Exercise

No leisure time physical activity in the past month:

- Twenty-six percent of Pennsylvania adults responded in 2010 that they did not participate in any leisure time physical activity in the past month.
- Pennsylvania men had a significantly lower percentage (23 percent, CI: 21-25) compared to Pennsylvania women (28 percent, CI: 27-30).
- Pennsylvania adults age 18-29 had a significantly lower percentage (17 percent, CI: 14-20) compared to Pennsylvania adults age 30-44 (23 percent, CI: 21-26).
- Pennsylvania adults age 18-29 had a significantly lower percentage (17 percent, CI: 14-20) compared to Pennsylvania adults age 45-64 (26 percent, CI: 25-28).
- Pennsylvania adults age 18-29 had a significantly lower percentage (17 percent, CI: 14-20) compared to Pennsylvania adults age 65+ (34 percent, CI: 32-36).
- Pennsylvania adults age 30-44 had a significantly lower percentage (23 percent, CI: 21-26) compared to Pennsylvania adults age 65+ (34 percent, CI: 32-36).
- Pennsylvania adults age 45-64 had a significantly lower percentage (26 percent, CI: 25-28) compared to Pennsylvania adults age 65+ (34 percent, CI: 32-36).
- Pennsylvania adults age 18-29 had a significantly lower percentage (17 percent, CI: 14-20) compared to Pennsylvania adults age 30-44 (23 percent, CI: 21-26).
- Pennsylvania adults with a high school education had a significantly lower percentage (33 percent, CI: 31-36) compared to Pennsylvania adults with less than a high school education (43 percent, CI: 38-48).
- Pennsylvania adults with some college education had a significantly lower percentage (24 percent, CI: 22-26) compared to Pennsylvania adults with less than a high school education (43 percent, CI: 38-48).
- Pennsylvania adults with some college education had a significantly lower percentage (24 percent, CI: 22-26) compared to Pennsylvania adults with a high school education (33 percent, CI: 31-36).
- Pennsylvania adults with a college degree had a significantly lower percentage (16 percent, CI: 14-18) compared to Pennsylvania adults less than a high school education (43 percent, CI: 38-48).
- Pennsylvania adults with a college degree had a significantly lower percentage (16 percent, CI: 14-18) compared to Pennsylvania adults with a high school education (33 percent, CI: 31-36).
- Pennsylvania adults with a college degree had a significantly lower percentage (16 percent, CI: 14-18) compared to Pennsylvania adults with some college education (24 percent, CI: 22-26).
- Pennsylvania adults with household incomes of $25,000 to $49,999 had a significantly lower percentage (28 percent, CI: 26-31) compared to Pennsylvania adults with household incomes of less than $15,000 (44 percent, CI: 39-49).
- Pennsylvania adults with household incomes of $25,000 to $49,999 had a significantly lower percentage (28 percent, CI: 26-31) compared to Pennsylvania adults with household incomes of $15,000 to $24,999 (37 percent, CI: 33-40).
- Pennsylvania adults with household incomes of $50,000 to $74,999 had a significantly lower percentage (24 percent, CI: 21-27) compared to Pennsylvania adults with household incomes of less than $15,000 (44 percent, CI: 39-49).
- Pennsylvania adults with household incomes of $50,000 to $74,999 had a significantly lower percentage (24 percent, CI: 21-27) compared to Pennsylvania adults with household incomes of $15,000 to $24,999 (37 percent, CI: 33-40).
- Pennsylvania adults with household incomes of $50,000 to $74,999 had a significantly lower percentage (24 percent, CI: 21-27) compared to Pennsylvania adults with household incomes of $25,000 to $49,999 (28 percent, CI: 26-31).
- Pennsylvania adults with household incomes of $75,000 or more had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with household incomes of less than $15,000 (44 percent, CI: 39-49).
- Pennsylvania adults with household incomes of $75,000 or more had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with household incomes of $15,000 to $24,999 (37 percent, CI: 33-40).
- Pennsylvania adults with household incomes of $75,000 or more had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with household incomes of $25,000 to $49,999 (28 percent, CI: 26-31).
- Pennsylvania adults with household incomes of $75,000 or more had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with household incomes of $50,000 to $74,999 (24 percent, CI: 21-27).

