



Spokane Regional Health District · www.srhd.org



Spokane Counts 2015

A summary of 59 selected public health indicators

Physical Activity (Adult)

Health Behavior



Indicator: Physical Activity (Adults)

Definition: Percent of adults doing 150 minutes or more of physical activity per week.

Why this is important: Regular physical activity reduces the risk of chronic disease, helps control weight, reduces symptoms of anxiety and depression, and improves physical health.

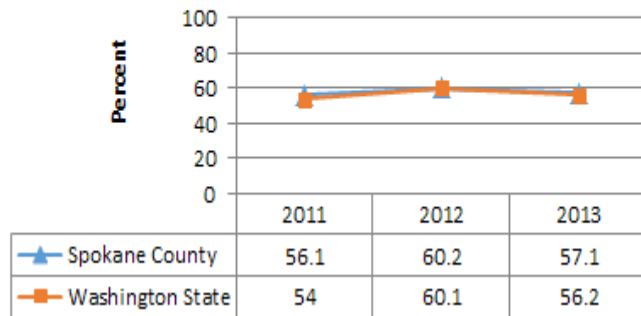
Where we are: In 2013 in Spokane County, 57.1% of adults met the recommendation of being physically active for 150 minutes in a week. Spokane County had a proportion of physically active adults similar to that of Washington state in 2013. The proportion meeting the physical activity recommendation remained stable from 2011 to 2013 in Spokane County.

Health Disparities:

There were no disparities identified among adults in Spokane County in 2013.

Additional Information: For even greater health benefits, adults should be active 300 minutes each week. In Spokane County in 2013, 33.7% of adults were physically active for 300 or more minutes each week. This

Adults Meeting Physical Activity Recommendations Over Time



(click to enlarge)

proportion was similar to that of Washington state, 32.9%.

	Data Source	BRFSS, 2013
Geography	Spokane County	57.1% (52.0-62.1)
	Washington state	56.2% (54.9-62.1)
	United States	Not Available
	Trend	11-13 No Trend
Age	Adults	
	18-34 yrs	57.1% (44.4-69.0)
	35-44 yrs	62.2% (48.0-74.6)
	45-64 yrs	54.8% (47.4-62.1)
	65+ yrs	57.6% (49.4-65.5)
Sex	Male	61.3% (53.3-68.7)
	Female	53.4% (46.6-60.0)
Race		2011-2013
	White	58.0 (55.3-60.8)
	Non-white	57.2 (42.4-70.9)
Education	< High school	*
	High school	50.9% (40.8-61.0)
	Some college	62.3% (53.4-70.5)
	College graduate	56.9% (49.5-64.0)
Income	<\$25,000	53.1% (42.1-63.7)
	\$25,000-\$49,999	59.9% (49.4-69.6)
	\$50,000+	58.8% (50.9-66.3)

*=suppressed due to small numbers

Data Source: Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention, Cooperative Agreement U58/SO000047-1 through 3 (2011-2013). Calculations and presentation of data by Spokane Regional Health District, Data Center.

Demographics

Indicator Overview

Executive Summary

Performance Measures