

# Physical Activity, Nutrition and Weight Among Idaho Adults



Analysis from the  
Behavioral Risk Factor Surveillance System 1985-2005

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IDAHO DEPARTMENT OF  
HEALTH & WELFARE

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For more details on these results, please contact the Bureau of Health Policy and Vital Statistics at (208) 332-7326

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## **Introduction**

Overweight and obesity are major contributors to many health conditions including type-2 diabetes, high blood pressure, high cholesterol, arthritis, and other diseases. Physical activity and proper diet are recommended to control weight as well as to contribute to general health.<sup>1</sup>

## ***Methodology***

The Idaho Behavioral Risk Factor Surveillance System (BRFSS) has collected information related to demographics and health status of Idaho adults including, but not limited to, diagnosis of diabetes, high cholesterol, high blood pressure, physical activity levels, foods eaten and frequency, attitudes towards weight and weight control since 1984. The BRFSS is conducted as a random telephone survey of the non-institutionalized adult population. The number of surveys conducted has increased from 600 in 1984 to 5,700 in 2005. After annual data collection is complete, individual responses are weighted to represent the state's adult population, and analysis is performed on the weighted data.

## ***Data Limitations***

Errors in estimation are a result of BRFSS data being self-reported and certain behaviors possibly being underreported (Centers for Disease Control and Prevention, 2004). Another source of error is based on sampling. Each sample drawn will deviate somewhat from the population. Additional possible errors may occur due to the population from which the sample is drawn. Ideally, all adults aged 18 and older would be potential respondents for the survey. However, in order to be cost effective, the sample is limited to adults aged 18 and older who are non-institutionalized, live in a household with a non-cellular telephone. This excludes people in prisons and dormitories, those without non-cellular telephones, and others who cannot communicate by telephone. Telephone coverage varies by subpopulation. Additionally, most years the survey has been conducted only in English. Respondents may also refuse or be unable to answer specific questions. These "Don't know" and "Refused" responses are excluded from analysis.

Statistical weighting methods changed as the technology for telephone surveys developed. Coupled with smaller sample sizes, rates reported prior to 1997 are susceptible to larger margins of error than later. Data for 1984 has not been included for technical comparability issues.

Questions included in the survey change in response to alterations in information needs for program management or emerging health topics. Also to provide more information within budget constraints, some topics are not asked every year and some less often.

## ***Reporting***

Prevalence estimates based on denominators with fewer than 50 respondents have been suppressed and are indicated in the data tables with an asterisk (\*). The BRFSS has adopted this standard to maintain a high degree of reliability. Differences between estimates are reported throughout the document. Any difference determined to be statistically significantly different through statistical testing was designated as such and will be preceded by the words “significantly” or “statistically.”

Rates have been rounded to the nearest tenth of a percent. Sums of percents may therefore exceed or fail to reach 100.

Odds ratios were also calculated. An odds ratio indicates how much more likely, with respect to odds, a certain event occurs in one group relative to its occurrence in another group.

## ***Summary Results***

### **Body Mass Index Trend (page 4)**

- If current trends continue, by 2036 more than 50 percent of all Idaho adults will be obese.
- The median weight of women of average height (5’4” tall) increased 14.4 pounds between 1985 to 2005; for men of average height (5’ 10”) the increase was 18.9 pounds. This was more than 10 percent of the 1985 body weight.

### **Nutrition (page 6)**

- Most adults, 75 percent or more annually, were not eating the recommended five servings daily of fruits and vegetables.
- Males were significantly less likely to eat five fruit and vegetable servings than females.
- Smokers were statistically more likely not to eat five servings of fruits and vegetables than non-smokers in nine of the ten years for which data is available.

### **Physical Activity (page 11)**

- About 20 percent of adults did not participate in leisure time physical activity from 1992 to 2005.
- In 2005, Idaho met the Healthy People 2010 standards of at least 30 percent of adults performing moderate activity for at least 30 minutes per day at least five

days per week. Idaho also met the goal of at least 30 percent of adults engaging in vigorous activity for at least 20 minutes per day three or more days per week in 2005.

- Children aged 13 to 17 are more likely to have fewer days of vigorous activity than those 6 to 12.

### **Health Conditions and Association with Nutrition and Activity (page 18)**

- Adults that met recommendations for moderate and vigorous physical activity were significantly less likely to report having diabetes (3.8 percent) than those with no activity (12.4 percent) in 2005.
- Adults with no moderate or vigorous physical activity in 2005 were nearly five times as likely to report “fair” or “poor” general health (36.8 percent) than those meeting both goals (7.4 percent).
- Heart attacks were significantly less likely to be reported among adults that had any moderate or vigorous activity and ate five or more servings of fruits and vegetables (3.0 percent) than among those with no activity and eating fewer than five servings (7.6 percent).

### **Attitudes, Weight, and Behaviors (page 22)**

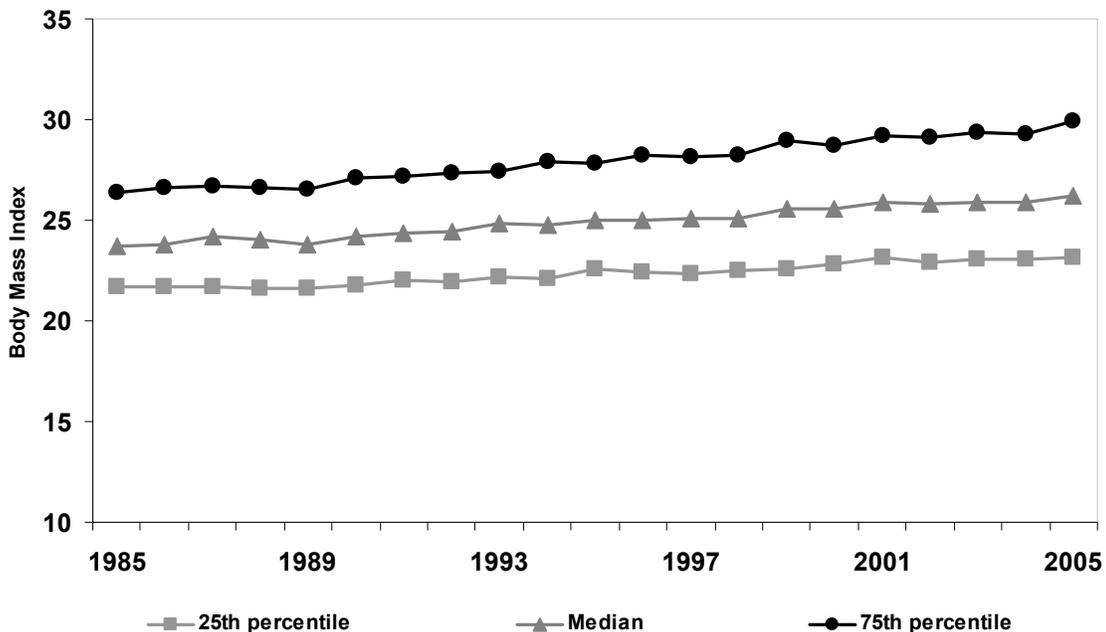
- 69.8 percent of obese and 44.2 percent of overweight adults reported they were trying to lose weight in 2005.
- More than one-half (54.2 percent in 2003) of overweight adults indicated they wanted to be a weight that was either overweight or obese.
- 25.9 percent of obese adults reported a desired weight that would be normal.

## Body Mass Index Trend

The population of Idaho, following national trends, has had significant increases in obesity rates and related health conditions among adults over the past 20 years.

Displayed below are long term trends for selected percentile points of Body Mass Index (BMI: weight in kilograms divided by height in meters squared), showing increases over the past 21 years. A BMI of greater than or equal to 18.5 and less than 25 is considered normal healthy weight, greater than or equal to 25 and less than 30 is overweight, and 30 or greater is obese.

**Figure 1: Body Mass Index percentiles and median, Idaho adults 1985-2005**

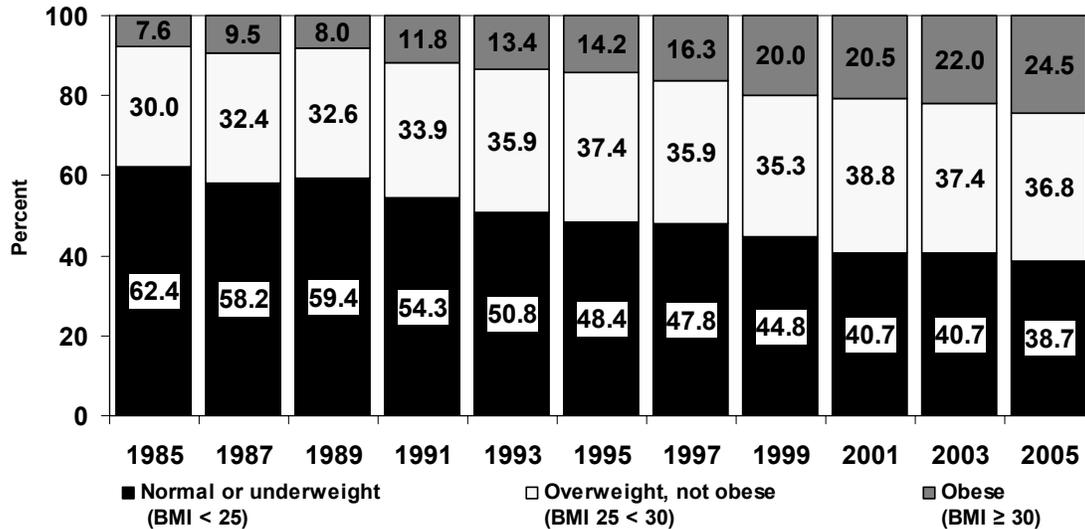


The median reported BMI for all Idaho adults increased from 23.7 to 26.2 in the 1985 to 2005 time frame. The 2005 median was nearly the same as the 75<sup>th</sup> percentile weight for 1985, (26.2 and 26.4 respectively) and the 2005 25<sup>th</sup> percentile came close to the 1985 median (23.1 and 23.7 respectively). When we look at this trend by gender, the median weight for a woman of average height (5' 4") has increased from 131.4 to 145.8 pounds, and for a man of average height (5' 10") 170.1 to 189.0 pounds. Similar increases occur in age, education, and ethnicity groups examined.

If this linear trend continues, by 2030 50 percent of the population of adults will exceed the 90<sup>th</sup> percentile BMI from 1985 and by 2036 more than 50 percent of the adults will be obese.

The 75<sup>th</sup> percentile increase from 1985 to 2005 was nearly double that of the median indicating that more people were becoming extremely overweight or obese. Figure 2 shows the annual rates of overweight and obesity between 1985 and 2005 (odd years).

**Figure 2: Percent of Idaho adults by weight class, 1985-2005**



The rate of obesity among Idaho adults more than tripled from 1985 (7.6 percent) to 2005 (24.5 percent). Adults reporting a normal, but not underweight, weight decreased from 58.9 percent to 37.3 percent during the 1985 to 2005 period. The percentage of underweight adults (BMI less than 18.5) decreased from 3.4 percent to 1.4 percent.

Several health conditions have changed as well. The percentage of adults that indicated they had been diagnosed with diabetes significantly increased from 3.6 percent in 1995 to 6.8 percent in 2005 and nearly doubled among adults 55 and older from 7.8 percent to 15.1 percent.

The rate of adults diagnosed with high cholesterol among those screened increased significantly from 20.4 percent in 1988 to 36.3 in 2005 among adults overall, and among adults 55 and older the rate more than doubled from 24.8 percent to 50.8 percent.

High blood pressure diagnosis for adults aged 55 and older had increased significantly from 38.0 percent in 1985 to 47.1 percent in 2005.

## Nutrition

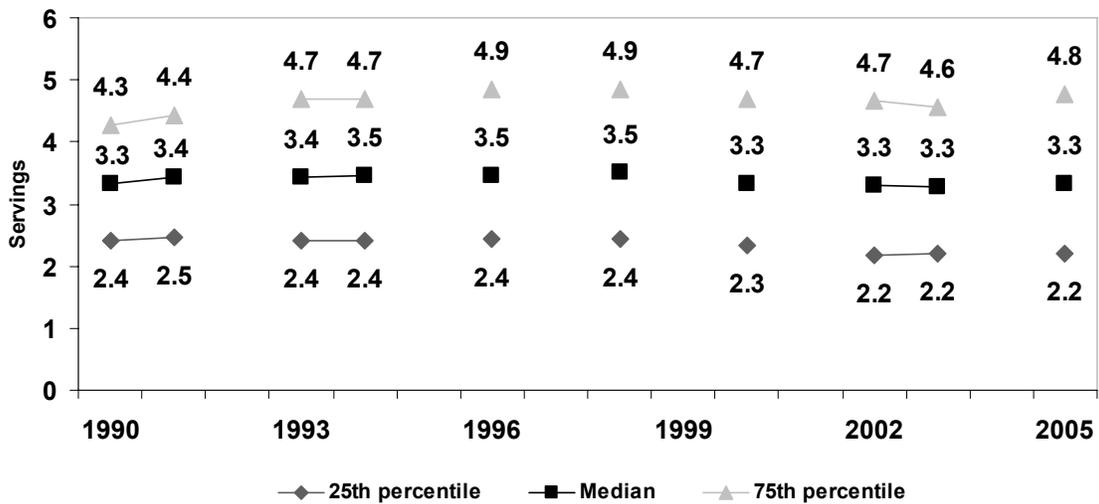
Many dietary components are involved in the relationship between nutrition and health.<sup>1</sup> The BRFSS tracks consumption of fruits and vegetables as one of the key components. Current guidelines recommend eating at least five servings of fruits and vegetables daily. Additionally, two of those recommended servings should be fruit or fruit juice.<sup>2</sup>

The BRFSS asked questions regarding the frequency of eating each of fruit, fruit juice, green salad, carrots, non-fried potatoes, and other vegetables.

## Goals and Fulfillment

More than 75 percent of Idaho adults reported not eating five or more servings of fruit and vegetables since 1990 when the BRFSS began tracking these data. Additionally, more than 25 percent of Idaho adults ate fewer than half the recommended servings daily on average; 4.8 percent ate less than one serving daily. The apparent changes in median number of servings shown in Figure 3 were not statistically significant.

**Figure 3: Median and percentile daily servings of fruit and vegetables, Idaho adults, 1990-2005**



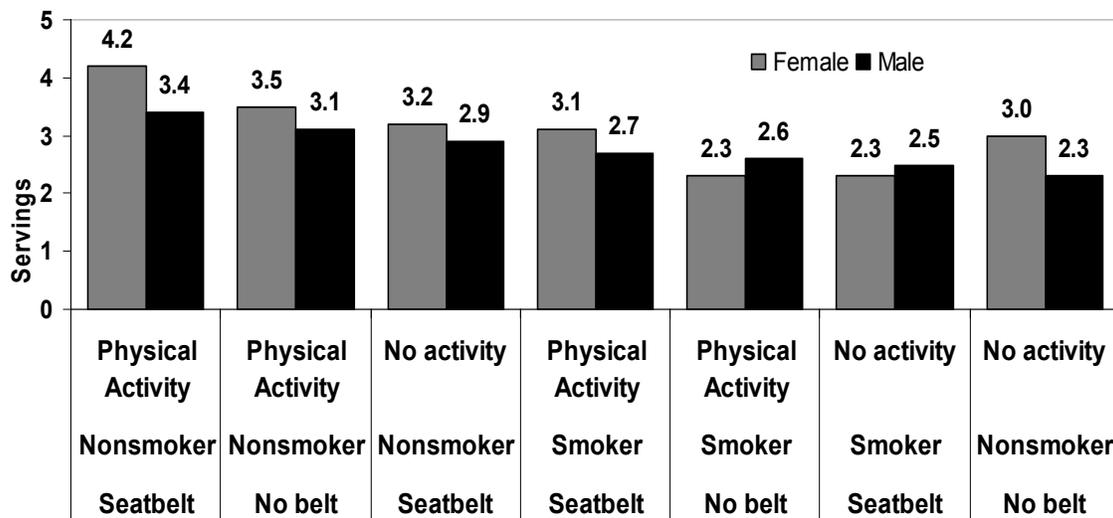
## Disparities in Fruit and Vegetable Consumption

In 2005, males were 1.8 times more likely than females to eat fewer than five servings per day. Adults aged 18 to 54 were 1.6 times more likely to eat fewer than five servings per day than those aged 55 and over. Adults with less than a college education were 1.5 times more likely than those with some college or college graduates to eat fewer than five servings daily.

