

# Physical Activity

## NO LEISURE TIME PHYSICAL ACTIVITY

**Definition:** Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

### Prevalence of No Leisure Time Physical Activity

- South Dakota 24.5%
- Nationwide median 24.0%

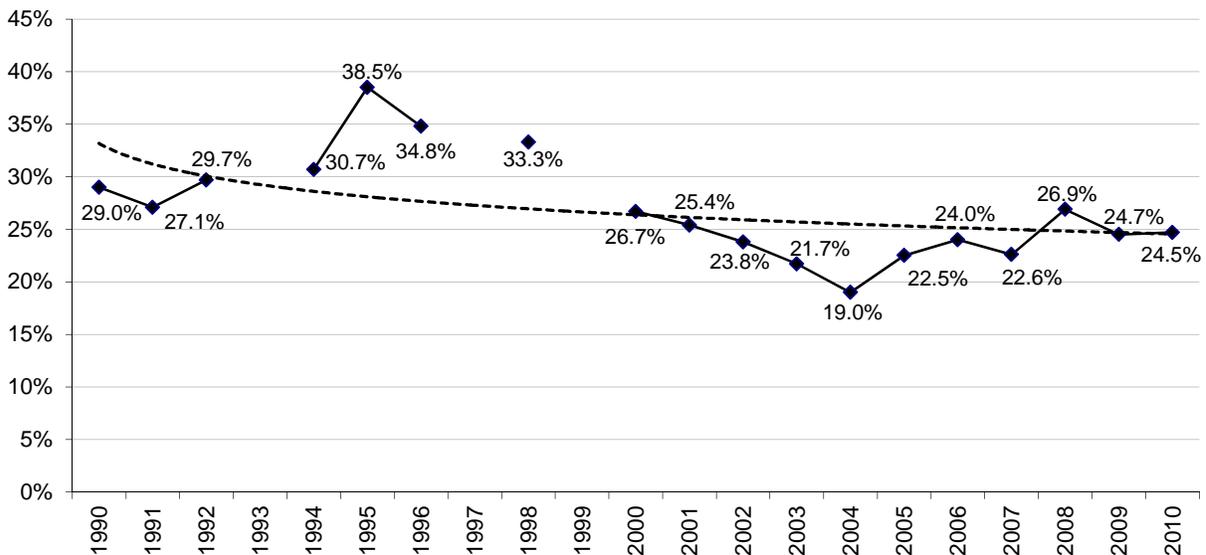
### Healthy People 2010 Objective

Reduce the proportion of adults who engage in no leisure time physical activity to 20 percent.

### Trend Analysis

In 1995, this question hit its peak with 38.5 percent of the respondents stating that they did not engage in a leisure time physical activity. South Dakota had reached the *Healthy People 2010 Objective* of 20.0 percent adults not engaged in leisure time physical activity in 2004 with 19 percent, but has been unable to reach the goal in more recent years.

**Figure 6**  
**Percent of Respondents Who Reported No Leisure Time Physical Activity, 1990-1992, 1994-1996, 1998, and 2000-2010**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1990-1992, 1994-1996, 1998, and 2000-2010

