

**Phys act - met 150 minute aerobic recommendation, for the State of Hawaii, for 2-Year Aggregates, for the Year(s) - 2011, 2013**

**Phys act - met 150 minute aerobic recommendation, by State, County, Island, Community, BRFSS Age Group, DOH Race-Ethnicity, Gender, Education Level, Employment Status (Grouped), Household Income, Poverty Level, Marital Status (Grouped), Married, Health Care Coverage, for 2-Year Aggregates, for the Year(s) - 2011, 2013**

*The trend analysis report shows the trend for the selected health variable over selected years in a table and a graph. Estimated Population: This number is a weighted representation of the population who responded to a particular question in the survey. For most questions the eligible population will be the entire adult population. For some secondary questions only a subset of the population was asked the question. For example, all survey participants were asked if they had diabetes, but only those who answered yes were asked if they use insulin. If a dimension value is unknown for a particular survey record, that record will not be included in the counts for that particular dimension.*

*Below are the indicators included in this report and the long description for each indicator.*

<b>BRFSS Health Indicator</b>	<b>Health Ind Description</b>
Phys act - met 150 minute aerobic recommendation	Adults who participated in 150 minutes (or vigorous equivalent minutes) of physical activity per week

*Suggested citation:*

*Hawaii Health Data Warehouse, Hawaii State Department of Health, Behavioral Risk Factor Surveillance System, (report title and years),  
Report Created: 1/13/16*

*For documentation on other terms and coding in this report, please go to the following links*

[Click here to access BRFSS documentation](#)

[Click here to access DOH Race-Ethnicity coding](#)

[Click here to access The Hawai'i Data Guide](#)

[Click here to access Poverty Level Methodology](#)

**For questions about this report, please contact  
The Hawaii Health Data Warehouse**

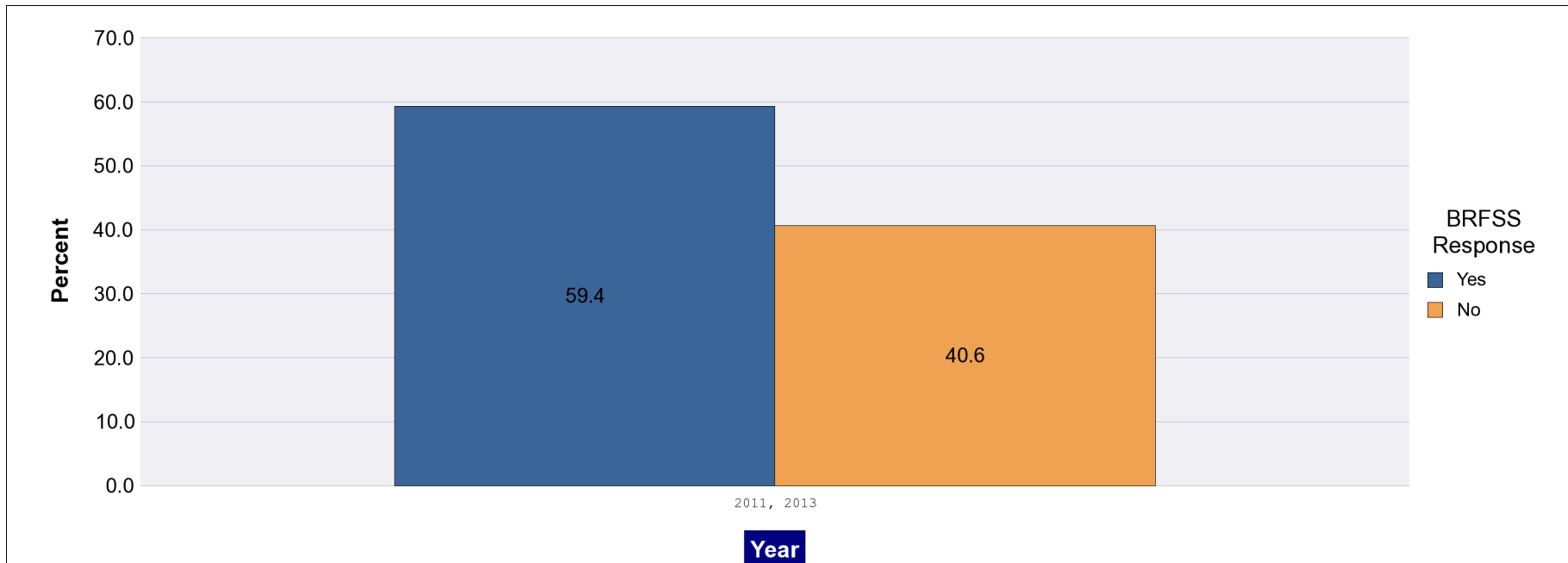
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Year	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	
2011, 2013	597,900	59.4	58.1 - 60.6	409,400	40.6	39.4 - 41.9	1,007,200



