

## Physical Activity in Arizona

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# Physical Activity in Arizona

## Benefits of Physical Activity

Building on the extensive research that has been done since the first publication in 2008, a second edition of *The Physical Activity Guidelines for Americans* was released in 2019. It concludes that being physically active is one of the most important things that people of any age can do to improve their health, and outlines the amounts and types of physical activity recommended for different ages and populations. The following excerpt is from the [executive summary](#) that accompanied the release of the Guidelines:

The evidence reviewed for this second edition of the Physical Activity Guidelines for Americans is clear—physical activity fosters normal growth and development and can make people feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases. Health benefits start immediately after exercising, and even short episodes of physical activity are beneficial. Even better, research shows that just about everyone gains benefits: men and women of all races and ethnicities, young children to older adults, women who are pregnant or postpartum (first year after delivery), people living with a chronic condition or a disability, and people who want to reduce their risk of chronic disease. The evidence about the health benefits of regular physical activity is well established, and research continues to provide insight into what works to get people moving, both at the individual and community level. Achieving the benefits of physical activity depends on our personal efforts to increase activity in ourselves, family, friends, patients, and colleagues. Action is also required at the school, workplace, and community levels.

## Physical Activity in Arizona

The Bureau of Nutrition and Physical Activity has programs and initiatives that promote access to healthy food and physical activity in Arizona. The Arizona Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services to income eligible pregnant, breastfeeding and postpartum participants, infants and children under the age of five. The Empower Program supports licensed child care facilities in developing and implementing policies and standards related to nutrition, physical activity, sun safety, oral health and smoke-free facilities with financial incentives linked to discounted licensing fees. The AZ Health Zone works with local communities throughout Arizona to effect policy, systems, and environmental changes to promote healthy choices. The Population Health Team evaluates the social determinants of health throughout the lifecycle and identifies strategic opportunities to intervene in different settings, including overseeing School Health Profiles and the Youth Risk Behavioral Surveillance System in Arizona, and providing folic acid to people in Arizona who can get pregnant to prevent neural tube defects. This report shows recent trends in physical activity among adults and youth in Arizona, as well as information related to school programs and policies that promote physical activity.

## Adults

The Behavioral Risk Factor Surveillance System (BRFSS) is used to monitor adherence to standards related to physical activity, which had been part of the core CDC measures every other year until 2011. That year, CDC changed both its sampling methodology and its questions related to physical activity, making estimates prior to 2011 incomparable to later estimates. The new questions were designed to obtain a more accurate representation of those who are meeting and not meeting recommendations for aerobic and strength activity. The recommendation for aerobic physical activity for adults is at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week. The muscle-strengthening recommendation is to participate in muscle-strengthening activities at least twice per week.

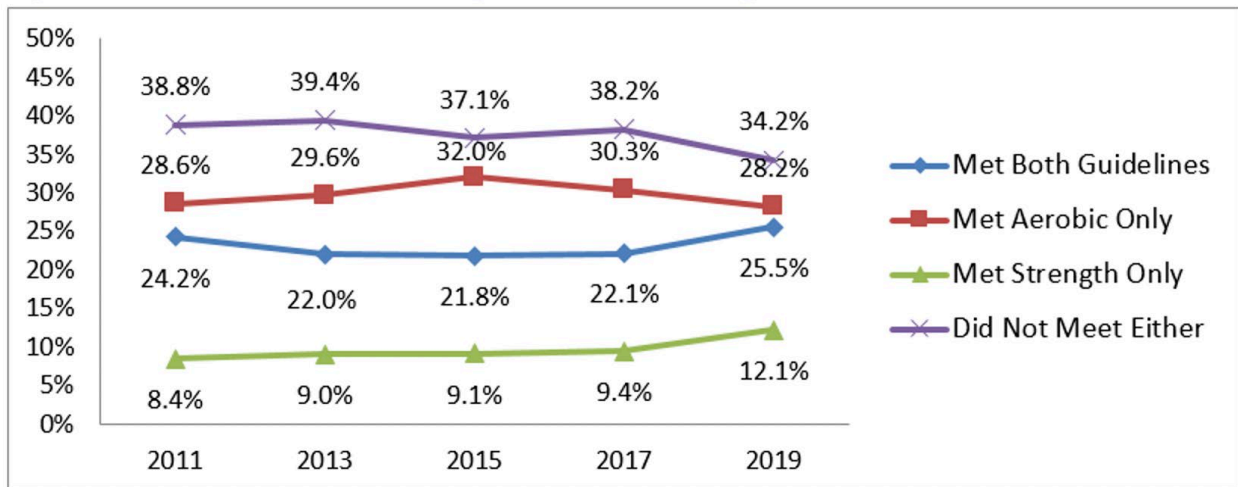
Arizona also asks three questions about food assistance in the BRFSS questionnaire to identify respondents who live in households participating in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Supplemental Nutrition Assistance Program (SNAP), or free and reduced-price lunches. These questions allow us to track indicators over time among households that may have limited resources or access to healthy food options and identify disparities in indicators between them and other households. Providing this kind of information can assist in developing strategies to achieve equity in health outcomes. It would be desirable to be able to identify all people who would be eligible for food assistance, even if they are not receiving it. However, income data in the BRFSS is grouped into categories that prevent reliable determinations of eligibility.

