



Community Health Profile

PHYSICAL ACTIVITY

Physical inactivity is one of the most important risk factors for chronic disease in the United States, with more than eight percent of deaths annually attributed to 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

Eight percent of adults do not engage in leisure-time physical activity.

Less than one-fifth of Dakota County students in all grades met the recommended level of physical activity (60 minutes per day) in 2022, and all grades are below the state.

Few Dakota County residents walk or bike to work or school.

Most Dakota County adults consider their neighborhood to be safe from crime.

Physical activity in adults

- The current CDC guidelines for physical activity recommend at least 150-300 minutes of moderate-intensity aerobic activity and muscle-strengthening activity at least two days per week for adults.
- In 2023, 46 percent of Dakota County adults said they were moderately physically active at least 150 minutes per week or were vigorously physically active at least 75 minutes per week, a decrease from 55 percent in 2010.
- Eight percent of Dakota County adults (25 and older) reported no leisure-time physical activity during the previous month in 2023, which was above 12 percent from 2010. Nationally, older adults, women, African-American adults and Hispanic adults are at risk for not getting enough physical activity.

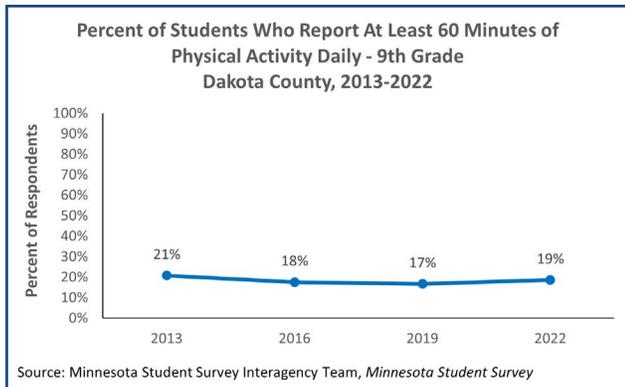
Active Living

- One percent of Dakota County residents 16 years and older who work walked or biked to work in 2022. Statewide, about three percent walked or biked to work.
- Fifty-nine percent of Dakota County adults considered their neighborhood to be safe from crime in 2023.



Physical activity in youth

- The current CDC guidelines for physical activity recommend 60 minutes or more of moderate-to-vigorous physical activity per day for children and adolescents (ages 6 to 17).



- Less than one-fifth (18 percent) of Dakota County students reported engaging in 60 minutes of physical activity every day (2022: 18 percent of 5th graders, 19.5 percent of 8th, 19 percent of 9th graders, and 16 percent of 11th graders).



- In 2022, Dakota County 5th and 8th graders were below the state for engaging in the recommended amount of physical activity; 9th graders were slightly below the state; and 11th graders were similar to the state (statewide percents: 5th and 8th grade: 22 percent, 9th grade: 20 percent, and 11th grade: 16.5 percent).
- More males than females report engaging in the recommended amount of physical activity.

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For more information:

- Healthy Places by Design [healthyplacesbydesign.org/](https://www.healthyplacesbydesign.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

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.

