

**Physical Activity Prevalence Statistics by Metropolitan Area—
United States, BRFSS 2001**

Metropolitan Area ^a	Recommended ^b		Insufficient ^c		Inactive ^d	
	% ^e	95% CI ^f	% ^e	95% CI ^f	% ^e	95% CI ^f
Northeast						
Bergen-Passaic, NJ, PMSA	44.1	(39.8 - 48.5)	39.3	(35.1 - 43.5)	16.6	(13.5 - 19.7)
Boston-Worcester-Lawrence-Lowell-Brockton, MA-NH, NECMA	51.1	(49.8 - 52.4)	35.4	(34.1 - 36.7)	13.5	(12.6 - 14.5)
Burlington, VT, NECMA	54.8	(51.7 - 57.9)	35.5	(32.5 - 38.5)	9.7	(8.0 - 11.4)
Hartford, CT, NECMA	48.3	(46.0 - 50.6)	37.4	(35.1 - 39.6)	14.3	(12.7 - 15.9)
Jersey City, NJ, PMSA	44.1	(39.3 - 48.9)	33.0	(28.4 - 37.6)	22.9	(18.5 - 27.2)
Middlesex-Somerset-Hunterdon, NJ, PMSA	41.2	(36.5 - 45.8)	46.8	(42.1 - 51.6)	12.0	(9.0 - 15.0)
Monmouth-Ocean, NJ, PMSA	45.6	(40.4 - 50.7)	41.2	(35.9 - 46.4)	13.2	(10.0 - 16.4)
Nassau-Suffolk, NY, PMSA	38.6	(33.9 - 43.4)	37.4	(32.8 - 42.0)	24.0	(20.1 - 27.9)
New Haven-Bridgeport-Stamford-Waterbury-Danbury, CT, NECMA	46.4	(44.2 - 48.5)	37.9	(35.8 - 40.0)	15.7	(14.2 - 17.3)
New London-Norwich, CT, NECMA	53.5	(48.9 - 58.2)	34.6	(30.2 - 39.0)	11.9	(8.9 - 14.8)
New York, NY, PMSA	40.9	(37.9 - 43.9)	35.8	(32.8 - 38.9)	23.3	(20.5 - 26.1)
Newark, NJ, PMSA	44.6	(40.9 - 48.2)	38.7	(35.2 - 42.3)	16.7	(13.9 - 19.5)
Philadelphia, PA-NJ, PMSA	44.9	(41.7 - 48.1)	40.2	(37.0 - 43.4)	15.0	(12.7 - 17.3)
Pittsburgh, PA, MSA	46.8	(42.3 - 51.2)	38.7	(34.4 - 43.1)	14.5	(11.6 - 17.4)
Providence-Warwick-Pawtucket, RI, NECMA	47.7	(45.7 - 49.8)	36.2	(34.3 - 38.1)	16.1	(14.6 - 17.5)
Springfield, MA, NECMA	53.5	(49.4 - 57.7)	30.1	(26.3 - 33.8)	16.4	(13.5 - 19.3)
Midwest						
Chicago, IL, PMSA	47.5	(44.2 - 50.8)	34.6	(31.5 - 37.7)	17.9	(15.4 - 20.4)
Cincinnati, OH-KY-IN, PMSA	43.1	(39.0 - 47.3)	40.1	(35.9 - 44.4)	16.7	(13.9 - 19.5)
Cleveland-Lorain-Elyria, OH, PMSA	45.6	(40.7 - 50.6)	40.0	(35.2 - 44.7)	14.4	(11.0 - 17.8)
Columbus, OH, MSA	50.4	(45.4 - 55.5)	35.0	(30.3 - 39.7)	14.6	(10.9 - 18.3)
Des Moines, IA, MSA	41.3	(36.7 - 45.9)	45.7	(41.0 - 50.4)	13.0	(10.0 - 16.0)
Detroit, MI, PMSA	42.1	(39.1 - 45.0)	43.2	(40.2 - 46.2)	14.7	(12.4 - 17.0)
Fargo-Moorhead, ND-MN, MSA	48.3	(42.1 - 54.5)	43.6	(37.4 - 49.8)	8.1	(4.9 - 11.3)
Huntington-Ashland, WV-KY-OH, MSA	40.0	(34.1 - 45.8)	39.7	(34.0 - 45.3)	20.3	(16.7 - 24.0)
Indianapolis, IN, MSA	45.1	(41.7 - 48.5)	41.8	(38.5 - 45.2)	13.1	(10.8 - 15.4)
Kansas City, MO-KS, MSA	43.5	(40.6 - 46.4)	39.9	(37.0 - 42.7)	16.6	(14.5 - 18.8)