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**Year: 2011, 2013**

State	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>Totals</b>	597,900	59.4	58.1 - 60.6	409,400	40.6	39.4 - 41.9	1,007,200

County	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>Hawaii</b>	87,100	61.9	59.2 - 64.6	53,600	38.1	35.4 - 40.8	140,700
<b>Honolulu</b>	404,300	58.1	56.5 - 59.7	291,600	41.9	40.3 - 43.5	695,900
<b>Kauai</b>	31,500	65.0	61.5 - 68.5	17,000	35.0	31.5 - 38.5	48,500
<b>Maui</b>	69,000	61.7	58.9 - 64.4	42,900	38.3	35.6 - 41.1	111,900

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**Year: 2011, 2013**

Island	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Hawaii	87,100	61.9	59.2 - 64.6	53,600	38.1	35.4 - 40.8	140,700
Kauai	31,500	65.0	61.5 - 68.5	17,000	35.0	31.5 - 38.5	48,500
Lanai	1,800	60.4	50.1 - 70.7	1,200	39.6	29.3 - 49.9	2,900
Maui	63,000	61.9	58.9 - 64.8	38,800	38.1	35.2 - 41.1	101,800
Molokai	4,200	59.4	51.5 - 67.3	2,900	40.6	32.7 - 48.5	7,100
Oahu	404,300	58.1	56.5 - 59.7	291,600	41.9	40.3 - 43.5	695,900

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Aiea/ Pearl City	34,800	54.3	49.1 - 59.4	29,300	45.7	40.6 - 50.9	64,100
Ala Moana	17,200	57.9	51.6 - 64.3	12,500	42.1	35.7 - 48.4	29,600
Hanalei/ Kapaa	14,700	70.2	65.1 - 75.3	6,200	29.8	24.7 - 34.9	20,900
Hilo	23,700	61.0	56.3 - 65.7	15,100	39.0	34.3 - 43.7	38,800

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**Year: 2011, 2013**

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Kaaawa/ Kahaluu/ Kaneohe	30,200	60.8	55.1 - 66.5	19,400	39.2	33.5 - 44.9	49,600
Kahului	23,000	64.9	60.0 - 69.9	12,400	35.1	30.1 - 40.0	35,400
Kailua/ Waimanalo	34,100	64.9	59.1 - 70.7	18,400	35.1	29.3 - 40.9	52,600
Kaimuki/ Palolo/ Waikiki	36,200	61.2	56.0 - 66.3	23,000	38.8	33.7 - 44.0	59,200
Kona	21,000	66.1	60.7 - 71.6	10,800	33.9	28.4 - 39.3	31,800
Lahaina/ Wailuku	19,500	59.4	54.2 - 64.6	13,300	40.6	35.4 - 45.8	32,900
Lanai	1,800	60.4	50.1 - 70.7	1,200	39.6	29.3 - 49.9	2,900
Lihue-Waimea	16,800	60.9	56.2 - 65.7	10,800	39.1	34.3 - 43.8	27,500
Manoa/ Upper Makiki	29,200	62.5	57.6 - 67.4	17,500	37.5	32.6 - 42.4	46,700
Mililani/ Wahiawa	37,700	56.9	51.5 - 62.4	28,500	43.1	37.6 - 48.5	66,200
Molokai	4,200	59.4	51.5 - 67.3	2,900	40.6	32.7 - 48.5	7,100
Nanakuli/ Waianae	17,300	53.1	45.8 - 60.3	15,300	46.9	39.7 - 54.2	32,500
N.Hawaii	17,700	64.1	58.3 - 69.8	9,900	35.9	30.2 - 41.7	27,600