Life style choices appeared to be interrelated with nutrition choices. Adults with no leisure physical activity were 2.0 times more likely not to consume five or more servings daily than those with leisure activity. Smokers were 1.8 times more likely not to consume five or more servings daily than non-smokers. Adults that did not always wear seatbelts were 1.4 times more likely not to consume five or more servings daily than those that did always use seatbelts.

Figure 4 provides a summary of the associations between any leisure time activity, smoking, always using seatbelts, and median servings of fruits and vegetables eaten daily by sex for adults in 2005.

**Figure 4: Median daily fruit and vegetable servings by risk behaviors and by sex, Idaho adults, 2005**



### ***Types of Fruit and Vegetables Consumed***

In 2005 approximately 1.5 percent of Idaho adults reported that they never ate more than three types of food from fruit, fruit juice, green salad, carrots, non-fried potatoes or other vegetables. Fruit juice (10.3 percent) and carrots (6.8 percent) were the foods most often identified as never eaten.

Except for a significant decline in the median number of fruit juice servings daily from 0.5 to 0.3 servings daily, there were practically no changes in consumption patterns of fruits and vegetables between 1990 and 2005 by Idaho adults as shown in Figure 5.

**Figure 5: Median daily servings by fruit or vegetable, Idaho adults, 1990-2005**

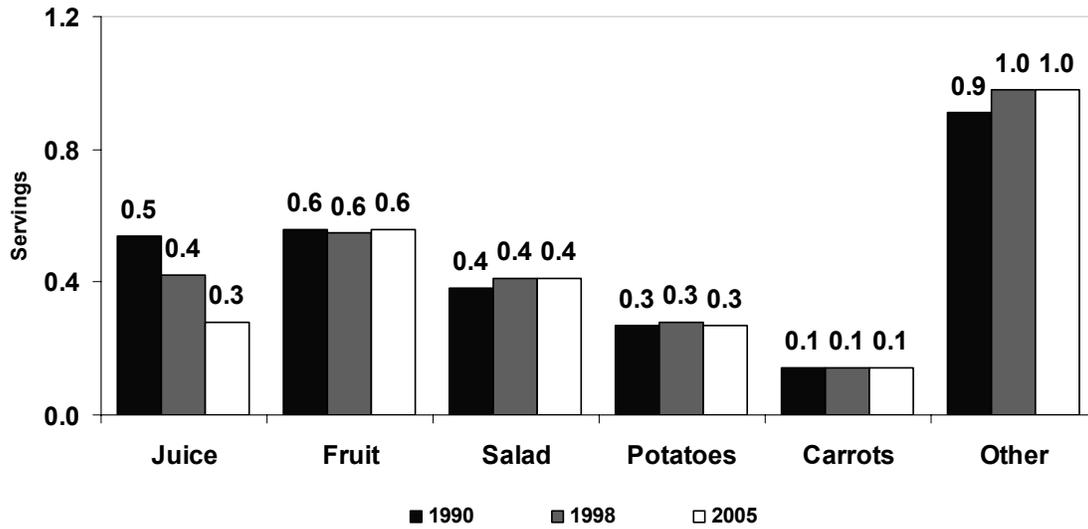


Table 1, page 10, provides details for 2005 on prevalence of not eating five servings of fruits and vegetables daily among demographic groups of Idaho adults.

- Males were significantly more likely to report eating less than five serving daily at 82.4 percent compared with females at 71.3 percent.
- Adults aged 65 and over were significantly less likely to eat less than five servings daily compared with those under age 54.
- Respondents with a high school education reported a statistically higher rate (83.3 percent) of not eating five servings than those with some college (76.1 percent) or a college degree (70.0 percent).
- Those that did not eat five or more servings were significantly more likely to be obese (26.0 percent) than adults that did get their five servings (19.9 percent).
- One-fifth of adults that did not eat five servings daily were smokers (20.3 percent) compared with one tenth (10.1 percent) of those that did.
- Among the 18 to 24 age group, 8.6 percent ate less than one serving of fruit or vegetables daily.
- Among adults with less than a high school graduate education, 11.0 percent ate less than one serving of fruit or vegetables daily compared with 1.4 percent of those with a college degree.
- Adults with incomes of less than \$15,000 were more likely to eat less than one daily serving of fruits or vegetables compared with those earning more than \$50,000 (8.1 percent compared with 2.3 percent).
- Nearly one-in-ten (9.2 percent) of smokers ate less than one serving of fruits or vegetables daily compared with 3.8 percent of non-smokers.

In examining the median number of servings per day of fruits and vegetables by various demographic groups, significant differences in consumption emerge which are not apparent when only looking at the proportion who do not get at least five servings daily (see Table 1). The median differences showed how much change in behavior was required to meet the five servings per day target.

- Within gender groups the rates of not eating five servings per day generally were not significantly different by age. The median number of servings was different between both males and females under 18 to 24 years of age and those 55 and over.
- The median number of servings of fruits and vegetables did differ significantly between Hispanic and non-Hispanic adults (2.9 servings compared with 3.4 servings). The rates of not consuming five or more servings between Hispanic and non-Hispanic adults did not differ significantly (78.7 percent and 76.6 percent).

### **How to read Table 1**

The percent column indicates the percentage of Idaho adults within the specific demographic group that did not eat five or more servings of fruits and vegetables daily and the associated 95 percent confidence interval. The median reflects the middle value of the number of servings within the group. The column labeled “n” is the number of interviews or responses used to calculate the numbers. IQI refers to the interquartile interval. The IQI shows results for the 25<sup>th</sup> and 75<sup>th</sup> percentiles of respondents which is a way of showing the range of values for the middle half of the population.

For example, in 2005 among adults 18-24 years of age, 80.6 percent (with a confidence interval of 73.7 to 86.0 percent) did not eat the recommended five daily servings. The median value reported for this age group was 2.7 servings. The range for the number of servings of the population in the middle half (IQI) ranged from 1.8 to 4.4 servings.

Table 1: Fruit and vegetable consumption among Idaho adults, 2005

		Did not eat five or more servings				Number of servings		
		%	95% CI		n	Median	IQI**	
<b>Idaho</b>	<b>Total</b>	<b>76.8</b>	75.3	78.3	5,625	<b>3.3</b>	2.2	4.8
<b>Sex</b>	<b>Male</b>	<b>82.4</b>	79.9	84.6	2,163	<b>3.0</b>	2.0	4.4
	<b>Female</b>	<b>71.3</b>	69.3	73.1	3,462	<b>3.7</b>	2.5	5.3
<b>Age</b>	<b>18-24</b>	<b>80.6</b>	73.7	86.0	329	<b>2.7</b>	1.8	4.4
	<b>25-34</b>	<b>78.9</b>	75.3	82.1	851	<b>3.0</b>	2.1	4.6
	<b>35-44</b>	<b>79.9</b>	76.6	82.8	967	<b>3.3</b>	2.2	4.5
	<b>45-54</b>	<b>77.7</b>	74.7	80.3	1,149	<b>3.3</b>	2.3	4.7
	<b>55-64</b>	<b>73.8</b>	70.4	77.0	993	<b>3.6</b>	2.6	5.0
	<b>65+</b>	<b>68.3</b>	65.2	71.2	1,300	<b>4.0</b>	2.7	5.3
<b>Sex and Age</b>	<b>Male 18-24</b>	<b>86.7</b>	73.4	93.9	123	<b>2.7</b>	1.6	4.1
	<b>Male 25-34</b>	<b>81.7</b>	75.8	86.4	312	<b>2.7</b>	1.9	4.3
	<b>Male 35-44</b>	<b>84.2</b>	79.1	88.3	393	<b>3.0</b>	2.0	4.3
	<b>Male 45-54</b>	<b>84.5</b>	80.3	88.0	463	<b>3.0</b>	2.0	4.2
	<b>Male 55-64</b>	<b>79.9</b>	74.6	84.2	386	<b>3.3</b>	2.3	4.6
	<b>Male 65+</b>	<b>74.8</b>	70.0	79.1	475	<b>3.7</b>	2.6	4.9
	<b>Female 18-24</b>	<b>74.2</b>	66.4	80.8	206	<b>3.1</b>	2.0	5.0
	<b>Female 25-34</b>	<b>75.9</b>	71.4	79.9	539	<b>3.4</b>	2.3	4.9
	<b>Female 35-44</b>	<b>75.4</b>	71.0	79.2	574	<b>3.6</b>	2.5	4.9
	<b>Female 45-54</b>	<b>70.8</b>	66.6	74.6	686	<b>3.7</b>	2.5	5.3
	<b>Female 55-64</b>	<b>67.8</b>	63.2	72.1	607	<b>3.9</b>	2.8	5.4
	<b>Female 65+</b>	<b>63.0</b>	59.0	66.8	825	<b>4.1</b>	2.9	5.7
<b>Income</b>	<b>Less than \$15,000</b>	<b>77.7</b>	72.7	81.9	620	<b>3.0</b>	1.9	4.7
	<b>\$15,000 - \$24,999</b>	<b>77.0</b>	73.2	80.3	1,034	<b>3.3</b>	2.2	4.7
	<b>\$25,000 - \$34,999</b>	<b>77.3</b>	71.5	82.3	781	<b>3.2</b>	2.2	4.6
	<b>\$35,000 - \$49,999</b>	<b>77.5</b>	74.0	80.6	978	<b>3.1</b>	2.1	4.8
	<b>\$50,000+</b>	<b>76.2</b>	73.7	78.6	1,632	<b>3.6</b>	2.4	4.9
<b>Employment</b>	<b>Employed</b>	<b>79.3</b>	77.2	81.2	3,200	<b>3.2</b>	2.1	4.6
	<b>Unemployed</b>	<b>80.6</b>	72.9	86.5	192	<b>3.1</b>	1.7	4.3
	<b>Other*</b>	<b>71.7</b>	69.2	74.0	2,215	<b>3.6</b>	2.5	5.1
<b>Education</b>	<b>K-11th Grade</b>	<b>77.7</b>	69.1	84.5	493	<b>3.0</b>	1.9	4.7
	<b>12th Grade or GED</b>	<b>83.3</b>	81.0	85.3	1,761	<b>3.0</b>	2.0	4.3
	<b>Some College</b>	<b>76.1</b>	73.6	78.4	1,829	<b>3.3</b>	2.3	4.9
	<b>College Graduate+</b>	<b>70.0</b>	67.0	72.8	1,533	<b>3.9</b>	2.7	5.3
<b>Ethnicity</b>	<b>Non-Hispanic</b>	<b>76.6</b>	75.1	78.0	5,274	<b>3.4</b>	2.2	4.9
	<b>Hispanic</b>	<b>78.7</b>	68.9	86.0	326	<b>2.9</b>	2.0	4.5

\* Other includes students, homemakers, retirees, and persons unable to work

\*\* IQI refers to interquartile interval; the numbers are the 25<sup>th</sup> and 75<sup>th</sup> percentiles and reflect the limits for the middle half of the population

## Physical Activity

Regular moderate physical activity is associated with lower death rates for adults of any age, lower risk of developing diabetes, and helps prevent or reduce high blood pressure.<sup>1</sup>

Some of the Healthy People 2010 (HP2010) goals for physical activity are to:

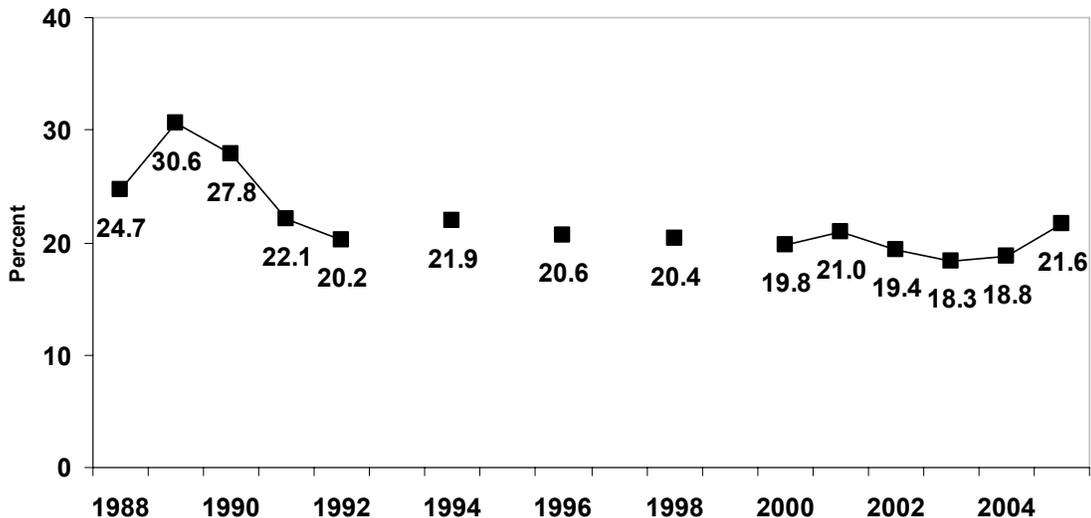
- Reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent or below.
- Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day to 30 percent.
- Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion to 30 percent.

The questions asked about physical activity are included on page 32 in the appendix.

### Adults

Long term data consisted of participation in any leisure time physical activity with no information about intensity, frequency, or duration. Figure 6 shows that response rates for no leisure activity remained very similar from 1988 through 2005. Over the period of record there has been a downward trend for no leisure activity. In four of the past six years Idaho has met the HP2010 goal for the population overall.

**Figure 6: Percent of Idaho adults who did not participate in leisure time activity, 1988-2005**



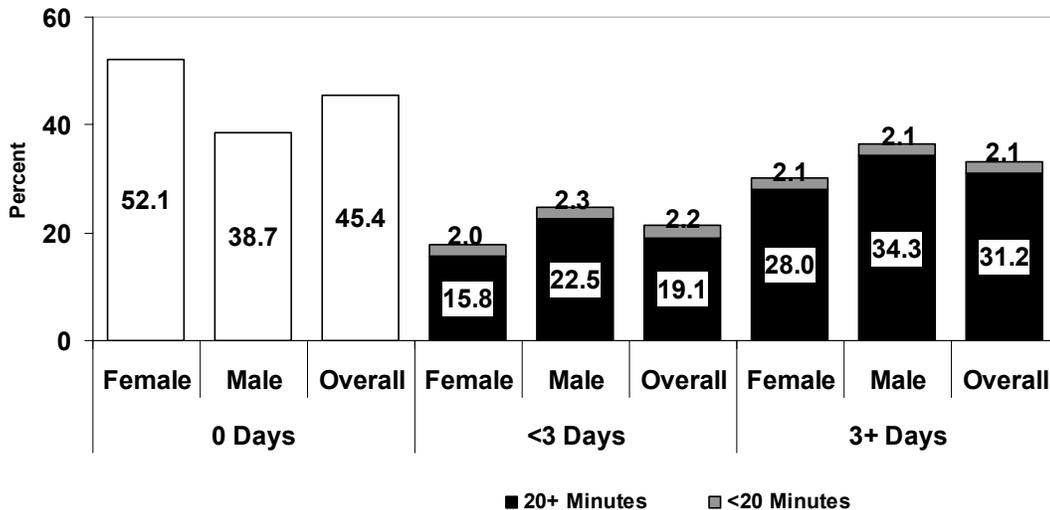
**Vigorous Activity**

**Overall, Idaho adults met the HP2010 standard for vigorous activity (at 31.2 percent) but there were patterns in the exceptions. As shown in Figure 7, many Idaho adults do not participate in any vigorous physical activity for more than ten minutes daily.**

- Females were significantly more likely (52.1 percent) than males (38.7 percent) not to participate in vigorous physical activity.
- Adults 55 years-of-age and older were significantly more likely (61.8 percent) not to participate in vigorous physical activity than those 54 and younger (38.6 percent).
- Adults with incomes below \$25,000 were significantly more likely (55.1 percent) not to participate in vigorous physical activity than those with higher incomes (40.4 percent).
- Adults with less than a high school education were significantly more likely (62.2 percent) not to participate in vigorous physical activity than those with a high school diploma or some college (46.9 percent). The adults with less than a high school education and a high school diploma or some college education were statistically more likely not to participate in vigorous physical activity than college graduates (36.4 percent).

Table 3 below shows additional details of vigorous physical activity.