**Table 7**  
**Respondents Who Reported No Leisure Time Physical Activity, 2010**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>6,719</b>	<b>24.7</b>	<b>(23.2-26.2)</b>	<b>2,653</b>	<b>23.4</b>	<b>(21.3-25.7)</b>	<b>4,066</b>	<b>25.9</b>	<b>(23.8-28.1)</b>
<b>Age</b>									
18-24	210	17.7	(12.2-25.0)	102	10.3	(5.6-18.1)	108	25.7	(16.3-38.1)
25-34	581	23.1	(19.0-27.8)	242	23.7	(17.7-30.8)	339	22.6	(17.3-28.8)
35-44	781	21.1	(17.8-24.8)	308	21.8	(16.9-27.6)	473	20.4	(16.3-25.2)
45-54	1,292	24.4	(21.6-27.4)	548	25.3	(21.2-30.0)	744	23.5	(19.9-27.5)
55-64	1,465	27.1	(24.4-29.9)	617	28.2	(24.2-32.6)	848	25.9	(22.5-29.6)
65-74	1,169	27.3	(24.2-30.5)	468	27.9	(23.3-33.0)	701	26.7	(22.9-30.9)
75+	1,184	36.6	(33.4-40.0)	359	30.3	(25.1-35.9)	825	40.7	(36.7-44.8)
<b>Race</b>									
White	5,690	24.0	(22.5-25.6)	2,254	23.0	(20.9-25.4)	3,436	25.0	(22.8-27.2)
American Indian	784	35.0	(28.1-42.5)	301	28.5	(20.7-38.0)	483	40.7	(30.5-51.8)
<b>Region</b>									
Southeast	1,352	22.1	(19.5-25.0)	530	18.0	(14.6-22.0)	822	26.1	(22.3-30.3)
Northeast	1,440	26.4	(23.5-29.4)	563	28.3	(24.0-33.0)	877	24.6	(21.0-28.7)
Central	1,291	27.6	(23.7-31.9)	508	25.7	(20.9-31.1)	783	29.5	(23.7-36.0)
West	1,331	24.4	(21.4-27.6)	540	25.0	(20.6-30.0)	791	23.7	(19.8-28.0)
American Indian Counties	1,305	30.5	(26.5-34.8)	512	28.7	(22.7-35.6)	793	32.4	(27.5-37.7)
<b>Household Income</b>									
Less than \$15,000	658	32.6	(26.3-39.6)	230	26.9	(18.9-36.8)	428	37.7	(29.0-47.4)
\$15,000-\$19,999	419	37.0	(30.2-44.4)	150	30.2	(20.4-42.1)	269	42.8	(34.5-51.5)
\$20,000-\$24,999	564	31.9	(26.0-38.5)	217	33.7	(24.6-44.1)	347	30.4	(23.0-38.9)
\$25,000-\$34,999	773	27.8	(23.3-32.7)	336	27.5	(21.2-34.7)	437	28.3	(22.4-34.9)
\$35,000-\$49,999	1,007	25.3	(21.9-29.1)	425	27.7	(22.4-33.6)	582	22.7	(18.7-27.3)
\$50,000-\$74,999	1,027	19.6	(16.7-22.8)	438	20.2	(15.9-25.2)	589	19.0	(15.3-23.3)
\$75,000+	1,179	16.0	(13.4-19.0)	558	14.8	(11.6-18.7)	621	17.5	(13.5-22.3)
<b>Education</b>									
Less than High School	606	35.1	(29.0-41.7)	271	30.0	(22.3-38.9)	335	43.7	(34.5-53.4)
High School or G.E.D.	2,184	32.2	(29.1-35.5)	895	30.1	(25.8-34.9)	1,289	34.5	(30.3-39.0)
Some Post-High School	1,879	23.9	(21.2-26.8)	691	25.6	(21.7-30.1)	1,188	22.5	(19.0-26.3)
College Graduate	2,040	15.9	(13.8-18.2)	793	13.1	(10.6-16.2)	1,247	18.6	(15.5-22.1)
<b>Marital Status</b>									
Married/Unmarried Couple	4,050	23.8	(22.1-25.6)	1,735	24.0	(21.5-26.6)	2,315	23.7	(21.4-26.1)
Divorced/Separated	851	29.6	(25.5-34.1)	343	30.8	(24.3-38.2)	508	28.5	(23.5-34.1)
Widowed	1,063	35.5	(32.1-39.1)	165	29.6	(22.1-38.2)	898	36.9	(33.1-40.8)
Never Married	745	22.3	(17.7-27.6)	406	18.6	(13.8-24.5)	339	27.4	(19.4-37.2)
<b>Children Status</b>									
Children in Household	1,171	21.6	(18.6-25.0)	440	21.4	(17.2-26.4)	731	21.8	(17.7-26.6)
No Children in Household	400	18.8	(14.0-24.9)	211	14.4	(9.6-21.0)	189	25.8	(16.9-37.1)

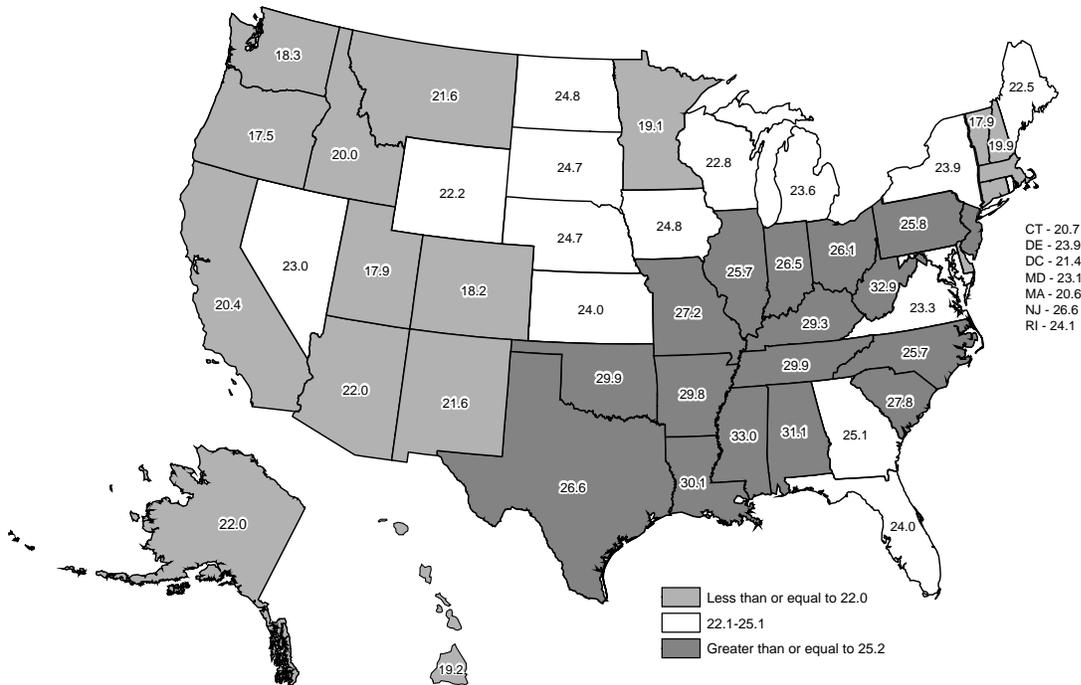
Note: \*Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2010

## National Statistics

The national median for respondents who reported no leisure time physical activity was 24 percent. South Dakota had 24.7 percent of respondents who reported no leisure time physical activity. Oregon had the lowest percent of respondents who reported no leisure time physical activity with 17.5 percent, while Mississippi had the highest with 33 percent.

**Figure 7**  
**Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2010**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2010