



June 2006

EXERCISE AND BODY MASS

SOURCE OF DATA

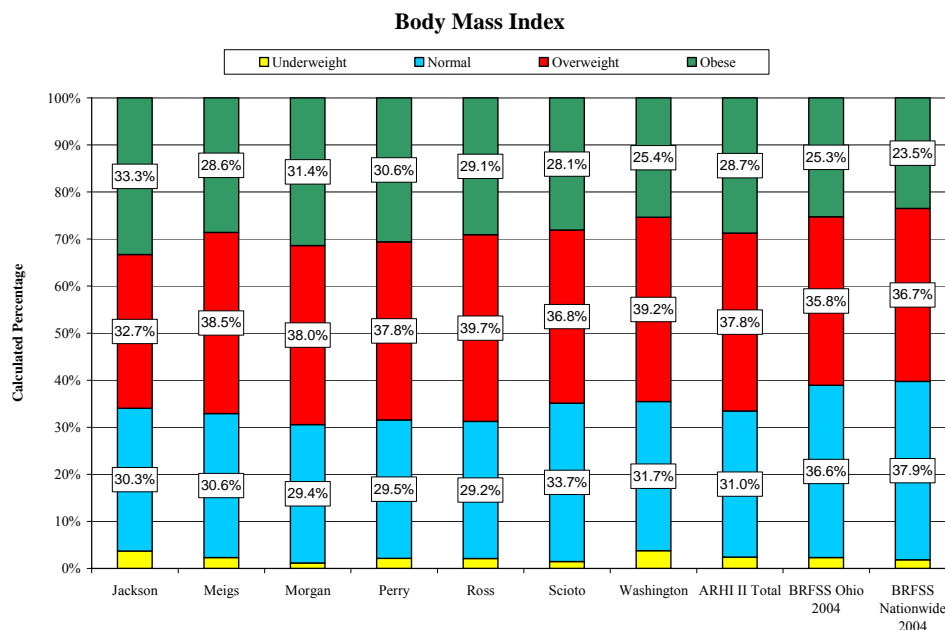
The data are based on findings from the ARHI II Healthcare Needs Assessment Survey conducted in January, 2006 by Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute.

About 2,350 adult residents of Jackson, Meigs, Morgan, Perry, Ross, Scioto and Washington counties were surveyed in an effort to assess prevalence rates for certain chronic diseases and associated risk factors.

The ARHI I survey took place in Athens, Hocking, Pike and Vinton counties in 2003.

This survey was funded by the Ohio Department of Health-Diabetes Prevention and Control Program.

For more information about ARHI and this survey go to: www.ohiou.edu/arhi



GENERAL FINDINGS

- The percentage of residents in the seven ARHI II counties that are categorized as overweight or obese is greater than the Ohio or national rates according to the Behavioral Risk Factor Surveillance System Survey (BRFSS).
 - BRFSS is an annual telephone survey developed by the Centers for Disease Control and Prevention and conducted in all fifty states, the District of Columbia and U.S. territories.
- The percentage of respondents that qualify as overweight or obese is highest in Morgan County (69.4%) and lowest in Washington County (64.5%).
- ARHI II residents with higher body mass levels are more likely to have diabetes, high blood pressure, high cholesterol and arthritis.
- As body mass increases, reported health status and activity levels decrease.

DEFINING BODY MASS INDEX

Body Mass Index (BMI) was assessed using the guidelines described by the Centers for Disease Control and Prevention (CDC):

