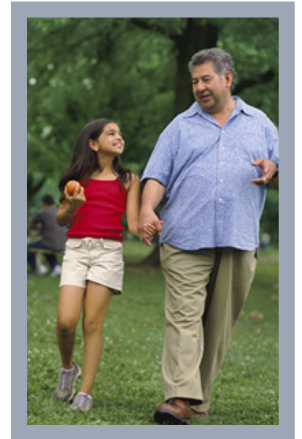


Physical Activity

Physical inactivity is one of the most important risk factors for chronic disease in the United States, with an estimated 400,000 deaths annually attributed to poor diet and physical inactivity.

Regular physical activity helps reduce the risk of chronic diseases, such as heart disease, stroke, diabetes, and certain cancers; helps control weight; strengthens bones, muscles, and joints; prevents falls or helps reduce injuries from falls among older adults; and relieves anxiety and depression. People who live in communities that support active living are more likely to engage in physical activity as part of their daily routine, such as walking or biking for transportation.



Key facts about physical activity

More than one in five adults do not engage in regular physical activity each week. Moderate physical activity increased for Dakota County students in all grades from 2004 to 2010, but many still do not meet the recommended amount of activity. Few Dakota County residents walk or bike to work or school.

Physical activity in adults

- Seventy-eight percent of Dakota County adults engaged in regular physical activity (150 minutes or more of moderate or vigorous physical activity per week) in 2010.
- In 2010, 45 percent of Dakota County adults said they were moderately physically active 30 or more minutes five or more days per week. This exceeds the Healthy People 2010 goal of 30 percent.
- Nearly 12 percent of Dakota County adults reported no leisure-time physical activity during the previous month in 2010, compared to 19 percent statewide. Nationally, older adults, women, African-American adults and Hispanic adults are at risk for not getting enough physical activity.
- The 2008 CDC guidelines for physical activity recommend at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity per week for adults.

Active living

- Less than two percent of Dakota County residents who work walked or biked to work in 2009. Statewide, about three percent walked to work and one percent biked to work.
- Sixty-nine percent of Dakota County adults rated their neighborhood as a very pleasant place to walk (2010).
- Forty-three percent of Dakota County adults said their neighborhood has a transit stop, such as a bus stop or train station (2010).
- Thirty percent of Dakota County adults said they have no sidewalks in their neighborhood (2010).

**Community
Health
Profiles**

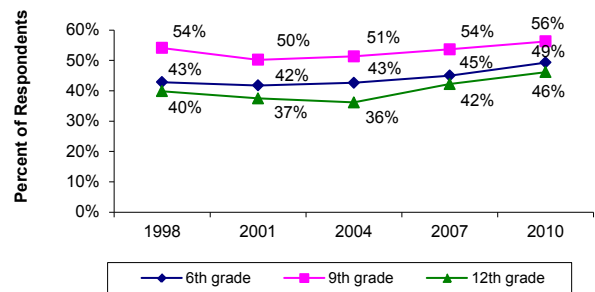
Dakota
COUNTY

Physical activity in youth

- Less than 60 percent of Dakota County students reported engaging in moderate physical activity - being physically active for a combined total of 30 minutes or more on at least five days of the week (2010: 49 percent of 6th graders, 56 percent of 9th graders and 46 percent of 12th graders).
- From 2004 to 2010, there was a seven percent increase for 6th graders, a five percent increase for 9th graders and a ten percent increase for 12th graders. Dakota County youth are slightly above the state in 6th and 12th grades and similar to the state in 9th grade.
- More males than females report engaging in moderate physical activity in all grades.
- There was an increase in the percent of Dakota County students who reported engaging in vigorous physical activity (exercising or participating in sports or other activities that make them sweat or breathe hard for at least 20 minutes on at least three days per week) from 2001 to 2010 (2010: 71 percent of 6th graders, 73 percent of 9th graders and 63 percent of 12th graders).
- More males than females reported engaging in vigorous physical activity in all grades.
- Ninth graders had the highest percent of physical activity (both moderate and vigorous). They were also the most likely to participate in club, community or school sports teams three or more times per week (about 55 percent in 2010, compared to 38 percent for 6th and 42 percent for 12th graders).
- The 2008 CDC guidelines for physical activity recommend at least 60 minutes of moderate or vigorous aerobic activity per day for children and adolescents.



**Students Who Were Physically Active 30 Minutes or More At Least Five of the Last Seven Days
Dakota County - 1998-2010**



Source: Minnesota Student Survey Interagency Team, *Minnesota Student Survey*

Youth engaged in more “screen time”

- In 2010, 21 percent of 6th graders, 23.5 percent of 9th graders and 19 percent of 12th graders reported playing video games six or more hours per week.
- Dakota County students who watched TV, videos and DVDs six or more hours per week slightly increased for 12th graders from 1995 to 2010 (2010: 37 percent of 6th graders, 44 percent of 9th graders and 45 percent of 12th graders).

About this Community Health Profile

For more information about the Dakota County Community Health Assessment and Action Planning (CHAAP) process, contact: Melanie Countryman, Epidemiologist (melanie.countryman@co.dakota.mn.us or 651-554-6131).

For more information:

- Active Living by Design www.activelivingbydesign.org
- MN Dept. of Health (MDH) www.health.state.mn.us
- President’s Council on Physical Fitness and Sports www.fitness.gov
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov/physicalactivity
- Growing Healthy Kids in Dakota County www.DakotaCounty.us/PublicHealth



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www.DakotaCounty.us/PublicHealth

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DCPHD-HR-2595 August 9, 2011