

Phys act - met 300 minute aerobic recommendation, for the State of Hawaii, for 2-Year Aggregates, for the Year(s) - 2011, 2013

Phys act - met 300 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.

| BRFSS Health Indicator | Health Ind Description |
|--|---|
| Phys act - met 300 minute aerobic recommendation | Adults who participated in 300 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**

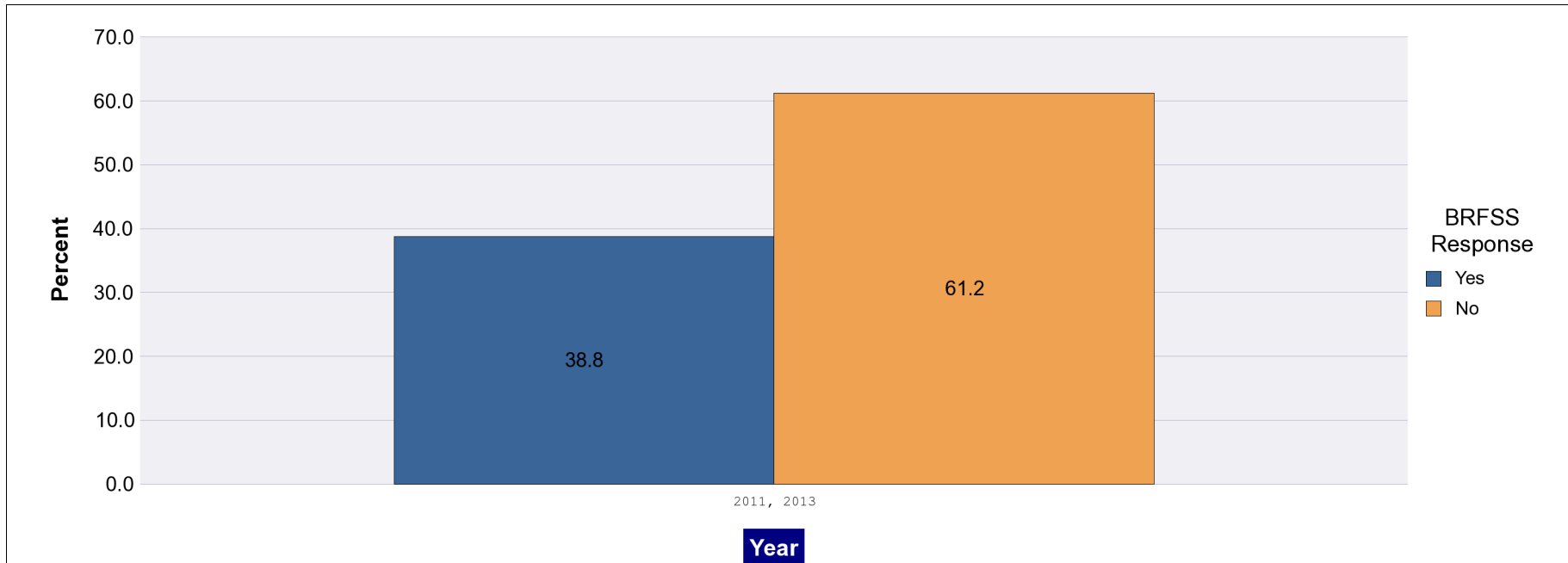
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| Year | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | |
| 2011, 2013 | 389,500 | 38.8 | 37.6 - 40.0 | 614,500 | 61.2 | 60.0 - 62.4 | 1,004,000 |



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Year: 2011, 2013

| State | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|---------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Totals | 389,500 | 38.8 | 37.6 - 40.0 | 614,500 | 61.2 | 60.0 - 62.4 | 1,004,000 |

| County | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|-----------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Hawaii | 58,700 | 41.9 | 39.3 - 44.5 | 81,400 | 58.1 | 55.5 - 60.7 | 140,200 |
| Honolulu | 258,100 | 37.2 | 35.6 - 38.7 | 435,900 | 62.8 | 61.3 - 64.4 | 694,000 |
| Kauai | 22,100 | 45.7 | 42.0 - 49.4 | 26,200 | 54.3 | 50.6 - 58.0 | 48,300 |
| Maui | 47,200 | 42.4 | 39.7 - 45.1 | 64,100 | 57.6 | 54.9 - 60.3 | 111,300 |

