

Phys act - met aerobic and muscle strengthening recommendations, for the State of Hawaii, for 2-Year Aggregates, for the Year(s) - 2011, 2013

Phys act - met aerobic and muscle strengthening recommendations, 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 aerobic and muscle strengthening recommendations	Adults who reported doing enough physical activity to meet the aerobic and strengthening recommendations

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**

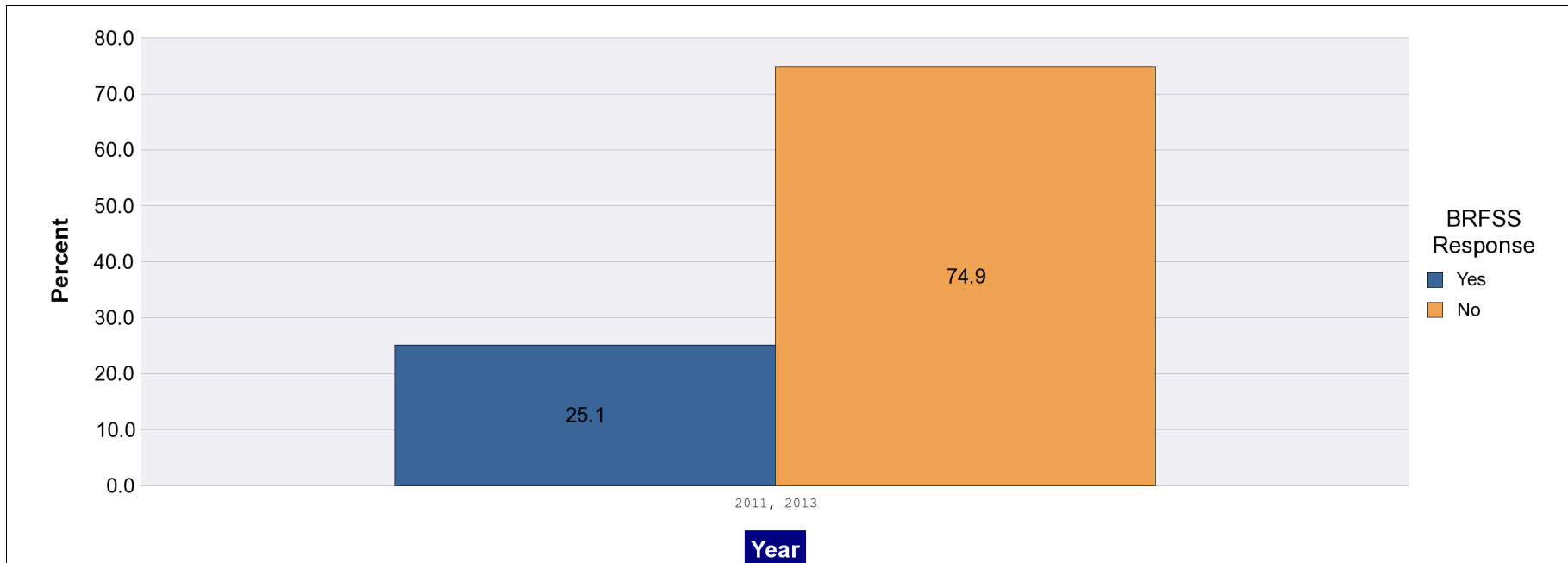
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Year	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	
2011, 2013	251,500	25.1	24.1 - 26.2	748,900	74.9	73.8 - 75.9	1,000,400



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Year: 2011, 2013

State	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Totals	251,500	25.1	24.1 - 26.2	748,900	74.9	73.8 - 75.9	1,000,400

County	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Hawaii	34,400	24.6	22.3 - 27.0	105,300	75.4	73.0 - 77.7	139,700
Honolulu	171,700	24.9	23.5 - 26.2	519,200	75.1	73.8 - 76.5	691,000
Kauai	12,300	25.7	22.4 - 29.1	35,600	74.3	70.9 - 77.6	48,000
Maui	30,200	27.1	24.6 - 29.6	81,200	72.9	70.4 - 75.4	111,400

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Year: 2011, 2013

Island	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Hawaii	34,400	24.6	22.3 - 27.0	105,300	75.4	73.0 - 77.7	139,700
Kauai	12,300	25.7	22.4 - 29.1	35,600	74.3	70.9 - 77.6	48,000
Lanai	600	19.1	12.7 - 25.4	2,400	80.9	74.6 - 87.3	2,900
Maui	28,000	27.6	24.9 - 30.3	73,500	72.4	69.7 - 75.1	101,500
Molokai	1,700	23.8	16.9 - 30.6	5,400	76.2	69.4 - 83.1	7,000
Oahu	171,700	24.9	23.5 - 26.2	519,200	75.1	73.8 - 76.5	691,000

