

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

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

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**

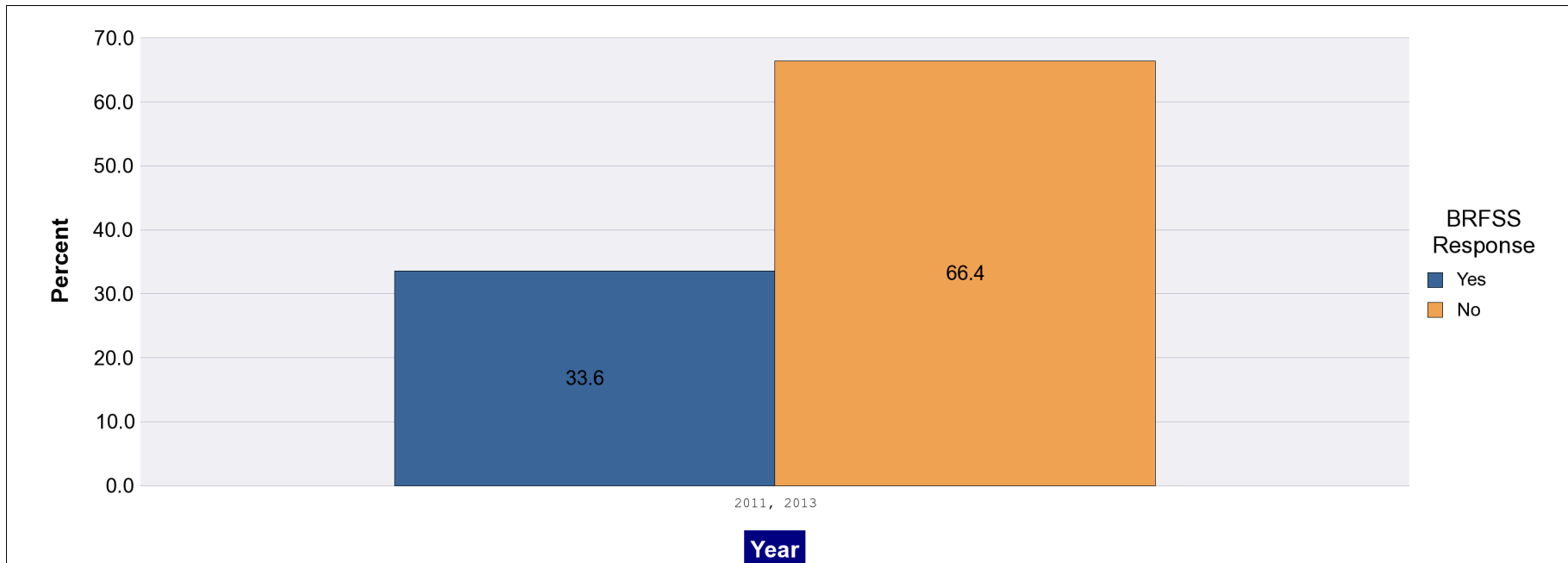
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Year	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	
2011, 2013	339,800	33.6	32.4 - 34.8	672,100	66.4	65.2 - 67.6	1,011,900



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Year: 2011, 2013

State	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Totals	339,800	33.6	32.4 - 34.8	672,100	66.4	65.2 - 67.6	1,011,900

County	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Hawaii	46,400	32.9	30.3 - 35.5	94,700	67.1	64.5 - 69.7	141,100
Honolulu	235,200	33.7	32.1 - 35.2	463,600	66.3	64.8 - 67.9	698,900
Kauai	15,800	32.6	29.0 - 36.3	32,600	67.4	63.7 - 71.0	48,400
Maui	37,900	33.6	31.0 - 36.2	74,900	66.4	63.8 - 69.0	112,800

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Year: 2011, 2013

Island	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Hawaii	46,400	32.9	30.3 - 35.5	94,700	67.1	64.5 - 69.7	141,100
Kauai	15,800	32.6	29.0 - 36.3	32,600	67.4	63.7 - 71.0	48,400
Lanai	700	24.6	17.6 - 31.6	2,200	75.4	68.4 - 82.4	2,900
Maui	35,100	34.1	31.3 - 36.9	67,700	65.9	63.1 - 68.7	102,800
Molokai	2,100	29.3	22.0 - 36.7	5,000	70.7	63.3 - 78.0	7,000
Oahu	235,200	33.7	32.1 - 35.2	463,600	66.3	64.8 - 67.9	698,900