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**Year: 2011, 2013**

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>N.Shore/ Laie</b>	15,000	65.0	55.3 - 74.7	8,100	35.0	25.3 - 44.7	23,100
<b>Nuuanu/ Kalihi/ Moanalua</b>	36,000	55.7	50.3 - 61.0	28,700	44.3	39.0 - 49.7	64,700
<b>Puna/ Kau</b>	24,700	58.2	52.8 - 63.5	17,800	41.8	36.5 - 47.2	42,500
<b>Salt Lake/ Foster Village</b>	19,300	58.8	51.4 - 66.2	13,500	41.2	33.8 - 48.6	32,800
<b>Upcountry/ Hana</b>	20,500	61.0	55.8 - 66.2	13,100	39.0	33.8 - 44.2	33,600
<b>Waialae/ Kahala/ Hawaii Kai</b>	27,000	64.8	59.2 - 70.5	14,600	35.2	29.5 - 40.8	41,600
<b>Waipahu/ Kapolei/ Ewa</b>	70,500	52.9	48.7 - 57.1	62,700	47.1	42.9 - 51.3	133,200

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**Year: 2011, 2013**

BRFSS Age Group	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>18-24</b>	73,200	61.9	57.4 - 66.4	45,100	38.1	33.6 - 42.6	118,300
<b>25-34</b>	105,000	57.9	54.6 - 61.3	76,300	42.1	38.7 - 45.4	181,400
<b>35-44</b>	92,600	55.8	52.6 - 59.0	73,300	44.2	41.0 - 47.4	165,900
<b>45-54</b>	101,600	58.2	55.3 - 61.1	73,000	41.8	38.9 - 44.7	174,600
<b>55-64</b>	99,100	60.1	57.7 - 62.6	65,800	39.9	37.4 - 42.3	164,900
<b>65-74</b>	67,900	64.5	61.6 - 67.3	37,400	35.5	32.7 - 38.4	105,200
<b>75+</b>	58,400	61.0	57.7 - 64.4	37,300	39.0	35.6 - 42.3	95,700

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**Year: 2011, 2013**

DOH Race-Ethnicity	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>Caucasian</b>	225,900	67.2	65.3 - 69.1	110,400	32.8	30.9 - 34.7	336,200
<b>Native Hawaiian</b>	63,100	59.6	56.2 - 63.0	42,700	40.4	37.0 - 43.8	105,800
<b>Chinese</b>	34,800	56.8	51.5 - 62.0	26,500	43.2	38.0 - 48.5	61,300
<b>Filipino</b>	86,900	50.6	47.1 - 54.1	84,700	49.4	45.9 - 52.9	171,600
<b>Japanese</b>	115,300	54.6	52.0 - 57.1	96,000	45.4	42.9 - 48.0	211,300
<b>Black</b>	7,900	62.2	50.8 - 73.5	4,800	37.8	26.5 - 49.2	12,800
<b>Native Alaskan/ American Indian</b>	3,200	74.4	61.0 - 87.9	1,100	25.6	12.1 - 39.0	4,400
<b>Other Asian</b>	14,900	59.1	51.1 - 67.1	10,300	40.9	32.9 - 48.9	25,300
<b>Other Pacific Islander</b>	15,000	57.0	48.6 - 65.4	11,300	43.0	34.6 - 51.4	26,300
<b>Other</b>	20,000	58.6	50.7 - 66.5	14,100	41.4	33.5 - 49.3	34,100



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**Year: 2011, 2013**

Gender	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Male	317,900	63.1	61.3 - 64.9	185,600	36.9	35.1 - 38.7	503,600
Female	279,900	55.6	53.9 - 57.3	223,700	44.4	42.7 - 46.1	503,600

