

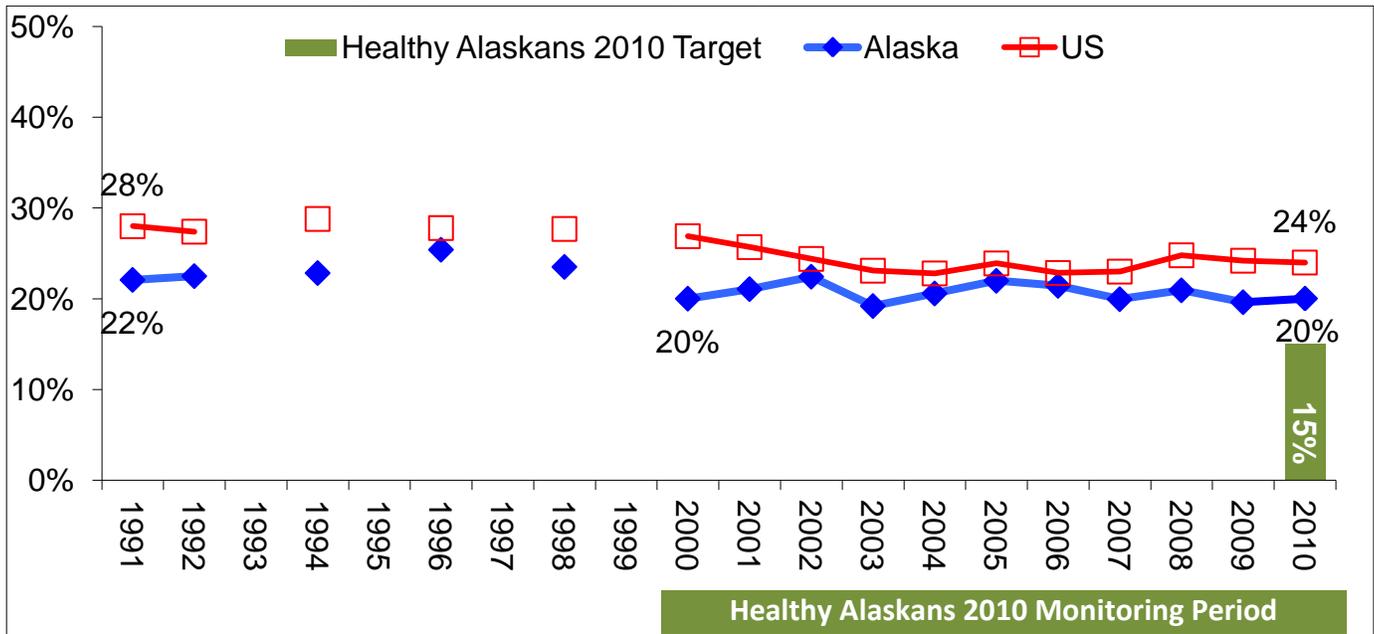
Alaska Health Status Indicators

Indicator: *Adult Inactivity*

Why is this important?

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of: early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, breast and colon cancer, falls, depression, and obesity. Among children and adolescents, physical activity can: improve bone health, improve cardiorespiratory and muscular fitness, decrease levels of body fat, and reduce symptoms of depression.^{1,2} Some physical activity is better than none, for people who are inactive, even small increases in physical activity are associated with health benefits.¹

Percentage of Adults Who Are Physically Inactive: Alaska and the U.S.



The percentage of Alaska adults who are physically inactive has decreased slightly over the past 2 decades, from 22% 1991 to 20% in 2010.

❖ How is Alaska Doing Relative to the *Healthy Alaskans 2010 Target*?

The *Healthy Alaskans 2010* target for adult inactivity prevalence is 15% or lower. The prevalence of being physically inactive among adults in Alaska has remained relatively stable at around 20% during the *Healthy Alaskans 2010* monitoring period. **The *Healthy Alaskans 2010* target of 15% has not been met.**

❖ How does AK compare with the US?

The rate of inactivity among adult Alaskans has consistently been below that seen in the US overall.

❖ How are different populations affected?

The prevalence of inactivity is higher among Alaska Native (26%) than non-Native Alaskans (18%). Adult Alaskans living in rural Alaska are more inactive (26%) than adults living in Anchorage and vicinity (19%), the Gulf Coast region (19%), or Southeast Alaska (16%). The prevalence of physical inactivity increases with decreasing levels of both income and education. (Source: 2009 BRFSS) Additional statistics on physical inactivity in Alaska are available at:

<http://www.hss.state.ak.us/dph/chronic/obesity/resources.htm>.

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What is the Alaska Department of Health and Social Services doing to improve this indicator?

The department, through the Obesity Prevention and Control Program, coordinates with the Department of Education & Early Development, to increase student physical activity and physical education. The focus of the departments has been supporting quality school-based physical education to teach skills that lead to enjoyment of lifelong physical activity. Together, the departments have recently developed the Alaska Physical Education Standards (adopted by the State Board of Education in July 2010); co-hosted the *Moving into Action: Combating Childhood Obesity* training for school nurse, health and PE teachers; and co-hosted the *PE Standards and Assessment* training for PE teachers. The Obesity Prevention and Control Program staff works on encouragement, education, enforcement and engineering strategies to increase active transportation by playing a major role in the coordination of Bike to Work Day and by fulfilling committee positions on the Anchorage Long Term Transportation Plan and the Statewide Strategic Traffic Safety Plan and. Additional information on current efforts to increase physical activity and prevent obesity in Alaska are available at: <http://www.hss.state.ak.us/dph/chronic/obesity/>.

Indicator Definition and Notes

Percentage of adults aged 18 years and older who answer “No” to the following question: *During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?*

Data Sources

Alaska: Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services; US: Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention. Alaska data were obtained from the Standard AK BRFSS in 1991, in even years from 1992 through 2000, between 2001 and 2004, and in 2006 and 2007; Alaska data were obtained from the Standard and Supplemental AK BRFSS surveys combined in 2005 and 2008 through 2010. The Supplemental BRFSS survey is conducted using identical methodology as the Standard BRFSS and allows a doubling of the BRFSS sample size for those measures included on both surveys.

References

1. US Department of Health and Human Services (HHS), Office of Disease Prevention and Health Promotion. 2008 Physical activity guidelines for Americans. Washington: HHS; 2008.
2. US Department of Health and Human Services (HHS), Office of Disease Prevention and Health Promotion. Physical activity guidelines advisory committee report, 2008. Washington: HHS, 2008.



Available at: <http://www.hss.state.ak.us/dph/chronic/>

