

**Physical Activity Prevalence Statistics by Metropolitan Area—
United States, SMART BRFS 2003**

Metropolitan Area ^a	Recommended ^b		Insufficient ^c		Inactive ^d	
	% ^e	95% CI ^f	% ^e	95% CI ^f	% ^e	95% CI ^f
Northeast						
Boston-Quincy, MA Metropolitan Division	48.3	(45.5 - 51.1)	31.7	(29.1 - 34.3)	13.3	(11.5 - 15.2)
Bridgeport-Stamford-Norwalk, CT	49.3	(45.9 - 52.6)	31.8	(28.8 - 35)	12.4	(10.3 - 14.8)
Burlington-South Burlington, VT	50.2	(47 - 53.3)	36.8	(33.8 - 39.9)	7.7	(6.2 - 9.4)
Cambridge-Newton-Framingham, MA Metropolitan Division	50.9	(47.7 - 54.1)	31.4	(28.4 - 34.5)	11.1	(9.3 - 13.3)
Camden, NJ Metropolitan Division	44.8	(41.8 - 47.8)	35.3	(32.4 - 38.2)	12.1	(10.4 - 14)
Concord, NH	52.8	(48.1 - 57.4)	34.5	(30.1 - 39.1)	8.7	(6.5 - 11.6)
Edison, NJ Metropolitan Division	43.0	(40.8 - 45.3)	35.7	(33.5 - 37.9)	14.3	(12.8 - 16)
Essex County, MA Metropolitan Division	48.1	(43.6 - 52.5)	31.4	(27.5 - 35.7)	13.0	(10.3 - 16.1)
Hartford-West Hartford-East Hartford, CT	48.3	(45.7 - 50.9)	34.5	(32 - 37)	11.9	(10.3 - 13.6)
Lebanon, NH-VT	54.2	(50.6 - 57.8)	31.9	(28.6 - 35.4)	6.8	(5.5 - 8.4)
Manchester-Nashua, NH	49.3	(46.2 - 52.4)	32.9	(30 - 35.8)	11.4	(9.5 - 13.5)
New Haven-Milford, CT	48.7	(45.3 - 52.1)	30.7	(27.7 - 33.8)	13.9	(11.6 - 16.7)
New York-Wayne-White Plains, NY-NJ Metropolitan Division	37.9	(35.8 - 40)	31.5	(29.5 - 33.5)	21.7	(19.9 - 23.7)
Newark-Union, NJ-PA Metropolitan Division	39.6	(37.2 - 42.2)	34.9	(32.5 - 37.4)	18.3	(16.3 - 20.4)
Philadelphia, PA Metropolitan Division	45.3	(41.6 - 48.9)	37.6	(34 - 41.2)	11.5	(9.4 - 13.9)
Pittsburgh, PA	48.6	(44.4 - 52.8)	34.6	(30.7 - 38.7)	10.0	(7.8 - 12.6)
Portland-South Portland, ME	51.6	(47.7 - 55.4)	33.8	(30.2 - 37.6)	9.7	(7.8 - 12.1)
Providence-New Bedford-Fall River, RI-MA	46.9	(45.1 - 48.8)	33.4	(31.6 - 35.2)	13.6	(12.4 - 14.8)
Rockingham County-Strafford County, NH Metropolitan Division	49.4	(46.4 - 52.5)	35.9	(33.1 - 38.9)	8.5	(7.1 - 10.2)
Springfield, MA	50.4	(46.3 - 54.5)	30.4	(26.9 - 34.2)	13.4	(10.9 - 16.5)
Suffolk County-Nassau County, NY Metropolitan Division	42.2	(38 - 46.6)	35.5	(31.3 - 40.1)	16.1	(12.9 - 20)
Trenton-Ewing, NJ	42.2	(37.2 - 47.4)	38.0	(33 - 43.3)	13.0	(10 - 16.9)
Worcester, MA	47.1	(43.1 - 51.2)	32.5	(28.8 - 36.4)	13.7	(11.2 - 16.6)
South						
Asheville, NC	40.1	(35.2 - 45.3)	36.1	(31.5 - 41)	18.7	(15.1 - 22.9)