Education Level	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Never attended school/ Only Kindergarten to Grades 8	10,200	44.0	33.8 - 54.1	13,000	56.0	45.9 - 66.2	23,200
Grades 9 thru 11 (Some High School)	36,900	48.8	42.6 - 54.9	38,800	51.2	45.1 - 57.4	75,600
Grades 12 or GED (High School Grad)	166,100	55.7	53.3 - 58.1	132,100	44.3	41.9 - 46.7	298,300
College 1 to 3 years (Some College/ Tech)	206,200	61.6	59.4 - 63.7	128,800	38.4	36.3 - 40.6	335,100
College 4 years or more (College Grad)	178,200	64.9	63.2 - 66.6	96,200	35.1	33.4 - 36.8	274,400

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**Year: 2011, 2013**

Employment Status (Grouped)	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>Employed</b>	354,000	58.3	56.7 - 60.0	252,900	41.7	40.0 - 43.3	606,900
<b>Unemployed</b>	40,000	58.3	53.2 - 63.5	28,600	41.7	36.5 - 46.8	68,600
<b>Retired/Unable to work</b>	141,200	62.2	60.0 - 64.4	85,800	37.8	35.6 - 40.0	227,000
<b>Student/Homemaker</b>	62,200	59.8	55.4 - 64.3	41,700	40.2	35.7 - 44.6	103,900

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**Year: 2011, 2013**

Household Income	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Less than \$10,000	21,800	49.8	44.3 - 55.3	22,000	50.2	44.7 - 55.7	43,800
\$10,000 to \$14,999	18,900	51.9	45.6 - 58.1	17,500	48.1	41.9 - 54.4	36,400
\$15,000 to \$19,999	29,700	50.0	44.7 - 55.2	29,700	50.0	44.8 - 55.3	59,400
\$20,000 to \$24,999	41,300	58.0	53.4 - 62.7	29,800	42.0	37.3 - 46.6	71,100
\$25,000 to \$34,999	57,700	55.5	51.7 - 59.3	46,200	44.5	40.7 - 48.3	104,000
\$35,000 to \$49,999	81,900	59.8	56.5 - 63.1	55,200	40.2	36.9 - 43.5	137,100
\$50,000 to \$74,999	96,600	62.3	59.1 - 65.4	58,600	37.7	34.6 - 40.9	155,200
\$75,000 or more	192,400	64.3	62.1 - 66.5	107,000	35.7	33.5 - 37.9	299,400

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Poverty Level	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>0-130%</b>	68,900	50.4	46.6 - 54.3	67,700	49.6	45.7 - 53.4	136,500
<b>131-185%</b>	52,300	57.2	52.7 - 61.7	39,200	42.8	38.3 - 47.3	91,500
<b>186+%</b>	232,500	63.3	61.4 - 65.2	134,700	36.7	34.8 - 38.6	367,200

Marital Status (Grouped)	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
<b>Married</b>	309,400	60.6	58.9 - 62.2	201,500	39.4	37.8 - 41.1	510,900
<b>Unmarried Couple</b>	24,400	61.3	54.0 - 68.7	15,400	38.7	31.3 - 46.0	39,800
<b>Widowed</b>	39,100	56.5	52.5 - 60.6	30,100	43.5	39.4 - 47.5	69,300
<b>Other</b>	225,000	58.1	55.9 - 60.2	162,400	41.9	39.8 - 44.1	387,400

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<b>Married</b>	<b>Yes</b>			<b>No</b>			<b>Estimated Population (2-Yr Avg)</b>
	<b>#</b>	<b>%</b>	<b>C.I.(95%)</b>	<b>#</b>	<b>%</b>	<b>C.I.(95%)</b>	<b>#</b>
<b>Yes</b>	317,700	60.5	58.9 - 62.1	207,700	39.5	37.9 - 41.1	525,400
<b>No</b>	279,300	58.2	56.3 - 60.1	200,900	41.8	39.9 - 43.7	480,200

<b>Health Care Coverage</b>	<b>Yes</b>			<b>No</b>			<b>Estimated Population (2-Yr Avg)</b>
	<b>#</b>	<b>%</b>	<b>C.I.(95%)</b>	<b>#</b>	<b>%</b>	<b>C.I.(95%)</b>	<b>#</b>
<b>Yes</b>	545,900	59.4	58.1 - 60.7	372,600	40.6	39.3 - 41.9	918,500
<b>No</b>	50,600	58.7	54.4 - 63.0	35,600	41.3	37.0 - 45.6	86,200