

June 2004

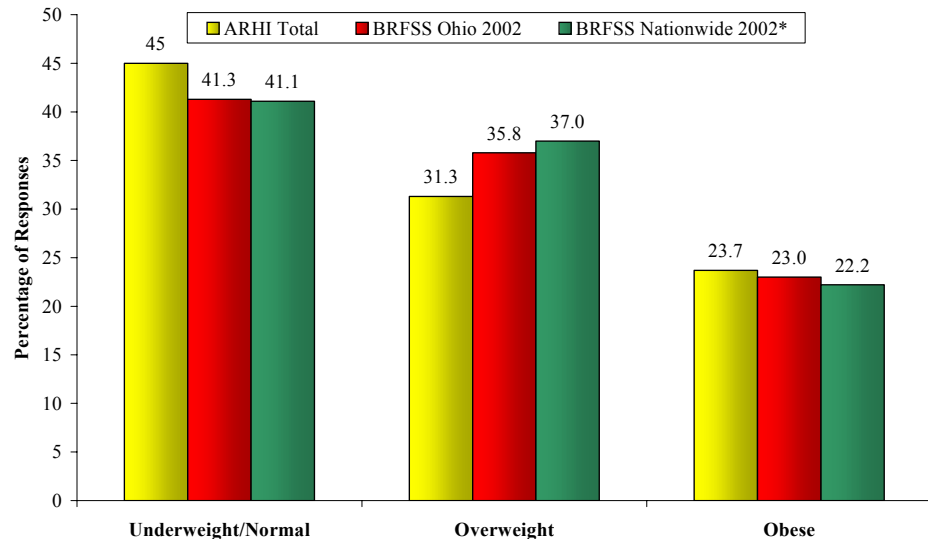
EXERCISE AND BODY MASS

SOURCE OF DATA

The data presented here are based on findings from a healthcare needs assessment survey designed and conducted by the Institute for Local Government Administration and Rural Development at Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute (ARHI). Over 1,500 adult residents of **Athens, Hocking, Pike and Vinton** counties were surveyed in an effort to assess the prevalence rates for a variety of chronic diseases and associated risk factors.

For more information about ARHI contact Dr. Chris Simpson, simpson@ohio.edu (740) 593-2257 www.ohiou.edu/arhi/

Body Mass Index(BMI)



*The Nationwide BRFSS is the median of the state rates.

GENERAL FINDINGS

- The percentage of residents in the four counties who qualify as obese is greater than the State or national rate.
- As body mass increases, activity level decreases.
- As age increases, body mass increases.
- Athens county, with its younger population has the lower rates of overweight and obesity than the remainder of the region, State, or Nation.
- Individuals with higher body mass levels are more likely to have diabetes, cardiovascular disease, high blood pressure and other health related conditions.
- The Behavioral Risk Factor Surveillance System Survey (BRFSS) is an annual telephone survey developed by the Centers for Disease Control and Prevention and conducted by all 50 states, the District of Columbia, and US territories.

DEFINING BODY MASS INDEX

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

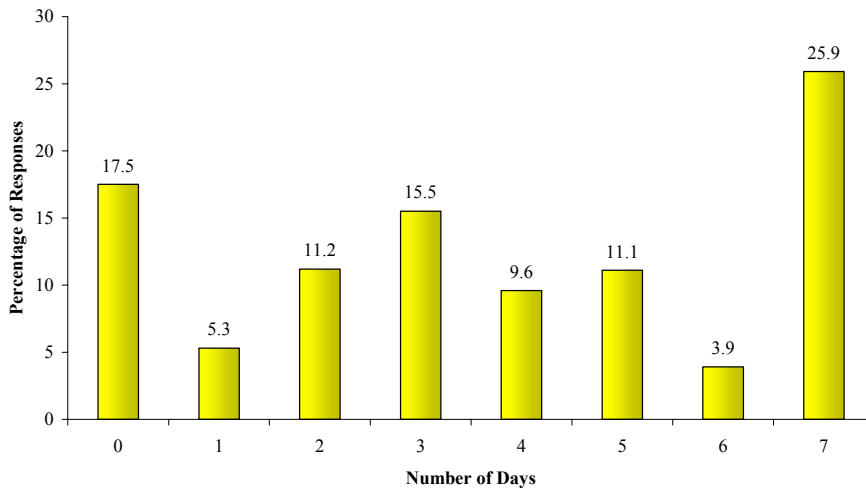
$$[(\text{Weight in lbs}) / (\text{Height in inches})^2] * 703$$

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

PHYSICAL ACTIVITY

MODERATE ACTIVITY

How many days a week do you usually exercise or participate moderate activity?



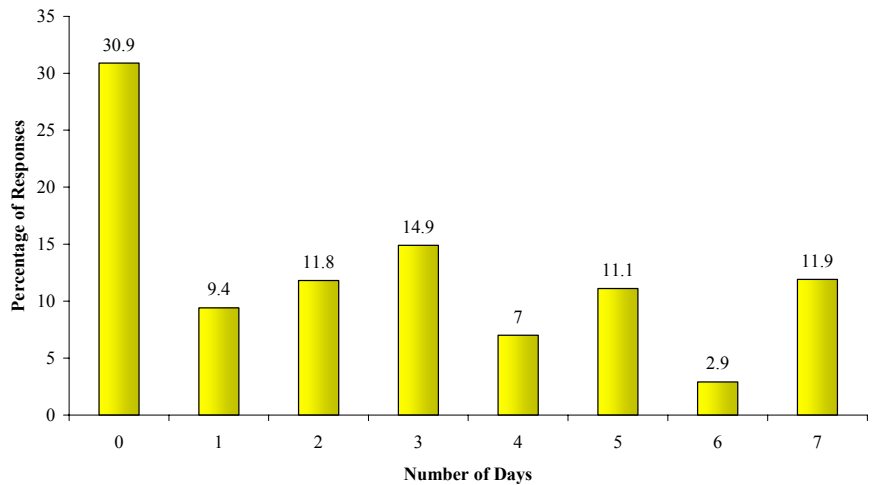
- On a daily basis, a quarter of county residents participate in moderate activities.
- Nearly 18% of the county residents never participate in moderate activity.

Moderate activity was 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 exercise or participate in vigorous activity?

- On a daily basis, 2% of county residents participate in vigorous activities.
- 31% of those surveyed never participate in vigorous activities.



Vigorous activity was defined as participating in such activities as running or working out, heavy yard work, swimming, construction work, playing basketball, or anything else that might make you sweat, breathe hard, or cause your heart to race for at least 20 minutes a day.