

**Leisure-Time Physical Activity<sup>a</sup> Prevalence Statistics by Metropolitan Area —  
United States, BRFSS 2000**

<b>Metropolitan Area<sup>b,c,d,e</sup></b>	<b>Leisure-Time Recommended Physical Activity<sup>f</sup></b>		<b>No Leisure-Time Physical Activity<sup>g</sup></b>	
	<b>%<sup>h</sup></b>	<b>95% CI<sup>i</sup></b>	<b>%<sup>h</sup></b>	<b>95% CI<sup>i</sup></b>
<b>Northeast</b>				
Bergen-Passaic, NJ, PMSA	26.5	(22.4-30.7)	27.8	(23.6-31.9)
Boston-Worcester-Lawrence-Lowell-Brockton, MA-NH, NECMA	29.2	(27.9-30.5)	25.2	(24.0-26.4)
Burlington, VT, NECMA	33.3	(30.0-36.5)	20.0	(17.4-22.7)
Hartford, CT, NECMA	33.8	(30.9-36.7)	21.9	(19.4-24.3)
Middlesex-Somerset-Hunterdon, NJ, PMSA	21.5	(18.1-24.9)	47.2	(42.9-51.6)
Monmouth-Ocean, NJ, PMSA	27.7	(23.2-32.3)	26.4	(22.2-30.6)
New Haven-Bridgeport-Stamford-Waterbury-Danbury, CT, NECMA	27.3	(24.9-29.7)	26.8	(24.3-29.2)
New York, NY, PMSA	24.4	(21.7-27.0)	29.9	(26.9-32.9)
Newark, NJ, PMSA	27.2	(23.7-30.8)	29.9	(26.0-33.7)
Philadelphia, PA-NJ, PMSA	27.4	(24.8-30.1)	23.5	(21.0-26.1)
Pittsburgh, PA, MSA	31.3	(27.2-35.3)	21.6	(18.1-25.1)
Providence-Warwick-Pawtucket, RI, NECMA	29.4	(27.6-31.2)	28.1	(26.3-30.0)
Springfield, MA, NECMA	26.1	(22.6-29.6)	26.9	(23.5-30.3)
<b>Midwest</b>				
Akron, OH, PMSA	23.7	(18.4-29.1)	32.2	(27.1-37.3)
Chicago, IL, PMSA	24.1	(21.3-26.9)	32.4	(29.2-35.7)
Cincinnati, OH-KY-IN, PMSA	24.2	(18.2-30.1)	26.0	(20.6-31.5)
Des Moines, IA, MSA	24.4	(20.1-28.7)	26.3	(22.1-30.5)
Detroit, MI, PMSA	27.0	(23.7-30.4)	24.1	(21.2-27.1)
Huntington-Ashland, WV-KY-OH, MSA	18.1	(12.0-24.2)	40.9	(32.9-48.8)
Indianapolis, IN, MSA	23.8	(20.3-27.3)	24.1	(20.6-27.7)
Kansas City, MO-KS, MSA	23.2	(20.7-25.8)	27.0	(24.1-29.8)
Lincoln, NE, MSA	21.6	(17.7-25.5)	32.0	(27.5-36.4)
Louisville, KY-IN, MSA	21.7	(17.6-25.8)	34.3	(29.8-38.9)
Milwaukee-Waukesha, WI, PMSA	27.5	(23.4-31.7)	23.3	(19.7-27.0)
Minneapolis-St Paul, MN-WI, MSA	27.6	(25.1-30.0)	22.7	(20.3-25.1)
Oklahoma City, OK, MSA	23.6	(20.8-26.3)	30.8	(27.9-33.7)
Omaha, NE-IA, MSA	26.0	(22.9-29.1)	23.2	(20.4-26.0)
Rapid City, SD, MSA	28.3	(24.1-32.4)	27.0	(22.9-31.1)
Sioux Falls, SD, MSA	24.7	(21.5-27.8)	23.0	(20.3-25.8)
St Louis, MO-IL, MSA	27.1	(23.2-30.9)	23.5	(20.0-26.9)
Tulsa, OK, MSA	25.9	(22.2-29.6)	30.5	(27.0-34.0)
Wichita, KS, MSA	21.5	(18.1-24.9)	27.0	(23.5-30.6)
<b>South</b>				
Atlanta, GA, MSA	27.0	(24.0-30.0)	24.4	(21.5-27.3)
Baltimore, MD, PMSA	29.1	(26.4-31.8)	24.7	(22.2-27.1)
Baton Rouge, LA, MSA	19.4	(16.1-22.8)	32.3	(28.3-36.4)
Charlotte-Gastonia-Rock Hill, NC-SC, MSA	22.7	(18.9-26.5)	31.7	(27.3-36.2)
Cincinnati, OH-KY-IN, PMSA	24.2	(18.2-30.1)	26.0	(20.6-31.5)
Dallas, TX, PMSA	24.5	(21.2-27.8)	27.2	(23.6-30.7)
Dover, DE, MSA	23.6	(20.4-26.7)	32.0	(28.6-35.5)
Greenville-Spartanburg-Anderson, SC, MSA	24.6	(21.0-28.2)	28.6	(24.6-32.5)
Houston, TX, PMSA	23.7	(20.4-27.0)	28.0	(24.3-31.7)
Huntington-Ashland, WV-KY-OH, MSA	18.1	(12.0-24.2)	40.9	(32.9-48.8)

