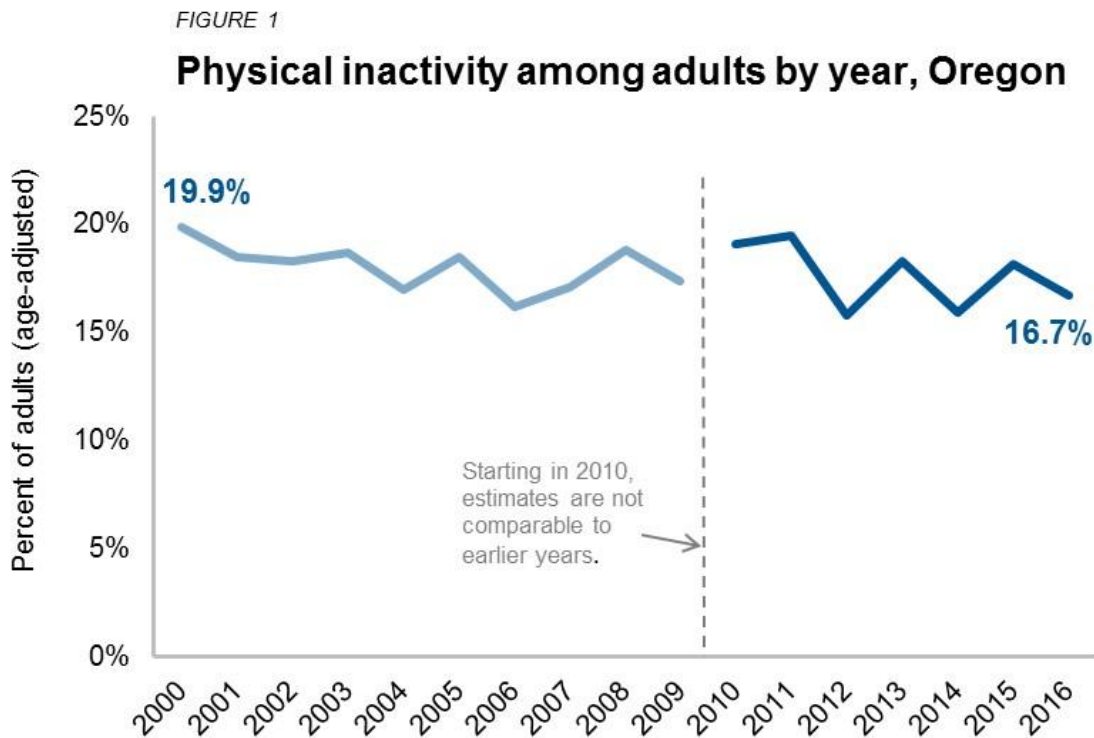


Prevention and Health Promotion

Physical inactivity

Regular physical activity improves overall health and helps to ensure healthy bones and muscles, control weight, reduce anxiety and stress, and improve blood pressure and cholesterol levels.

However, in 2016 about 1 in 6 (16.7%) of Oregon adults reported not participating in any physical activity outside of work in the past month (Figure 1). This has remained unchanged over the past 15 years.

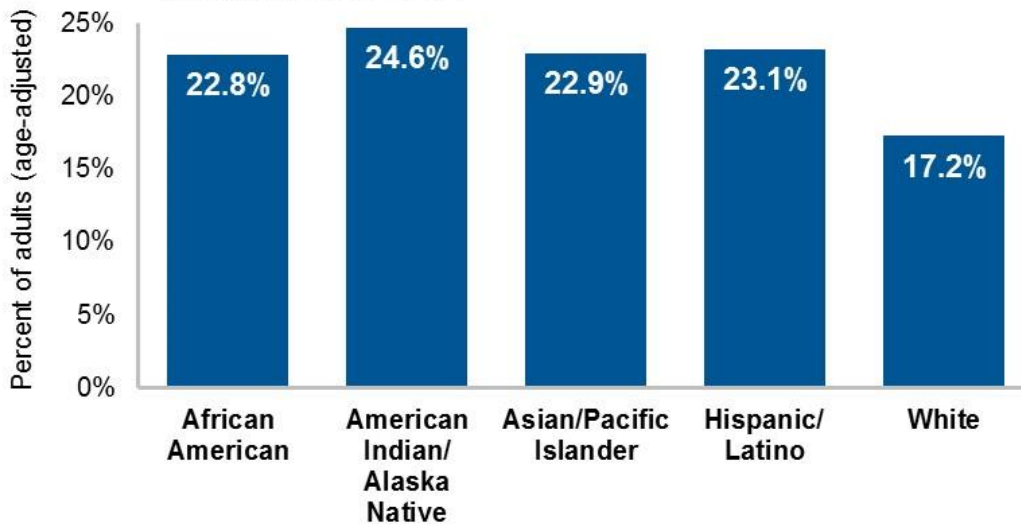


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

African Americans (22.8%), American Indian and Alaska Natives (24.6%), Asian and Pacific Islanders (22.9%), and Hispanics (23.1%) were more likely to report being physically inactive compared to non-Hispanic whites (17.2%; Figure 2).