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Aiea/ Pearl City	12,500	19.5	15.7 - 23.3	51,400	80.5	76.7 - 84.3	63,800
Ala Moana	8,000	27.2	21.2 - 33.3	21,400	72.8	66.7 - 78.8	29,400
Hanalei/ Kapaa	6,000	28.8	23.3 - 34.3	14,800	71.2	65.7 - 76.7	20,700
Hilo	8,200	21.4	17.6 - 25.1	30,300	78.6	74.9 - 82.4	38,600

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Year: 2011, 2013

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Kaaawa/ Kahaluu/ Kaneohe	12,100	24.5	19.4 - 29.7	37,400	75.5	70.3 - 80.6	49,500
Kahului	10,500	29.8	25.1 - 34.6	24,600	70.2	65.4 - 74.9	35,100
Kailua/ Waimanalo	13,100	25.1	19.9 - 30.2	39,200	74.9	69.8 - 80.1	52,400
Kaimuki/ Palolo/ Waikiki	13,300	22.5	18.7 - 26.4	45,800	77.5	73.6 - 81.3	59,100
Kona	9,100	28.6	23.4 - 33.8	22,600	71.4	66.2 - 76.6	31,700
Lahaina/ Wailuku	7,700	23.6	19.4 - 27.8	25,100	76.4	72.2 - 80.6	32,800
Lanai	600	19.1	12.7 - 25.4	2,400	80.9	74.6 - 87.3	2,900
Lihue-Waimea	6,400	23.4	19.2 - 27.5	20,900	76.6	72.5 - 80.8	27,300
Manoa/ Upper Makiki	12,600	27.1	22.3 - 31.9	34,000	72.9	68.1 - 77.7	46,700
Mililani/ Wahiawa	17,500	26.6	21.8 - 31.3	48,200	73.4	68.7 - 78.2	65,700
Molokai	1,700	23.8	16.9 - 30.6	5,400	76.2	69.4 - 83.1	7,000
Nanakuli/ Waianae	7,500	23.6	17.4 - 29.7	24,200	76.4	70.3 - 82.6	31,700
N.Hawaii	7,200	26.2	21.1 - 31.2	20,300	73.8	68.8 - 78.9	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	5,500	24.2	16.3 - 32.2	17,100	75.8	67.8 - 83.7	22,600
Nuuanu/ Kalihi/ Moanalua	15,200	24.0	19.3 - 28.7	48,300	76.0	71.3 - 80.7	63,500
Puna/ Kau	9,900	23.5	18.8 - 28.3	32,000	76.5	71.7 - 81.2	41,900
Salt Lake/ Foster Village	10,000	30.6	23.5 - 37.7	22,600	69.4	62.3 - 76.5	32,600
Upcountry/ Hana	9,800	29.1	24.1 - 34.1	23,800	70.9	65.9 - 75.9	33,600
Waialae/ Kahala/ Hawaii Kai	12,300	29.9	24.4 - 35.3	29,000	70.1	64.7 - 75.6	41,300
Waipahu/ Kapolei/ Ewa	32,100	24.2	20.6 - 27.8	100,500	75.8	72.2 - 79.4	132,600

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BRFSS Age Group	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
18-24	41,000	34.9	30.5 - 39.3	76,500	65.1	60.7 - 69.5	117,500
25-34	54,600	30.5	27.4 - 33.6	124,400	69.5	66.4 - 72.6	179,000
35-44	38,500	23.3	20.8 - 25.8	126,700	76.7	74.2 - 79.2	165,200
45-54	38,900	22.4	20.2 - 24.7	134,600	77.6	75.3 - 79.8	173,500
55-64	34,800	21.2	19.3 - 23.1	129,400	78.8	76.9 - 80.7	164,300
65-74	26,000	24.8	22.3 - 27.3	78,800	75.2	72.7 - 77.7	104,800
75+	17,700	18.6	16.1 - 21.1	77,400	81.4	78.9 - 83.9	95,000