Lincoln, NE, MSA	37.2	(32.6 - 41.7)	31.3	(27.1 - 35.5)	31.6	(26.9 - 36.2)
Louisville, KY-IN, MSA	32.6	(28.4 - 36.8)	40.6	(36.1 - 45.1)	26.8	(22.7 - 31.0)
Milwaukee-Waukesha, WI, PMSA	48.0	(44.1 - 51.9)	41.5	(37.7 - 45.3)	10.5	(8.0 - 12.9)
Minneapolis-St Paul, MN-WI, MSA	48.7	(46.2 - 51.1)	43.5	(41.2 - 45.9)	7.8	(6.5 - 9.2)
Oklahoma City, OK, MSA	37.7	(33.6 - 41.8)	43.0	(38.9 - 47.2)	19.2	(16.0 - 22.5)
Omaha, NE-IA, MSA	34.8	(31.5 - 38.1)	42.8	(39.5 - 46.1)	22.4	(19.5 - 25.4)
Rapid City, SD, MSA	50.8	(45.9 - 55.7)	36.4	(31.7 - 41.2)	12.8	(9.6 - 15.9)
Sioux Falls, SD, MSA	41.5	(38.4 - 44.7)	40.1	(36.9 - 43.2)	18.4	(15.9 - 20.9)
St Louis, MO-IL, MSA	36.9	(32.7 - 41.1)	46.3	(42.0 - 50.6)	16.7	(13.4 - 20.1)
Tulsa, OK, MSA	37.8	(33.2 - 42.4)	38.9	(34.1 - 43.8)	23.2	(18.8 - 27.7)
Wichita, KS, MSA	43.7	(39.8 - 47.6)	38.2	(34.5 - 41.9)	18.1	(15.2 - 21.1)
South						
Atlanta, GA, MSA	41.4	(38.2 - 44.6)	38.5	(35.4 - 41.6)	20.1	(17.4 - 22.8)
Baltimore, MD, PMSA	42.7	(39.7 - 45.7)	40.6	(37.7 - 43.6)	16.7	(14.4 - 18.9)
Baton Rouge, LA, MSA	35.3	(30.9 - 39.6)	36.6	(32.3 - 40.8)	28.2	(24.2 - 32.1)
Birmingham, AL, MSA	41.9	(37.0 - 46.8)	41.5	(36.7 - 46.3)	16.6	(13.0 - 20.2)
Charlotte-Gastonia-Rock Hill, NC-SC, MSA	35.7	(31.3 - 40.1)	48.0	(43.1 - 53.0)	16.3	(13.1 - 19.4)
Cincinnati, OH-KY-IN, PMSA	43.1	(39.0 - 47.3)	40.1	(35.9 - 44.4)	16.7	(13.9 - 19.5)
Dallas, TX, PMSA	42.6	(38.6 - 46.5)	42.0	(38.2 - 45.9)	15.4	(12.5 - 18.4)
Dover, DE, MSA	42.0	(38.5 - 45.5)	40.8	(37.3 - 44.2)	17.2	(14.5 - 19.9)
Greensboro--Winston-Salem--High Point, NC, MSA	38.5	(33.9 - 43.2)	42.8	(38.3 - 47.3)	18.7	(14.9 - 22.4)
Greenville-Spartanburg-Anderson, SC, MSA	43.2	(39.0 - 47.4)	38.5	(34.4 - 42.6)	18.3	(14.9 - 21.7)
Houston, TX, PMSA	40.9	(37.3 - 44.5)	41.4	(37.7 - 45.0)	17.8	(14.6 - 20.9)
Huntington-Ashland, WV-KY-OH, MSA	40.0	(34.1 - 45.8)	39.7	(34.0 - 45.3)	20.3	(16.7 - 24.0)
Little Rock-North Little Rock, AR, MSA	44.0	(39.4 - 48.5)	42.4	(37.9 - 46.9)	13.6	(10.5 - 16.8)
Louisville, KY-IN, MSA	32.6	(28.4 - 36.8)	40.6	(36.1 - 45.1)	26.8	(22.7 - 31.0)
Memphis, TN-AR-MS, MSA	35.6	(30.7 - 40.5)	38.8	(33.8 - 43.7)	25.7	(21.2 - 30.1)
Miami, FL, PMSA	40.0	(35.1 - 44.8)	32.9	(28.2 - 37.5)	27.2	(22.8 - 31.5)
Nashville, TN, MSA	38.6	(33.9 - 43.4)	37.4	(32.8 - 42.0)	24.0	(20.1 - 27.9)
New Orleans, LA, MSA	34.9	(31.7 - 38.1)	37.5	(34.3 - 40.7)	27.6	(24.7 - 30.4)
Norfolk-Virginia Beach-Newport News, VA-NC, MSA	48.4	(43.6 - 53.3)	38.1	(33.4 - 42.8)	13.4	(10.2 - 16.7)