Exercise

No leisure time physical activity in the past month: (cont.)

- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (24 percent, CI: 23-25) compared to Pennsylvania black, non-Hispanic adults (33 percent, CI: 28-37).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (24 percent, CI: 23-25) compared to Pennsylvania Hispanic adults (36 percent, CI: 26-46).

Exercise

Figure 4A: No Leisure-Time Physical Activity in the Past Month, Pennsylvania Adults, 1995-2010

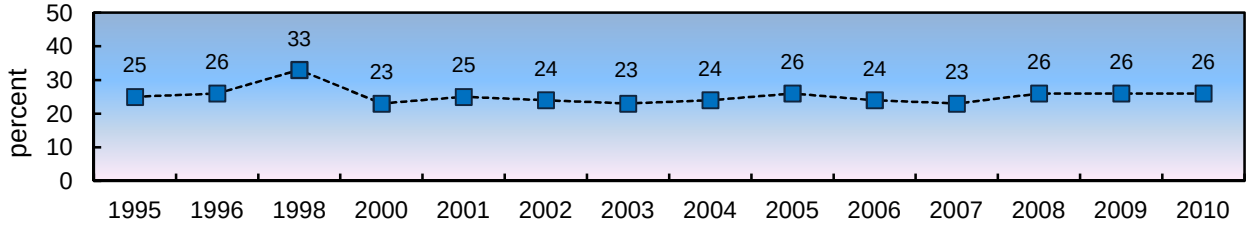

Table 4: No Leisure Time Physical Activity in the Past Month, Pennsylvania Adults, 2010 (with 95% confidence intervals)

	%	CI
All Adults	26	25-27
Gender:		
Male	23	21-25
Female	28	27-30
Age:		
18-29	17	14-20
30-44	23	21-26
45-64	26	25-28
65+	34	32-36
Education:		
<High School	43	38-48
High School	33	31-36
Some College	24	22-26
College Degree	16	14-18
Income:		
<$15,000	44	39-49
$15,000 to $24,999	37	33-40
$25,000 to $49,999	28	26-31
$50,000 to $74,999	24	21-27
$75,000+	14	12-16
Race:		
White, non-Hispanic	24	23-25
Black, non-Hispanic	33	28-37
Hispanic	36	26-46

*Excludes missing,don't know, and refused.
Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.
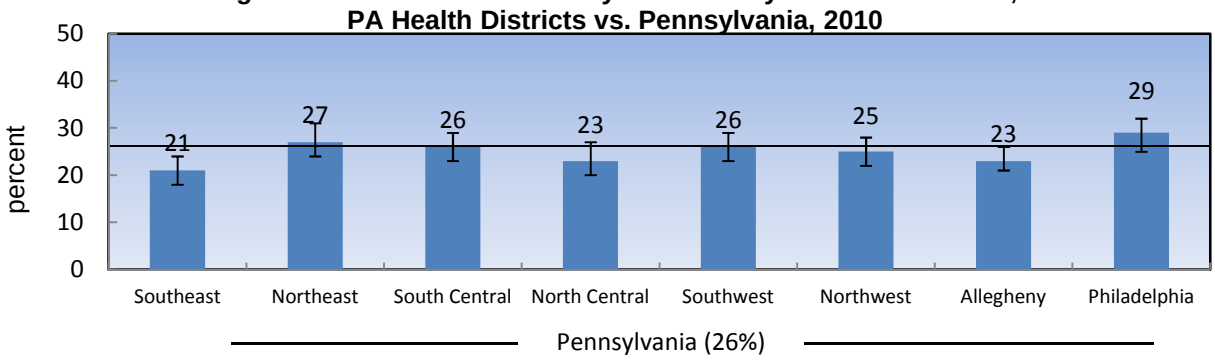
Figure 4B: No Leisure-Time Physical Activity in the Past Month, PA Health Districts vs. Pennsylvania, 2010