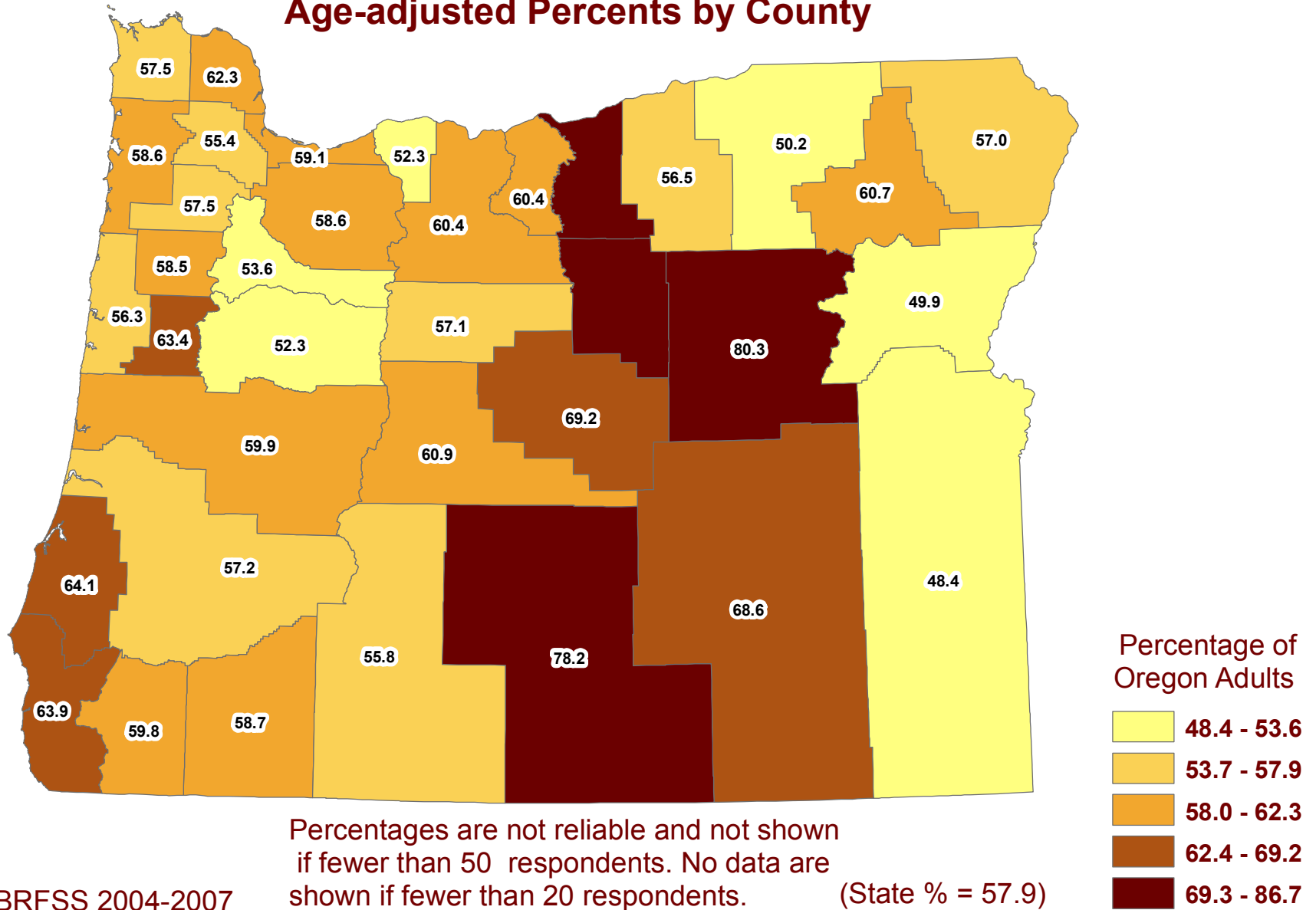


# Oregon Adults Who Met the CDC\* Recommendations for Physical Activity\*\*

## Age-adjusted Percents by County



BRFSS 2004-2007

\*Centers for Disease Control and Prevention.

\*\*Adults with 30+ minutes of moderate physical activity 5+ days per week  
OR adults with 20+ minutes of vigorous physical activity 3+ days per week.