Atlanta-Sandy Springs-Marietta, GA	41.3	(38.6 - 44.1)	39.0	(36.3 - 41.6)	15.3	(13.4 - 17.4)
Augusta-Richmond County, GA-SC	36.5	(32.5 - 40.7)	41.7	(37.7 - 45.8)	14.8	(12.1 - 18)
Baltimore-Towson, MD	47.6	(44.7 - 50.4)	33.9	(31.2 - 36.6)	12.4	(10.6 - 14.4)
Baton Rouge, LA	35.7	(31.9 - 39.6)	36.8	(33.1 - 40.7)	19.5	(16.5 - 22.8)
Bethesda-Frederick-Gaithersburg, MD Metropolitan Division	46.7	(42.4 - 51)	37.5	(33.4 - 41.9)	11.0	(8.5 - 14)
Birmingham-Hoover, AL	38.7	(35 - 42.6)	43.1	(39.2 - 47)	14.6	(12.1 - 17.5)
Charleston, WV	40.4	(35.8 - 45.1)	38.4	(34 - 43)	16.2	(13.2 - 19.7)
Charleston-North Charleston, SC	43.9	(39.9 - 48)	37.5	(33.7 - 41.6)	13.0	(10.4 - 16)
Charlotte-Gastonia-Concord, NC-SC	37.4	(33.3 - 41.7)	39.3	(35.3 - 43.6)	20.4	(17.1 - 24.1)
Columbia, SC	44.4	(40.7 - 48)	36.5	(33 - 40.1)	12.0	(9.8 - 14.5)
Dallas-Plano-Irving, TX Metropolitan Division	41.7	(38.1 - 45.5)	35.8	(32.3 - 39.5)	15.6	(12.9 - 18.6)
Dover, DE	38.8	(35.7 - 41.9)	42.0	(38.9 - 45.1)	15.1	(13.1 - 17.5)
Durham, NC	35.5	(29.7 - 41.8)	39.1	(32.6 - 46)	23.3	(18 - 29.5)
Fayetteville-Springdale-Rogers, AR-MO	46.9	(41.6 - 52.2)	38.6	(33.6 - 43.8)	10.1	(7.7 - 13.2)
Greensboro-High Point, NC	41.1	(35.7 - 46.7)	39.3	(34.1 - 44.8)	17.3	(13.8 - 21.5)
Greenville, SC	44.1	(40.1 - 48.1)	37.7	(34 - 41.5)	11.2	(8.9 - 14.1)
Houston-Baytown-Sugar Land, TX	39.1	(35.9 - 42.4)	37.2	(34.1 - 40.5)	17.6	(15 - 20.6)
Jackson, MS	35.5	(31.6 - 39.5)	41.5	(37.4 - 45.7)	16.1	(13.4 - 19.1)
Little Rock-North Little Rock, AR	42.4	(38.8 - 46.1)	39.4	(35.9 - 43.1)	11.5	(9.5 - 14)
Memphis, TN-MS-AR	35.7	(31 - 40.7)	36.0	(31.6 - 40.7)	22.3	(18.4 - 26.7)
Miami-Fort Lauderdale-Miami Beach, FL	36.9	(32.1 - 42)	41.0	(36 - 46.1)	17.8	(14.5 - 21.6)
Nashville-Davidson-Murfreesboro, TN	37.5	(33.1 - 42)	39.6	(35.2 - 44.2)	17.0	(13.9 - 20.5)
New Orleans-Metairie-Kenner, LA	35.9	(32.8 - 39.2)	35.6	(32.4 - 38.8)	21.0	(18.5 - 23.7)
Oklahoma City, OK	38.8	(36.5 - 41.1)	41.1	(38.8 - 43.4)	17.8	(16.1 - 19.7)
Raleigh-Cary, NC	38.0	(33.4 - 42.9)	37.3	(32.8 - 42.1)	21.5	(17.6 - 26)
Richmond, VA	47.6	(43.4 - 51.8)	33.4	(29.5 - 37.5)	14.1	(11.4 - 17.2)
Seaford, DE	41.5	(38.2 - 44.9)	36.9	(33.7 - 40.2)	16.4	(14.1 - 19)
Shreveport-Bossier City, LA	40.3	(35.6 - 45.3)	31.9	(27.4 - 36.7)	19.6	(16.2 - 23.4)
Tulsa, OK	42.2	(39.6 - 44.9)	38.6	(36.1 - 41.1)	16.0	(14.1 - 18)
