

**Physical Activity Prevalence Statistics by Metropolitan Area—
United States, SMART BRFSS 2002**

Metropolitan Area ^a	Recommended ^b		Insufficient ^c		Inactive ^d	
	% ^e	95% CI ^f	% ^e	95% CI ^f	% ^e	95% CI ^f
Northeast						
Bridgeport-Stamford-Norwalk, CT, Metropolitan Statistical Area	50.5	(46.8 - 54.3)	37.6	(34.0 - 41.2)	11.9	(9.4 - 14.3)
Hartford-West Hartford-East Hartford, CT, Metropolitan Statistical Area	50.6	(47.6 - 53.7)	37.9	(35.0 - 40.8)	11.5	(9.7 - 13.3)
Norwich-New London, CT, Metropolitan Statistical Area	51.7	(46.3 - 57.0)	38.6	(33.2 - 43.9)	9.8	(6.6 - 12.9)
Portland-South Portland, ME, Metropolitan Statistical Area	50.6	(46.6 - 54.6)	38.5	(34.6 - 42.3)	10.9	(8.4 - 13.5)
Willimantic, CT, Micropolitan Statistical Area	53.4	(47.5 - 59.4)	34.4	(28.5 - 40.4)	12.1	(8.9 - 15.3)
Midwest						
Akron, OH, Metropolitan Statistical Area	46.6	(41.1 - 52.1)	41.9	(36.4 - 47.4)	11.5	(8.4 - 14.6)
Chicago-Naperville-Joliet, IL, Metropolitan Division	44.6	(41.3 - 47.9)	36.9	(33.7 - 40.2)	18.5	(15.9 - 21.0)
Dayton, OH, Metropolitan Statistical Area	47.0	(40.7 - 53.3)	40.7	(34.7 - 46.7)	12.3	(8.3 - 16.3)
Des Moines, IA, Metropolitan Statistical Area	47.5	(42.9 - 52.2)	40.8	(36.1 - 45.4)	11.7	(8.8 - 14.6)
Detroit-Livonia-Dearborn, MI, Metropolitan Division	46.1	(41.6 - 50.5)	39.6	(35.3 - 43.9)	14.3	(11.2 - 17.4)
Toledo, OH, Metropolitan Statistical Area	47.2	(40.6 - 53.8)	40.9	(34.3 - 47.5)	11.9	(8.1 - 15.7)
Warren-Farmington Hills-Troy, MI, Metropolitan Division	49.6	(45.9 - 53.3)	40.7	(37.1 - 44.3)	9.7	(7.5 - 11.9)
South						
Asheville, NC, Metropolitan Statistical Area	41.0	(36.4 - 45.5)	41.1	(36.6 - 45.6)	17.9	(14.2 - 21.6)
Baltimore-Towson, MD, Metropolitan Statistical Area	45.5	(42.5 - 48.5)	41.1	(38.2 - 44.0)	13.4	(11.3 - 15.5)
Bethesda-Frederick-Gaithersburg, MD, Metropolitan Division	44.7	(40.5 - 48.9)	43.2	(39.0 - 47.3)	12.2	(9.2 - 15.2)
Columbia, SC, Metropolitan Statistical Area	42.4	(37.1 - 47.7)	42.9	(37.7 - 48.2)	14.7	(10.6 - 18.8)
Dover, DE, Metropolitan Statistical Area	41.2	(37.6 - 44.8)	41.4	(38.1 - 44.8)	17.4	(14.7 - 20.0)
Durham, NC, Metropolitan Statistical Area	38.2	(29.8 - 46.6)	42.1	(33.1 - 51.0)	19.7	(12.0 - 27.5)
Greensboro-High Point, NC, Metropolitan Statistical Area	38.0	(33.1 - 42.9)	42.5	(37.5 - 47.5)	19.5	(15.7 - 23.3)
Nashville-Davidson--Murfreesboro, TN, Metropolitan Statistical Area	40.5	(36.0 - 45.0)	37.6	(33.4 - 41.8)	21.9	(18.3 - 25.5)
Richmond, VA, Metropolitan Statistical Area	45.9	(41.1 - 50.6)	39.9	(35.3 - 44.5)	14.2	(10.8 - 17.6)
Seaford, DE, Micropolitan Statistical Area	43.3	(40.1 - 46.4)	40.5	(37.4 - 43.5)	16.3	(14.0 - 18.6)
Virginia Beach-Norfolk-Newport News, VA-NC, Metropolitan Statistical Area	50.4	(46.0 - 54.9)	35.8	(31.8 - 39.9)	13.8	(10.9 - 16.6)
Winston-Salem, NC, Metropolitan Statistical Area	36.6	(30.7 - 42.6)	47.0	(40.8 - 53.1)	16.4	(12.3 - 20.5)
West						
Denver-Aurora, CO, Metropolitan Statistical Area	52.4	(49.7 - 55.2)	38.7	(36.0 - 41.3)	8.9	(7.2 - 10.6)
Hilo, HI, Micropolitan Statistical Area	42.5	(39.4 - 45.6)	46.9	(43.7 - 50.0)	10.6	(8.8 - 12.5)
Honolulu, HI, Metropolitan Statistical Area	42.4	(40.3 - 44.6)	47.3	(45.1 - 49.5)	10.2	(8.9 - 11.5)
Kahului-Wailuku, HI, Micropolitan Statistical Area	40.2	(36.8 - 43.5)	46.7	(43.3 - 50.1)	13.1	(10.7 - 15.5)
Kapaa, HI, Micropolitan Statistical Area	41.5	(36.9 - 46.0)	47.5	(42.8 - 52.2)	11.1	(8.1 - 14.0)
Phoenix-Mesa-Scottsdale, AZ, Metropolitan Statistical Area	50.0	(45.9 - 54.0)	42.4	(38.3 - 46.5)	7.6	(5.8 - 9.3)
Tucson, AZ, Metropolitan Statistical Area	57.5	(53.1 - 61.9)	34.3	(30.1 - 38.5)	8.2	(6.0 - 10.5)

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 03-04, June 2003, available at http://www.whitehouse.gov/omb/bulletins/b03-04_attach.pdf.

^aMetropolitan Statistical Area = group of counties that contain at least one urbanized area of 50,000 or more inhabitants.

^aMicropolitan Statistical Area = group of counties that contain at least one urban cluster of at least 10,000 but less than 50,000 inhabitants.

^aMetropolitan Division = smaller group of counties within a metropolitan statistical area which contains 2.5 million or more inhabitants.

^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.

^dInactive = 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.