

PHYSICAL ACTIVITY

Montana BRFSS, 2011

During 2011, 24.4% of Montana adults had not participated in any leisure-time physical activity in the past month; 44.7% percent of Montanans did not meet the national recommendation for aerobic activity; and 69.8% of adults did not meet the national recommendation for muscle strengthening.

Sociodemographic Trends

- ◆ The prevalence of muscle strengthening activity was significantly higher for men than for women.
- ◆ Older adults reported participating in leisure-time physical activity in the past month and meeting the national recommendation for muscle strengthening less often than younger adults.
- ◆ The prevalence of participating in leisure-time physical activity in the previous month or to having met the national recommendations for aerobic and muscle strengthening activity was significantly lower for adults with less education and lower household income levels than those with more education or income.
- ◆ American Indians/Alaska Natives reported participating in leisure-time physical activity in the past month less often than White, non-Hispanic adults.
- ◆ The prevalence of having participated in leisure-time physical activity in the past month or having met the national recommendations for aerobic and muscle strengthening activity was significantly lower for adults with a disability than adults without a disability.
- ◆ Adults living in Eastern and North Central health regions reported not participating in any leisure-time physical activity in the past month more often than adults living in the Southwest and Northwest health regions. Adults living in the Eastern health regions reported not meeting the national recommendations for strength training more often than adults living in the Southwest and Northwest health regions. Adults living in the Southwest and Northwest health regions reported meeting the national recommendations for aerobic activity more often than the rest of the state.

Figure 9. Physical Activity by Health Planning Region, Montana BRFSS, 2011

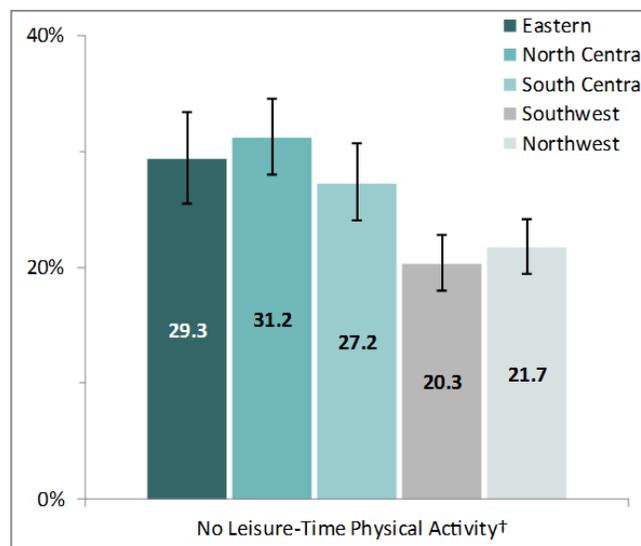


Table 8: Physical Activity, Montana Adults, 2011

	No Leisure-Time Physical Activity †				Did Not Meet Aerobic Activity Recommendation ‡				Did Not Meet Muscle Strengthening Recommendation §			
	Wt. %	LL	UL	UnWt. N	Wt. %	LL	UL	UnWt. N	Wt. %	LL	UL	UnWt. N
All Adults:	24.4	23.1	25.7	2,532	44.7	43.2	46.2	4,266	69.8	68.4	71.2	6,997
Sex:												
Male	24.5	22.6	26.6	1,094	43.3	41.1	45.6	1,808	66.6	64.4	68.8	2,910
Female	24.3	22.6	26.1	1,438	46.0	44.0	48.1	2,458	73.0	71.1	74.7	4,087
Age:												
18 - 24	16.3	12.7	20.7	86	40.2	34.9	45.7	205	55.4	49.8	60.8	274
25 - 34	20.0	16.7	23.8	177	45.3	41.1	49.5	410	62.3	58.1	66.3	580
35 - 44	19.7	16.5	23.3	214	44.9	40.8	49.2	470	70.1	66.2	73.6	725
45 - 54	27.2	24.0	30.7	447	46.3	42.8	49.9	802	75.0	71.8	78.0	1,311
55 - 64	25.5	23.0	28.2	604	42.3	39.4	45.2	1,020	73.6	70.9	76.0	1,740
65+	32.9	30.5	35.4	993	47.1	44.5	49.7	1,348	76.8	74.6	78.9	2,335
Education:												
<High School	38.0	32.7	43.6	293	57.2	51.4	62.9	406	77.3	71.8	81.9	569
High School	29.8	27.5	32.3	1,027	49.2	46.4	51.9	1,530	75.4	73.0	77.7	2,401
Some College	23.4	21.2	25.7	736	44.1	41.4	46.8	1,270	68.2	65.5	70.8	2,079
College Degree	14.0	12.2	16.0	472	35.5	33.0	38.2	1,054	62.4	59.8	64.9	1,937
Income:												
<\$15,000	31.9	27.6	36.6	361	50.2	45.4	55.0	536	77.9	73.8	81.4	843
\$15,000 - \$24,999	28.2	25.3	31.4	578	48.3	44.8	51.9	880	72.4	69.0	75.5	1,372
\$25,000 - \$49,999	26.9	24.4	29.5	753	47.9	45.1	50.7	1,264	71.1	68.4	73.7	2,044
\$50,000 - \$74,999	18.7	16.0	21.8	277	40.5	36.7	44.3	548	68.0	64.3	71.5	947
\$75,000 +	15.3	12.9	18.2	277	35.2	31.9	38.7	612	62.3	58.7	65.8	1,116
Race/Ethnicity:												
White, non-Hispanic	24.1	22.8	25.5	2,200	44.7	43.1	46.3	3,741	70.1	68.6	71.5	6,195
AI/AN*	32.9	27.1	39.4	197	48.5	42.0	55.1	297	70.0	63.3	75.9	440
Other or Hispanic**	22.5	16.8	29.5	126	42.5	35.2	50.1	211	68.0	60.6	74.6	330
Disability:												
No Disability	20.6	19.1	22.1	1,419	41.7	39.8	43.5	2,640	67.4	65.6	69.1	4,555
Disability	34.3	31.8	37.0	1,083	52.5	49.8	55.2	1,576	75.8	73.5	78.0	2,380
Region:												
1- Eastern MT	29.3	25.5	33.4	360	50.8	46.4	55.3	582	76.7	72.6	80.3	876
2- N Central MT	31.2	28.0	34.5	587	52.8	49.2	56.3	943	73.2	69.9	76.3	1,423
3- S Central MT	27.2	24.0	30.7	446	49.0	45.3	52.7	753	71.5	68.1	74.7	1,186
4- Southwest MT	20.3	18.0	22.8	436	41.1	38.1	44.1	801	67.7	64.8	70.5	1,400
5- Northwest MT	21.7	19.4	24.1	668	39.8	37.1	42.7	1,129	67.3	64.5	69.9	2,019

† During the past month, other than your regular job, did you do any physical activities or exercise? Total Sample Size: 9,839. Weighted Prevalence Estimate: 179,200.

‡ Insufficient aerobic activity is defined as not having met the recommendations of engaging in at least 30 minutes of moderate-intensity activity, 5 days per week, or 20 minutes of vigorous-intensity activity, 3 days per week. Total Sample Size: 9,547 Weighted Prevalence Estimate: 317,900

§ Insufficient muscle strengthening activity is defined as not having met the recommendations of engaging moderate or high intensity muscle-strengthening activities 2 or more days a week. Total Sample Size: 9,724 Weighted Prevalence Estimate: 506,700

* American Indian or Alaska Native only.

** All other non-White (including multi-racial or Hispanic).