

# SHAPE Briefing



1998  
2002  
2006

## Hennepin County adults who have no physical activity during leisure time

Number 12

Trends and insights from SHAPE, the Survey of the Health of All the Population and the Environment

### 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

### 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.<sup>1</sup>

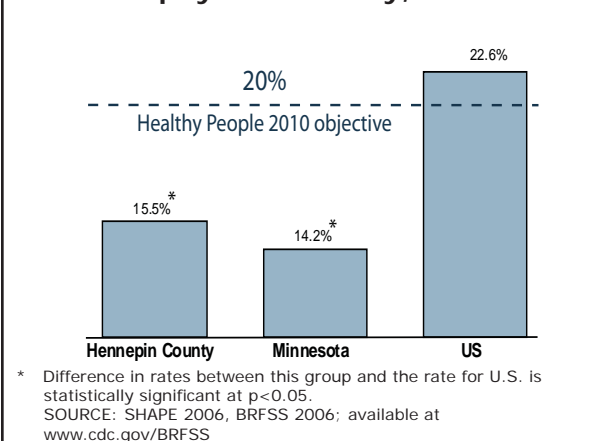
### Background

As a companion to *SHAPE Briefing* number 9 on physical activity among Hennepin County adults,<sup>2</sup> 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.<sup>3</sup>

### 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* objective<sup>4</sup> which aims to reduce this rate to 20% or lower (Figure 1).

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



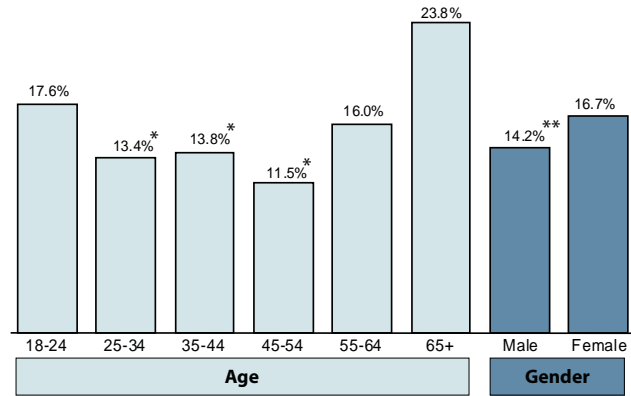
## The lack of leisure time physical activity is not equally distributed across Hennepin County populations

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.

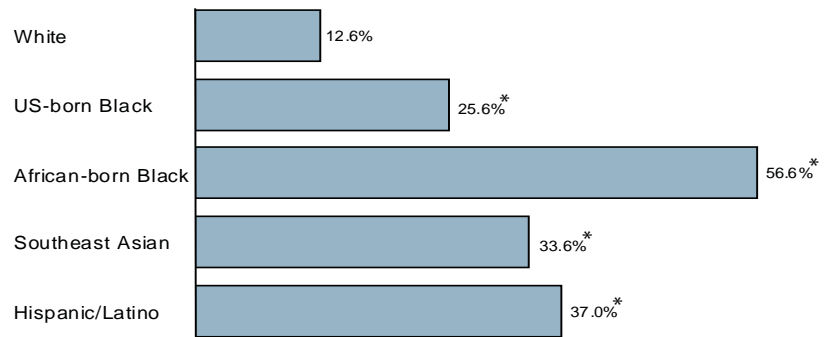
Geographic variation in the rates of no leisure time physical activity is evident (Figure 4). The rates are lowest among residents of the West outer ring suburbs and South Minneapolis (11.6% or 12.1%), and highest among residents of North Minneapolis (31.5%).

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



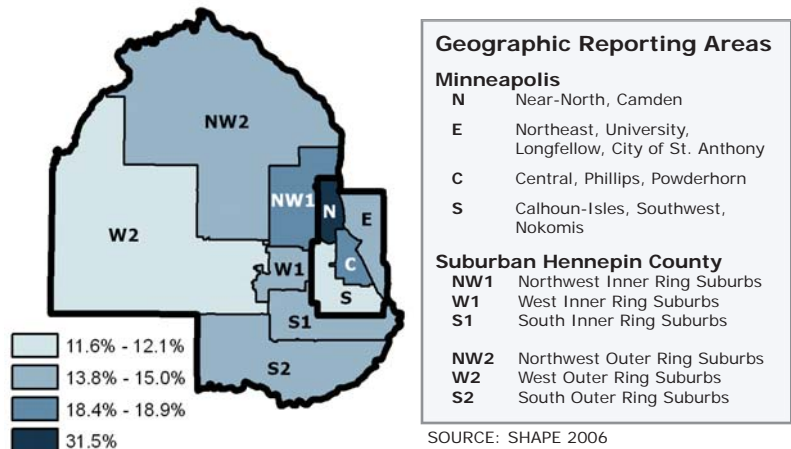
\* Differences in percentages between this group and the age group 65+ is statistically significant at  $p < 0.05$ .  
 \*\* Difference in percentages between gender is statistically significant at  $p < 0.05$ .  
 SOURCE: SHAPE 2006

