

CLEVELAND BRFSS PHYSICAL ACTIVITY AND BIKE DATA, 2015

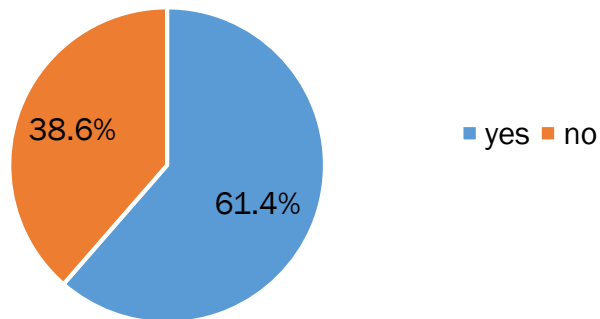
Question: Did you participate in any physical activities or exercises during the past month?

Yes	61.4%
No	38.6%

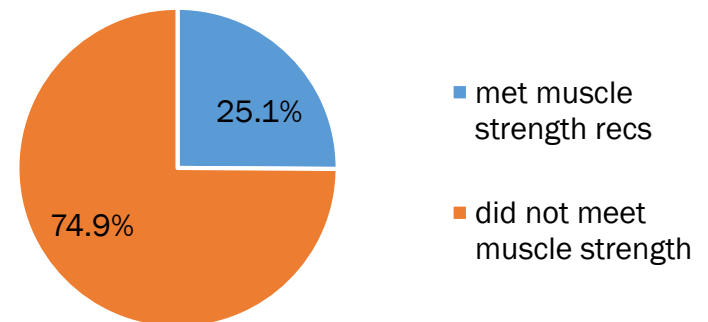
Question: Calculated met muscle strengthening recommendations

Met muscle strength recs	25.1%
Did not meet muscle strength	74.9%

Participated in Any Physical Activity in Past Month, 2015



Met the Muscle Strengthening Recommendations, 2015



Note: The above tables summarize physical activity data items among 2,187 Cleveland adults 18 and over who completed the Cleveland BRFSS in 2015. A more detailed description of the methodology is available at our website at <http://www.prchn.org/BRFSSMethodology.aspx>.

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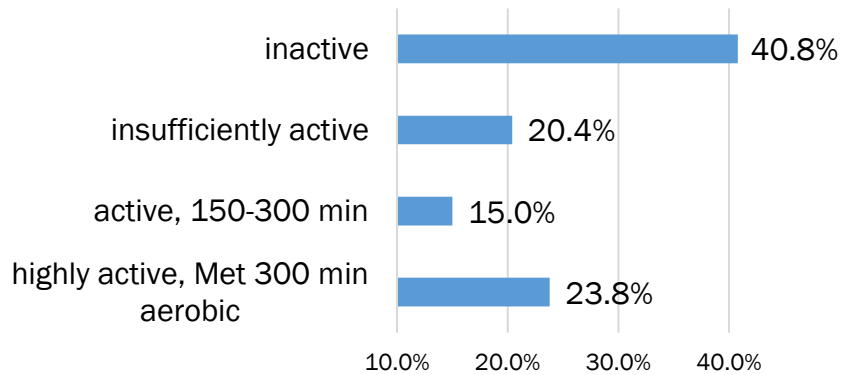
Question: Calculated PA categories

Highly active, Met 300 min aerobic	23.8%
Active, 150-300 min	15.0%
Insufficiently active	20.4%
Inactive	40.8%

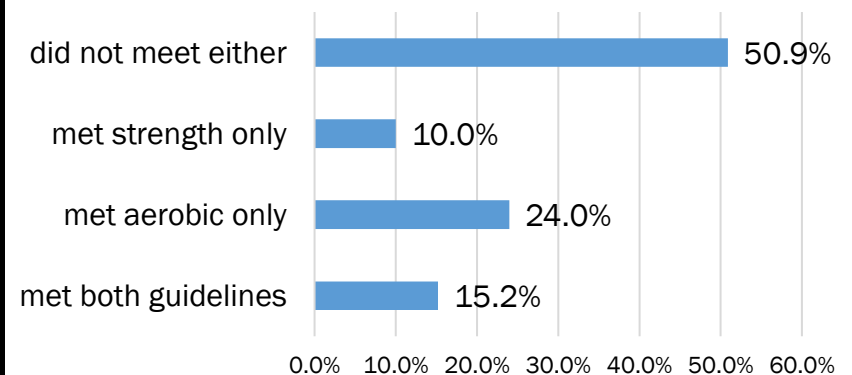
Question: Met strength AND aerobic guidelines