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Year: 2011, 2013

| Island | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|---------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Hawaii | 58,700 | 41.9 | 39.3 - 44.5 | 81,400 | 58.1 | 55.5 - 60.7 | 140,200 |
| Kauai | 22,100 | 45.7 | 42.0 - 49.4 | 26,200 | 54.3 | 50.6 - 58.0 | 48,300 |
| Lanai | 1,200 | 41.5 | 32.6 - 50.4 | 1,700 | 58.5 | 49.6 - 67.4 | 2,900 |
| Maui | 43,000 | 42.5 | 39.5 - 45.4 | 58,300 | 57.5 | 54.6 - 60.5 | 101,300 |
| Molokai | 3,000 | 41.5 | 33.9 - 49.2 | 4,200 | 58.5 | 50.8 - 66.1 | 7,100 |
| Oahu | 258,100 | 37.2 | 35.6 - 38.7 | 435,900 | 62.8 | 61.3 - 64.4 | 694,000 |

| Community | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|------------------|--------|------|-------------|--------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Aiea/ Pearl City | 23,600 | 37.0 | 32.0 - 41.9 | 40,300 | 63.0 | 58.1 - 68.0 | 63,900 |
| Ala Moana | 11,100 | 37.5 | 31.3 - 43.7 | 18,500 | 62.5 | 56.3 - 68.7 | 29,600 |
| Hanalei/ Kapaa | 10,700 | 51.7 | 45.9 - 57.4 | 10,000 | 48.3 | 42.6 - 54.1 | 20,800 |
| Hilo | 15,000 | 38.6 | 34.3 - 43.0 | 23,800 | 61.4 | 57.0 - 65.7 | 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 | 19,000 | 38.5 | 32.8 - 44.2 | 30,400 | 61.5 | 55.8 - 67.2 | 49,400 |
| Kahului | 15,800 | 44.8 | 39.8 - 49.9 | 19,400 | 55.2 | 50.1 - 60.2 | 35,100 |
| Kailua/ Waimanalo | 19,600 | 37.5 | 31.7 - 43.3 | 32,600 | 62.5 | 56.7 - 68.3 | 52,200 |
| Kaimuki/ Palolo/ Waikiki | 24,800 | 41.9 | 36.9 - 46.8 | 34,400 | 58.1 | 53.2 - 63.1 | 59,200 |
| Kona | 14,000 | 44.3 | 38.7 - 49.8 | 17,600 | 55.7 | 50.2 - 61.3 | 31,700 |
| Lahaina/ Wailuku | 13,300 | 40.5 | 35.6 - 45.4 | 19,500 | 59.5 | 54.6 - 64.4 | 32,800 |
| Lanai | 1,200 | 41.5 | 32.6 - 50.4 | 1,700 | 58.5 | 49.6 - 67.4 | 2,900 |
| Lihue-Waimea | 11,400 | 41.2 | 36.5 - 46.0 | 16,200 | 58.8 | 54.0 - 63.5 | 27,500 |
| Manoa/ Upper Makiki | 18,100 | 38.8 | 33.7 - 44.0 | 28,500 | 61.2 | 56.0 - 66.3 | 46,600 |
| Mililani/ Wahiawa | 23,900 | 36.1 | 30.9 - 41.4 | 42,300 | 63.9 | 58.6 - 69.1 | 66,200 |
| Molokai | 3,000 | 41.5 | 33.9 - 49.2 | 4,200 | 58.5 | 50.8 - 66.1 | 7,100 |
| Nanakuli/ Waianae | 11,600 | 36.2 | 29.3 - 43.0 | 20,500 | 63.8 | 57.0 - 70.7 | 32,200 |
| N.Hawaii | 12,600 | 45.9 | 40.1 - 51.6 | 14,900 | 54.1 | 48.4 - 59.9 | 27,500 |