FIGURE 2

Physical inactivity among adults by race/ethnicity, Oregon, 2010-2011

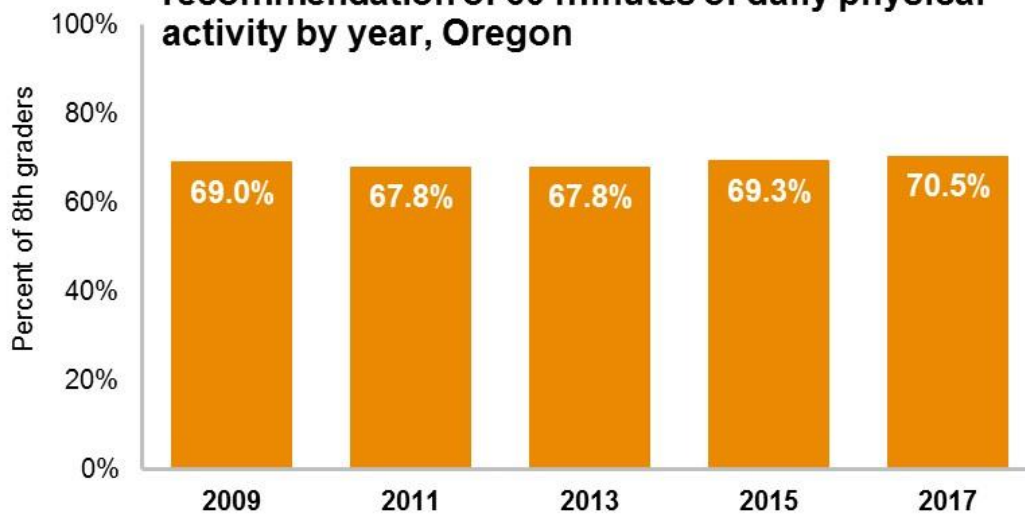


Notes: All other groups exclude Hispanic ethnicity
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race

The Centers for Disease Control and Prevention (CDC) recommends that children and adolescents get 60 minutes of aerobic physical activity each day. However, over two-thirds of Oregon 8th-graders do not meet this recommendation. Similar to adults, this trend remains relatively unchanged (Figure 3).

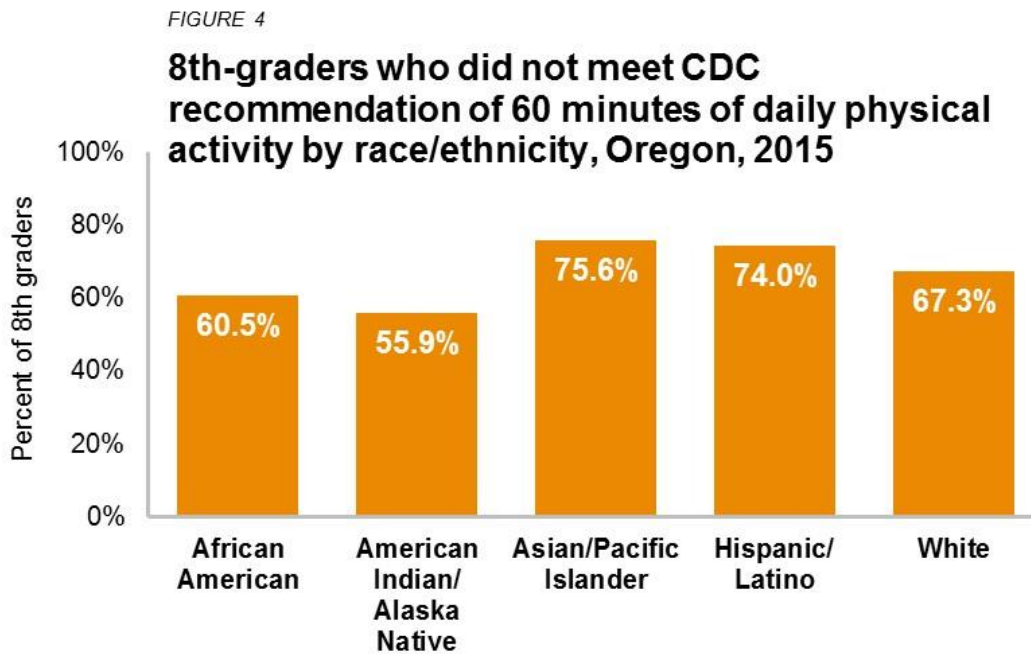
FIGURE 3

8th-graders who did not meet CDC recommendation of 60 minutes of daily physical activity by year, Oregon



Source: Oregon Healthy Teens Survey

Among youth, Hispanics (74.0%) and Asian/Pacific Islanders (75.6%) were less likely to meet the CDC physical activity recommendation compared to Whites (67.3%), African Americans (60.5%), and American Indian/Alaska Natives (55.9%; Figure 4).



Notes: All other groups exclude Hispanic ethnicity
 Source: Oregon Healthy Teens Survey

Additional Resources: [Nutrition, Physical Activity and Obesity Prevention](#)

About the Data: Data sources are the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS) for adults and the Oregon Healthy Teens Survey (OHT) for youth. BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools.

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[Oregon State Health Profile](#)

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