**Figure 7: Percent of Idaho adults engaging in vigorous activity by number of days per week, 2005**

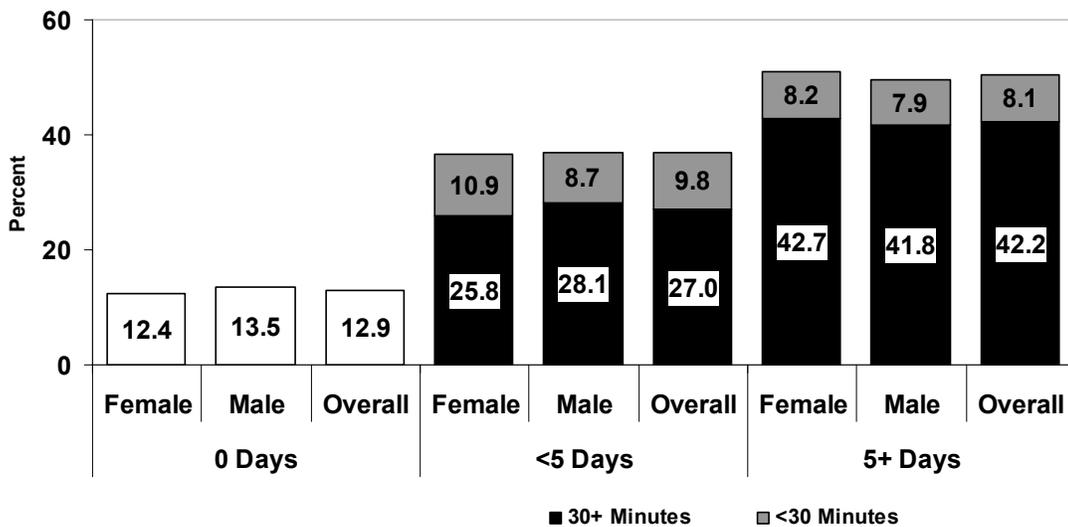


**Moderate Activity**

In 2005, Idaho adults overall exceeded the HP2010 goals for moderate physical activity with 42.2 percent. More than one-in-ten (12.9 percent) of Idaho adults reported no moderate activity for more than 10 minutes at a time. The patterns for not participating in moderate activity by age, income or education were similar to those for vigorous activity.

- Adults 55 and older (17.2 percent) were more likely not to participate in moderate physical activity than those 54 and younger (11.2 percent).
- Adults with incomes of less than \$25,000 (19.2 percent) were more likely not to participate in moderate physical activity than those with greater incomes (10.1 percent).
- Adults with less than a high school education (29.8 percent) were more likely not to participate in moderate physical activity than those with a high school education or some college (12.0 percent) and college graduates (9.5 percent).

**Figure 8: Percent of Idaho adults engaging in moderate activity by number of days per week, 2005**



- A significantly higher rate of adults that did not get five servings of fruits and vegetables daily did no vigorous (47.4 percent) or moderate activity (14.4 percent) compared with those that ate five or more servings (38.6 and 8.0 percent, respectively). Also, significantly fewer of those who did not eat five servings met the goals for vigorous (28.8 percent) or moderate activity (38.9 percent) compared with those that did eat five or more (39.0 percent and 53.4 percent).
- Current cigarette smokers had a higher rate of no moderate physical activity (18.2 percent) than non-smokers (11.8 percent).

## Children

Recommendations for physical activity by children and adolescents are the same as for adults. It is important to establish habits of regular exercise in order to reduce the likelihood of sedentary adult behavior.<sup>1,3</sup>

In households with children in 2005, one child was randomly selected. If the selected child was over the age of 5, adult respondents were questioned on the number of days per week that child performed vigorous activity for at least 20 minutes. The results are summarized in Table 2.

- Significantly more children aged 13-17 had no days of vigorous activity reported (9.8 percent) than those 6-12 years of age (3.8 percent).
- Males aged 13-17 were reported at four times the rate (11.0 percent) of males aged 6-12 (2.7 percent) to have no days of vigorous activity. This difference was statistically significant.

### How to read Table 2 through Table 5

These tables reflect the percentage of each demographic that performs the level of activity in the column heading. The column labeled “n” indicates the sample size. Example: in Table 2, 12.4 percent of all Idaho children had one or two days per week of vigorous activity with a 95 percent confidence interval of 10.2 to 15.0 percent; 1,126 responses were used to calculate the rates and confidence intervals.

**Table 2: Percent of Idaho children (aged 6 to 17) engaging in vigorous activity by number of days per week, 2005**

		0 days			1-2 days			3 or more days			n
		%	95% CI		%	95% CI		%	95% CI		
<b>Idaho</b>	<b>Total</b>	<b>6.3</b>	4.8	8.4	<b>12.4</b>	10.2	15.0	<b>81.3</b>	78.2	84.0	1,126
<b>Sex</b>	<b>Male</b>	<b>6.3</b>	4.3	9.3	<b>11.4</b>	8.7	14.9	<b>82.2</b>	78.1	85.7	603
	<b>Female</b>	<b>6.4</b>	4.2	9.5	<b>13.4</b>	10.1	17.7	<b>80.3</b>	75.5	84.2	523
<b>Age</b>	<b>6-12</b>	<b>3.8</b>	2.2	6.3	<b>9.5</b>	7.0	12.9	<b>86.7</b>	82.8	89.8	593
	<b>13-17</b>	<b>9.8</b>	7.0	13.5	<b>16.2</b>	12.6	20.7	<b>74.0</b>	68.9	78.5	533
<b>Sex and Age</b>	<b>Male 6-12</b>	<b>2.7</b>	1.1	6.8	<b>9.4</b>	6.2	14.1	<b>87.9</b>	82.6	91.7	316
	<b>Male 13-17</b>	<b>11.0</b>	7.2	16.4	<b>14.1</b>	9.7	19.9	<b>75.0</b>	68.1	80.8	287
	<b>Female 6-12</b>	<b>4.9</b>	2.6	9.0	<b>9.7</b>	6.0	15.1	<b>85.5</b>	79.4	90.0	277
	<b>Female 13-17</b>	<b>8.4</b>	4.9	14.0	<b>18.7</b>	13.1	26.0	<b>72.9</b>	65.0	79.5	246
<b>Ethnicity</b>	<b>Non-Hispanic</b>	<b>6.5</b>	4.8	8.7	<b>11.3</b>	9.1	14.0	<b>82.2</b>	79.1	85.0	1,009
	<b>Hispanic</b>	<b>5.0</b>	1.9	12.2	<b>18.3</b>	11.2	28.6	<b>76.7</b>	66.0	84.8	114

**Table 3: Percent of Idaho adults engaging in vigorous physical activity by number of days per week and duration of activity, 2005**

		0 Days <sup>1,2</sup>			<3 Days <sup>1</sup>						3+ Days						n
					<20 Min <sup>2</sup>			20+ Min			<20 Min <sup>2</sup>			20+ Min			
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		
<b>Idaho</b>	<b>Total</b>	<b>45.4</b>	43.7	47.2	<b>2.2</b>	1.7	2.7	<b>19.1</b>	17.6	20.7	<b>2.1</b>	1.7	2.7	<b>31.2</b>	29.4	32.9	5,427
<b>Sex</b>	<b>Male</b>	<b>38.7</b>	36.0	41.5	<b>2.3</b>	1.7	3.2	<b>22.5</b>	20.0	25.2	<b>2.1</b>	1.5	3.1	<b>34.3</b>	31.5	37.3	2,076
	<b>Female</b>	<b>52.1</b>	49.9	54.2	<b>2.0</b>	1.5	2.7	<b>15.8</b>	14.2	17.6	<b>2.1</b>	1.6	2.8	<b>28.0</b>	26.1	30.0	3,351
<b>Age</b>	<b>18-24</b>	<b>31.8</b>	25.6	38.7	<b>1.4</b>	0.7	2.8	<b>23.7</b>	17.7	30.9	<b>2.4</b>	1.1	5.1	<b>40.7</b>	33.7	48.1	322
	<b>25-34</b>	<b>37.0</b>	33.2	41.1	<b>3.7</b>	2.3	5.9	<b>23.7</b>	20.4	27.4	<b>2.2</b>	1.3	3.8	<b>33.4</b>	29.6	37.3	830
	<b>35-44</b>	<b>37.6</b>	34.0	41.4	<b>2.3</b>	1.5	3.5	<b>21.9</b>	18.8	25.3	<b>2.1</b>	1.3	3.5	<b>36.1</b>	32.5	39.9	942
	<b>45-54</b>	<b>46.9</b>	43.4	50.5	<b>1.9</b>	1.1	3.1	<b>19.4</b>	16.6	22.4	<b>1.5</b>	0.9	2.5	<b>30.4</b>	27.3	33.7	1,120
	<b>55-64</b>	<b>54.0</b>	50.2	57.7	<b>1.6</b>	0.8	3.2	<b>14.9</b>	12.3	17.8	<b>2.1</b>	1.3	3.2	<b>27.5</b>	24.3	31.1	957
	<b>65+</b>	<b>68.7</b>	65.5	71.6	<b>1.9</b>	1.2	3.0	<b>9.5</b>	7.7	11.7	<b>2.7</b>	1.8	4.1	<b>17.2</b>	14.9	19.8	1,225
<b>Sex and Age</b>	<b>Male 18-24</b>	<b>24.6</b>	16.1	35.5	<b>1.2</b>	0.4	3.4	<b>21.5</b>	12.7	34.1	<b>2.8</b>	0.9	8.3	<b>50.0</b>	38.3	61.7	118
	<b>Male 25-34</b>	<b>31.1</b>	25.4	37.4	<b>4.1</b>	2.0	8.4	<b>29.4</b>	23.9	35.5	<b>2.0</b>	0.8	4.8	<b>33.4</b>	27.6	39.7	305
	<b>Male 35-44</b>	<b>30.5</b>	25.2	36.3	<b>2.3</b>	1.3	4.2	<b>25.6</b>	20.7	31.3	<b>2.8</b>	1.4	5.5	<b>38.8</b>	33.3	44.7	370
	<b>Male 45-54</b>	<b>43.3</b>	37.8	48.9	<b>1.8</b>	0.9	3.7	<b>23.7</b>	19.3	28.8	<b>0.7</b>	0.2	1.8	<b>30.5</b>	25.7	35.8	449
	<b>Male 55-64</b>	<b>48.2</b>	42.3	54.1	<b>1.8</b>	0.7	4.6	<b>18.4</b>	14.2	23.4	<b>1.5</b>	0.6	3.2	<b>30.3</b>	25.1	36.0	365
	<b>Male 65+</b>	<b>60.9</b>	55.6	65.9	<b>2.4</b>	1.3	4.5	<b>12.7</b>	9.6	16.6	<b>3.4</b>	1.8	6.0	<b>20.7</b>	16.8	25.3	446
	<b>Female 18-24</b>	<b>39.4</b>	31.5	47.9	<b>1.6</b>	0.6	4.3	<b>26.0</b>	19.2	34.3	<b>2.0</b>	0.8	5.0	<b>31.0</b>	24.3	38.6	200
	<b>Female 25-34</b>	<b>43.4</b>	38.6	48.4	<b>3.2</b>	1.8	5.6	<b>17.6</b>	14.2	21.6	<b>2.4</b>	1.3	4.5	<b>33.4</b>	29.0	38.1	525
	<b>Female 35-44</b>	<b>45.1</b>	40.3	49.9	<b>2.2</b>	1.2	4.2	<b>18.0</b>	14.5	22.0	<b>1.4</b>	0.6	3.0	<b>33.3</b>	28.8	38.2	560
	<b>Female 45-54</b>	<b>50.5</b>	46.1	55.0	<b>1.9</b>	0.9	3.9	<b>15.0</b>	12.1	18.4	<b>2.3</b>	1.3	4.2	<b>30.2</b>	26.4	34.4	671
	<b>Female 55-64</b>	<b>59.5</b>	54.8	64.1	<b>1.5</b>	0.6	3.8	<b>11.5</b>	8.8	14.9	<b>2.7</b>	1.6	4.4	<b>24.9</b>	21.1	29.2	592
	<b>Female 65+</b>	<b>75.0</b>	71.2	78.3	<b>1.5</b>	0.7	2.9	<b>7.0</b>	5.0	9.6	<b>2.2</b>	1.3	3.9	<b>14.4</b>	11.9	17.4	779
<b>Income</b>	<b>Less than \$15,000</b>	<b>54.2</b>	47.5	60.7	<b>0.7</b>	0.3	1.8	<b>9.6</b>	7.0	13.0	<b>2.4</b>	1.2	4.8	<b>33.1</b>	26.3	40.6	595
	<b>\$15,000 - \$24,999</b>	<b>55.7</b>	51.3	60.0	<b>2.7</b>	1.6	4.5	<b>14.5</b>	11.6	17.9	<b>1.3</b>	0.8	2.2	<b>25.8</b>	22.1	29.9	977
	<b>\$25,000 - \$34,999</b>	<b>45.5</b>	40.4	50.6	<b>3.0</b>	1.7	5.4	<b>22.8</b>	17.6	28.9	<b>3.3</b>	1.9	5.7	<b>25.5</b>	21.6	29.7	768
	<b>\$35,000 - \$49,999</b>	<b>44.8</b>	40.7	49.0	<b>2.5</b>	1.6	3.9	<b>19.7</b>	16.6	23.2	<b>1.8</b>	1.0	3.1	<b>31.2</b>	27.2	35.6	956
	<b>\$50,000+</b>	<b>35.7</b>	32.9	38.6	<b>2.3</b>	1.6	3.3	<b>23.1</b>	20.6	25.9	<b>2.1</b>	1.5	3.1	<b>36.9</b>	33.9	39.9	1,599
<b>Employment</b>	<b>Employed</b>	<b>39.1</b>	36.9	41.4	<b>2.0</b>	1.5	2.7	<b>23.3</b>	21.2	25.5	<b>2.3</b>	1.7	3.1	<b>33.3</b>	31.1	35.7	3,104
	<b>Unemployed</b>	<b>53.1</b>	42.9	63.0	<b>1.6</b>	0.4	6.2	<b>16.7</b>	10.9	24.7	<b>1.8</b>	0.7	4.6	<b>26.9</b>	19.6	35.6	184
	<b>Other*</b>	<b>56.6</b>	53.7	59.4	<b>2.5</b>	1.7	3.5	<b>11.6</b>	9.9	13.6	<b>1.9</b>	1.3	2.6	<b>27.5</b>	24.8	30.3	2,125
<b>Education</b>	<b>K-11th Grade</b>	<b>62.2</b>	54.2	69.7	<b>1.8</b>	0.8	4.2	<b>16.8</b>	10.1	26.6	<b>1.6</b>	0.6	3.9	<b>17.6</b>	13.3	22.8	458
	<b>12th Grade or GED</b>	<b>47.1</b>	43.7	50.4	<b>2.6</b>	1.7	3.9	<b>18.1</b>	15.7	20.9	<b>2.5</b>	1.6	3.8	<b>29.8</b>	26.4	33.4	1,690
	<b>Some College</b>	<b>46.8</b>	43.9	49.8	<b>1.7</b>	1.2	2.5	<b>19.1</b>	16.9	21.7	<b>2.3</b>	1.7	3.3	<b>30.0</b>	27.3	32.9	1,773
	<b>College Graduate+</b>	<b>36.4</b>	33.5	39.5	<b>2.3</b>	1.6	3.3	<b>20.9</b>	18.3	23.8	<b>1.8</b>	1.1	2.7	<b>38.6</b>	35.5	41.8	1,492
<b>Ethnicity</b>	<b>Non-Hispanic</b>	<b>44.7</b>	42.9	46.5	<b>2.0</b>	1.6	2.5	<b>19.0</b>	17.6	20.5	<b>2.2</b>	1.7	2.7	<b>32.2</b>	30.4	34.0	5,093
	<b>Hispanic</b>	<b>52.8</b>	44.2	61.3	<b>4.0</b>	1.8	8.4	<b>20.2</b>	12.6	30.7	<b>1.8</b>	0.6	5.0	<b>21.2</b>	15.8	27.9	310

\* Other includes students, homemakers, retirees, and persons unable to work

<sup>1</sup> Need to increase frequency of activity to meet goal    <sup>2</sup> Need to increase duration of activity to meet goal

**Table 4: Percent of Idaho adults engaging in moderate physical activity by number of days per week and duration of activity, 2005**

