

**Walking for Exercise Prevalence Statistics by Metropolitan Area—
United States, BRFSS 2000**

Metropolitan Area ^{a,b,c,d}	Any Walking in Past Month^e		Walk at least 5 times per Week, 30 minutes^f	
	%^g	95% CI^h	%^g	95% CI^h
Northeast				
Bergen-Passaic, NJ, PMSA	40.0	(35.5-44.5)	9.0	(6.3-11.6)
Boston-Worcester-Lawrence-Lowell-Brockton, MA-NH, NECMA	41.8	(40.4-43.2)	9.4	(8.6-10.2)
Burlington, VT, NECMA	42.2	(38.8-45.7)	7.9	(6.1- 9.6)
Hartford, CT, NECMA	40.1	(37.2-43.0)	9.4	(7.7-11.2)
Middlesex-Somerset-Hunterdon, NJ, PMSA	39.6	(34.7-44.5)	6.2	(3.9- 8.6)
Monmouth-Ocean, NJ, PMSA	36.1	(31.4-40.7)	5.4	(3.3- 7.5)
New Haven-Bridgeport-Stamford-Waterbury-Danbury, CT, NECMA	39.3	(36.7-41.9)	8.4	(6.9- 9.8)
New York, NY, PMSA	37.8	(34.7-40.8)	7.3	(5.7- 8.9)
Newark, NJ, PMSA	38.4	(34.7-42.2)	9.2	(7.0-11.5)
Philadelphia, PA-NJ, PMSA	43.7	(40.7-46.6)	9.4	(7.7-11.2)
Pittsburgh, PA, MSA	44.2	(40.0-48.5)	10.1	(7.6-12.6)
Providence-Warwick-Pawtucket, RI, NECMA	40.1	(38.2-42.0)	8.9	(7.8-10.0)
Springfield, MA, NECMA	41.8	(37.8-45.7)	9.5	(7.1-11.9)
Midwest				
Akron, OH, PMSA	38.2	(32.0-44.4)	8.9	(4.7-13.2)
Chicago, IL, PMSA	36.3	(33.1-39.6)	5.8	(4.2- 7.3)
Cincinnati, OH-KY-IN, PMSA	41.4	(35.1-47.7)	4.7	(2.5- 6.9)
Des Moines, IA, MSA	42.2	(37.6-46.8)	8.1	(5.7-10.5)
Detroit, MI, PMSA	40.6	(37.0-44.1)	7.5	(5.5- 9.5)
Huntington-Ashland, WV-KY-OH, MSA	32.8	(26.3-39.3)	5.3	(3.3- 7.3)
Indianapolis, IN, MSA	41.9	(37.9-45.9)	5.7	(3.9- 7.5)
Kansas City, MO-KS, MSA	38.0	(35.0-41.0)	6.7	(5.2- 8.1)
Lincoln, NE, MSA	34.3	(29.8-38.7)	6.2	(4.1- 8.3)
Louisville, KY-IN, MSA	36.3	(31.8-40.9)	4.9	(2.9- 6.9)
Milwaukee-Waukesha, WI, PMSA	44.2	(39.8-48.6)	7.2	(5.1- 9.3)
Minneapolis-St Paul, MN-WI, MSA	37.7	(35.0-40.5)	6.2	(4.9- 7.6)
Oklahoma City, OK, MSA	38.5	(35.4-41.6)	5.9	(4.5- 7.3)
Omaha, NE-IA, MSA	40.1	(36.7-43.4)	7.0	(5.1- 8.8)
Rapid City, SD, MSA	39.0	(34.5-43.4)	8.1	(5.7-10.5)
Sioux Falls, SD, MSA	47.2	(43.8-50.6)	7.5	(5.1-10.0)
St Louis, MO-IL, MSA	37.9	(33.9-41.9)	7.8	(5.6-10.1)
Tulsa, OK, MSA	37.9	(34.1-41.7)	8.6	(6.4-10.9)
Wichita, KS, MSA	40.0	(35.9-44.0)	5.2	(3.5- 7.0)
South				
Atlanta, GA, MSA	41.0	(37.8-44.2)	7.9	(6.2- 9.6)
Baltimore, MD, PMSA	39.3	(36.5-42.1)	8.3	(6.8- 9.8)
Baton Rouge, LA, MSA	35.6	(31.6-39.6)	6.1	(4.2- 8.1)
Charlotte-Gastonia-Rock Hill, NC-SC, MSA	41.0	(36.4-45.6)	7.2	(4.9- 9.4)
Cincinnati, OH-KY-IN, PMSA	41.4	(35.1-47.7)	4.7	(2.5- 6.9)
Dallas, TX, PMSA	40.6	(36.7-44.5)	7.9	(5.8-10.0)
Dover, DE, MSA	31.9	(28.5-35.2)	5.6	(4.0- 7.2)
Greenville-Spartanburg-Anderson, SC, MSA	39.6	(35.5-43.7)	6.8	(4.8- 8.9)

