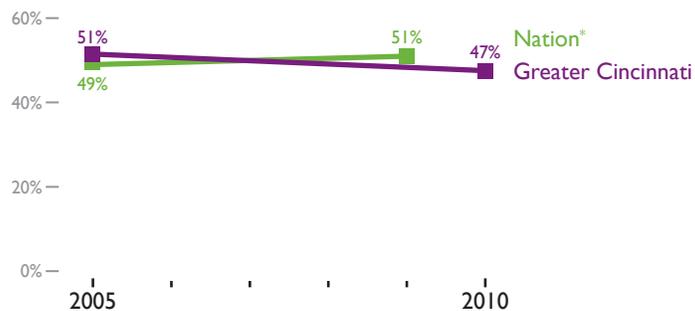


According to the Centers for Disease Control and Prevention (CDC), physical inactivity and unhealthy eating contribute to obesity and several chronic diseases. Physical activity reduces the risk of type 2 diabetes and its complications, as well as the risk of heart disease, colon cancer, and stroke.¹

The CDC's recommended guidelines for physical activity are at least 30 minutes, 5 days per week of moderate activity, or at least 20 minutes, 3 days per week of vigorous activity.² In Greater Cincinnati, just under half of adults (47%) meet these requirements, compared to 51% in the nation.³ These rates are consistent with rates from 2005.

While nearly half of adults in our community are meeting the recommended guidelines for physical activity, the other half are either not doing enough physical activity to meet the guidelines (35%) or are not doing

Adults who met the CDC's recommended guidelines for physical activity



* National data are from the CDC's Behavioral Risk Factor Surveillance System (BRFSS) from 2005 and 2009, the most recent year for which data are available.

any physical activity (18%).⁴ The rate of regional adults reporting no activity is higher than for adults in the nation (13%) and increased from 2005, when it was 11%.

are overweight but not obese (14%). This is not surprising, as people who are obese often have difficulty exercising or being physically active.

Obese Adults Report Less Physical Activity

Over 1 in 4 obese adults (28%)⁵ reported no moderate or vigorous physical activity in a usual week. This is compared to about 1 in 8 adults who are not overweight or obese (13%) and adults who

Low-Income, Older, and African American Adults Report Less Physical Activity

As income decreases, the likelihood that a person reports no moderate or vigorous physical activity increases. About 1 in 10 Greater Cincinnati adults living in households above 200% of the federal poverty guidelines (FPG; 11%)⁶ reported no moderate or vigorous physical activity,

¹ Centers for Disease Control and Prevention. Obesity, Diabetes Estimates by County, 2007. Available at www.cdc.gov/Features/dsObesityDiabetes/.

² Moderate activity is defined as brisk walking, bicycling, vacuuming, gardening, or anything that causes some increase in breathing or heart rate. Vigorous activity is defined as running, aerobics, heavy yard work, or anything that causes large increases in breathing or heart rate.

³ National data are from the 2005 and 2009 Behavioral Risk Factor Surveillance System, available at <http://apps.nccd.cdc.gov/brfss/>.

⁴ This does not mean that these individuals are completely sedentary. It means that they do not engage in moderate or vigorous activities, as defined by the CDC, for more than 10 minutes at a time.

⁵ Obesity is defined as a body mass index (BMI) of over 30.0. Overweight is defined as a BMI of 25–29.9. BMI is calculated by dividing a person's weight in pounds by their height in inches squared, and then multiplying that result by 703.

(continued on back)

⁶ In 2009, 200% FPG an annual income of \$44,100 and 100% FPG was an annual income of \$22,050, both for a family of 4.

compared to more than 1 in 4 adults living below 100% FPG (28%).

As age increases, the likelihood that a person reports no physical activity also increases. About 1 in 10 Greater Cincinnati adults ages 18–29 (11%) reported no moderate or vigorous physical activity, compared to almost 1 in 3 adults ages 65 and over (30%).

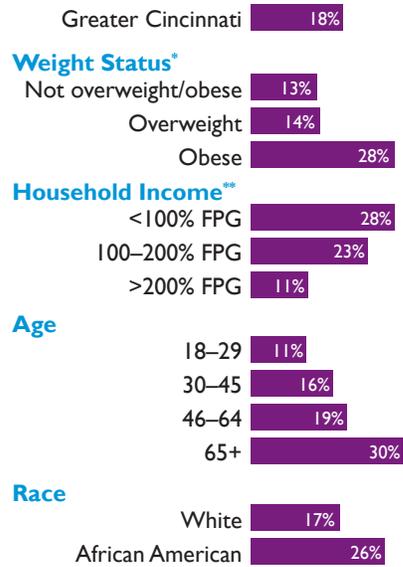
African American adults in Greater Cincinnati (26%) reported higher rates of no physical activity than white adults (17%).

Sidewalks and Streets not Safe for Walking, Jogging, or Biking in Region’s Rural Counties

The CDC suggests that brisk walking is a safe form of physical activity for most people. However, almost 1 in 3 Greater Cincinnati adults (29%) reported that the sidewalks or shoulders on streets in their communities did not allow for safe walking, jogging, or biking. Nearly 1 in 2 adults in Greater Cincinnati’s rural counties⁷ reported that the sidewalks or shoulders on streets in their communities did not allow for safe walking, jogging, or biking. This is compared to about 1 in 4 adults in the region’s urban and suburban areas.

⁷ Cincinnati’s rural counties include: Dearborn, Franklin, Ohio, Ripley, and Switzerland Counties in Indiana; Bracken, Carroll, Gallatin, Owen, and Pendleton Counties in Kentucky; and Adams, Brown, Clermont, and Highland Counties in Ohio.

Greater Cincinnati adults who reported no moderate or vigorous physical activity in a usual week



* Adults who are overweight have a body mass index (BMI) of 25.0–29.9. Adults who are obese have a BMI greater than 30.0.
 ** In 2009, 100% of the federal poverty guidelines (FPG) was an annual income of \$22,050 and 200% FPG was an annual income of 44,100, both for a family of 4.

Greater Cincinnati adults who disagreed that sidewalks or shoulders on streets in their community allowed for safe walking, jogging, or biking (graph presents only adults who strongly disagreed, disagreed somewhat, or leaned toward disagreeing that sidewalks or streets were safe)