		0 Days <sup>1,2</sup>			<5 Days <sup>1</sup>						5+ Days						n
					<30 Min <sup>2</sup>			30+ Min			<30 Min <sup>2</sup>			30+ Min			
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		
<b>Idaho</b>	<b>Total</b>	<b>12.9</b>	11.8	14.2	<b>9.8</b>	8.9	10.9	<b>27.0</b>	25.3	28.7	<b>8.1</b>	7.2	9.0	<b>42.2</b>	40.4	44.1	5,288
<b>Sex</b>	<b>Male</b>	<b>13.5</b>	11.6	15.6	<b>8.7</b>	7.3	10.4	<b>28.1</b>	25.5	30.9	<b>7.9</b>	6.6	9.5	<b>41.8</b>	38.9	44.8	2,051
	<b>Female</b>	<b>12.4</b>	11.0	14.0	<b>10.9</b>	9.7	12.3	<b>25.8</b>	24.0	27.8	<b>8.2</b>	7.1	9.4	<b>42.7</b>	40.5	44.9	3,237
<b>Age</b>	<b>18-24</b>	<b>11.3</b>	7.4	16.8	<b>8.4</b>	5.6	12.4	<b>27.3</b>	21.2	34.4	<b>7.1</b>	4.7	10.7	<b>45.9</b>	38.7	53.3	320
	<b>25-34</b>	<b>10.9</b>	8.4	14.2	<b>10.1</b>	8.0	12.7	<b>29.7</b>	26.0	33.8	<b>8.6</b>	6.5	11.3	<b>40.6</b>	36.7	44.7	815
	<b>35-44</b>	<b>11.0</b>	8.7	13.8	<b>9.8</b>	7.7	12.2	<b>28.3</b>	24.9	32.0	<b>6.2</b>	4.6	8.3	<b>44.8</b>	40.9	48.7	927
	<b>45-54</b>	<b>11.4</b>	9.3	13.9	<b>10.5</b>	8.4	13.0	<b>24.7</b>	21.8	27.9	<b>7.7</b>	6.0	9.8	<b>45.8</b>	42.2	49.4	1,098
	<b>55-64</b>	<b>13.4</b>	10.9	16.3	<b>11.0</b>	8.6	14.0	<b>27.5</b>	24.2	31.0	<b>9.4</b>	7.5	11.9	<b>38.7</b>	35.1	42.5	934
	<b>65+</b>	<b>20.5</b>	17.9	23.4	<b>9.4</b>	7.6	11.6	<b>24.1</b>	21.3	27.2	<b>10.0</b>	8.2	12.1	<b>36.0</b>	32.7	39.3	1,165
<b>Sex and Age</b>	<b>Male 18-24</b>	<b>10.8</b>	5.3	20.7	<b>7.0</b>	3.5	13.5	<b>27.4</b>	17.9	39.5	<b>7.7</b>	4.2	13.7	<b>47.2</b>	35.6	59.1	121
	<b>Male 25-34</b>	<b>14.0</b>	9.8	19.6	<b>7.1</b>	4.6	10.8	<b>33.9</b>	27.9	40.4	<b>8.1</b>	5.1	12.6	<b>37.0</b>	31.1	43.3	302
	<b>Male 35-44</b>	<b>11.9</b>	8.6	16.3	<b>8.4</b>	5.7	12.2	<b>29.1</b>	23.9	34.9	<b>6.3</b>	3.9	10.0	<b>44.3</b>	38.5	50.3	378
	<b>Male 45-54</b>	<b>11.8</b>	8.7	15.8	<b>11.7</b>	8.5	15.9	<b>26.5</b>	21.9	31.7	<b>7.0</b>	4.6	10.5	<b>43.0</b>	37.6	48.6	445
	<b>Male 55-64</b>	<b>16.4</b>	12.4	21.5	<b>11.2</b>	7.5	16.5	<b>26.0</b>	21.1	31.6	<b>8.4</b>	5.8	12.0	<b>37.9</b>	32.3	43.9	362
	<b>Male 65+</b>	<b>16.5</b>	13.1	20.5	<b>7.3</b>	5.0	10.6	<b>25.0</b>	20.6	30.0	<b>11.1</b>	8.2	14.8	<b>40.1</b>	34.9	45.6	435
	<b>Female 18-24</b>	<b>11.9</b>	7.4	18.6	<b>9.9</b>	6.2	15.6	<b>27.2</b>	20.6	35.0	<b>6.5</b>	3.7	11.3	<b>44.5</b>	36.4	53.0	199
	<b>Female 25-34</b>	<b>7.5</b>	5.2	10.8	<b>13.4</b>	10.4	17.2	<b>25.2</b>	21.1	29.8	<b>9.2</b>	6.7	12.4	<b>44.7</b>	39.8	49.7	513
	<b>Female 35-44</b>	<b>10.1</b>	7.3	13.9	<b>11.2</b>	8.4	14.7	<b>27.5</b>	23.3	32.0	<b>6.0</b>	4.3	8.4	<b>45.2</b>	40.4	50.2	549
	<b>Female 45-54</b>	<b>11.0</b>	8.4	14.3	<b>9.2</b>	7.0	12.1	<b>22.8</b>	19.4	26.7	<b>8.4</b>	6.2	11.3	<b>48.6</b>	44.1	53.1	653
	<b>Female 55-64</b>	<b>10.3</b>	7.8	13.6	<b>10.7</b>	8.0	14.2	<b>28.9</b>	24.8	33.4	<b>10.5</b>	7.8	14.1	<b>39.5</b>	34.9	44.3	572
	<b>Female 65+</b>	<b>24.0</b>	20.3	28.1	<b>11.2</b>	8.7	14.3	<b>23.4</b>	19.8	27.4	<b>9.1</b>	7.0	11.7	<b>32.4</b>	28.6	36.4	730
<b>Income</b>	<b>Less than \$15,000</b>	<b>21.2</b>	16.9	26.3	<b>8.3</b>	6.0	11.4	<b>23.9</b>	18.1	30.8	<b>9.4</b>	6.6	13.1	<b>37.2</b>	31.0	43.9	575
	<b>\$15,000 - \$24,999</b>	<b>18.1</b>	14.5	22.2	<b>9.5</b>	7.5	11.8	<b>25.2</b>	21.6	29.2	<b>7.9</b>	6.2	10.0	<b>39.4</b>	35.2	43.8	966
	<b>\$25,000 - \$34,999</b>	<b>12.9</b>	10.2	16.3	<b>8.3</b>	6.2	11.0	<b>29.2</b>	25.0	33.9	<b>5.9</b>	4.2	8.3	<b>43.6</b>	38.2	49.2	746
	<b>\$35,000 - \$49,999</b>	<b>11.1</b>	8.5	14.3	<b>8.7</b>	6.9	10.9	<b>29.4</b>	25.3	33.8	<b>7.6</b>	5.8	9.9	<b>43.2</b>	39.1	47.4	938
	<b>\$50,000+</b>	<b>8.2</b>	6.7	10.0	<b>11.3</b>	9.4	13.4	<b>26.2</b>	23.6	29.0	<b>9.0</b>	7.4	10.9	<b>45.3</b>	42.2	48.4	1,563
<b>Employment</b>	<b>Employed</b>	<b>11.7</b>	10.2	13.4	<b>10.1</b>	8.8	11.5	<b>29.2</b>	27.0	31.4	<b>7.5</b>	6.4	8.8	<b>41.5</b>	39.2	44.0	3,062
	<b>Unemployed</b>	<b>10.7</b>	6.5	17.3	<b>10.5</b>	5.4	19.3	<b>29.4</b>	20.2	40.8	<b>8.9</b>	5.3	14.7	<b>40.5</b>	30.6	51.2	180
	<b>Other*</b>	<b>15.6</b>	13.7	17.7	<b>9.3</b>	7.9	10.9	<b>22.5</b>	20.2	24.9	<b>9.0</b>	7.7	10.6	<b>43.6</b>	40.7	46.6	2,032
<b>Education</b>	<b>K-11th Grade</b>	<b>29.8</b>	23.3	37.3	<b>6.8</b>	4.6	10.1	<b>28.4</b>	22.6	35.0	<b>6.2</b>	4.1	9.3	<b>28.8</b>	21.5	37.4	414
	<b>12th Grade or GED</b>	<b>12.7</b>	10.8	15.0	<b>9.2</b>	7.6	11.1	<b>26.2</b>	23.0	29.6	<b>8.2</b>	6.8	10.0	<b>43.7</b>	40.2	47.2	1,640
	<b>Some College</b>	<b>11.2</b>	9.5	13.2	<b>10.0</b>	8.3	11.9	<b>27.2</b>	24.5	30.1	<b>7.1</b>	5.8	8.7	<b>44.5</b>	41.5	47.6	1,717
	<b>College Graduate+</b>	<b>9.5</b>	7.8	11.5	<b>11.4</b>	9.5	13.7	<b>27.2</b>	24.4	30.2	<b>9.5</b>	7.7	11.7	<b>42.4</b>	39.3	45.6	1,473
<b>Ethnicity</b>	<b>Non-Hispanic</b>	<b>11.8</b>	10.7	13.0	<b>10.1</b>	9.1	11.2	<b>26.5</b>	24.9	28.3	<b>8.3</b>	7.4	9.3	<b>43.3</b>	41.4	45.1	4,958
	<b>Hispanic</b>	<b>24.3</b>	17.6	32.5	<b>7.9</b>	5.2	11.8	<b>31.7</b>	24.8	39.4	<b>5.9</b>	3.5	10.0	<b>30.3</b>	22.3	39.7	308

\* Other includes students, homemakers, retirees, and persons unable to work

<sup>1</sup> Need to increase frequency of activity to meet goal

<sup>2</sup> Need to increase duration of activity to meet goal

**Table 5: Percent of Idaho adults meeting physical activity recommendations, 2005**

		Meet Vigorous and Moderate			Meet Vigorous			Meet Moderate			Insufficient			None			n
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		
<b>Idaho</b>	<b>Total</b>	<b>20.0</b>	18.5	21.6	<b>11.8</b>	10.5	13.1	<b>22.3</b>	20.8	23.9	<b>35.2</b>	33.5	37.0	<b>10.8</b>	9.7	11.9	5,290
<b>Sex</b>	<b>Male</b>	<b>21.3</b>	18.9	23.9	<b>13.3</b>	11.3	15.7	<b>20.7</b>	18.3	23.2	<b>34.4</b>	31.8	37.2	<b>10.4</b>	8.7	12.3	2,047
	<b>Female</b>	<b>18.7</b>	17.1	20.5	<b>10.2</b>	9.0	11.5	<b>23.9</b>	22.1	25.9	<b>36.0</b>	34.0	38.2	<b>11.1</b>	9.8	12.6	3,243
<b>Age</b>	<b>18-24</b>	<b>25.8</b>	19.9	32.7	<b>15.0</b>	10.3	21.4	<b>20.2</b>	14.5	27.5	<b>29.5</b>	23.7	36.0	<b>9.6</b>	6.0	15.0	319
	<b>25-34</b>	<b>19.9</b>	17.0	23.2	<b>13.9</b>	11.2	17.2	<b>20.6</b>	17.5	24.2	<b>37.8</b>	33.8	41.9	<b>7.8</b>	5.7	10.6	818
	<b>35-44</b>	<b>23.9</b>	20.7	27.4	<b>12.7</b>	10.3	15.6	<b>20.9</b>	17.9	24.2	<b>33.4</b>	29.8	37.2	<b>9.1</b>	7.0	11.7	927
	<b>45-54</b>	<b>20.6</b>	17.9	23.7	<b>10.3</b>	8.3	12.5	<b>25.2</b>	22.1	28.5	<b>34.4</b>	31.0	37.9	<b>9.5</b>	7.6	11.9	1,099
	<b>55-64</b>	<b>17.6</b>	14.8	20.7	<b>10.4</b>	8.3	12.9	<b>21.3</b>	18.4	24.5	<b>39.7</b>	36.0	43.5	<b>11.1</b>	8.8	13.9	935
	<b>65+</b>	<b>10.5</b>	8.6	12.8	<b>7.7</b>	6.2	9.6	<b>25.7</b>	22.9	28.9	<b>37.4</b>	34.2	40.8	<b>18.6</b>	16.2	21.4	1,162
<b>Sex and Age</b>	<b>Male 18-24</b>	<b>31.8</b>	22.0	43.4	<b>17.9</b>	10.2	29.6	<b>15.4</b>	7.7	28.5	<b>26.5</b>	18.2	36.8	<b>8.5</b>	3.6	18.6	121
	<b>Male 25-34</b>	<b>17.9</b>	13.7	23.1	<b>15.7</b>	11.4	21.3	<b>19.2</b>	14.6	24.7	<b>38.7</b>	32.5	45.2	<b>8.6</b>	5.4	13.5	302
	<b>Male 35-44</b>	<b>25.0</b>	20.3	30.3	<b>14.2</b>	10.6	18.9	<b>19.5</b>	15.1	24.7	<b>32.3</b>	26.9	38.2	<b>9.1</b>	6.2	13.1	378
	<b>Male 45-54</b>	<b>20.2</b>	16.1	25.0	<b>10.6</b>	7.7	14.4	<b>23.0</b>	18.5	28.2	<b>36.5</b>	31.3	42.1	<b>9.7</b>	6.9	13.7	443
	<b>Male 55-64</b>	<b>18.9</b>	14.6	24.1	<b>11.5</b>	8.4	15.7	<b>19.4</b>	15.3	24.4	<b>37.2</b>	31.6	43.2	<b>13.0</b>	9.4	17.8	363
	<b>Male 65+</b>	<b>12.2</b>	9.0	16.3	<b>8.9</b>	6.5	12.2	<b>28.2</b>	23.4	33.5	<b>36.0</b>	31.0	41.3	<b>14.7</b>	11.5	18.6	433
	<b>Female 18-24</b>	<b>19.4</b>	13.9	26.4	<b>11.9</b>	8.0	17.4	<b>25.3</b>	18.2	34.0	<b>32.7</b>	25.4	40.8	<b>10.8</b>	6.4	17.4	198
	<b>Female 25-34</b>	<b>22.1</b>	18.4	26.4	<b>12.0</b>	9.2	15.5	<b>22.3</b>	18.3	26.8	<b>36.8</b>	32.1	41.7	<b>6.9</b>	4.6	10.1	516
	<b>Female 35-44</b>	<b>22.8</b>	18.7	27.5	<b>11.1</b>	8.4	14.6	<b>22.4</b>	18.7	26.6	<b>34.5</b>	30.1	39.3	<b>9.1</b>	6.4	12.8	549
	<b>Female 45-54</b>	<b>21.2</b>	17.8	25.0	<b>9.9</b>	7.6	12.8	<b>27.5</b>	23.5	31.9	<b>32.2</b>	28.2	36.5	<b>9.3</b>	7.0	12.4	656
	<b>Female 55-64</b>	<b>16.3</b>	13.1	20.1	<b>9.3</b>	6.8	12.5	<b>23.1</b>	19.2	27.4	<b>42.2</b>	37.5	47.0	<b>9.2</b>	6.8	12.3	572
	<b>Female 65+</b>	<b>9.0</b>	6.9	11.7	<b>6.7</b>	5.0	8.9	<b>23.7</b>	20.4	27.3	<b>38.7</b>	34.5	43.0	<b>22.0</b>	18.6	25.9	729
<b>Income</b>	<b>Less than \$15,000</b>	<b>19.5</b>	14.0	26.5	<b>14.1</b>	9.0	21.4	<b>18.0</b>	14.1	22.8	<b>28.8</b>	23.9	34.3	<b>19.6</b>	15.4	24.6	573
	<b>\$15,000 - \$24,999</b>	<b>17.0</b>	13.7	20.9	<b>9.0</b>	7.0	11.4	<b>22.8</b>	19.5	26.5	<b>35.7</b>	31.7	39.9	<b>15.5</b>	12.1	19.5	961
	<b>\$25,000 - \$34,999</b>	<b>17.0</b>	13.9	20.7	<b>8.9</b>	6.5	12.0	<b>26.5</b>	20.9	32.9	<b>36.8</b>	32.2	41.7	<b>10.8</b>	8.4	13.7	750
	<b>\$35,000 - \$49,999</b>	<b>19.9</b>	16.7	23.4	<b>11.8</b>	8.8	15.8	<b>23.4</b>	20.2	26.8	<b>35.8</b>	31.9	39.9	<b>9.1</b>	6.8	12.1	937
	<b>\$50,000+</b>	<b>23.7</b>	21.0	26.5	<b>13.8</b>	11.8	16.0	<b>21.5</b>	19.1	24.1	<b>35.2</b>	32.3	38.2	<b>5.8</b>	4.6	7.3	1,572
<b>Employment</b>	<b>Employed</b>	<b>20.3</b>	18.5	22.3	<b>13.3</b>	11.6	15.2	<b>21.3</b>	19.3	23.4	<b>36.0</b>	33.8	38.3	<b>9.1</b>	7.7	10.7	3,061
	<b>Unemployed</b>	<b>17.9</b>	11.9	25.9	<b>10.0</b>	6.1	16.0	<b>23.0</b>	14.6	34.3	<b>39.7</b>	29.5	50.9	<b>9.5</b>	5.4	16.0	178
	<b>Other*</b>	<b>19.5</b>	17.0	22.4	<b>9.0</b>	7.6	10.6	<b>24.2</b>	21.9	26.6	<b>33.3</b>	30.7	36.0	<b>14.0</b>	12.2	16.0	2,037
<b>Education</b>	<b>K-11th Grade</b>	<b>8.1</b>	5.5	11.8	<b>10.1</b>	6.8	14.8	<b>20.9</b>	13.9	30.2	<b>34.6</b>	28.3	41.5	<b>26.3</b>	19.9	33.8	446
	<b>12th Grade or GED</b>	<b>20.3</b>	17.5	23.5	<b>10.1</b>	7.7	13.1	<b>23.5</b>	20.7	26.6	<b>35.6</b>	32.5	38.9	<b>10.5</b>	8.8	12.5	1,639
	<b>Some College</b>	<b>20.5</b>	18.0	23.1	<b>10.3</b>	8.6	12.3	<b>24.0</b>	21.6	26.6	<b>35.2</b>	32.3	38.2	<b>10.1</b>	8.4	12.0	1,724
	<b>College Graduate+</b>	<b>23.1</b>	20.4	26.0	<b>15.9</b>	13.6	18.4	<b>19.4</b>	17.1	22.0	<b>34.9</b>	31.9	38.1	<b>6.7</b>	5.3	8.4	1,474
<b>Ethnicity</b>	<b>Non-Hispanic</b>	<b>21.2</b>	19.7	22.9	<b>11.6</b>	10.4	13.0	<b>22.1</b>	20.6	23.6	<b>35.3</b>	33.5	37.0	<b>9.8</b>	8.8	10.9	4,963
	<b>Hispanic</b>	<b>8.3</b>	5.4	12.7	<b>13.0</b>	8.7	19.0	<b>22.2</b>	14.6	32.3	<b>36.1</b>	29.0	43.9	<b>20.3</b>	14.0	28.6	305