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Year: 2011, 2013

DOH Race-Ethnicity	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Caucasian	100,800	30.2	28.3 - 32.0	233,400	69.8	68.0 - 71.7	334,200
Native Hawaiian	32,100	30.7	27.5 - 33.9	72,500	69.3	66.1 - 72.5	104,600
Chinese	12,500	20.5	16.1 - 24.9	48,600	79.5	75.1 - 83.9	61,200
Filipino	32,300	19.0	16.3 - 21.8	137,300	81.0	78.2 - 83.7	169,600
Japanese	39,600	18.8	17.0 - 20.6	171,100	81.2	79.4 - 83.0	210,800
Black	5,000	39.5	27.6 - 51.5	7,700	60.5	48.5 - 72.4	12,700
Native Alaskan/ American Indian	1,500	34.6	19.9 - 49.3	2,800	65.4	50.7 - 80.1	4,300
Other Asian	5,400	21.6	15.0 - 28.1	19,800	78.4	71.9 - 85.0	25,300
Other Pacific Islander	6,400	25.1	17.4 - 32.8	19,200	74.9	67.2 - 82.6	25,700
Other	10,500	30.9	23.5 - 38.3	23,500	69.1	61.7 - 76.5	34,100

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Gender	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Male	155,800	31.2	29.5 - 32.9	343,900	68.8	67.1 - 70.5	499,800
Female	95,700	19.1	17.9 - 20.3	404,900	80.9	79.7 - 82.1	500,600

Education Level	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Never attended school/ Only Kindergarten to Grades 8	n/r	n/r	n/r	19,600	88.5	81.3 - 95.8	22,100
Grades 9 thru 11 (Some High School)	18,000	24.2	18.7 - 29.6	56,600	75.8	70.4 - 81.3	74,600
Grades 12 or GED (High School Grad)	66,500	22.4	20.4 - 24.4	230,300	77.6	75.6 - 79.6	296,800
College 1 to 3 years (Some College/ Tech)	85,300	25.6	23.7 - 27.6	247,500	74.4	72.4 - 76.3	332,800
College 4 years or more (College Grad)	79,200	28.9	27.4 - 30.5	194,300	71.1	69.5 - 72.6	273,400

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Year: 2011, 2013

Employment Status (Grouped)	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Employed	154,800	25.7	24.3 - 27.0	448,100	74.3	73.0 - 75.7	602,800
Unemployed	15,900	23.4	19.0 - 27.9	52,000	76.6	72.1 - 81.0	67,900
Retired/Unable to work	48,300	21.4	19.7 - 23.2	177,200	78.6	76.8 - 80.3	225,500
Student/Homemaker	32,300	31.2	26.8 - 35.6	71,100	68.8	64.4 - 73.2	103,400

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Household Income	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Less than \$10,000	9,000	20.6	15.6 - 25.5	34,600	79.4	74.5 - 84.4	43,600
\$10,000 to \$14,999	6,200	17.1	12.1 - 22.1	29,900	82.9	77.9 - 87.9	36,000
\$15,000 to \$19,999	10,800	18.6	14.8 - 22.3	47,200	81.4	77.7 - 85.2	58,000
\$20,000 to \$24,999	16,500	23.4	19.7 - 27.2	53,700	76.6	72.8 - 80.3	70,200
\$25,000 to \$34,999	22,900	22.1	19.0 - 25.3	80,600	77.9	74.7 - 81.0	103,500
\$35,000 to \$49,999	34,700	25.4	22.5 - 28.4	101,500	74.6	71.6 - 77.5	136,200
\$50,000 to \$74,999	41,700	26.9	24.1 - 29.8	113,200	73.1	70.2 - 75.9	154,800
\$75,000 or more	86,800	29.1	27.2 - 31.1	211,300	70.9	68.9 - 72.8	298,100

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Poverty Level	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
0-130%	24,400	18.2	15.1 - 21.3	109,800	81.8	78.7 - 84.9	134,300
131-185%	19,700	21.6	18.0 - 25.2	71,500	78.4	74.8 - 82.0	91,200
186+%	95,900	26.2	24.6 - 27.9	269,800	73.8	72.1 - 75.4	365,800

Marital Status (Grouped)	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Married	125,600	24.7	23.3 - 26.1	382,100	75.3	73.9 - 76.7	507,700
Unmarried Couple	10,900	27.8	21.5 - 34.2	28,300	72.2	65.8 - 78.5	39,100
Widowed	12,000	17.5	14.6 - 20.4	56,600	82.5	79.6 - 85.4	68,700
Other	103,000	26.8	24.8 - 28.7	281,900	73.2	71.3 - 75.2	384,900

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Married	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Yes	128,900	24.7	23.3 - 26.1	393,400	75.3	73.9 - 76.7	522,300
No	122,500	25.7	24.0 - 27.4	354,100	74.3	72.6 - 76.0	476,600

Health Care Coverage	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Yes	227,000	24.9	23.8 - 26.0	685,500	75.1	74.0 - 76.2	912,500
No	23,700	27.7	23.7 - 31.7	61,700	72.3	68.3 - 76.3	85,400