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Aiea/ Pearl City	18,000	27.9	23.5 - 32.3	46,300	72.1	67.7 - 76.5	64,300
Ala Moana	10,800	35.9	29.6 - 42.2	19,200	64.1	57.8 - 70.4	30,000
Hanalei/ Kapaa	7,400	35.6	29.9 - 41.3	13,500	64.4	58.7 - 70.1	20,900
Hilo	11,900	30.4	26.2 - 34.7	27,100	69.6	65.3 - 73.8	39,000

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Year: 2011, 2013

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Kaaawa/ Kahaluu/ Kaneohe	16,000	32.0	26.4 - 37.5	34,100	68.0	62.5 - 73.6	50,200
Kahului	12,400	34.8	29.9 - 39.6	23,200	65.2	60.4 - 70.1	35,500
Kailua/ Waimanalo	17,600	33.2	27.7 - 38.8	35,300	66.8	61.2 - 72.3	52,800
Kaimuki/ Palolo/ Waikiki	19,200	32.2	27.4 - 37.0	40,400	67.8	63.0 - 72.6	59,500
Kona	12,100	37.6	31.8 - 43.4	20,100	62.4	56.6 - 68.2	32,200
Lahaina/ Wailuku	10,200	30.7	26.1 - 35.3	23,100	69.3	64.7 - 73.9	33,300
Lanai	700	24.6	17.6 - 31.6	2,200	75.4	68.4 - 82.4	2,900
Lihue-Waimea	8,300	30.4	25.7 - 35.0	19,100	69.6	65.0 - 74.3	27,500
Manoa/ Upper Makiki	15,300	32.3	27.4 - 37.2	32,100	67.7	62.8 - 72.6	47,400
Mililani/ Wahiawa	23,100	34.7	29.6 - 39.8	43,400	65.3	60.2 - 70.4	66,500
Molokai	2,100	29.3	22.0 - 36.7	5,000	70.7	63.3 - 78.0	7,000
Nanakuli/ Waianae	10,400	32.4	25.6 - 39.1	21,700	67.6	60.9 - 74.4	32,100
N.Hawaii	9,100	32.6	27.0 - 38.2	18,800	67.4	61.8 - 73.0	27,800

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Year: 2011, 2013

Community	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
N.Shore/ Laie	6,800	30.0	21.6 - 38.4	15,900	70.0	61.6 - 78.4	22,700
Nuuanu/ Kalihi/ Moanalua	22,500	34.8	29.6 - 40.1	42,000	65.2	59.9 - 70.4	64,500
Puna/ Kau	13,400	31.8	26.6 - 37.1	28,700	68.2	62.9 - 73.4	42,100
Salt Lake/ Foster Village	14,500	43.4	35.9 - 50.9	18,800	56.6	49.1 - 64.1	33,300
Upcountry/ Hana	12,500	36.8	31.7 - 42.0	21,500	63.2	58.0 - 68.3	34,000
Waialae/ Kahala/ Hawaii Kai	15,400	36.6	30.9 - 42.3	26,600	63.4	57.7 - 69.1	42,000
Waipahu/ Kapolei/ Ewa	45,900	34.3	30.3 - 38.3	87,700	65.7	61.7 - 69.7	133,600

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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	53,600	45.5	40.8 - 50.1	64,400	54.5	49.9 - 59.2	118,000
25-34	74,800	41.7	38.4 - 45.0	104,800	58.3	55.0 - 61.6	179,600
35-44	55,500	33.4	30.5 - 36.4	110,500	66.6	63.6 - 69.5	166,000
45-54	52,200	30.0	27.4 - 32.6	121,900	70.0	67.4 - 72.6	174,100
55-64	45,000	27.3	25.1 - 29.4	120,200	72.7	70.6 - 74.9	165,200
65-74	32,800	31.1	28.3 - 33.8	72,700	68.9	66.2 - 71.7	105,400
75+	23,800	24.6	21.8 - 27.4	72,900	75.4	72.6 - 78.2	96,700

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Year: 2011, 2013

DOH Race-Ethnicity	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Caucasian	127,000	37.8	35.8 - 39.7	209,400	62.2	60.3 - 64.2	336,400
Native Hawaiian	42,100	39.9	36.5 - 43.3	63,400	60.1	56.7 - 63.5	105,400
Chinese	18,300	29.3	24.1 - 34.5	44,100	70.7	65.5 - 75.9	62,400
Filipino	52,500	30.5	27.3 - 33.7	119,700	69.5	66.3 - 72.7	172,200
Japanese	55,900	26.2	24.1 - 28.4	157,400	73.8	71.6 - 75.9	213,400
Black	7,100	56.1	44.0 - 68.2	5,600	43.9	31.8 - 56.0	12,700
Native Alaskan/ American Indian	1,700	39.4	24.4 - 54.4	2,600	60.6	45.6 - 75.6	4,300
Other Asian	7,500	29.1	22.1 - 36.1	18,300	70.9	63.9 - 77.9	25,800
Other Pacific Islander	7,500	28.9	21.2 - 36.6	18,500	71.1	63.4 - 78.8	25,900
Other	12,900	37.7	30.0 - 45.5	21,400	62.3	54.5 - 70.0	34,300