Virginia Beach-Norfolk-Newport News, VA-NC	49.5	(45.5 - 53.4)	33.3	(29.7 - 37)	11.7	(9.7 - 14.1)
Washington-Arlington-Alexandria, DC-VA-MD-WV Metropolitan Division	46.0	(43 - 49.1)	35.7	(32.8 - 38.7)	11.8	(10 - 13.8)
Wilmington, DE-MD-NJ Metropolitan Division	42.8	(40 - 45.7)	36.1	(33.4 - 38.9)	16.0	(14 - 18.3)
Midwest						
Boise City-Nampa, ID	50.9	(47.7 - 54.1)	33.5	(30.6 - 36.6)	9.8	(8.1 - 11.8)
Chicago-Naperville-Joliet, IL-IN-WI	42.4	(40.5 - 44.3)	37.5	(35.6 - 39.4)	15.8	(14.4 - 17.3)
Cincinnati-Middletown, OH-KY-IN	44.5	(40.8 - 48.3)	36.7	(33.1 - 40.5)	14.1	(12 - 16.5)
Cleveland-Elyria-Mentor, OH	43.4	(39 - 47.8)	35.2	(31.1 - 39.6)	15.0	(12.3 - 18.2)
Columbus, OH	45.2	(40.7 - 49.7)	36.0	(31.7 - 40.6)	13.2	(10.5 - 16.5)
Des Moines, IA	39.7	(35.9 - 43.5)	42.7	(38.9 - 46.5)	11.9	(9.6 - 14.6)

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Detroit-Livonia-Dearborn, MI Metropolitan Division	41.6	(36.9 - 46.4)	38.3	(33.6 - 43.2)	16.4	(13.2 - 20.2)
Fargo, ND-MN	45.3	(38.6 - 52.1)	43.0	(36.4 - 49.9)	7.5	(5.1 - 10.8)
Huntington-Ashland, WV-KY-OH	38.5	(32.9 - 44.4)	37.8	(32.2 - 43.8)	16.7	(13.5 - 20.5)
Indianapolis, IN	43.8	(41 - 46.7)	36.8	(34 - 39.6)	12.3	(10.6 - 14.3)
Kansas City, MO-KS	40.3	(37.4 - 43.3)	41.3	(38.3 - 44.3)	15.0	(12.9 - 17.3)
Lincoln, NE	44.4	(40.7 - 48.2)	40.0	(36.3 - 43.7)	10.1	(8.1 - 12.6)
Louisville, KY-IN	33.5	(29.6 - 37.6)	41.0	(36.9 - 45.3)	18.5	(15.6 - 21.7)
Milwaukee-Waukesha-West Allis, WI	51.7	(48 - 55.4)	34.3	(31 - 37.8)	9.4	(7.4 - 11.8)
Minneapolis-St. Paul-Bloomington, MN-WI	48.4	(46 - 50.8)	40.6	(38.3 - 43)	6.7	(5.7 - 7.9)
Omaha-Council Bluffs, NE-IA	40.7	(38.3 - 43.1)	41.7	(39.3 - 44.2)	13.2	(11.6 - 15)
Rapid City, SD	46.2	(42.7 - 49.8)	37.4	(34 - 40.9)	13.2	(11.1 - 15.6)
Sioux Falls, SD	47.9	(44 - 51.8)	38.1	(34.3 - 42.1)	11.1	(9 - 13.7)
St. Louis, MO-IL	43.2	(39.6 - 46.9)	39.2	(35.6 - 43)	13.3	(11.1 - 15.7)
Topeka, KS	35.6	(30.8 - 40.8)	43.3	(38.2 - 48.5)	17.4	(13.7 - 21.8)
Warren-Farmington Hills-Troy, MI Metropolitan Division	44.3	(40.2 - 48.5)	40.5	(36.4 - 44.6)	11.3	(9.2 - 14)
Wichita, KS	44.1	(40 - 48.2)	38.7	(34.8 - 42.8)	14.2	(11.6 - 17.2)
West						
Albuquerque, NM	50.7	(47.9 - 53.6)	34.0	(31.3 - 36.7)	11.1	(9.5 - 12.9)
Anchorage, AK	52.3	(47.7 - 56.9)	30.2	(26 - 34.8)	11.1	(8.5 - 14.5)