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Year: 2011, 2013

| Community | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|------------------------------------|--------|------|-------------|--------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| N.Shore/ Laie | 10,700 | 46.4 | 36.8 - 56.0 | 12,300 | 53.6 | 44.0 - 63.2 | 23,000 |
| Nuuanu/ Kalihi/ Moanalua | 22,400 | 34.7 | 29.6 - 39.9 | 42,100 | 65.3 | 60.1 - 70.4 | 64,400 |
| Puna/ Kau | 17,100 | 40.5 | 35.5 - 45.6 | 25,100 | 59.5 | 54.4 - 64.5 | 42,200 |
| Salt Lake/ Foster Village | 11,900 | 36.4 | 29.2 - 43.6 | 20,700 | 63.6 | 56.4 - 70.8 | 32,600 |
| Upcountry/ Hana | 14,000 | 41.9 | 36.7 - 47.1 | 19,400 | 58.1 | 52.9 - 63.3 | 33,300 |
| Waialae/ Kahala/ Hawaii Kai | 19,100 | 46.0 | 40.2 - 51.8 | 22,400 | 54.0 | 48.2 - 59.8 | 41,600 |
| Waipahu/ Kapolei/ Ewa | 42,300 | 31.8 | 28.1 - 35.5 | 90,900 | 68.2 | 64.5 - 71.9 | 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%) | # |
| 18-24 | 48,200 | 41.0 | 36.3 - 45.6 | 69,500 | 59.0 | 54.4 - 63.7 | 117,700 |
| 25-34 | 59,700 | 33.0 | 30.0 - 36.1 | 120,900 | 67.0 | 63.9 - 70.0 | 180,600 |
| 35-44 | 55,500 | 33.5 | 30.6 - 36.4 | 110,100 | 66.5 | 63.6 - 69.4 | 165,600 |
| 45-54 | 63,700 | 36.6 | 33.9 - 39.2 | 110,400 | 63.4 | 60.8 - 66.1 | 174,000 |
| 55-64 | 65,400 | 39.7 | 37.4 - 42.1 | 99,200 | 60.3 | 57.9 - 62.6 | 164,600 |
| 65-74 | 51,000 | 48.7 | 45.8 - 51.6 | 53,700 | 51.3 | 48.4 - 54.2 | 104,700 |
| 75+ | 46,000 | 48.1 | 44.8 - 51.5 | 49,500 | 51.9 | 48.5 - 55.2 | 95,500 |

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Year: 2011, 2013

| DOH Race-Ethnicity | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|---------------------------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Caucasian | 149,100 | 44.6 | 42.6 - 46.6 | 185,400 | 55.4 | 53.4 - 57.4 | 334,500 |
| Native Hawaiian | 44,800 | 42.5 | 39.1 - 45.8 | 60,800 | 57.5 | 54.2 - 60.9 | 105,600 |
| Chinese | 23,200 | 38.0 | 32.9 - 43.1 | 37,900 | 62.0 | 56.9 - 67.1 | 61,100 |
| Filipino | 54,200 | 31.6 | 28.5 - 34.8 | 117,100 | 68.4 | 65.2 - 71.5 | 171,300 |
| Japanese | 74,900 | 35.5 | 33.1 - 37.8 | 136,100 | 64.5 | 62.2 - 66.9 | 211,000 |
| Black | 3,900 | 30.5 | 20.5 - 40.5 | 8,800 | 69.5 | 59.5 - 79.5 | 12,700 |
| Native Alaskan/ American Indian | 2,100 | 47.4 | 32.0 - 62.8 | 2,300 | 52.6 | 37.2 - 68.0 | 4,400 |
| Other Asian | 8,400 | 33.1 | 25.7 - 40.5 | 16,900 | 66.9 | 59.5 - 74.3 | 25,300 |
| Other Pacific Islander | 10,100 | 38.3 | 29.9 - 46.7 | 16,200 | 61.7 | 53.3 - 70.1 | 26,300 |
| Other | 12,000 | 35.2 | 28.3 - 42.1 | 22,100 | 64.8 | 57.9 - 71.7 | 34,100 |

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Year: 2011, 2013

| Gender | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|--------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Male | 219,600 | 43.7 | 41.9 - 45.5 | 282,400 | 56.3 | 54.5 - 58.1 | 501,900 |
| Female | 169,900 | 33.8 | 32.3 - 35.4 | 332,100 | 66.2 | 64.6 - 67.7 | 502,000 |

| Education Level | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|--|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Never attended school/ Only Kindergarten to Grades 8 | 6,300 | 27.1 | 18.2 - 35.9 | 16,800 | 72.9 | 64.1 - 81.8 | 23,100 |
| Grades 9 thru 11 (Some High School) | 25,100 | 33.4 | 27.7 - 39.0 | 50,000 | 66.6 | 61.0 - 72.3 | 75,100 |
| Grades 12 or GED (High School Grad) | 109,800 | 37.0 | 34.7 - 39.2 | 187,300 | 63.0 | 60.8 - 65.3 | 297,100 |
| College 1 to 3 years (Some College/ Tech) | 133,900 | 40.1 | 37.9 - 42.2 | 200,100 | 59.9 | 57.8 - 62.1 | 333,900 |
| College 4 years or more (College Grad) | 114,500 | 41.8 | 40.1 - 43.5 | 159,600 | 58.2 | 56.5 - 59.9 | 274,100 |