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Gender	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Male	209,800	41.6	39.7 - 43.4	294,900	58.4	56.6 - 60.3	504,700
Female	130,000	25.6	24.3 - 27.0	377,200	74.4	73.0 - 75.7	507,300

Education Level	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Never attended school/ Only Kindergarten to Grades 8	3,800	17.0	9.0 - 25.0	18,600	83.0	75.0 - 91.0	22,500
Grades 9 thru 11 (Some High School)	25,300	33.3	27.4 - 39.2	50,600	66.7	60.8 - 72.6	75,900
Grades 12 or GED (High School Grad)	93,400	31.1	28.9 - 33.3	207,200	68.9	66.7 - 71.1	300,600
College 1 to 3 years (Some College/ Tech)	114,000	34.0	31.9 - 36.1	221,500	66.0	63.9 - 68.1	335,500
College 4 years or more (College Grad)	103,200	37.3	35.6 - 39.0	173,400	62.7	61.0 - 64.4	276,500

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Year: 2011, 2013

Employment Status (Grouped)	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Employed	212,100	34.8	33.3 - 36.3	397,000	65.2	63.7 - 66.7	609,100
Unemployed	20,900	30.4	25.7 - 35.2	47,700	69.6	64.8 - 74.3	68,500
Retired/Unable to work	63,700	27.7	25.8 - 29.7	166,000	72.3	70.3 - 74.2	229,700
Student/Homemaker	42,800	41.3	36.7 - 45.9	60,900	58.7	54.1 - 63.3	103,700

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Household Income	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Less than \$10,000	12,700	28.8	23.4 - 34.1	31,500	71.2	65.9 - 76.6	44,200
\$10,000 to \$14,999	8,900	24.4	18.9 - 30.0	27,500	75.6	70.0 - 81.1	36,400
\$15,000 to \$19,999	15,400	26.3	22.0 - 30.7	43,000	73.7	69.3 - 78.0	58,400
\$20,000 to \$24,999	22,100	31.3	27.1 - 35.5	48,500	68.7	64.5 - 72.9	70,500
\$25,000 to \$34,999	31,600	30.0	26.5 - 33.4	73,800	70.0	66.6 - 73.5	105,300
\$35,000 to \$49,999	47,300	34.4	31.2 - 37.6	90,200	65.6	62.4 - 68.8	137,500
\$50,000 to \$74,999	54,200	34.7	31.7 - 37.8	101,900	65.3	62.2 - 68.3	156,200
\$75,000 or more	113,800	37.9	35.8 - 40.1	186,300	62.1	59.9 - 64.2	300,100

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Poverty Level	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
0-130%	34,400	25.2	21.8 - 28.6	102,000	74.8	71.4 - 78.2	136,400
131-185%	27,200	29.6	25.6 - 33.6	64,700	70.4	66.4 - 74.4	91,900
186+%	124,300	33.7	31.8 - 35.5	245,100	66.3	64.5 - 68.2	369,400

Marital Status (Grouped)	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Married	164,800	32.1	30.6 - 33.6	349,200	67.9	66.4 - 69.4	514,000
Unmarried Couple	14,900	37.6	30.5 - 44.7	24,700	62.4	55.3 - 69.5	39,600
Widowed	17,200	24.5	21.1 - 27.8	53,100	75.5	72.2 - 78.9	70,300
Other	142,900	36.8	34.7 - 38.9	245,200	63.2	61.1 - 65.3	388,100

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Married	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Yes	170,700	32.3	30.8 - 33.8	357,900	67.7	66.2 - 69.2	528,600
No	168,500	35.0	33.2 - 36.8	312,900	65.0	63.2 - 66.8	481,300

Health Care Coverage	Yes			No			Estimated Population (2-Yr Avg)
	#	%	C.I.(95%)	#	%	C.I.(95%)	#
Yes	308,000	33.4	32.1 - 34.6	615,300	66.6	65.4 - 67.9	923,300
No	30,700	35.6	31.4 - 39.8	55,500	64.4	60.2 - 68.6	86,200