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Metropolitan Area ^a	Recommended ^b		Insufficient ^c		Inactive ^d	
	% ^e	95% CI ^f	% ^e	95% CI ^f	% ^e	95% CI ^f
Raleigh-Durham-Chapel Hill, NC, MSA	42.9	(38.6 - 47.2)	42.0	(37.7 - 46.3)	15.1	(11.6 - 18.6)
Tampa-St Petersburg-Clearwater, FL, MSA	47.8	(42.9 - 52.6)	34.4	(29.9 - 38.9)	17.8	(14.2 - 21.4)
Washington, DC-MD-VA-WV, PMSA	48.7	(46.3 - 51.1)	38.4	(36.1 - 40.8)	12.9	(11.2 - 14.5)
Wilmington-Newark, DE-MD, PMSA	42.2	(39.1 - 45.2)	42.1	(39.0 - 45.2)	15.7	(13.5 - 18.0)
West						
Albuquerque, NM, MSA	49.6	(46.0 - 53.1)	40.2	(36.7 - 43.6)	10.3	(8.2 - 12.3)
Boise City, ID, MSA	54.4	(50.7 - 58.1)	35.6	(32.3 - 38.9)	10.0	(7.3 - 12.7)
Denver, CO, PMSA	52.4	(48.6 - 56.2)	38.0	(34.5 - 41.6)	9.6	(7.2 - 11.9)
Honolulu, HI, MSA	50.1	(47.5 - 52.8)	36.8	(34.3 - 39.3)	13.0	(11.2 - 14.9)
Las Vegas, NV-AZ, MSA	48.9	(45.3 - 52.5)	37.2	(33.8 - 40.7)	13.8	(11.5 - 16.2)
Los Angeles-Long Beach, CA, PMSA	39.4	(35.7 - 43.0)	47.2	(43.3 - 51.1)	13.5	(10.8 - 16.1)
Phoenix-Mesa, AZ, MSA	51.4	(47.7 - 55.2)	37.8	(34.1 - 41.4)	10.8	(8.5 - 13.1)
Portland-Vancouver, OR-WA, PMSA	52.9	(49.9 - 56.0)	35.9	(33.0 - 38.8)	11.1	(9.1 - 13.2)
Reno, NV, MSA	49.3	(45.5 - 53.1)	40.9	(37.2 - 44.7)	9.8	(7.5 - 12.0)
Salt Lake City-Ogden, UT, MSA	52.5	(49.7 - 55.4)	39.0	(36.2 - 41.8)	8.5	(6.8 - 10.1)
Seattle-Bellevue-Everett, WA, PMSA	54.3	(51.6 - 56.9)	39.3	(36.7 - 41.9)	6.4	(5.1 - 7.7)
Tucson, AZ, MSA	52.6	(48.4 - 56.8)	36.0	(31.9 - 40.0)	11.5	(8.7 - 14.2)

Note: Data were adjusted for non-responses and weighted to the population of the geographic area.

^aMetropolitan areas with at least 500 survey respondents are shown. Areas were defined by OMB Bulletin 99-04, June 30, 1999.

^aMetropolitan Statistical Area (MSA) = a group of counties comprised of a city or urbanized area of at least 50,000 inhabitants and surrounding contiguous counties.

^aPrimary Metropolitan Statistical Area (PMSA) = a smaller component MSA of a metropolitan area with population of 1 million or more and multiple population centers.

^aNew England County Metropolitan Area (NECMA) = a county or counties in New England, comprised of cities and towns as population centers.

^bRecommended physical activity = reported moderate-intensity activities in a usual week (i.e., brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate) for ≥ 30 minutes per day, ≥ 5 days per week or vigorous-intensity activities in a usual week (i.e., running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate) for ≥ 20 minutes per day, ≥ 3 days per week or both. This can be accomplished through lifestyle activities (i.e., household, transportation, or leisure-time activities).

^cInsufficient physical activity = more than 10 minutes total per week of moderate or vigorous-intensity lifestyle activities (i.e., household, transportation, or leisure-time activity), but less than the recommended level of activity.

^dInactivity = less than 10 minutes total per week of moderate or vigorous-intensity lifestyle activities (i.e., household, transportation, or leisure-time activity).

^e% = estimated proportion of the population.

^f95% CI = confidence interval.