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Year: 2011, 2013

| Employment Status (Grouped) | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|-------------------------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Employed | 216,800 | 35.8 | 34.3 - 37.3 | 388,900 | 64.2 | 62.7 - 65.7 | 605,700 |
| Unemployed | 26,700 | 38.9 | 34.0 - 43.8 | 41,900 | 61.1 | 56.2 - 66.0 | 68,600 |
| Retired/Unable to work | 106,900 | 47.3 | 45.2 - 49.5 | 118,900 | 52.7 | 50.5 - 54.8 | 225,800 |
| Student/Homemaker | 39,000 | 37.8 | 33.3 - 42.3 | 64,200 | 62.2 | 57.7 - 66.7 | 103,300 |

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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 | 15,100 | 34.6 | 29.3 - 39.9 | 28,400 | 65.4 | 60.1 - 70.7 | 43,500 |
| \$10,000 to \$14,999 | 13,400 | 36.8 | 30.8 - 42.8 | 23,000 | 63.2 | 57.2 - 69.2 | 36,300 |
| \$15,000 to \$19,999 | 19,400 | 33.0 | 28.3 - 37.7 | 39,400 | 67.0 | 62.3 - 71.7 | 58,900 |
| \$20,000 to \$24,999 | 28,100 | 39.6 | 35.1 - 44.1 | 42,800 | 60.4 | 55.9 - 64.9 | 70,800 |
| \$25,000 to \$34,999 | 37,300 | 36.0 | 32.3 - 39.6 | 66,300 | 64.0 | 60.4 - 67.7 | 103,600 |
| \$35,000 to \$49,999 | 53,100 | 38.8 | 35.7 - 41.9 | 83,600 | 61.2 | 58.1 - 64.3 | 136,700 |
| \$50,000 to \$74,999 | 60,000 | 38.7 | 35.7 - 41.7 | 95,000 | 61.3 | 58.3 - 64.3 | 154,900 |
| \$75,000 or more | 124,800 | 41.8 | 39.6 - 43.9 | 174,100 | 58.2 | 56.1 - 60.4 | 298,900 |

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Year: 2011, 2013

| Poverty Level | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|-----------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| 0-130% | 46,000 | 33.9 | 30.2 - 37.5 | 89,800 | 66.1 | 62.5 - 69.8 | 135,700 |
| 131-185% | 33,700 | 37.0 | 32.9 - 41.0 | 57,500 | 63.0 | 59.0 - 67.1 | 91,200 |
| 186+% | 154,800 | 42.2 | 40.3 - 44.1 | 211,800 | 57.8 | 55.9 - 59.7 | 366,500 |

| Marital Status (Grouped) | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|--------------------------|---------|------|-------------|---------|------|-------------|---------------------------------|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Married | 196,000 | 38.4 | 36.9 - 40.0 | 313,700 | 61.6 | 60.0 - 63.1 | 509,700 |
| Unmarried Couple | 17,500 | 44.1 | 36.9 - 51.3 | 22,200 | 55.9 | 48.7 - 63.1 | 39,700 |
| Widowed | 28,700 | 41.6 | 37.7 - 45.4 | 40,300 | 58.4 | 54.6 - 62.3 | 68,900 |
| Other | 147,400 | 38.2 | 36.1 - 40.3 | 238,300 | 61.8 | 59.7 - 63.9 | 385,600 |

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Year: 2011, 2013

| Married | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|----------------|------------|----------|------------------|-----------|----------|------------------|--|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Yes | 201,300 | 38.4 | 36.9 - 39.9 | 323,000 | 61.6 | 60.1 - 63.1 | 524,300 |
| No | 187,600 | 39.3 | 37.4 - 41.1 | 290,400 | 60.7 | 58.9 - 62.6 | 478,000 |

| Health Care Coverage | Yes | | | No | | | Estimated Population (2-Yr Avg) |
|-----------------------------|------------|----------|------------------|-----------|----------|------------------|--|
| | # | % | C.I.(95%) | # | % | C.I.(95%) | # |
| Yes | 352,400 | 38.5 | 37.3 - 39.7 | 563,300 | 61.5 | 60.3 - 62.7 | 915,700 |
| No | 36,600 | 42.7 | 38.4 - 47.0 | 49,200 | 57.3 | 53.0 - 61.6 | 85,800 |