

PHYSICAL ACTIVITY

Montana BRFSS, 2012

In 2012, 20.5% of Montana adults reported not participating in any leisure-time physical activity in the past month.

Sociodemographic Trends

- ◆ The prevalence of not participating in any leisure-time physical activity in the past month was significantly higher for men than women.
- ◆ Older adults reported no leisure-time physical activity in the past month more often than younger adults.
- ◆ The prevalence of no leisure-time physical activity in the previous month significantly decreased with increasing education and household income levels.
- ◆ American Indians/Alaska Natives reported no leisure-time physical activity in the past month more often than White, non-Hispanic adults.
- ◆ The prevalence of no leisure-time physical activity in the past month was significantly higher for adults with a disability than adults without a disability.
- ◆ Adults living in the Eastern health planning region reported no leisure-time physical activity in the past month more often than adults living in the Southwest and Northwest health planning regions. Adults living in the North Central health planning region reported no leisure-time physical activity in the past month more often than adults living in the South Central, Southwest, and Northwest health planning regions.

Figure 12. Physical Activity by Health Planning Region, Montana BRFSS, 2012

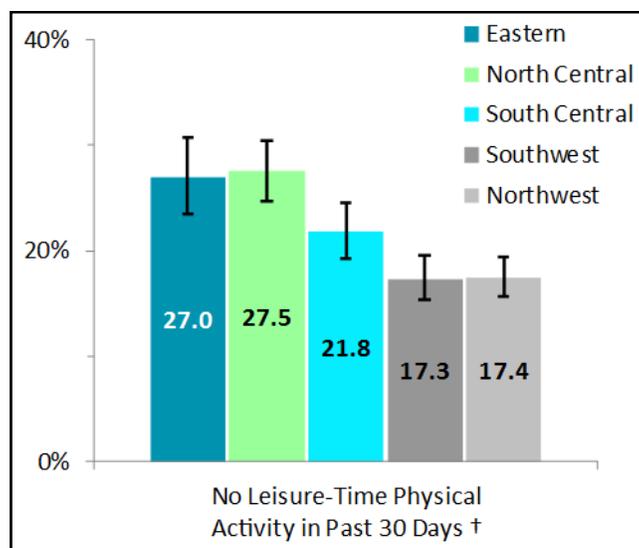


Table 12: Physical Activity, Montana Adults, 2012

	No Leisure-Time Physical Activity †			
	Wt. %	95% CI		UnWt. N
LL		UL		
All Adults:	20.5	19.4	21.6	2,071
Sex:				
Male	21.7	20.1	23.4	920
Female	19.3	17.9	20.8	1,151
Age:				
18 - 24	12.1	9.1	15.9	57
25 - 34	15.7	13.1	18.8	149
35 - 44	16.4	13.7	19.5	165
45 - 54	19.9	17.5	22.6	314
55 - 64	22.4	20.1	24.9	463
65+	31.2	29.1	33.5	916
Education:				
<High School	31.3	26.8	36.3	236
High School	25.8	23.8	27.9	831
Some College	20.3	18.5	22.3	614
College Degree +	10.1	8.9	11.4	383
Income:				
<\$15,000	28.0	24.5	31.7	371
\$15,000 - \$24,999	25.8	23.1	28.6	496
\$25,000 - \$49,999	20.1	18.1	22.2	529
\$50,000 - \$74,999	16.5	13.9	19.5	210
\$75,000 +	14.4	12.3	16.8	222
Race/Ethnicity:				
White, non-Hispanic	20.1	19.0	21.3	1,746
AI/AN*	26.8	21.6	32.7	190
Other or Hispanic**	19.3	14.6	25.0	106
Disability:				
Disability	34.3	31.9	36.8	958
No Disability	16.0	14.9	17.2	1,089
Region:				
1- Eastern MT	27.0	23.5	30.7	294
2- N Central MT	27.5	24.7	30.5	573
3- S Central MT	21.8	19.2	24.6	318
4- Southwest MT	17.3	15.3	19.5	291
5- Northwest MT	17.4	15.6	19.4	562

† During the past month, other than your regular job, did you do any physical activities or exercise? Total Sample Size: 8,669, Weighted Prevalence Estimate: 159,900.

* American Indian or Alaska Native only.

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