Met both guidelines	15.2%
Met aerobic only	24.0%
Met strength only	10.0%
Did not meet either	50.9%

Physical Activity, 2015



Met Strength and Aerobic Guidelines, 2015



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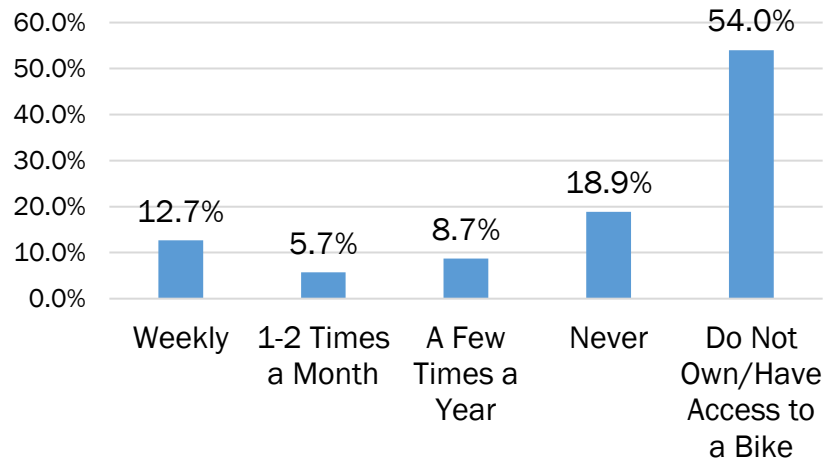
Question: How Often Did You Use a Bicycle for Transportation or Recreation in the Past 12 Months?

Weekly	12.7%
1-2 Times a Month	5.7%
Few Times a Year	8.7%
Never	18.9%
Do Not Own/Have Access to a Bike	54.0%

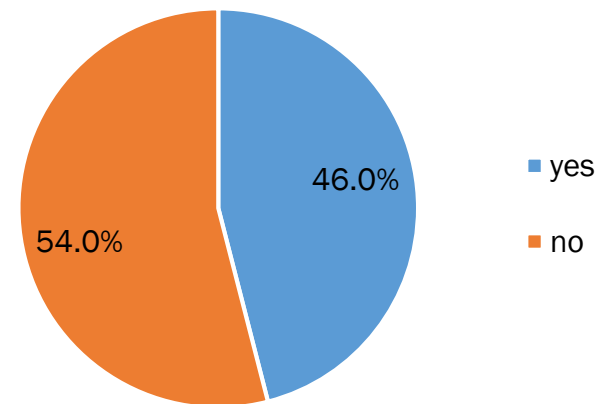
Question: Own or have access to a bike

Yes	46.0%
No	54.0%

Use a Bicycle for Transportation or Recreation in Past 12 Months, 2015



Own or Have Access to a Bike, 2015



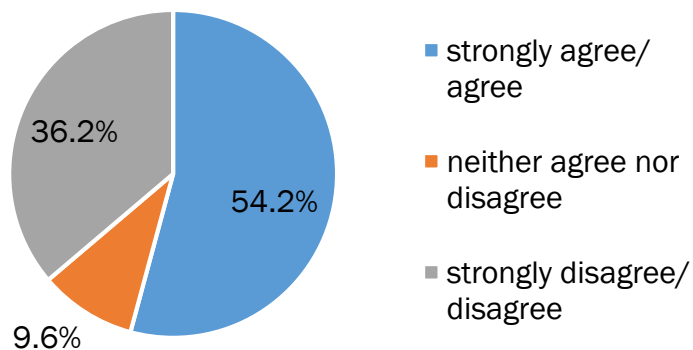
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Question: Are there sufficient bike lanes and trails in my community

Strongly agree/ agree	54.2%
Neither agree nor disagree	9.6%
Strongly disagree/ disagree	36.2%

Sufficient Bike Lanes in My Community, 2015



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