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	<b>%<sup>h</sup></b>	<b>95% CI<sup>i</sup></b>	<b>%<sup>h</sup></b>	<b>95% CI<sup>i</sup></b>
Jacksonville, FL, MSA	26.5	(22.2-30.9)	25.6	(21.3-29.9)
Little Rock-North Little Rock, AR, MSA	28.3	(24.4-32.3)	24.7	(21.1-28.3)
Louisville, KY-IN, MSA	21.7	(17.6-25.8)	34.3	(29.8-38.9)
Memphis, TN-AR-MS, MSA	21.2	(17.1-25.2)	30.7	(26.4-35.0)
Miami, FL, PMSA	21.5	(18.1-24.9)	47.2	(42.9-51.6)
Nashville, TN, MSA	18.8	(15.1-22.5)	29.7	(25.5-34.0)
New Orleans, LA, MSA	19.1	(16.6-21.6)	34.8	(31.9-37.7)
Tampa-St Petersburg-Clearwater, FL, MSA	25.0	(21.4-28.5)	26.5	(22.8-30.2)
Washington, DC-MD-VA-WV, PMSA	31.3	(28.8-33.7)	20.5	(18.6-22.4)
Wilmington-Newark, DE-MD, PMSA	28.0	(24.8-31.1)	24.5	(21.6-27.4)
<b>West</b>				
Albuquerque, NM, MSA	29.6	(26.7-32.4)	21.3	(18.7-23.9)
Boise City, ID, MSA	32.0	(28.7-35.3)	16.0	(13.6-18.5)
Denver, CO, PMSA	29.6	(26.2-32.9)	19.7	(16.6-22.9)
Honolulu, HI, MSA	35.2	(33.0-37.3)	23.2	(21.3-25.1)
Las Vegas, NV-AZ, MSA	27.5	(24.1-30.9)	26.9	(23.4-30.4)
Los Angeles-Long Beach, CA, PMSA	26.3	(22.9-29.7)	29.4	(25.9-32.9)
Phoenix-Mesa, AZ, MSA	25.7	(21.4-30.0)	34.5	(29.4-39.6)
Portland-Vancouver, OR-WA, PMSA	31.3	(28.8-33.8)	17.7	(15.7-19.8)
Reno, NV, MSA	32.0	(28.1-36.0)	21.9	(18.0-25.8)
Salt Lake City-Ogden, UT, MSA	27.5	(24.6-30.4)	15.3	(13.0-17.5)
Seattle-Bellevue-Everett, WA, PMSA	32.3	(29.6-34.9)	14.5	(12.5-16.5)
Tucson, AZ, MSA	29.4	(25.2-33.6)	30.1	(24.9-35.4)

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

<sup>a</sup>Leisure-time physical activity = sports, recreation, or exercise reported when asked, "During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?"

<sup>b</sup>Metropolitan areas with at least 500 survey respondents are shown. Areas were defined by OMB Bulletin 99-04, June 30, 1999.

<sup>c</sup>Metropolitan Statistical Area (MSA) = a group of counties comprised of a city or urbanized area of at least 50,000 inhabitants and surrounding contiguous counties.

<sup>d</sup>Primary Metropolitan Statistical Area (PMSA) = a smaller component MSA of a metropolitan area with population of 1 million or more and multiple population centers.

<sup>e</sup>New England County Metropolitan Area (NECMA) = a county or counties in New England, comprised of cities and towns as population centers.

<sup>f</sup>Leisure-time recommended activity = reported any physical activity (leisure-time sports, recreation, or exercise), for  $\geq 30$  minutes per day,  $\geq 5$  days per week or vigorous-intensity (leisure-time) activity (metabolic equivalent  $\geq 60\%$   $VO_{2max}$ ) for  $\geq 20$  minutes per day,  $\geq 3$  days per week.

<sup>g</sup>No leisure-time physical activity = no reported leisure-time physical activities (i.e., any physical activities or exercises such as running, calisthenics, golf, gardening, or walking).

<sup>h</sup>% = estimated proportion of the population.

<sup>i</sup>95% CI = confidence interval.