, residents who have no involvement are two times more likely to report lacking leisure time physical activity (26.8% vs. 12.6%, p<0.05). Residents who get together or talk to friends often (daily or weekly) reported significantly lower rates of lacking leisure time physical activity than residents who interact less often (14.8% or 13.7% vs. 24.8% respectively, p<0.05).

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**Figure 5. Percent of adults engaged in no leisure time physical activity by level of education and household income, Hennepin County 2006**

- **Level of education**
  - <High school
  - High School
  - Some college
  - College or higher
- **Household income**
  - Below 100% FPL
  - 100 - 199% FPL
  - 200% FPL or higher

- * Difference in percentages between this group and college or higher is statistically significant at p<0.05.
- ** Difference in percentages between this group and 200% FPL or higher is statistically significant at p<0.05.

**FPL=Federal Poverty Level**

**SOURCE: SHAPE 2006**

**Figure 6. Percent of adults who engaged in no leisure time physical activity by social connectedness, Hennepin County 2006**

- **Community involvement**
  - Yes
  - No
- **Getting together or talking to friends/neighbors**
  - Daily
  - Weekly
  - Monthly or less often

- * Difference in percentages between two groups of community involvement is statistically significant at p<0.05.
- ** Difference in percentages between this group and Monthly or less often is statistically significant at p<0.05.

**SOURCE: SHAPE 2006**
Neighborhood safety and its relation to leisure time physical activity is presented in Figure 7. The higher the perceived neighborhood safety, the lower the rate of no leisure time physical activity. Specifically, residents who perceived their neighborhood as being the least safe are two times more likely to report no leisure time physical activity than residents who perceived their neighborhood as being the most safe (23.7% vs. 11.7%, p<0.05).

Figure 7. Percent of adults who engaged in no leisure time physical activity by perceived level of neighborhood safety, Hennepin County 2006

* Difference in percentages between this group and Least safe is statistically significant at p<0.05.
SOURCE: SHAPE 2006

### Summary and policy implications

One in six (15.5%) adults in Hennepin County currently engages in no leisure time physical activity. This rate is not different from the rate among adults statewide, and is lower than the national average.

However, the lack of leisure time physical activity is not equally distributed across the county’s population. Racial and ethnic minorities are disproportionately affected, and geographic variation is evident.

Social and neighborhood conditions clearly matter. Residents of low socioeconomic status reported higher rates of no leisure time physical activity. Social connectedness and neighborhood safety are also significantly related to leisure time physical activity.

The promotion of physical activity during leisure time has to address the disparities observed among the county’s population groups, and also needs to address the social and environmental conditions in which residents live that promote and support active living choices.

### Acknowledgments

The SHAPE project would like to thank the many individuals, community organizations, and subject-area experts who provided advice and support for the development of SHAPE 2006. A partial list of those who provided assistance to the SHAPE 2006 project can be found on the SHAPE web site listed below. The SHAPE project would especially like to thank the more than 10,000 residents of Hennepin County who generously took the time to complete the SHAPE survey.

For More Information

SHAPE 2006 is a collaborative project between the Hennepin County Human Services and Public Health Department and the University of Minnesota School of Public Health.

For more information on this Briefing or other topics related to the SHAPE project, or to receive this information in an alternate format, please contact SHAPE@co.hennepin.mn.us or 612-348-6150.

www.hennepin.us/SHAPE

### Notes:

1. Hennepin County Human Services and Public Health Department. SHAPE Briefing Number 1, What’s new? What’s coming? July 2007. Available at: www.hennepin.us/SHAPE.

2. Hennepin County Human Services and Public Health Department. SHAPE Briefing Number 9. Physical activity among Hennepin County Adults. June 2007. Available at: www.hennepin.us/SHAPE.