\* Other includes students, homemakers, retirees, and persons unable to work

## Health Conditions

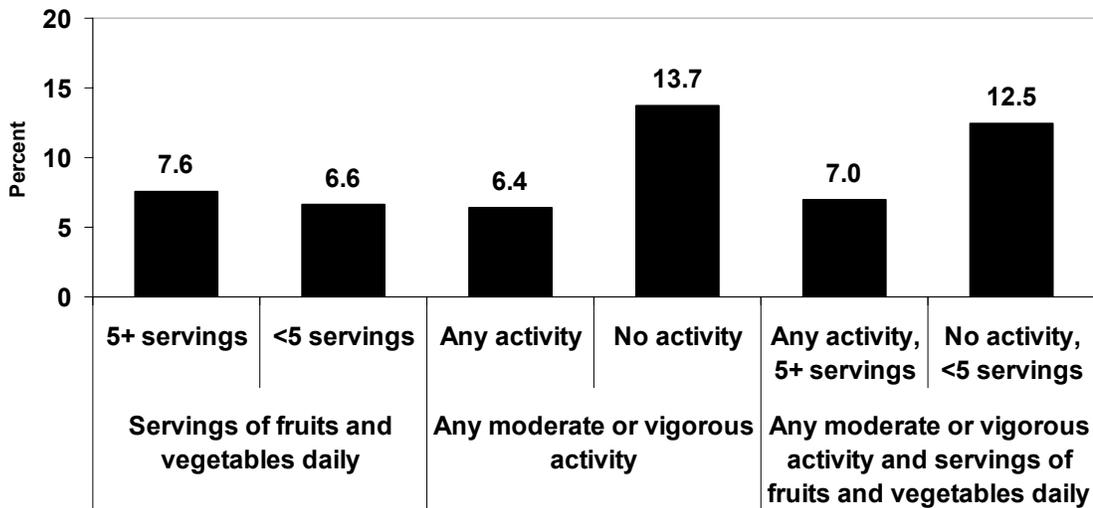
Figures 9 through 15 show associations between selected health conditions, nutrition, physical activity, and interaction of physical activity and nutrition.

Some respondents did not answer questions which would allow for determination of either the nutrition or activity status. Therefore the sample base for the combination of the two is significantly lower than for either topic individually. In some cases noticeable differences will not be statistically significant.

### Diabetes

The difference in diabetes prevalence between “any activity” (6.4 percent) compared with “no activity” (13.7 percent) within the physical activity level alone was statistically significant. The diabetes prevalence difference when activity level was considered along with nutrition, activity and eating five servings of fruits and vegetables (7.0 percent) compared with no activity and not eating five servings (12.5 percent) was also significant.

**Figure 9: Percent of Idaho adults with diabetes by exercise and nutrition, 2005**

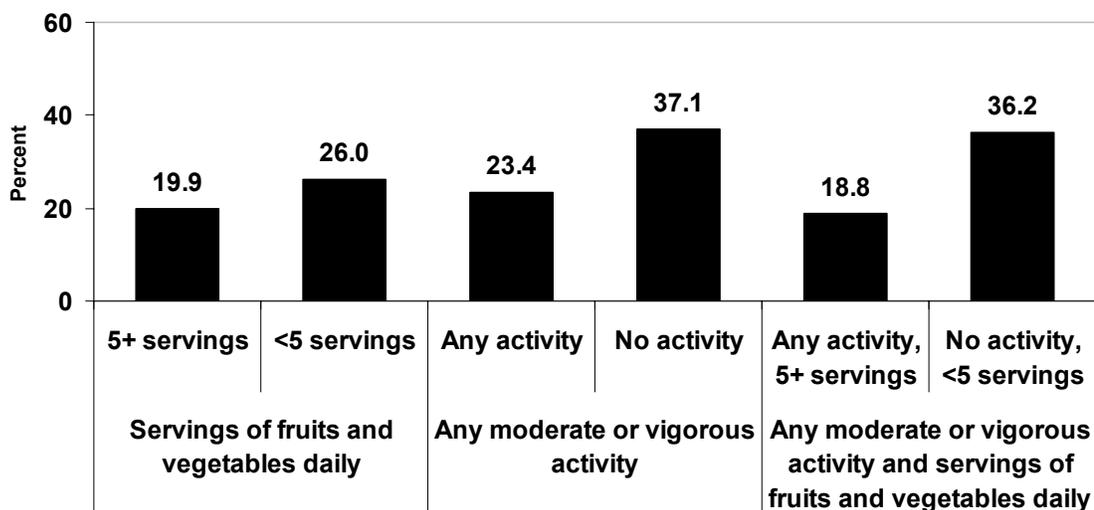


## Obesity

Each difference within the nutrition only, physical activity only, and physical activity combined with nutrition groups seen in

Figure 10 was significant. People that had no physical activity and ate fewer than five servings of fruits and vegetables daily were nearly twice as likely to be obese than those who did get physical activity and five servings (36.2 percent compared with 18.8 percent).

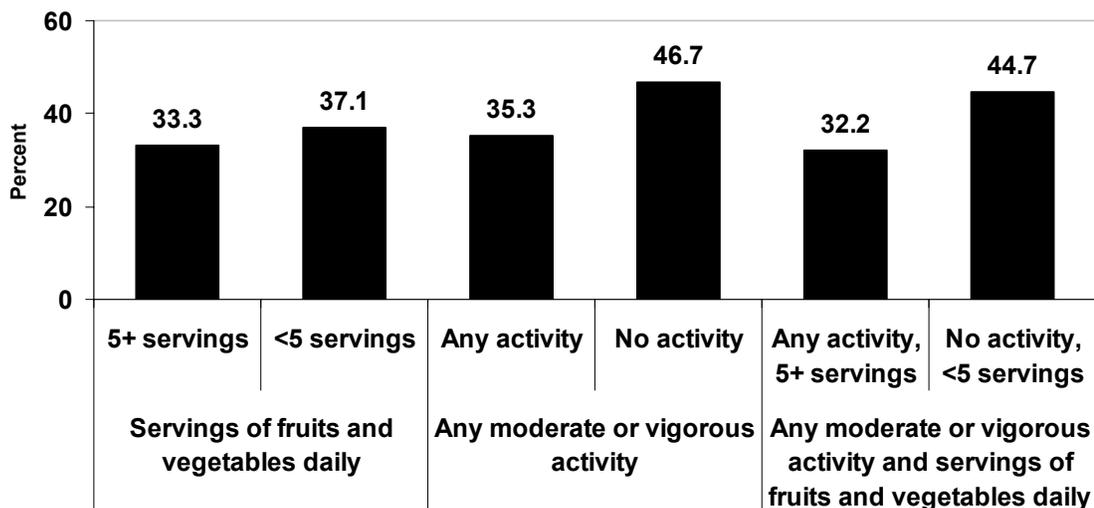
**Figure 10: Percent of Idaho adults that were obese by exercise and nutrition, 2005**



## Cholesterol

Within activity and activity combined with nutrition, the differences of reported high cholesterol shown in Figure 11 were significant.

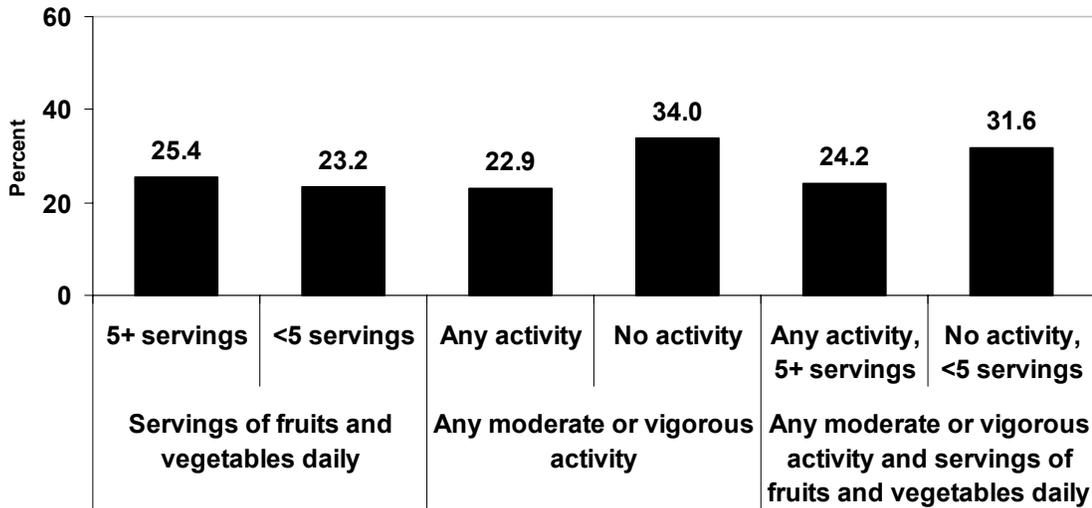
**Figure 11: Percent of Idaho adults with high cholesterol by exercise and nutrition, 2005**



## Blood Pressure

The adults that participated in moderate or vigorous physical activity had a significantly lower rate (22.9 percent) of ever being diagnosed with high blood pressure than those with no moderate or vigorous activity (34.0 percent).

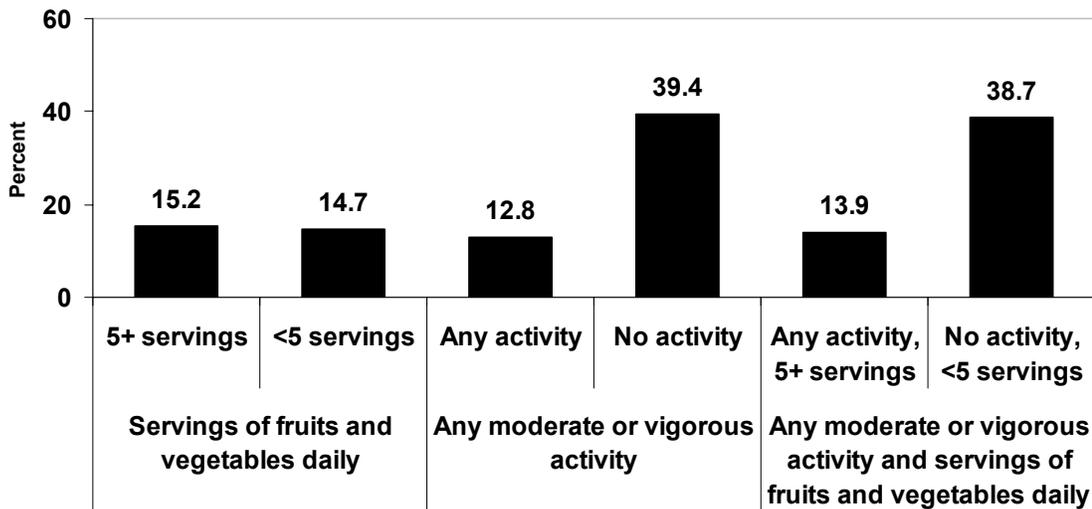
**Figure 12: Percent of Idaho adults with high blood pressure by exercise and nutrition, 2005**



## General Health

Adults without any vigorous or moderate physical activity reported having “fair” or “poor” general health at three times the rate of those that did some physical activity when given choices of “excellent”, “very good”, “good”, “fair”, or “poor” (39.4 percent compared with 12.8 percent).

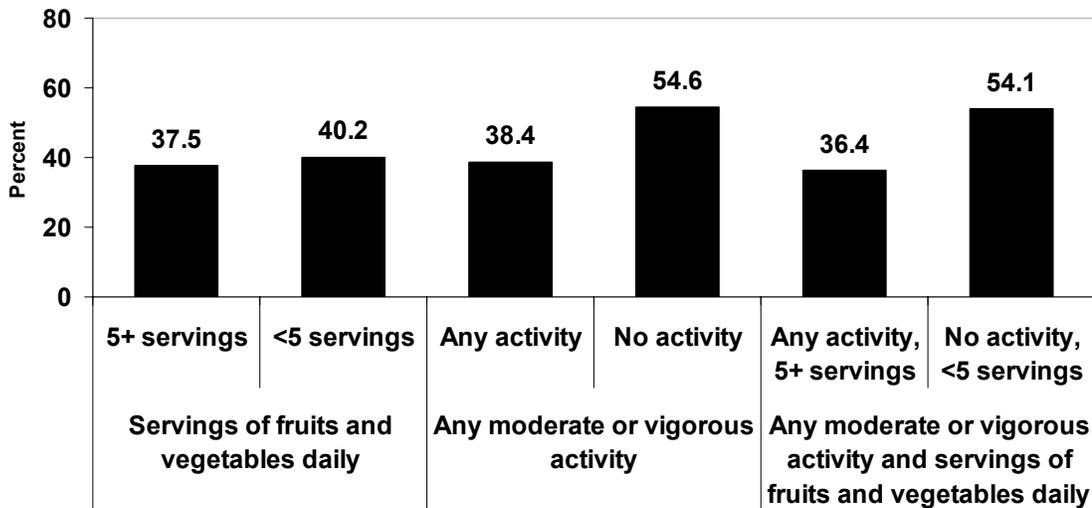
**Figure 13: Percent of Idaho adults reporting "fair" or "poor" general health by exercise and nutrition, 2005**



## Physical Health

Adults without moderate or vigorous physical activity were more likely (54.6 percent) to report any days in the previous thirty in which their physical was “not good” compared with those with activity (38.4 percent).

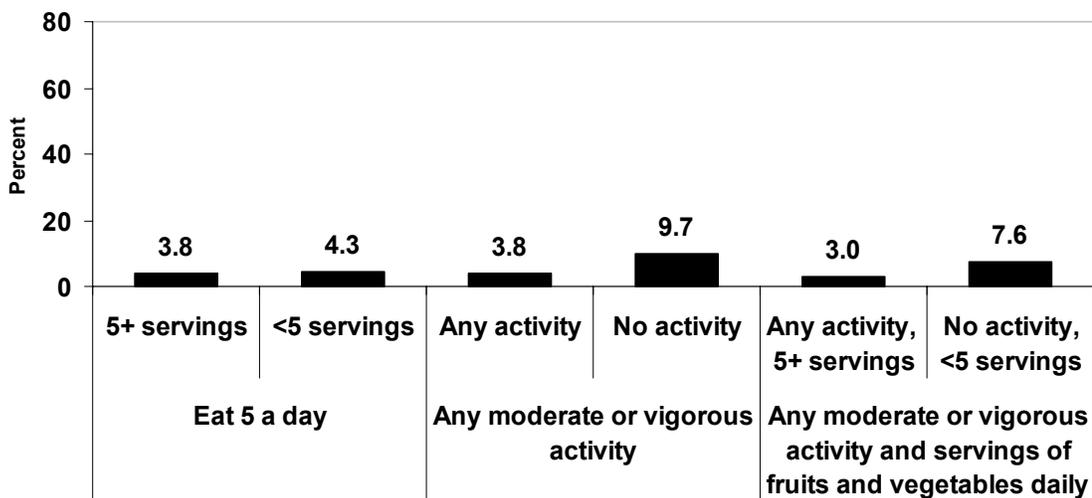
**Figure 14: Percent of Idaho adults reporting “not good” physical health on any of previous 30 days by exercise and nutrition, 2005**



## Heart Attack

Within activity and activity combined with nutrition, the differences of heart attack prevalence shown in Figure 15 were significant between physical activity categories.

