

# No Leisure-Time Physical Activity

**Leisure-time physical activity** helps improve overall health and fitness, and reduces your risk for many chronic diseases such as cardiovascular disease, diabetes, colon and breast cancers, and osteoporosis. Regular physical activity also helps to maintain body weight, healthy bones, muscles, and joints, reduce symptoms of anxiety and depression, and enhances quality of life.<sup>14</sup>

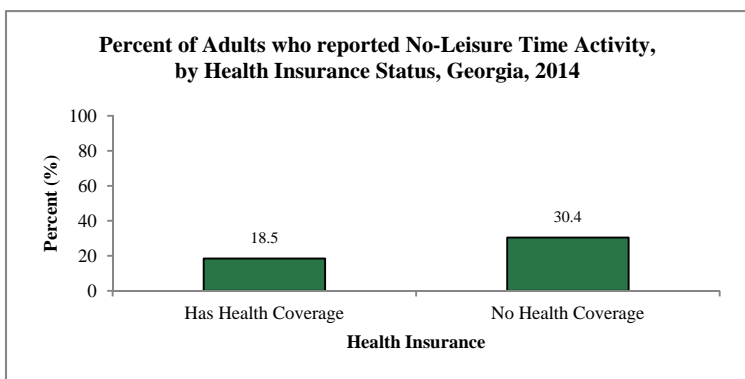
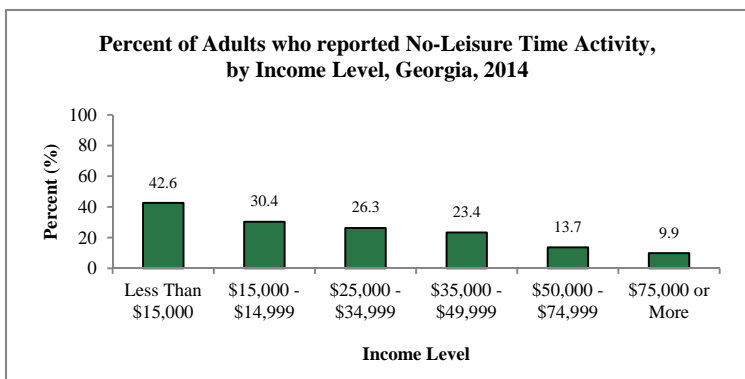
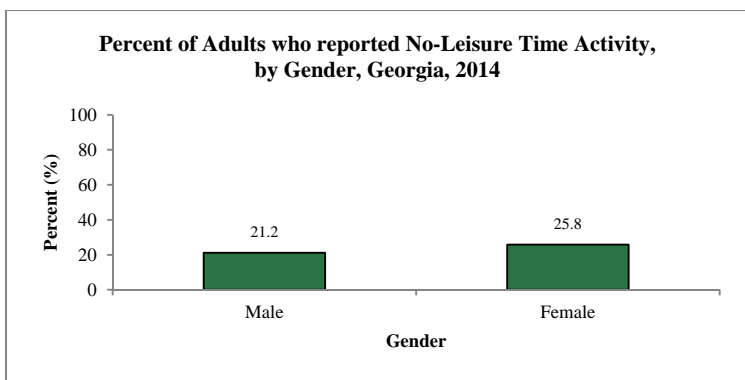
**In 2014, 23.6% of Georgia adults were physically inactive during leisure time within the past month.**

- Adult females (25.8%) were significantly more likely than males (21.2%) to be physically inactive.
- Adults with an income of \$75,000 or more (9.9%) were least likely to be physically inactive.
- Adults with a less than high school education (41.4%) were significantly more likely to be physically inactive when compared to high school graduates (27.7%), adults with some college (20.6%), and college graduates (10.5%).
- Adults with health insurance (18.5%) were significantly less likely to be physically inactive when compared to adults without health insurance (30.4%).

**The HP 2020 target for adults who engage in no leisure-time physical activity is 32.6%. The current prevalence among Georgia adults meets this goal.**

Demographic Characteristics	No Leisure-Time Physical Activity <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	23.6	(22.2, 25.1)
<b>Sex</b>		
Male	21.2	(19.1, 23.5)
Female	25.8	(24.0, 27.8)
<b>Race/Ethnicity</b>		
White Non-Hispanic	22.4	(20.7, 24.0)
Black Non-Hispanic	26.9	(24.1, 30.0)
Hispanic	23.6	(17.6, 30.8)
<b>Age</b>		
18-24 yr	14.9	(11.2, 19.5)
25-34 yr	18.6	(15.0, 22.7)
35-44 yr	19.7	(16.3, 23.7)
45-54 yr	26.2	(23.0, 29.7)
55-64 yr	27.1	(24.1, 30.2)
65+ yr	34.6	(32.0, 37.2)
<b>Income</b>		
Less than \$15,000	42.6	(37.1, 48.2)
\$15,000-\$24,999	30.4	(26.7, 34.4)
\$25,000-\$34,999	26.3	(21.9, 31.2)
\$35,000-\$49,999	23.4	(19.5, 27.8)
\$50,000-\$74,999	13.7	(11.0, 17.0)
\$75,000 or More	9.9	(8.3, 11.8)
<b>Education</b>		
Less than High School	41.4	(36.3, 46.7)
High School Graduate	27.7	(25.1, 30.5)
Some College	20.6	(18.3, 23.1)
College Graduate	10.5	(9.1, 12.1)
<b>Health Insurance Coverage</b>		
Has Health Insurance	18.5	(16.9, 20.2)
No Health Insurance	30.4	(26.4, 34.8)
<b>Employment</b>		
Employed	18.9	(17.2, 20.9)
Unemployed	31.4	(28.2, 34.8)
Retired	28.6	(26.1, 31.4)

<sup>a</sup>The proportion of adults who reported not participating in any leisure-time physical activities or exercises during the past month.



Percent of Adults who reported No Leisure-Time Activity, by Health District, Georgia, 2014

