

Exercise — Moderate and Vigorous Physical Activity

2005		Meet recommendations for moderate and vigorous physical activity				Meet recommendations for vigorous physical activity only			Meet recommendations for moderate physical activity only		
		N	n	Weighted %	95% CI	n	Weighted %	95% CI	n	Weighted %	95% CI
Sex											
	Male	1,205	291	25%	21.3 - 29.3	172	16%	12.7 - 19.2	272	22%	18.4 - 25.1
	Female	1,407	293	20%	17.3 - 23.1	149	12%	9.9 - 14.9	349	24%	20.7 - 26.7
	Total	2,612	584	23%	20.2 - 25.2	321	14%	12.1 - 16.2	621	23%	20.4 - 24.9
Race											
	Native, any mention	509	105	25%	19.1 - 31.0	55	11%	7.5 - 14.6	120	22%	17.5 - 27.3
	Non-Native	2,083	472	22%	19.5 - 25.0	263	15%	12.4 - 17.1	497	23%	20.3 - 25.3
Age											
	Age 18–24	201	64	39%	28.8 - 50.2	25	13%	7.0 - 22.1	39	14%	9.3 - 20.8
	Age 25–34	436	117	26%	21.0 - 32.0	55	17%	12.1 - 22.8	95	24%	18.9 - 30.3
	Age 35–44	561	123	20%	15.7 - 24.2	79	16%	11.7 - 20.3	127	21%	16.8 - 26.1
	Age 45–54	707	158	18%	14.6 - 22.2	91	15%	11.8 - 20.1	178	23%	19.2 - 28.1
	Age 55–64	393	76	19%	14.9 - 25.0	47	10%	7.4 - 14.6	96	25%	19.9 - 31.4
	Age 65 or older	298	42	14%	9.0 - 19.7	23	9%	5.3 - 15.0	79	29%	21.9 - 36.7
Education											
	Less than H.S.	219	34	16%	10.1 - 23.3	25	17%	8.9 - 28.7	47	16%	10.5 - 25.0
	H.S. Grad or GED	805	159	21%	16.9 - 25.5	94	13%	10.1 - 17.3	193	23%	19.2 - 27.4
	Some College or Tech School	775	192	25%	20.4 - 31.1	82	12%	8.6 - 15.6	183	22%	18.0 - 26.2
	College Grad	810	198	24%	19.9 - 27.8	120	16%	13.1 - 20.4	198	25%	20.8 - 29.0
Income											
	Less than \$15K	237	36	15%	9.0 - 25.0	21	12%	5.9 - 22.1	48	21%	13.8 - 30.9
	\$15,000–24,999	346	68	25%	16.9 - 35.5	30	7%	4.5 - 11.0	75	22%	16.4 - 30.0
	\$25,000–34,999	249	52	20%	14.3 - 27.4	38	20%	13.5 - 29.1	75	27%	20.7 - 35.3
	\$35,000–49,999	384	101	26%	19.4 - 33.6	36	11%	7.0 - 16.9	97	23%	18.2 - 29.4
	\$50,000–74,999	507	114	22%	17.1 - 27.5	82	17%	12.9 - 22.5	133	26%	20.7 - 31.4
	\$75K+	650	163	23%	19.2 - 27.5	91	17%	12.9 - 21.6	145	22%	18.1 - 26.6

n = Number of respondents in this subgroup.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Exercise — Moderate and Vigorous Physical Activity

2005

		Insufficient activity to meet moderate or vigorous recommendations			No moderate or vigorous physical activity		
		n	Weighted %	95% CI	n	Weighted %	95% CI
Sex							
	Male	362	30%	26.3 - 34.2	108	8%	5.8 - 9.7
	Female	468	34%	30.8 - 37.9	148	10%	8.0 - 12.3
	Total	830	32%	29.5 - 34.8	256	9%	7.4 - 10.3
Race							
	Native, any mention	151	27%	22.2 - 32.5	78	16%	11.8 - 20.9
	Non-Native	676	33%	30.2 - 36.2	175	7%	6.1 - 9.1
Age							
	Age 18–24	58	29%	20.6 - 40.3	15	5%	2.2 - 9.8
	Age 25–34	134	27%	22.2 - 32.7	35	6%	3.8 - 8.8
	Age 35–44	184	34%	28.6 - 39.3	48	10%	6.8 - 14.5
	Age 45–54	228	36%	31.0 - 41.8	52	7%	4.8 - 9.8
	Age 55–64	134	37%	30.6 - 43.8	40	8%	5.5 - 11.3
	Age 65 or older	90	26%	19.9 - 33.8	64	22%	16.4 - 30.0
Education							
	Less than H.S.	71	37%	26.3 - 49.1	42	14%	9.4 - 21.4
	H.S. Grad or GED	254	31%	26.6 - 35.7	105	12%	9.1 - 15.2
	Some College or Tech School	251	33%	28.3 - 38.2	67	8%	5.8 - 11.2
	College Grad	253	31%	26.6 - 35.6	41	4%	3.0 - 6.6
Income							
	Less than \$15K	81	32%	23.4 - 41.7	51	20%	13.6 - 27.9
	\$15,000–24,999	113	30%	23.4 - 38.2	60	15%	10.7 - 20.9
	\$25,000–34,999	64	25%	18.3 - 32.7	20	7%	4.3 - 12.8
	\$35,000–49,999	120	32%	25.2 - 38.8	30	8%	5.0 - 13.2
	\$50,000–74,999	149	30%	24.3 - 35.5	29	6%	3.4 - 9.3
	\$75K+	221	34%	29.3 - 39.1	30	4%	2.6 - 6.2

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