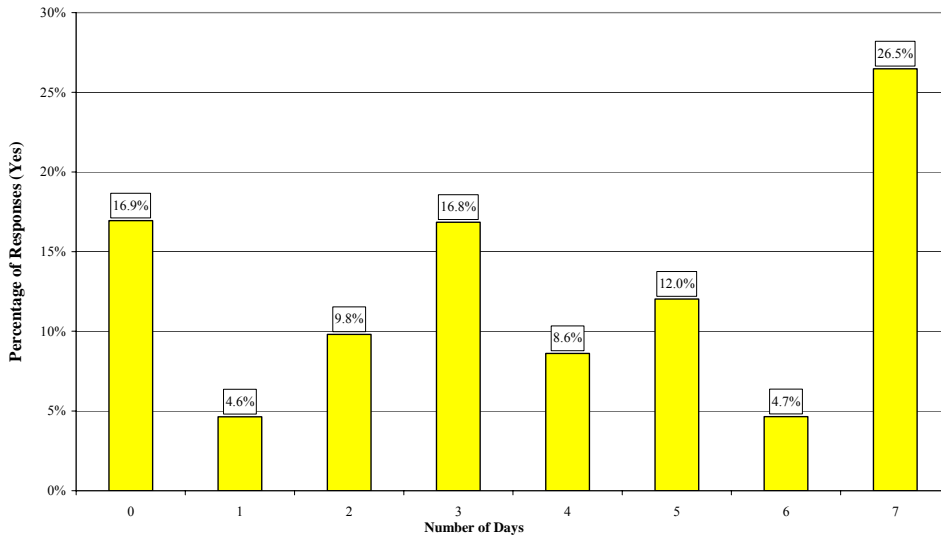
[(Weight in lbs) / (Height in inches)²] x 703

Underweight: <18.5 Normal: 18.5 – 24.9 Overweight: 25-29.9 Obese: ≥30

PHYSICAL ACTIVITY

MODERATE ACTIVITY

How many days a week do you usually exercise or participate in moderate activities for at least 20 minutes at a time?



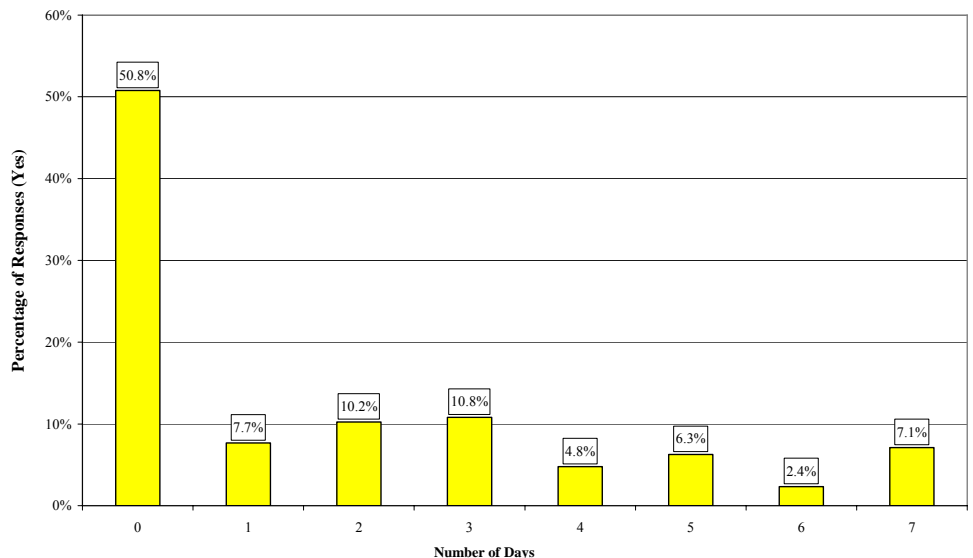
- On a daily basis, over a quarter of ARHI II residents participate in moderate activities.
- Another 17% of ARHI II residents never participate in moderate activity.

Moderate activity is defined as participating in such activities as brisk walking, mowing, bicycling, vacuuming or gardening, for at least 20 minutes a day.

VIGOROUS ACTIVITY

How many days a week do you usually do vigorous activities for at least 20 minutes?

- On a daily basis, 7% of ARHI II residents participate in vigorous activities.
- Nearly 51% never participate in vigorous activities.
- Those who engage in vigorous exercise at least once a week are less likely to also have arthritis.



Vigorous activity is defined as participating in activities such as running, working out, heavy yard work, swimming, construction work or playing basketball for at least 20 minutes a day.