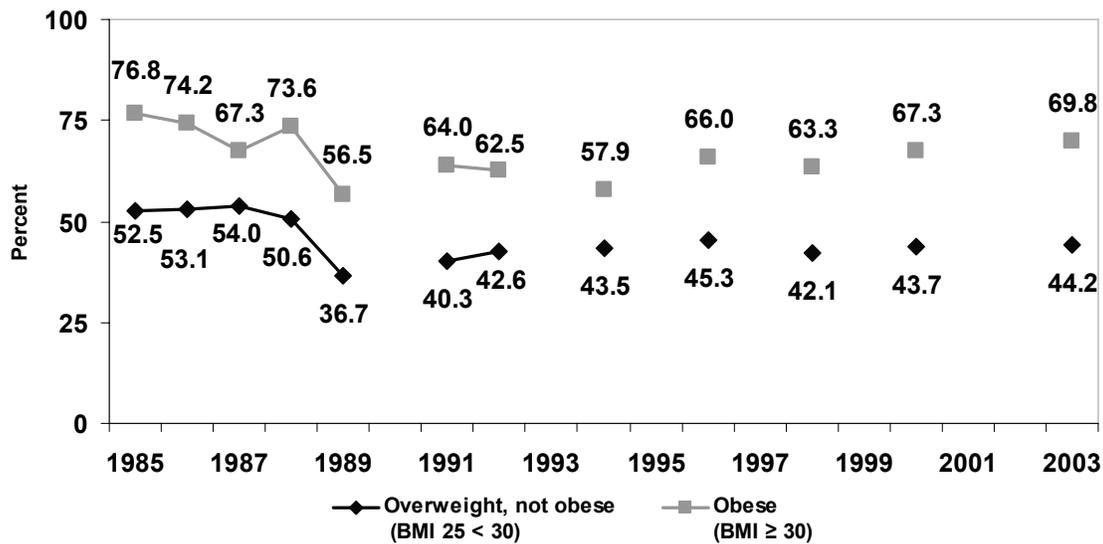
**Figure 15: Percent of Idaho adults ever told they had a heart attack by exercise and nutrition, 2005**



## Attitudes, Weight, and Behaviors

Attitudes towards desirable weight were associated with behaviors related to nutrition and physical activity. The range of obese adults that indicated they were trying to lose weight varied between 56.5 to 76.8 percent during the period of 1985 to 2003. For overweight, but not obese, adults the range attempting to lose weight was 36.7 to 54.0 percent as shown in Figure 16.

**Figure 16: Percent of obese and overweight Idaho adults trying to lose weight, 1985-2003**

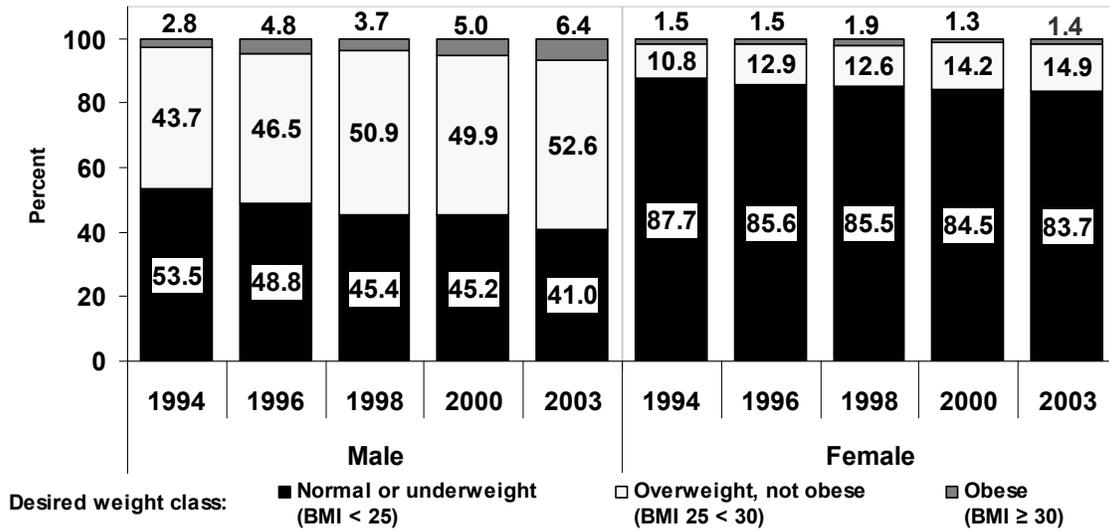


### Desired weight

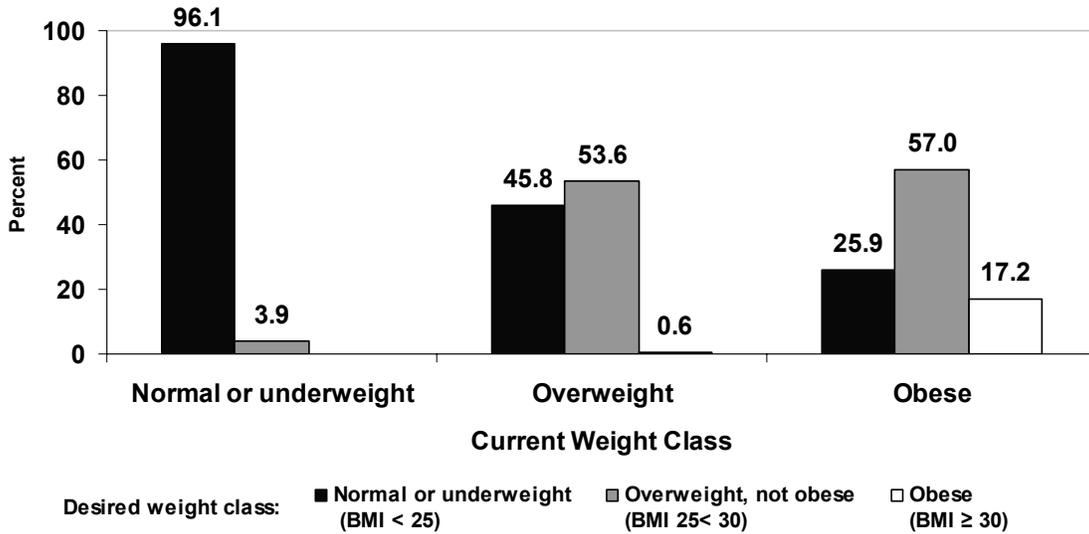
Periodically, the BRFSS has asked respondents to identify how much they would like to weigh. Among those with a BMI within the recommended range (18.5 to 25) an increasing number between 1993 and 2003 indicated having a goal weight that would place them in either the overweight or obese category. For example in 2003, 6.4 percent of males indicated a desired weight that would place them in the obese category which was significantly higher than the 2.8 percent seen in 1994 (see Figure 17). Further study would be necessary to determine whether some of this attitude could be lack of knowledge of what should be a normal healthy weight, an intermediate weight-loss goal, or persons looking to add weight for some other reason such as athletics.

A majority of adults who were overweight or obese in 2003 reported a desired weight that would still categorize them as overweight or obese. Of those who were overweight, 54.2 percent indicated a desired weight in the overweight or obese category. Among the obese the rate was 74.2 percent. (Figure 18)

**Figure 17: Percent of Idaho adults by desired weight class and sex, 1994-2003**



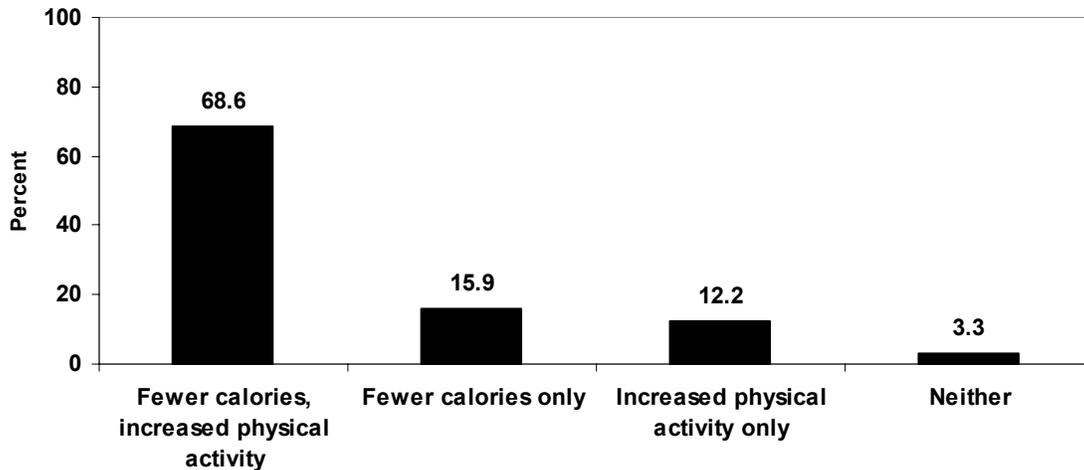
**Figure 18: Percent of Idaho adults by current and desired weight class, 2003**



## Weight loss strategies

More than two-thirds (68.6 percent) of Idaho adults attempting to lose weight in 2003 were planning on reducing calorie intake and increasing physical activity; 3.3 percent indicated they were doing neither.

**Figure 19: Percent of Idaho adults reporting weight loss strategies, 2003**



- Males (15.6 percent) were significantly more likely than females (10.1 percent) to only increase physical activity while trying to lose weight.
- Adults with less than a high school education were significantly less likely to eat fewer calories and increase physical activity (56.5 percent) than adults with a high school or greater education (69.6 percent) while trying to lose weight. Also, adults with less than a high school education were significantly more likely to use only decreased calorie consumption while attempting to lose weight (26.7 percent) than adults with a high school or greater education (15.0 percent).
- Adults over 55 years of age were significantly less likely to eat fewer calories and increase physical activity (62.2 percent) than those aged 18 to 54 (71.2 percent) when attempting to lose weight. Adults over 55 also reported only using decreased calorie intake to lose weight at more than twice the rate (24.8 percent) of 18 to 54 year-olds (12.2 percent).
- Of adults that reported they were trying to eat fewer calories to lose weight in 2003, 77.9 percent did not eat five or more servings of fruits and vegetables daily on average. This was not significantly different than the rate for the population as a whole of 76.8 percent.
- Adults that were trying to lose weight but not increasing physical activity as part of their attempt in 2003 were statistically less likely to meet goals for both

moderate and vigorous activity (6.8 percent) or vigorous activity (2.9 percent) compared with Idaho adults as a whole (20.6 percent and 12.1 percent respectively). Significantly more adults not increasing physical activity to lose weight in 2003 reported no vigorous or moderate physical activity (23.3. percent) than Idaho adults as a whole (9.2 percent).

**How to read Table 6 through Table 8**

The percents in these tables represent the rate of the demographic within the column heading that were doing what is referenced in the title. For example in Table 6, 5.0 percent of adult males who were normal or underweight were attempting to lose weight in 2003.

**Table 6: Percent of Idaho adults attempting to lose weight by weight class, 2003**

		Normal or underweight				Overweight				Obese			
		%	95% CI		n	%	95% CI		n	%	95% CI		n
<b>Idaho</b>	<b>Total</b>	<b>19.9</b>	17.8	22.1	1,864	<b>44.2</b>	41.3	47.1	1,669	<b>69.8</b>	66.2	73.1	1,043
<b>Sex</b>	<b>Male</b>	<b>5.0</b>	3.5	7.2	566	<b>33.4</b>	29.8	37.2	861	<b>65.2</b>	59.7	70.3	434
	<b>Female</b>	<b>30.0</b>	27.0	33.1	1,298	<b>61.9</b>	58.0	65.8	808	<b>75.0</b>	70.5	79.0	609
<b>Age</b>	<b>18-24</b>	<b>16.9</b>	12.5	22.4	246	<b>53.4</b>	42.3	64.1	101	<b>68.7</b>	54.4	80.2	54
	<b>25-34</b>	<b>22.9</b>	18.0	28.8	336	<b>41.9</b>	34.8	49.2	248	<b>66.1</b>	54.9	75.8	142
	<b>35-44</b>	<b>21.9</b>	17.5	27.0	360	<b>39.9</b>	34.0	46.2	314	<b>69.6</b>	61.7	76.6	212
	<b>45-54</b>	<b>23.4</b>	18.5	29.2	328	<b>45.7</b>	39.5	52.0	364	<b>78.4</b>	70.9	84.4	238
	<b>55-64</b>	<b>23.4</b>	17.6	30.5	217	<b>49.6</b>	42.6	56.5	273	<b>71.4</b>	63.2	78.4	198
	<b>65+</b>	<b>12.2</b>	9.0	16.4	369	<b>40.2</b>	34.6	46.0	364	<b>60.4</b>	52.1	68.1	198
<b>Sex and Age</b>	<b>Male 18-24</b>	<b>1.0</b>	0.1	6.8	102	<b>36.9</b>	23.3	53.1	52	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>
	<b>Male 25-34</b>	<b>3.8</b>	1.3	10.5	92	<b>29.8</b>	22.0	39.1	140	<b>51.3</b>	35.1	67.1	56
	<b>Male 35-44</b>	<b>7.2</b>	3.4	14.6	106	<b>25.1</b>	19.0	32.5	184	<b>65.6</b>	53.5	76.0	95
	<b>Male 45-54</b>	<b>6.5</b>	2.9	14.0	105	<b>35.6</b>	27.7	44.4	182	<b>80.5</b>	71.1	87.4	107
	<b>Male 55-64</b>	<b>11.7</b>	5.4	23.6	60	<b>42.4</b>	33.4	52.0	139	<b>64.2</b>	51.5	75.1	78
	<b>Male 65+</b>	<b>6.8</b>	3.3	13.8	100	<b>36.3</b>	28.6	44.7	162	<b>60.7</b>	47.2	72.8	68
	<b>Female 18-24</b>	<b>32.3</b>	24.5	41.3	144	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>
	<b>Female 25-34</b>	<b>34.4</b>	27.5	42.0	244	<b>70.6</b>	60.2	79.2	108	<b>83.1</b>	72.5	90.2	86
	<b>Female 35-44</b>	<b>30.1</b>	24.1	37.0	254	<b>68.9</b>	59.6	76.9	130	<b>74.4</b>	64.2	82.5	117
	<b>Female 45-54</b>	<b>35.5</b>	28.3	43.4	223	<b>61.0</b>	52.2	69.2	182	<b>75.8</b>	63.3	85.0	131
	<b>Female 55-64</b>	<b>31.0</b>	23.2	40.1	157	<b>60.7</b>	50.5	70.1	134	<b>79.4</b>	69.2	86.9	120
	<b>Female 65+</b>	<b>15.3</b>	10.9	21.0	269	<b>44.9</b>	37.2	52.9	202	<b>60.1</b>	49.8	69.6	130
<b>Income</b>	<b>Less than \$15,000</b>	<b>18.0</b>	12.7	25.0	252	<b>45.4</b>	36.1	55.0	157	<b>72.4</b>	62.4	80.7	152
	<b>\$15,000 - \$24,999</b>	<b>15.4</b>	11.2	20.8	324	<b>48.3</b>	41.2	55.4	291	<b>70.4</b>	61.9	77.7	213
	<b>\$25,000 - \$34,999</b>	<b>14.4</b>	10.1	20.0	260	<b>43.6</b>	36.8	50.7	248	<b>69.4</b>	60.1	77.4	154
	<b>\$35,000 - \$49,999</b>	<b>21.5</b>	16.7	27.0	329	<b>44.9</b>	38.8	51.3	339	<b>68.8</b>	60.1	76.4	187
	<b>\$50,000+</b>	<b>26.8</b>	22.6	31.6	488	<b>42.0</b>	36.8	47.3	481	<b>72.5</b>	65.3	78.7	251
<b>Employment</b>	<b>Employed</b>	<b>20.0</b>	17.4	22.9	1,042	<b>43.3</b>	39.7	46.9	1,026	<b>69.4</b>	64.8	73.7	631
	<b>Unemployed</b>	<b>7.2</b>	3.7	13.4	77	<b>52.4</b>	36.6	67.8	59	<b>*</b>	<b>*</b>	<b>*</b>	<b>*</b>
	<b>Other**</b>	<b>21.6</b>	18.1	25.5	739	<b>45.1</b>	40.5	49.8	581	<b>69.2</b>	63.0	74.8	371
<b>Education</b>	<b>K-11th Grade</b>	<b>13.7</b>	8.7	20.8	160	<b>43.9</b>	34.1	54.1	131	<b>59.1</b>	47.4	69.9	102
	<b>12th Grade or GED</b>	<b>16.9</b>	13.5	20.9	564	<b>42.8</b>	37.7	48.0	513	<b>67.2</b>	60.7	73.0	365
	<b>Some College</b>	<b>24.5</b>	20.5	28.9	593	<b>45.4</b>	40.3	50.5	537	<b>72.7</b>	66.4	78.2	341
	<b>College Graduate+</b>	<b>19.7</b>	16.2	23.8	546	<b>44.5</b>	39.4	49.8	486	<b>74.7</b>	67.3	80.9	234
<b>Ethnicity</b>	<b>Not Hispanic</b>	<b>20.1</b>	18.0	22.4	1,799	<b>43.9</b>	41.0	46.9	1,596	<b>69.6</b>	66.0	73.1	983
	<b>Hispanic</b>	<b>13.4</b>	6.8	24.7	61	<b>49.2</b>	35.3	63.1	66	<b>72.6</b>	53.9	85.8	53

