

CLEVELAND BRFSS PHYSICAL ACTIVITY DATA BY DEMOGRAPHICS, 2015

| Physical Activity in Past Month Overall Cleveland Population: 61.4% | | |
|--|------|-------------|
| Demographic | % | 95% CI |
| Gender | | |
| Female | 55.6 | 52.0 - 59.3 |
| Male | 67.9 | 63.9 - 71.9 |
| Race/Ethnicity | | |
| NH-White | 66.0 | 61.7 - 70.3 |
| NH-Black | 59.0 | 55.1 - 62.8 |
| Hispanic/Other | 54.5 | 46.1 - 63.0 |
| Age | | |
| 18-44 | 65.6 | 61.0 - 70.2 |
| 45-54 | 56.5 | 50.6 - 62.3 |
| 55-64 | 59.9 | 55.0 - 64.8 |
| 65+ | 54.9 | 50.1 - 59.8 |
| Income Level | | |
| < \$25,000 | 55.2 | 51.3 - 59.1 |
| \$25,000-\$50,000 | 60.2 | 54.2 - 66.2 |
| > \$50,000 | 74.8 | 68.7 - 80.8 |
| Education | | |
| HS Diploma or Less | 53.8 | 47.0 - 60.6 |
| Some College | 58.2 | 53.5 - 62.8 |
| College Degree | 64.3 | 59.3 - 69.2 |

| Met Aerobic Recommendations Overall Cleveland Population: 39.2% | | |
|--|------|-------------|
| Demographic | % | 95% CI |
| Gender | | |
| Female | 33.7 | 30.1 - 37.3 |
| Male | 45.3 | 40.8 - 49.8 |
| Race/Ethnicity | | |
| NH-White | 45.2 | 40.3 - 50.1 |
| NH-Black | 36.6 | 32.7 - 40.6 |
| Hispanic/Other | 29.1 | 21.1 - 37.1 |
| Age | | |
| 18-44 | 41.8 | 36.8 - 46.8 |
| 45-54 | 35.0 | 29.2 - 40.7 |
| 55-64 | 37.3 | 32.2 - 42.4 |
| 65+ | 39.0 | 34.2 - 43.9 |
| Income Level | | |
| < \$25,000 | 33.7 | 29.8 - 37.5 |
| \$25,000-\$50,000 | 39.0 | 32.7 - 45.2 |
| > \$50,000 | 50.8 | 43.7 - 57.8 |
| Education | | |
| HS Diploma or Less | 34.0 | 27.1 - 41.0 |
| Some College | 36.1 | 31.2 - 40.9 |
| College Degree | 40.7 | 35.2 - 46.1 |

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>.

CLEVELAND BRFSS PHYSICAL ACTIVITY DATA BY DEMOGRAPHICS, 2015

| Met Strengthening Recommendations <i>Overall Cleveland Population: 25.1%</i> | | |
|---|------|-------------|
| Demographic | % | 95% CI |
| Gender | | |
| Female | 18.8 | 15.9 - 21.7 |
| Male | 32.4 | 28.1 - 36.6 |
| Race/Ethnicity | | |
| NH-White | 24.2 | 20.0 - 28.4 |
| NH-Black | 26.2 | 22.6 - 29.7 |
| Hispanic/Other | 24.8 | 17.1 - 32.5 |
| Age | | |
| 18-44 | 28.7 | 24.2 - 33.2 |
| 45-54 | 24.8 | 19.4 - 30.2 |
| 55-64 | 18.8 | 14.8 - 22.9 |
| 65+ | 21.2 | 17.3 - 25.2 |
| Income Level | | |
| < \$25,000 | 19.9 | 16.7 - 23.1 |
| \$25,000-\$50,000 | 28.4 | 22.5 - 32.3 |
| > \$50,000 | 37.8 | 31.0 - 44.7 |
| Education | | |
| HS Diploma or Less | 24.0 | 17.7 - 30.3 |
| Some College | 21.0 | 16.9 - 25.1 |
| College Degree | 26.9 | 22.0 - 31.7 |

| Met Both Aerobic and Strength Guidelines <i>Overall Cleveland Population: 15.2%</i> | | |
|--|------|-------------|
| Demographic | % | 95% CI |
| Gender | | |
| Female | 11.3 | 8.9 - 13.8 |
| Male | 19.6 | 15.8 - 23.3 |
| Race/Ethnicity | | |
| NH-White | 16.9 | 13.0 - 20.8 |
| NH-Black | 14.5 | 11.6 - 17.4 |
| Hispanic/Other | 12.3 | 6.4 - 18.2 |
| Age | | |
| 18-44 | 16.9 | 13.0 - 20.7 |
| 45-54 | 16.3 | 11.7 - 21.0 |
| 55-64 | 11.6 | 8.4 - 14.8 |
| 65+ | 13.0 | 9.6 - 16.3 |
| Income Level | | |
| < \$25,000 | 10.1 | 7.7 - 12.5 |
| \$25,000-\$50,000 | 18.2 | 12.9 - 23.5 |
| > \$50,000 | 26.7 | 20.4 - 33.1 |
| Education | | |
| HS Diploma or Less | 13.3 | 7.9 - 18.7 |
| Some College | 11.9 | 8.5 - 15.3 |
| College Degree | 16.1 | 11.8 - 20.4 |

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