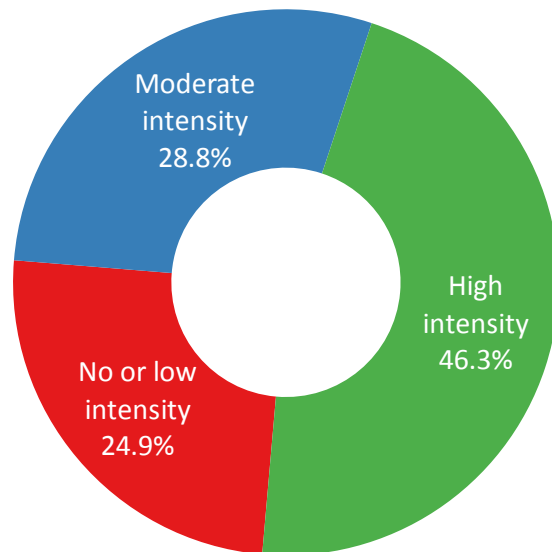


# Physical Activity

## Key Findings

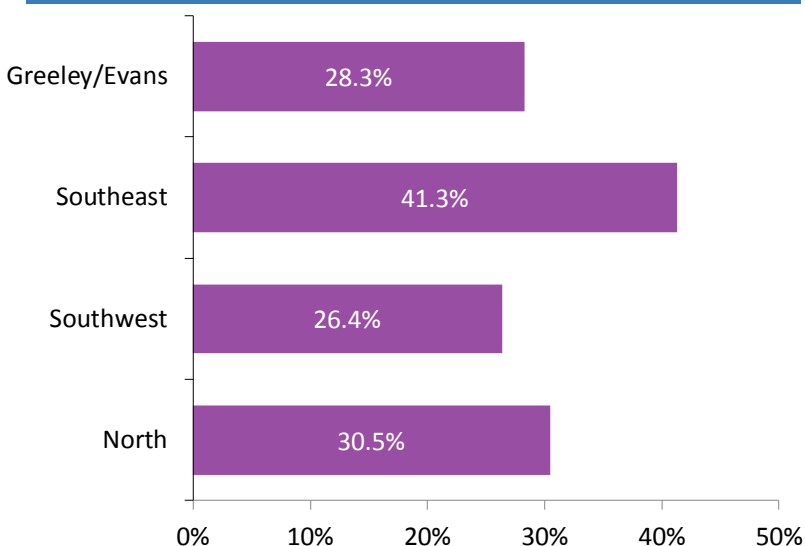
- Countywide, 74% of residents participated in physical activity for exercise in the past month. This was about the same as the nationwide percentage (74%) but lower than the percentage for Colorado residents (82%). In 2013, a similar percentage of residents (75%) reported participating in physical activity for exercise.
- Moderate physical activity adds up to as much as 150 minutes of qualifying activity per week (or less if some activity is more vigorous).
- Of all residents, almost three in ten (29%) were active with moderate intensity and close to half (46%) engaged in high intensity physical activity in the week prior to completing the survey (see chart to right).

### Participation in Physical Activity by Intensity Level



Question asked was: "How many days out of the past 7 days did you either walk for at least 10 minutes, do moderate activity, and/or vigorous activity?"

### People Who Walk at Least 5 Days/Week by Region



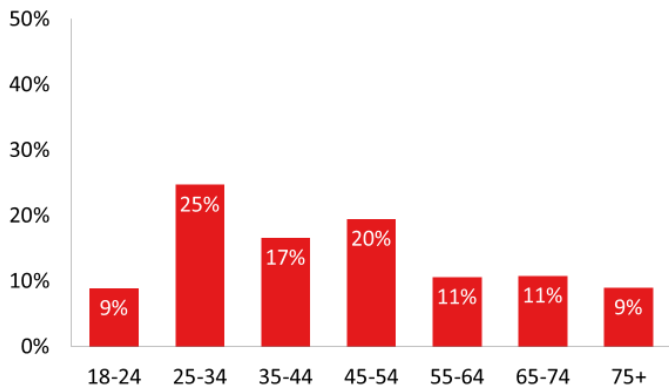
- Physical activity can help older adults maintain their physical and mental wellbeing, reduce disability due to chronic health conditions, and prolong independence.
- Among residents aged 55 and older, nearly three in ten were moderately active (29%) and just over four in ten were highly active (42%).
- Residents in the Southeast region most often reported walking at least 5 days per week (41%); whereas residents in the Southwest region least often reported walking at least 5 days per week (26%).

# Weld County 2016 Community Health Survey

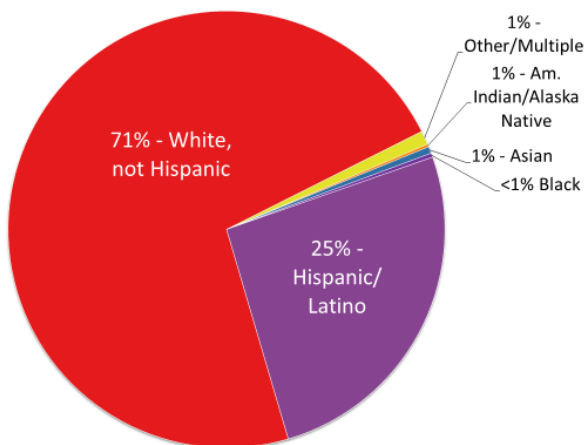
## About the Survey

### Description of Responders

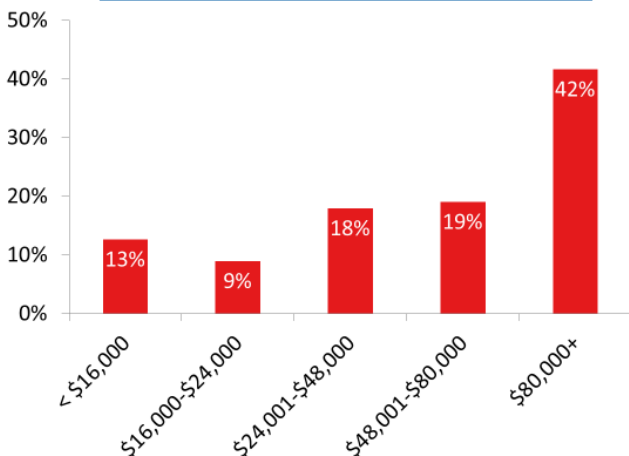
#### Age Groups



#### Race/Ethnicity

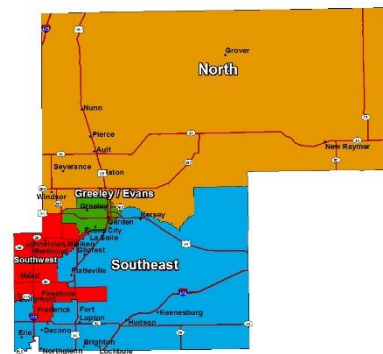


#### Household Income



### The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-item survey or complete it online.
- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, and demographics.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,080 community residents returned usable surveys for a 25 percent response rate. The results are representative of the population within a  $\pm 5.0$  percent margin of error.
- To see the actual survey go to: [www.weldhealth.org](http://www.weldhealth.org)



### Questions?

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