\*Figure not reliable by BRFSS standards (n<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

**Table 7: Percent of Idaho adults attempting to lose weight through eating fewer calories by weight class, 2003**

		Normal or underweight				Overweight				Obese			
		%	95% CI		n	%	95% CI		n	%	95% CI		n
<b>Idaho</b>	<b>Total</b>	<b>81.8</b>	76.6	86.0	397	<b>85.1</b>	81.7	87.9	766	<b>84.7</b>	81.3	87.6	733
<b>Sex</b>	<b>Male</b>	*	*	*	*	<b>83.2</b>	77.6	87.6	291	<b>80.9</b>	75.0	85.7	279
	<b>Female</b>	<b>82.7</b>	77.3	87.0	361	<b>86.7</b>	82.4	90.1	475	<b>88.5</b>	84.8	91.5	454
<b>Age</b>	<b>18-24</b>	*	*	*	*	<b>73.4</b>	57.3	85.0	52	*	*	*	*
	<b>25-34</b>	<b>70.2</b>	56.1	81.3	78	<b>90.2</b>	83.8	94.3	113	<b>78.9</b>	65.9	87.9	102
	<b>35-44</b>	<b>82.2</b>	70.7	89.8	83	<b>87.1</b>	78.9	92.5	137	<b>82.1</b>	73.7	88.3	152
	<b>45-54</b>	<b>83.0</b>	70.9	90.7	83	<b>85.1</b>	78.4	90.0	183	<b>87.1</b>	81.1	91.4	183
	<b>55-64</b>	<b>92.8</b>	79.3	97.8	56	<b>84.4</b>	75.6	90.5	139	<b>85.6</b>	78.0	90.9	143
	<b>65+</b>	*	*	*	*	<b>87.3</b>	80.1	92.2	141	<b>89.6</b>	81.5	94.4	120
<b>Sex and Age</b>	<b>Male 18-24</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Male 25-34</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Male 35-44</b>	*	*	*	*	<b>80.0</b>	65.1	89.6	53	<b>76.8</b>	63.0	86.5	65
	<b>Male 45-54</b>	*	*	*	*	<b>84.0</b>	71.8	91.6	65	<b>84.1</b>	74.6	90.5	82
	<b>Male 55-64</b>	*	*	*	*	<b>87.0</b>	73.5	94.1	59	*	*	*	*
	<b>Male 65+</b>	*	*	*	*	<b>84.6</b>	71.9	92.2	55	*	*	*	*
	<b>Female 18-24</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Female 25-34</b>	<b>72.1</b>	57.5	83.1	74	<b>88.7</b>	79.6	94.0	71	<b>87.3</b>	77.3	93.3	71
	<b>Female 35-44</b>	<b>79.8</b>	67.3	88.4	75	<b>92.2</b>	81.4	97.0	84	<b>87.8</b>	76.9	93.9	87
	<b>Female 45-54</b>	<b>87.4</b>	76.8	93.5	75	<b>86.1</b>	77.9	91.6	118	<b>91.2</b>	83.3	95.6	101
	<b>Female 55-64</b>	*	*	*	*	<b>81.7</b>	68.4	90.2	80	<b>86.8</b>	76.0	93.2	95
	<b>Female 65+</b>	*	*	*	*	<b>89.9</b>	81.3	94.8	86	<b>88.9</b>	78.7	94.5	80
<b>Income</b>	<b>Less than \$15,000</b>	*	*	*	*	<b>81.5</b>	67.9	90.2	70	<b>87.4</b>	78.4	92.9	106
	<b>\$15,000 - \$24,999</b>	<b>84.5</b>	70.2	92.7	51	<b>78.9</b>	67.8	86.9	134	<b>86.8</b>	79.0	91.9	147
	<b>\$25,000 - \$34,999</b>	*	*	*	*	<b>84.8</b>	75.7	90.9	115	<b>78.0</b>	65.7	86.8	107
	<b>\$35,000 - \$49,999</b>	<b>72.7</b>	58.5	83.4	73	<b>86.7</b>	80.0	91.4	157	<b>82.9</b>	74.4	89.1	137
	<b>\$50,000+</b>	<b>86.1</b>	77.5	91.8	141	<b>88.2</b>	82.7	92.1	220	<b>88.2</b>	81.9	92.5	184
<b>Employment</b>	<b>Employed</b>	<b>83.5</b>	76.7	88.6	231	<b>87.2</b>	83.3	90.3	472	<b>82.0</b>	77.3	86.0	443
	<b>Unemployed</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Other**</b>	<b>79.4</b>	70.3	86.2	154	<b>85.3</b>	79.5	89.7	265	<b>89.1</b>	84.0	92.7	259
<b>Education</b>	<b>K-11th Grade</b>	*	*	*	*	<b>72.9</b>	55.8	85.1	51	<b>88.0</b>	76.9	94.2	59
	<b>12th Grade or GED</b>	<b>81.2</b>	68.5	89.6	101	<b>83.6</b>	75.9	89.1	220	<b>84.0</b>	77.0	89.1	250
	<b>Some College</b>	<b>80.5</b>	71.8	87.0	152	<b>85.9</b>	80.4	90.0	266	<b>82.9</b>	76.5	87.8	246
	<b>College Graduate+</b>	<b>82.4</b>	72.8	89.1	120	<b>88.4</b>	82.9	92.3	229	<b>87.5</b>	81.6	91.7	178
<b>Ethnicity</b>	<b>Not Hispanic</b>	<b>81.5</b>	76.2	85.8	387	<b>85.4</b>	82.1	88.2	728	<b>85.1</b>	81.8	87.9	692
	<b>Hispanic</b>	*	*	*	*	*	*	*	*	*	*	*	*

\*Figure not reliable by BRFSS standards (n<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

**Table 8: Percent of Idaho adults attempting to lose weight through increasing physical activity by weight class, 2003**

		Normal or underweight				Overweight				Obese			
		%	95% CI		n	%	95% CI		n	%	95% CI		n
<b>Idaho</b>	<b>Total</b>	<b>85.4</b>	81.2	88.9	398	<b>82.5</b>	79.3	85.3	771	<b>77.1</b>	73.5	80.4	735
<b>Sex</b>	<b>Male</b>	*	*	*	*	<b>85.1</b>	80.3	88.9	294	<b>79.9</b>	74.3	84.5	281
	<b>Female</b>	<b>85.9</b>	81.5	89.4	362	<b>80.1</b>	75.7	83.9	477	<b>74.4</b>	69.6	78.6	454
<b>Age</b>	<b>18-24</b>	*	*	*	*	<b>95.1</b>	86.5	98.3	51	*	*	*	*
	<b>25-34</b>	<b>86.3</b>	74.4	93.2	78	<b>95.3</b>	89.6	98.0	114	<b>88.2</b>	80.5	93.2	102
	<b>35-44</b>	<b>83.8</b>	73.5	90.7	83	<b>83.5</b>	74.7	89.7	137	<b>83.6</b>	76.1	89.2	152
	<b>45-54</b>	<b>92.3</b>	83.1	96.7	82	<b>79.9</b>	72.5	85.7	184	<b>73.0</b>	65.2	79.6	185
	<b>55-64</b>	<b>72.7</b>	57.3	84.2	56	<b>73.3</b>	64.0	80.9	139	<b>66.7</b>	56.9	75.1	142
	<b>65+</b>	<b>71.6</b>	55.9	83.4	50	<b>71.4</b>	62.4	79.0	145	<b>66.4</b>	56.2	75.2	121
<b>Sex and Age</b>	<b>Male 18-24</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Male 25-34</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Male 35-44</b>	*	*	*	*	<b>83.8</b>	68.7	92.5	53	<b>86.4</b>	75.1	93.1	65
	<b>Male 45-54</b>	*	*	*	*	<b>80.4</b>	67.9	88.8	66	<b>76.5</b>	65.0	85.1	83
	<b>Male 55-64</b>	*	*	*	*	<b>74.1</b>	60.1	84.4	59	*	*	*	*
	<b>Male 65+</b>	*	*	*	*	<b>82.1</b>	68.2	90.7	57	*	*	*	*
	<b>Female 18-24</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Female 25-34</b>	<b>88.2</b>	75.7	94.7	74	<b>91.9</b>	81.4	96.7	72	<b>81.3</b>	69.7	89.2	71
	<b>Female 35-44</b>	<b>84.2</b>	73.2	91.2	75	<b>83.3</b>	71.4	90.9	84	<b>80.7</b>	69.6	88.5	87
	<b>Female 45-54</b>	<b>91.3</b>	81.1	96.2	74	<b>79.5</b>	70.0	86.6	118	<b>68.4</b>	57.7	77.4	102
	<b>Female 55-64</b>	*	*	*	*	<b>72.4</b>	59.3	82.5	80	<b>64.4</b>	52.8	74.5	94
	<b>Female 65+</b>	*	*	*	*	<b>61.1</b>	49.0	72.1	88	<b>69.7</b>	57.0	80.0	80
<b>Income</b>	<b>Less than \$15,000</b>	*	*	*	*	<b>81.0</b>	68.1	89.5	72	<b>68.4</b>	56.5	78.4	106
	<b>\$15,000 - \$24,999</b>	<b>89.9</b>	80.3	95.1	51	<b>76.8</b>	67.9	83.9	137	<b>75.8</b>	67.4	82.6	147
	<b>\$25,000 - \$34,999</b>	*	*	*	*	<b>85.1</b>	76.0	91.2	113	<b>79.0</b>	68.4	86.7	108
	<b>\$35,000 - \$49,999</b>	<b>83.7</b>	72.3	91.0	73	<b>81.8</b>	74.5	87.3	158	<b>74.0</b>	65.1	81.2	139
	<b>\$50,000+</b>	<b>89.0</b>	82.1	93.4	140	<b>88.4</b>	83.0	92.2	221	<b>83.3</b>	76.6	88.4	184
<b>Employment</b>	<b>Employed</b>	<b>83.1</b>	76.7	88.0	230	<b>84.9</b>	81.0	88.1	474	<b>80.6</b>	76.2	84.3	445
	<b>Unemployed</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Other**</b>	<b>88.5</b>	83.0	92.4	156	<b>77.4</b>	71.3	82.5	269	<b>70.5</b>	63.8	76.4	259
<b>Education</b>	<b>K-11th Grade</b>	*	*	*	*	<b>70.3</b>	55.0	82.2	54	<b>60.0</b>	45.0	73.4	60
	<b>12th Grade or GED</b>	<b>83.6</b>	72.5	90.7	102	<b>78.0</b>	71.4	83.5	220	<b>78.1</b>	71.9	83.3	249
	<b>Some College</b>	<b>84.2</b>	77.0	89.4	152	<b>83.1</b>	77.3	87.6	267	<b>81.1</b>	75.2	85.9	249
	<b>College Graduate+</b>	<b>90.9</b>	84.9	94.7	120	<b>88.8</b>	83.5	92.5	230	<b>75.6</b>	67.6	82.2	177
<b>Ethnicity</b>	<b>Not Hispanic</b>	<b>85.7</b>	81.4	89.1	388	<b>82.0</b>	78.7	84.9	733	<b>77.0</b>	73.3	80.3	695
	<b>Hispanic</b>	*	*	*	*	*	*	*	*	*	*	*	*

\*Figure not reliable by BRFSS standards (n<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

**Table 9: Percent of Idaho adults attempting to lose weight through eating fewer calories and increasing physical activity by weight class, 2003**

		Normal or underweight				Overweight				Obese			
		%	95% CI		n	%	95% CI		n	%	95% CI		n
<b>Idaho</b>	<b>Total</b>	<b>71.1</b>	65.5	76.1	396	<b>71.4</b>	67.5	75.0	762	<b>65.2</b>	61.0	69.2	730
<b>Sex</b>	<b>Male</b>	*	*	*	*	<b>71.9</b>	65.7	77.4	290	<b>63.9</b>	57.1	70.2	279
	<b>Female</b>	<b>72.6</b>	66.8	77.8	360	<b>71.0</b>	66.0	75.5	472	<b>66.5</b>	61.3	71.3	451
<b>Age</b>	<b>18-24</b>	*	*	*	*	<b>72.4</b>	56.7	84.0	51	*	*	*	*
	<b>25-34</b>	<b>61.3</b>	47.6	73.4	78	<b>86.2</b>	78.7	91.3	113	<b>69.8</b>	57.2	79.9	102
	<b>35-44</b>	<b>68.8</b>	56.7	78.9	83	<b>72.2</b>	62.6	80.1	137	<b>68.3</b>	59.1	76.3	152
	<b>45-54</b>	<b>77.1</b>	64.6	86.2	82	<b>67.4</b>	58.9	74.9	182	<b>64.5</b>	56.2	72.1	182
	<b>55-64</b>	<b>68.4</b>	52.7	80.8	56	<b>67.1</b>	57.4	75.6	137	<b>56.0</b>	46.2	65.3	142
	<b>65+</b>	*	*	*	*	<b>64.4</b>	55.2	72.7	141	<b>57.7</b>	47.1	67.7	119
<b>Sex and Age</b>	<b>Male 18-24</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Male 25-34</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Male 35-44</b>	*	*	*	*	<b>67.4</b>	52.0	79.9	53	<b>65.9</b>	51.6	77.8	65
	<b>Male 45-54</b>	*	*	*	*	<b>64.8</b>	50.7	76.8	65	<b>65.3</b>	53.0	75.9	82
	<b>Male 55-64</b>	*	*	*	*	<b>69.1</b>	54.5	80.7	58	*	*	*	*
	<b>Male 65+</b>	*	*	*	*	<b>72.5</b>	58.1	83.3	55	*	*	*	*
	<b>Female 18-24</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Female 25-34</b>	<b>65.3</b>	51.1	77.3	74	<b>80.4</b>	69.0	88.3	71	<b>71.8</b>	59.1	81.7	71
	<b>Female 35-44</b>	<b>67.2</b>	54.2	78.0	75	<b>75.5</b>	62.8	84.9	84	<b>70.9</b>	58.8	80.7	87
	<b>Female 45-54</b>	<b>80.8</b>	68.8	88.9	74	<b>69.7</b>	59.4	78.3	117	<b>63.5</b>	52.5	73.2	100
	<b>Female 55-64</b>	*	*	*	*	<b>65.0</b>	51.7	76.3	79	<b>56.3</b>	44.5	67.5	94
	<b>Female 65+</b>	*	*	*	*	<b>56.8</b>	44.7	68.2	86	<b>62.4</b>	49.2	73.9	79
<b>Income</b>	<b>Less than \$15,000</b>	*	*	*	*	<b>65.6</b>	51.3	77.5	70	<b>61.5</b>	48.9	72.8	106
	<b>\$15,000 - \$24,999</b>	<b>75.8</b>	61.2	86.1	51	<b>60.1</b>	49.2	70.1	134	<b>65.0</b>	55.4	73.4	146
	<b>\$25,000 - \$34,999</b>	*	*	*	*	<b>74.8</b>	64.9	82.7	113	<b>59.9</b>	47.7	71.1	107
	<b>\$35,000 - \$49,999</b>	<b>60.9</b>	47.0	73.2	73	<b>73.6</b>	65.5	80.4	157	<b>60.4</b>	50.7	69.2	137
	<b>\$50,000+</b>	<b>76.3</b>	67.1	83.6	140	<b>78.6</b>	72.0	83.9	219	<b>74.3</b>	66.6	80.8	183
<b>Employment</b>	<b>Employed</b>	<b>70.9</b>	63.5	77.3	230	<b>74.4</b>	69.6	78.7	470	<b>66.2</b>	60.7	71.2	442
	<b>Unemployed</b>	*	*	*	*	*	*	*	*	*	*	*	*
	<b>Other**</b>	<b>71.4</b>	62.3	79.1	154	<b>67.2</b>	60.4	73.3	264	<b>61.9</b>	54.7	68.7	257
<b>Education</b>	<b>K-11th Grade</b>	*	*	*	*	<b>49.2</b>	33.7	64.9	51	<b>50.9</b>	35.6	66.1	59
	<b>12th Grade or GED</b>	<b>68.0</b>	55.6	78.3	101	<b>67.4</b>	59.6	74.3	218	<b>65.4</b>	57.7	72.3	248
	<b>Some College</b>	<b>69.5</b>	60.3	77.4	151	<b>73.7</b>	67.1	79.3	264	<b>66.8</b>	59.5	73.3	246
	<b>College Graduate+</b>	<b>74.9</b>	65.1	82.6	120	<b>77.8</b>	71.2	83.2	229	<b>67.4</b>	59.1	74.8	177
<b>Ethnicity</b>	<b>Not Hispanic</b>	<b>71.1</b>	65.5	76.2	386	<b>71.5</b>	67.6	75.2	724	<b>65.7</b>	61.4	69.7	690
	<b>Hispanic</b>	*	*	*	*	*	*	*	*	*	*	*	*

\*Figure not reliable by BRFSS standards (n<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

## References

1. U.S. Department of Health and Human Services. *Healthy people 2010: understanding and improving health*. Washington (DC): U.S. Government Printing Office; 2000 Nov.
2. U.S. Department of Agriculture. *Nutrition and your health. Dietary guidelines for Americans*, 5th ed., 2000. Washington (DC): U.S. Government Printing Office
3. U.S. Department of Health and Human Services. *Physical Activity and Health: A report of the Surgeon General*. Atlanta, GA: Centers for Disease Control and Prevention (CDC), National Center of Chronic Disease Prevention and Health Promotion, 1996.

