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Physical Activity and Fitness

Goal

Improve the health, fitness, and quality of life of all Kentuckians through the adoption and maintenance of regular, daily physical activity.

Overview

The first Surgeon General's Report on Physical Activity and Health, released in 1996, concluded that regular sustained physical activity can substantially reduce the risk of developing or dying of heart disease, diabetes, colon cancer, and high blood pressure. Additionally, research by Blair, SN et al. (JAMA 262:2395-2401, 1989) and Paffenbarger, R.S. Jr., et al. (N Engl J Med 328:538-45, 1993) has shown that regular physical activity can reduce the risk of osteoporosis, promote weight loss and foster a sense of well being. According to the Behavioral Risk Factor Surveillance System (BRFSS) conducted by the Division of Epidemiology and Health Planning, Kentucky Department for Public Health (KDPH), Kentucky ranks second in the nation for physical inactivity.

With high physical inactivity rates, Kentuckians also have seen increasing rates of overweight and obesity. Kentucky BRFSS data reveal a clear trend of an increasing number of individuals being overweight. Kentucky ranked fifth highest in the nation for obesity in 2001 and tenth in 2002. Consistently, males tend to have a slightly higher prevalence of overweight than females, and blacks tend to have a higher prevalence than whites. The prevalence of overweight and obesity is a serious public health threat in Kentucky. The 1988 Surgeon General's Report on Nutrition and Health established that being overweight is associated with elevated serum cholesterol levels, elevated blood pressure and noninsulin-dependent diabetes, as well as being an independent risk factor for coronary heart disease.

Summary of Progress

Although some progress has been made in meeting the objectives for Healthy Kentuckians 2010 in regards to physical activity, recent data indicate that the proportion of Kentuckians who either overweight or obese has increased. Progress has been made in participating in any leisure time physical activity and in moderate physical activity. Nine objectives or sub-objectives were revised to meet current data collection efforts and definitions, and one objective was deleted for lack of data.

Progress toward Achieving Each HK 2010 Objective

Summary of Objectives for Physical Activity and Fitness	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
1.1aR. Reduce overweight to a prevalence of no more than 25 percent among Kentuckians 18 and older. (Overweight for this objective is defined as a Body Mass Index (BMI) greater than or equal to 25 and less than 30.)	38% (2000)	≤25%	37.6% (2004)	Yes	BRFSS
1.1bR. Reduce the percentage of Kentuckians 18 and over who are either overweight or obese. (The prevalence of overweight or obese for this objective is defined as a BMI greater than or equal to 25.)	61.0% (2000)	≤55%	63.4% (2004)	No	BRFSS
1.2R. Increase to at least 35 percent the proportion of Kentuckians ages 18 and over who engage in moderate physical activity 5 or more days per week.	28.9% (2001)	≥35%	33.8% (2003)	Yes	BRFSS
1.3R. Decrease the percentage of Kentuckians reporting no leisure time physical activity (by BMI category. i.e. normal weight, overweight, obese class I, obese class II, obese class III).	Normal weight 29.6% (2001)	≤25.5%	26.5% (2004)	Yes	BRFSS
	Overweight 30.7%	≤26.3%	27.3%	Yes	
	Obese Class I 38.7%	≤34.7%	35.7%	Yes	
	Obese Class II 45.6%	≤34.1%	35.1%	Yes	
	Obese Class III 46.8%	≤42.0%	43.0%	Yes	
1.4R. Increase to at least 24 percent the proportion of young people in grades K-12 who engage in moderate physical activity for at least 30 minutes on five or more of the previous seven days.	High school 20.3% (2001)	≥24%	21.3% (2003)	Yes	YRBSS

R = Revised objective

Progress toward Achieving Each HK 2010 Objective

Summary of Objectives for Physical Activity and Fitness	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
1.5. (Developmental) Increase the proportion of the state’s public and private elementary, middle/junior high, and senior high schools that provide access to their physical activity spaces and facilities for young people and adults outside of normal school hours.	51% of middle and high schools allow access to students after hours (2003)	≥56%	51% (2003)	N/A	School Policy Survey
	31% of middle and high schools allow access to the general public after hours. (2003)	≥34%	31% (2003)	N/A	
1.6. (Developmental) Increase the proportion of Kentucky worksites with 50 or more employees offering employer-sponsored physical activity and fitness programs.	45% (2001)	≥50%	45% (2001)	N/A	Worksite Survey
1.7. (DELETED)					

N/A = Only baseline data are available. Not able to determine progress at this time.