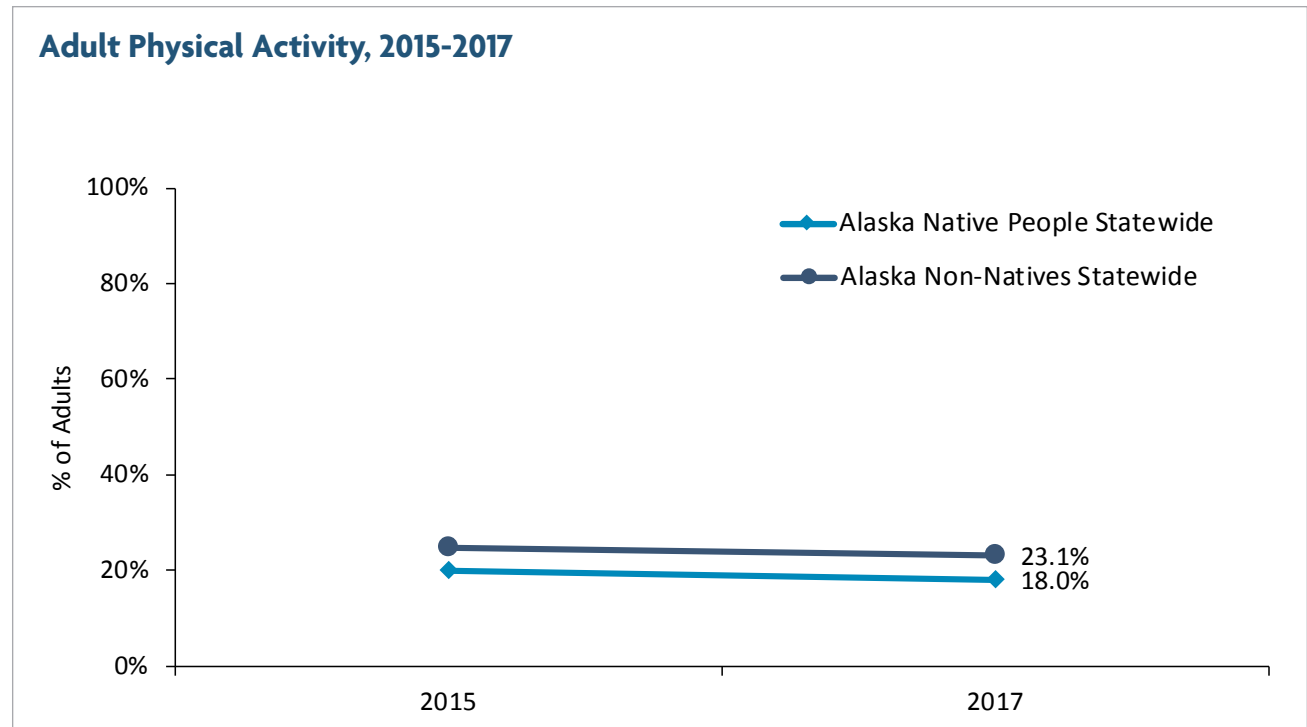


# Physical Activity



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Table C-104

## Definition

Adult physical activity is measured for persons aged 18 years and older who meet national recommendations for physical activity. The CDC’s Physical Activity Guidelines for Americans recommends that adults get a mix of moderate- or vigorous-intensity aerobic activity and muscle-strengthening activity each week.<sup>28</sup> The minimum amount of aerobic activity recommended each week is 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity, or an equivalent combination. The minimum frequency of recommended muscle-strengthening activity is at least 2 days a week where all major muscle groups are worked.