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



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

**Figure 4. Percent of adults who engaged in no leisure time physical activity by geographic areas, Hennepin County 2006**

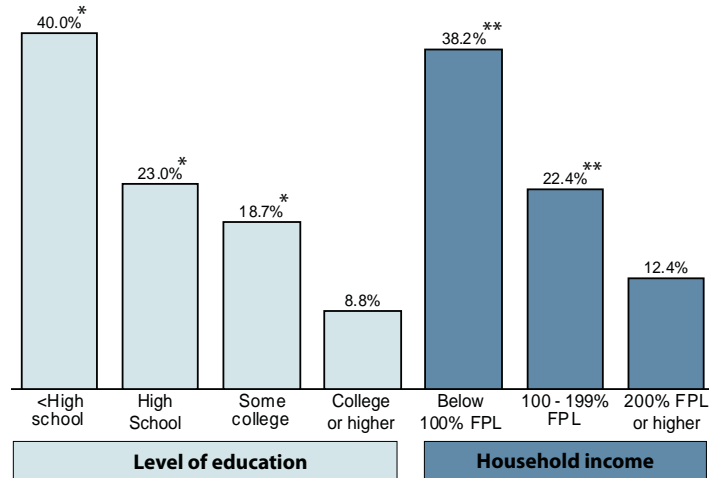


## Social and neighborhood conditions matter

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).

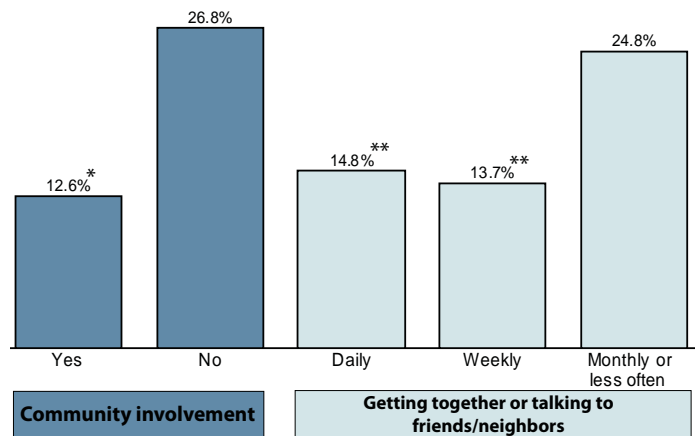
**Figure 5. Percent of adults engaged in no leisure time physical activity by level of education and household income, Hennepin County 2006**



\* 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 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,  $p < 0.05$ ).

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

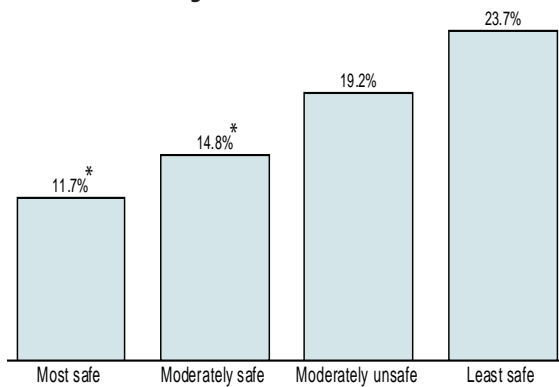


\* Difference in percentages between two groups of community involvement is statistically significant at  $p < 0.05$ .  
 \*\* Difference in percentages between this group and Monthly or less often is statistically significant at  $p < 0.05$ .  
 SOURCE: SHAPE 2006

## Summary and policy implications

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 like 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

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](mailto:SHAPE@co.hennepin.mn.us) or 612-348-6150.

[www.hennepin.us/SHAPE](http://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](http://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](http://www.hennepin.us/SHAPE).
3. Hennepin County Human Services and Public Health Department. *Technical Compendium for SHAPE Briefing Number 12. Hennepin County adults who have no physical activity during leisure time.* July 2008. Available at: [www.hennepin.us/SHAPE](http://www.hennepin.us/SHAPE).
4. US Department of Health and Human Service. *Healthy People 2010*. 2nd edition. Washington D.C.: U.S. Department of Health and Human Service, Government Printing Office. 2000. Available at [www.healthypeople.gov](http://www.healthypeople.gov).



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Public Health Department