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	%^g	95% CI^h	%^g	95% CI^h
Houston, TX, PMSA	37.5	(33.8-41.3)	6.7	(4.8- 8.5)
Huntington-Ashland, WV-KY-OH, MSA	32.8	(26.3-39.3)	5.3	(3.3- 7.3)
Jacksonville, FL, MSA	37.0	(32.4-41.7)	5.7	(3.7- 7.7)
Little Rock-North Little Rock, AR, MSA	42.6	(38.4-46.8)	8.8	(6.5-11.1)
Louisville, KY-IN, MSA	36.3	(31.8-40.9)	4.9	(2.9- 6.9)
Memphis, TN-AR-MS, MSA	36.4	(31.7-41.0)	6.6	(4.3- 8.8)
Miami, FL, PMSA	26.3	(22.6-30.0)	5.8	(3.9- 7.8)
Nashville, TN, MSA	43.5	(39.0-48.1)	7.1	(4.4- 9.7)
New Orleans, LA, MSA	32.9	(30.1-35.7)	6.2	(4.6- 7.8)
Tampa-St Petersburg-Clearwater, FL, MSA	37.7	(33.7-41.7)	6.7	(4.7- 8.7)
Washington, DC-MD-VA-WV, PMSA	40.2	(37.8-42.6)	7.9	(6.7- 9.2)
Wilmington-Newark, DE-MD, PMSA	36.9	(33.6-40.2)	7.0	(5.3- 8.7)
West				
Albuquerque, NM, MSA	43.8	(40.7-46.9)	8.5	(6.8-10.2)
Boise City, ID, MSA	43.5	(40.1-47.0)	5.8	(4.2- 7.4)
Denver, CO, PMSA	42.1	(38.4-45.9)	7.3	(5.5- 9.2)
Honolulu, HI, MSA	34.1	(32.1-36.2)	8.0	(6.8- 9.2)
Las Vegas, NV-AZ, MSA	37.5	(33.7-41.3)	8.3	(6.4-10.3)
Los Angeles-Long Beach, CA, PMSA	38.5	(34.9-42.1)	8.1	(6.0-10.3)
Phoenix-Mesa, AZ, MSA	33.1	(28.5-37.6)	6.4	(4.2- 8.5)
Portland-Vancouver, OR-WA, PMSA	45.1	(42.4-47.8)	9.8	(8.2-11.3)
Reno, NV, MSA	38.7	(34.5-42.9)	6.2	(4.3- 8.2)
Salt Lake City-Ogden, UT, MSA	45.1	(41.9-48.3)	6.2	(4.7- 7.7)
Seattle-Bellevue-Everett, WA, PMSA	48.5	(45.6-51.3)	8.8	(7.2-10.3)
Tucson, AZ, MSA	37.6	(33.0-42.2)	9.5	(6.8-12.3)

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.

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

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

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

^eAny walking in past month = proportion of adults who reported walking as one of the two most frequent leisure-time physical activities they participated in during the past month.

^fWalk at least 5 times per week, 30 minutes = proportion of adults who walked at least 5 times per week for at least 30 minutes per session, among adults who reported any walking in the past month.

^g% = estimated proportion of the population.

^h95% CI = confidence interval.