## Related Objectives

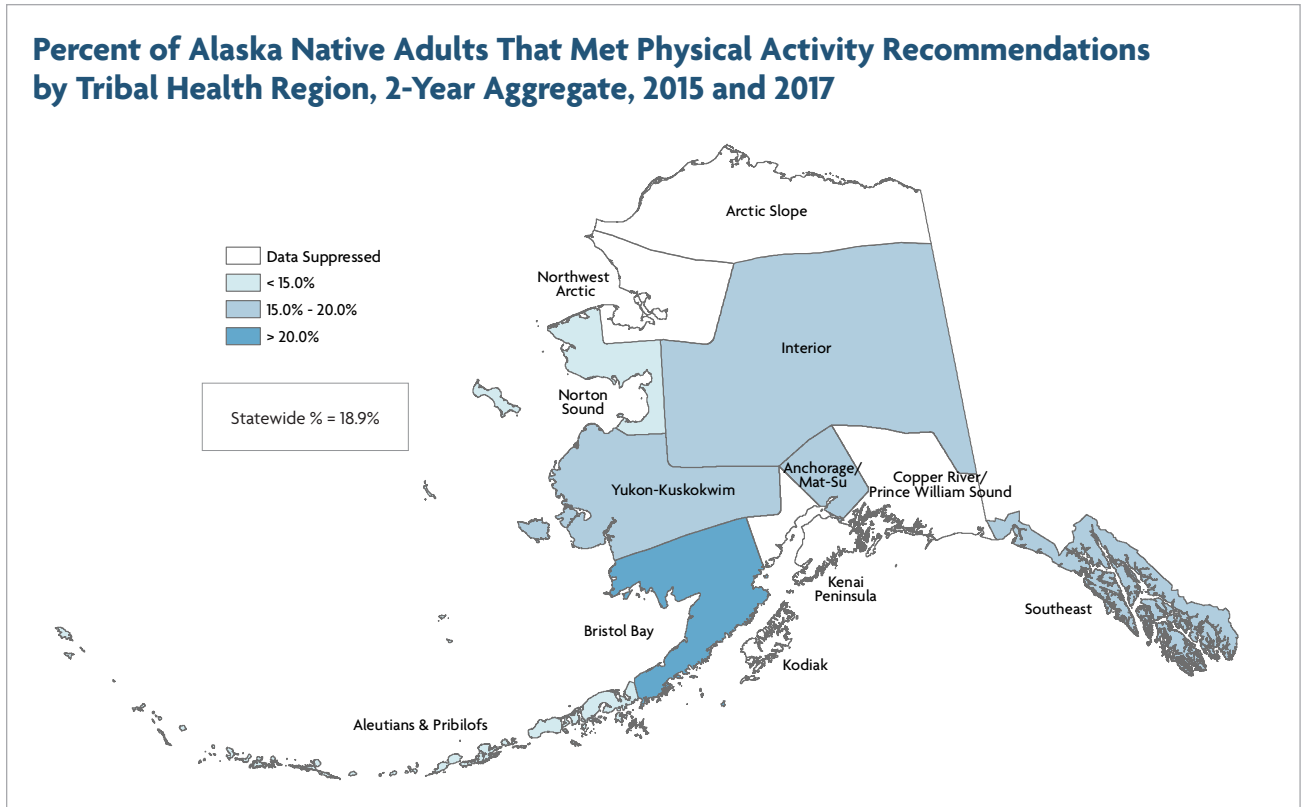
Increase the proportion of adults who do enough aerobic physical activity for substantial health benefits to 59.2%. - *HEALTHY PEOPLE 2030, OBJECTIVE PA-02*

## Summary

- » During 2017, about one in five (18.0%) Alaska Native adults reported meeting the recommendations for physical activity.
- » During 2017, there was no statistically significant difference between the percent of Alaska Native and non-Native adults who met physical activity recommendations.
- » During 2015-2017, the percent of Alaska Native adults meeting physical activity recommendations varied by Tribal health region, ranging from 10.4% to 25.1%.

# Physical Activity

**Percent of Alaska Native Adults That Met Physical Activity Recommendations by Tribal Health Region, 2-Year Aggregate, 2015 and 2017**



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Table C-105

# Physical Activity

**Table C-104: Adult Physical Activity, 2015-2017**

	Alaska Native People Statewide		Alaska Non-Natives Statewide	
	%	95% Confidence Interval	%	95% Confidence Interval
2015	19.9%	(14.9%-24.8%)	24.7%	(21.9%-27.5%)
2017	18.0%	(11.8%-24.3%)	23.1%	(20.2%-26.0%)

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution.

**Table C-105: Percent of Alaska Native Adults That Met Physical Activity Recommendations by Tribal Health Region, 2-Year Aggregate, 2015 and 2017**

	Alaska Native People	
	%	95% Confidence Interval
Aleutians & Pribilofs	10.4%	(1.3%-19.6%)
Norton Sound	14.9%	(0.0%-30.8%)
Southeast	16.8%	(8.2%-25.4%)
Anchorage/Mat-Su	19.2%	(11.0%-27.3%)
Interior	19.4%	(12.2%-26.5%)
Yukon-Kuskokwim	19.9%	(11.7%-28.0%)
Bristol Bay	25.1%	(3.0%-47.1%)
<b>Statewide</b>	<b>18.9%</b>	<b>(14.8%-22.9%)</b>

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution. Percent not reported for <5 cases.

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System

28 Centers for Disease Control and Prevention. (2020). How Much Physical Activity Do Adults Need? Retrieved from [www.cdc.gov/physicalactivity/basics/adults/index.htm](http://www.cdc.gov/physicalactivity/basics/adults/index.htm)