## Terminology

**Confidence interval:** An interval about an estimated measure that can be interpreted to mean that the true population measure falls within the range of the confidence interval at a stated level of certainty.

**Median:** The median is the middle value when the data are arranged in ascending or descending order.

**Percentile:** For a set of measurements arranged in order of magnitude, the  $p$ th percentile is the value that has  $p$  percent of the measurements below it and  $(100-p)$  percent above it. The median is the 50<sup>th</sup> percentile. Because these values depend upon order within the data they are relatively unaffected by extreme values.

**Quartiles:** The 25<sup>th</sup>, 50<sup>th</sup> (median), and 75<sup>th</sup> percentiles. The values of the 25<sup>th</sup> and 75<sup>th</sup> percentiles describe the limits of the middle half of the values.

## Appendix

### **Questionnaire extracts**

In the following pages, portions of the 2005 and 2003 Idaho BRFSS questionnaires are presented that provide most of the information for this report. In addition to the text of each question, the results for most of the questions are included. The number of people who responded to the question (n) is listed below the text for each question. The percent for each response category can be found in parentheses to the right of the response categories. Note also that the percentages are weighted results (see Methodology on page 1) and do not directly correspond to the n's for each question. The results have not been provided for all questions.

**NOTE:** Care should be exercised when interpreting these results. In order to interpret the results correctly, it is important to understand what group has been asked the question. For example, in question Q18.3 on page 32, 30.4% of the respondents do moderate physical activities seven days per week. However this question is asked only of those who respond “yes” to question Q18.2. The exclusion of certain respondents is indicated by the bold text at the beginning of question Q18.3. These are called “skip patterns” and are used extensively throughout the survey. In order to properly identify what group has been asked a specific question, the skip pattern must be considered. In addition, there may be some confusion when trying to compare results from the appendix to those in the previous sections. The risk factors reported in the main body of the report are often constructed from the responses of multiple questions and may not be comparable to the results of one particular question.

Response categories displayed in capital letters were not read aloud. Responses of “Don't Know” and “Refused” are excluded from the n's, percentage, and means calculations. Other responses may also be excluded and are indicated by showing the response without any percentage. Also the results of some questions, such as M10.1 about a child's birth month and year, are suppressed due to length of resulting lists.

## Nutrition

### SECTION 17: FRUITS & VEGETABLES

Q17.1 How often do you drink fruit juices such as orange, grapefruit, or tomato?  
(n=5,564)

Mean servings per day: 0.6

777 DON'T KNOW/NOT SURE  
999 REFUSED

Q17.2 Not counting juice, how often do you eat fruit?  
(n=5,561)

Mean servings per day: 0.8

777 DON'T KNOW/NOT SURE  
999 REFUSED

Q17.3 How often do you eat green salad?  
(n=5,574)

Mean servings per day: 0.5

777 DON'T KNOW/NOT SURE  
999 REFUSED

Q17.4 How often do you eat potatoes not including French fries, fried potatoes, or potato chips?  
(n=5,569)

Mean servings per day: 0.3

777 DON'T KNOW/NOT SURE  
999 REFUSED

Q17.5 How often do you eat carrots?  
(n=5,505)

Mean servings per day: 0.3

777 DON'T KNOW/NOT SURE  
999 REFUSED

Q17.6 Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?  
(n=5,496)

Mean servings per day: 1.2

777 DON'T KNOW/NOT SURE  
999 REFUSED

## Physical activity

### SECTION 4: EXERCISE

Q4.1 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?  
(n=5,722)

1 Yes (78.4%)  
2 No (21.6%)

7 DON'T KNOW/NOT SURE  
9 REFUSED

### SECTION 18: PHYSICAL ACTIVITY

Q18.1 **[IF Q13.8<3]** When you are at work, which of the following best describes what you do?  
(n=3,122)

1 Mostly sitting or standing (57.7%)  
2 Mostly walking (23.0%)  
3 Mostly heavy labor or physically demanding work (19.3%)

7 DON'T KNOW/NOT SURE  
9 REFUSED

Q18.2 Now, thinking about the moderate activities you do **[IF Q13.8=1 OR 2 "when you are not working"]** in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?  
(n=5,560)

1 Yes (87.6%)  
2 No (12.4%)

7 DON'T KNOW/NOT SURE  
9 REFUSED

Q18.3 **[IF Q18.2=1]** How many days per week do you do these moderate activities for at least 10 minutes at a time?  
(n=4,841)

1 1 Day (2.8%)  
2 2 Days (8.2%)  
3 3 Days (17.7%)  
4 4 Days (13.7%)  
5 5 Days (17.2%)  
6 6 Days (9.9%)  
7 7 Days (30.4%)  
88 DO LESS THAN 10 MINUTES AT A TIME (0.1%)

77 DON'T KNOW/NOT SURE  
99 REFUSED

Q18.4 **[IF Q18.3<77]** On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?  
(n=4,592)

Mean hours and minutes: 1 hour, 8 minutes

777 DON'T KNOW/NOT SURE  
999 REFUSED

Q18.5 Now, thinking about the vigorous activities you do **[IF Q13.8=1 OR 2 "when you are not working"]** in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?  
(n=5,516)

1 Yes (55.3%)  
2 No (44.7%)

7 DON'T KNOW/NOT SURE  
9 REFUSED

Q18.6 **[IF Q18.5=1]** How many days per week do you do these vigorous activities for at least 10 minutes at a time? (n=2,788)

- 1 1 Day (16.1%)
- 2 2 Days (22.8%)
- 3 3 Days (26.6%)
- 4 4 Days (11.6%)
- 5 5 Days (11.6%)
- 6 6 Days (4.1%)
- 7 7 Days (6.9%)
- 88 DO LESS THAN 10 MINUTES AT A TIME (0.2%)
- 77 DON'T KNOW/NOT SURE
- 99 REFUSED

Q18.7 **[IF Q18.6<77]** On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? (n=2,713)

- Mean hours and minutes: 1 hour, 5 minutes
- 777 DON'T KNOW/NOT SURE
  - 999 REFUSED

## Health

### SECTION 1: HEALTH STATUS

Q1.1 Would you say that in general your health is excellent, very good, good, fair, or poor? (n=5,724)

- 1 Excellent (20.4%)
- 2 Very good (34.4%)
- 3 Good (30.2%)
- 4 Fair (10.8%)
- 5 Poor (4.2%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

### SECTION 2: HEALTHY DAYS - HEALTH-RELATED QUALITY OF LIFE

Q2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (n=5,620)

- Mean number of days not good overall: 3.8  
Reported any days not good: 39.5%  
Mean number of days for those with any: 9.6
- 77 DON'T KNOW/NOT SURE
  - 99 REFUSED

Q2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (n=5,618)

- Mean number of days not good overall: 3.2  
Reported any days not good: 35.8%  
Mean number of days for those with any: 9.0
- 77 DON'T KNOW/NOT SURE
  - 99 REFUSED

Q2.3 **[IF Q2.1<88 OR Q2.2<88]** During the past 30 days, for about how many days did poor physical or mental

health keep you from doing your usual activities, such as self-care, work, or recreation? (n=3,162)

- Mean number of days limited overall: 3.8  
Reported any days limited: 40.8%  
Mean number of days for those with any: 9.6
- 77 DON'T KNOW/NOT SURE
  - 99 REFUSED

### SECTION 5: DIABETES

Q5.1 Have you ever been told by a doctor that you have diabetes? (n=5,726)

- 1 Yes (6.8%)
- 2 Yes, but female told only during pregnancy (0.8%)
- 3 No (91.2%)
- 4 NO, PRE-DIABETES OR BORDERLINE DIABETES (1.1%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

### SECTION 6: HYPERTENSION AWARENESS

Q6.1 Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? (n=5,720)

- 1 Yes (23.6%)
- 2 Yes, but female told only during pregnancy (1.4%)
- 3 No (74.0%)
- 4 TOLD BORDERLINE HIGH OR PRE-HYPERTENSIVE (1.0%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

### SECTION 7: CHOLESTEROL AWARENESS

Q7.1 Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? (n=5,578)

- 1 Yes (72.3%)
- 2 No (27.7%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

Q7.3 **[IF Q7.1=1]** Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high? (n=4,329)

- 1 Yes (36.3%)
- 2 No (63.7%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

### SECTION 8: CARDIOVASCULAR DISEASE

Q8.1 Has a doctor, nurse, or other health professional ever told you that you had any of the following? (Ever told) you had a heart attack, also called a myocardial infarction? (n=5,688)

- 1 Yes (4.2%)
- 2 No (95.8%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

### SECTION 16: ARTHRITIS BURDEN

Q16.4 Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?  
(n=5,644)

- 1 Yes (25.5%)
- 2 No (74.5%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

## Demographics

Q13.1 What is your age?  
(n=5,696)

Mean age in years: 45.1

- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

Q13.2 Are you Hispanic or Latino?  
(n=5,709)

- 1 Yes (8.9%)
- 2 No (91.1%)
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

Q13.6 How many children less than 18 years of age live in your household?  
(n=5,729)

Mean number of children: 0.9  
Households with children: 42.9%  
Mean number of children in households with children: 2.1

- 99 REFUSED

Q13.7 What is the highest grade or year of school you completed?  
(n=5,725)

- 1 Never attended school or only attended kindergarten (0.2%)
- 2 Grades 1 - 8 (Elementary) (2.6%)
- 3 Grades 9 - 11 (Some high school) (6.9%)
- 4 Grade 12 or GED (High school graduate) (31.7%)
- 5 College 1 year to 3 years (Some college or technical school) (31.1%)
- 6 College 4 years or more (College graduate) (27.7%)
- 9 REFUSED

Q13.8 Are you currently: employed for wages, self-employed, out of work for more than 1 year, out of work for less than 1 year, a homemaker, a student, retired, or unable to work?  
(n=5,716)

- 1 Employed for wages (50.9%)
- 2 Self-employed (12.0%)
- 3 Out of work for more than 1 year (1.2%)
- 4 Out of work for less than 1 year (2.8%)
- 5 A homemaker (9.7%)
- 6 A student (4.4%)
- 7 Retired (15.4%)
- 8 Unable to work (3.7%)
- 9 REFUSED

Q13.9 Is your annual household income from all sources?

(n=5,129)

- 1 Less than \$10,000 (5.1%)
- 2 \$10,000 to less than \$15,000 (5.7%)
- 3 \$15,000 to less than \$20,000 (7.5%)
- 4 \$20,000 to less than \$25,000 (11.3%)
- 5 \$25,000 to less than \$35,000 (15.5%)
- 6 \$35,000 to less than \$50,000 (19.7%)
- 7 \$50,000 to less than \$75,000 (17.0%)
- 8 \$75,000 or more (18.1%)

- 77 DON'T KNOW/NOT SURE
- 99 REFUSED

Q13.10 About how much do you weigh without shoes?  
(n=5,482)

Mean weight in pounds (Male): 195.7  
Mean weight in pounds (Female): 157.0

- 7777 DON'T KNOW/NOT SURE
- 9999 REFUSED

Q13.11 About how tall are you without shoes?  
(n=5,669)

Mean height in feet and inches (Male): 5 ft. 10 in.  
Mean height in feet and inches (Female): 5 ft. 5 in.

- 7777 DON'T KNOW/NOT SURE
- 9999 REFUSED

Q13.17 Indicate sex of respondent.  
(n=5,734)

- 1 Male (49.7%)
- 2 Female (50.3%)

## Children

M10.1 **[IF Q13.6<88 RANDOMLY SELECT ONE OF THE CHILDREN]** What is the birth month and year of the **[SELECTED]** child?

Data suppressed

M10.2 **[IF Q13.6<88]** Is the child a boy or a girl?  
(n=1,935)

- 1 Boy (51.0%)
- 2 Girl (49.0%)
- 9 REFUSED

M10.3 **[IF Q13.6<88]** Is the child Hispanic or Latino?  
(n=1,932)

- 1 Yes (13.8%)
- 2 No (86.2%)

- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

M10.6 **[IF Q13.6<88]** How are you related to the child?  
(n=1,937)

- 1 Parent, biologic, step or adoptive (85.3%)
- 2 Grandparent (3.4%)
- 3 Foster parent or guardian (0.9%)
- 4 Sibling, biologic, step or adoptive (6.7%)
- 5 Other relative (3.0%)
- 6 Not related in any way (0.7%)

- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

IDQ3 **[IF Q13.6<88 AND CHILD AGE>5]** During the past week, on how many days did the child exercise or participate in physical activity for at least 20 minutes that made **[him/her]** sweat and breathe hard, such as running, fast bicycling, basketball, soccer, swimming, fast dancing, or similar aerobic activities?  
(n=1,152)

- 1 1 Day (3.2%)
- 2 2 Days (9.5%)
- 3 3 Days (14.9%)
- 4 4 Days (9.2%)
- 5 5 Days (25.3%)
- 6 6 Days (8.4%)
- 7 7 Days (23.3%)
- 88 NONE (6.3%)
  
- 77 DON'T KNOW/NOT SURE
- 99 REFUSED

## Weight Control, 2003 only

### SECTION 8: WEIGHT CONTROL

Q8.1 Are you now trying to lose weight?  
(n=4,817)

- 1 Yes (40.8%)
- 2 No (59.2%)
  
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

Q8.2 IF Q8.1≠1, OTHERWISE SKIP TO Q8.5] Are you now trying to maintain your current weight, that is, to keep from gaining weight?

- (n=2,749)
- 1 Yes (61.4%)
- 2 No (38.6%)
  
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

Q8.3 Are you eating either fewer calories or less fat to **[IF Q8.1=1 "lose weight" IF Q8.2=1 "keep from gaining weight"]**?  
n=3,752

- 1 Yes, fewer calories (18.3%)
- 2 Yes, less fat (21.7%)
- 3 Yes, fewer calories and less fat (30.8%)
- 4 No (29.2%)
  
- 7 DON'T KNOW/NOT SURE
- 9 REFUSED

Q8.4 Are you using physical activity or exercise to **[IF Q8.1=1 "lose weight", IF Q8.2=1 "keep from gaining weight"]**?  
(n=3,781)

- 1 Yes (74.8%)
- 2 No (25.2%)
  
- 7 Don't know/Not sure
- 9 Refused