Bremerton-Silverdale, WA	55.4	(51.7 - 59)	32.7	(29.2 - 36.3)	7.8	(6.2 - 9.9)
Casper, WY	52.5	(47.5 - 57.4)	33.5	(29 - 38.4)	8.5	(6.3 - 11.2)
Cheyenne, WY	49.9	(45.6 - 54.1)	36.9	(32.8 - 41.1)	9.8	(7.8 - 12.3)
Denver-Aurora, CO	50.5	(48 - 53)	34.8	(32.4 - 37.2)	10.7	(9.2 - 12.5)
Fairbanks, AK	58.0	(53.2 - 62.7)	26.5	(22.7 - 30.7)	10.3	(7.5 - 13.9)
Hilo, HI	51.4	(47.6 - 55.2)	34.1	(30.7 - 37.8)	12.5	(10.3 - 15.2)
Honolulu, HI	49.4	(47 - 51.8)	36.0	(33.7 - 38.4)	13.6	(12 - 15.3)
Kahului-Wailuku, HI	48.1	(43.5 - 52.8)	35.3	(31 - 39.9)	13.0	(10.4 - 16.2)
Kennewick-Richland-Pasco, WA	44.3	(39.7 - 49)	38.3	(33.8 - 43.1)	10.1	(7.7 - 13.2)
Las Cruces, NM	44.5	(39.9 - 49.2)	35.6	(31 - 40.4)	15.3	(12.2 - 19)
Las Vegas-Paradise, NV	46.6	(43.1 - 50.1)	34.5	(31.2 - 37.9)	14.5	(12.2 - 17.3)
Los Angeles-Long Beach-Glendale, CA Metropolitan Division	39.6	(36 - 43.2)	39.0	(35.4 - 42.8)	15.3	(12.7 - 18.3)
Ogden-Clearfield, UT	53.2	(48.4 - 57.9)	35.6	(31.1 - 40.4)	7.5	(5.3 - 10.4)
Olympia, WA	56.1	(51.9 - 60.1)	31.5	(27.7 - 35.4)	8.3	(6.3 - 10.8)
Phoenix-Mesa-Scottsdale, AZ	43.9	(40.1 - 47.8)	35.0	(31.4 - 38.8)	15.2	(12.4 - 18.4)
Portland-Vancouver-Beaverton, OR-WA	50.2	(47.9 - 52.6)	33.3	(31.2 - 35.5)	10.8	(9.3 - 12.4)
Reno-Sparks, NV	56.2	(52.7 - 59.6)	26.9	(24 - 30)	13.4	(11 - 16.3)
Salt Lake City, UT	53.7	(50.6 - 56.8)	33.1	(30.2 - 36.1)	8.6	(6.9 - 10.5)
San Francisco-Oakland-Fremont, CA	47.5	(42.6 - 52.5)	40.3	(35.5 - 45.2)	8.9	(6.6 - 12)
Seattle-Bellevue-Everett, WA Metropolitan Division	51.8	(50.1 - 53.6)	34.2	(32.6 - 35.9)	8.9	(7.9 - 10.1)
Spokane, WA	50.2	(46.9 - 53.5)	37.5	(34.3 - 40.8)	7.5	(5.9 - 9.4)
Tacoma, WA Metropolitan Division	51.4	(48.6 - 54.3)	33.9	(31.2 - 36.6)	9.9	(8.2 - 11.8)
Tucson, AZ	56.8	(52.6 - 60.8)	30.5	(26.7 - 34.5)	9.4	(7.4 - 11.9)
Wenatchee, WA	49.7	(44.8 - 54.6)	32.3	(28.1 - 36.8)	11.5	(8.5 - 15.3)
Yakima, WA	40.6	(36.5 - 44.9)	34.7	(30.7 - 38.9)	17.3	(14.3 - 20.8)

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 05-02, June 6, 2003.

^a Metropolitan division is a metropolitan statistical area containing a single urbanized area with a population of 2.5 million that has been subdivided into metropolitan divisions, which function as distinct social and economic areas within the larger metropolitan statistical area.

^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.