An appendix is provided with tables showing each of the BRFSS physical activity measures for Arizona adults as follows: 1) All adults, 2) Adults in families receiving food assistance, 3) Adults in families not receiving food assistance, and 4) All adults who responded to the food assistance questions. Because there are some survey respondents who answered physical activity questions but did not respond to any of the food assistance questions, the totals estimated for all adults who responded to the food assistance questions may differ from all adults. In addition, it should be noted that the overall number of people who said that they are in a household receiving food assistance is relatively small compared to the overall sample (in 2019, 1,138 versus 8,941, respectively), leading to estimates with a larger margin of error for estimates among households receiving food assistance than the overall population. Because of this, small changes among that subpopulation are less likely to reach statistical significance (i.e., they are more likely to be due to sampling error or chance). In this report, differences are reported as statistically significant if  $p < .05$ .

## Aerobic and Strength Guidelines

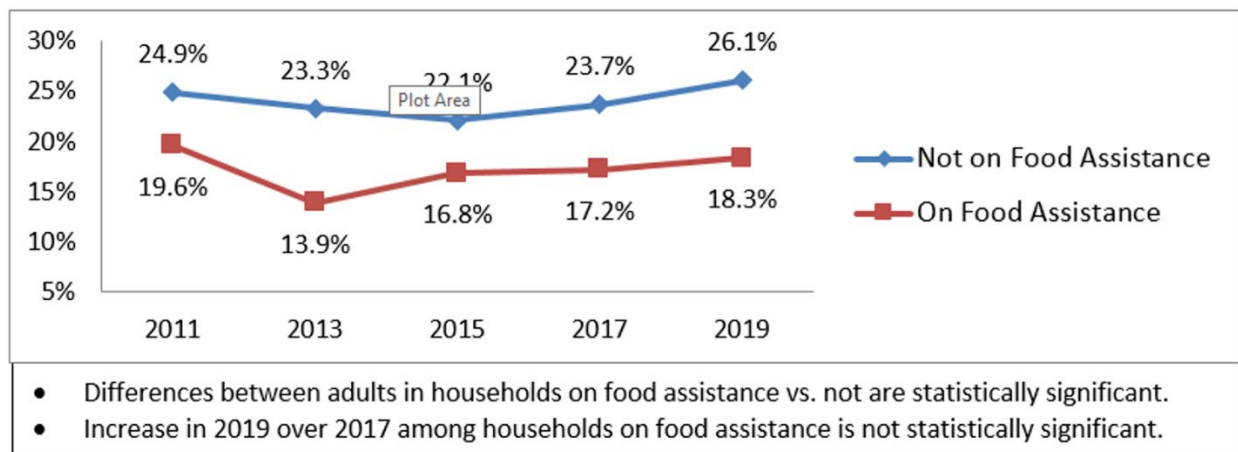
In 2019, just one in four adults (25.5 percent) in Arizona met both the aerobic and strength recommendations, while 34.2 percent did not meet either. When only one guideline was met, it was more likely to be the aerobic guideline, with 28.2 percent meeting only the aerobic guideline and 12.1 percent meeting only the strength guideline (see Figure 1).

Figure 1. Adults in Arizona Meeting Aerobic and Strength Guidelines



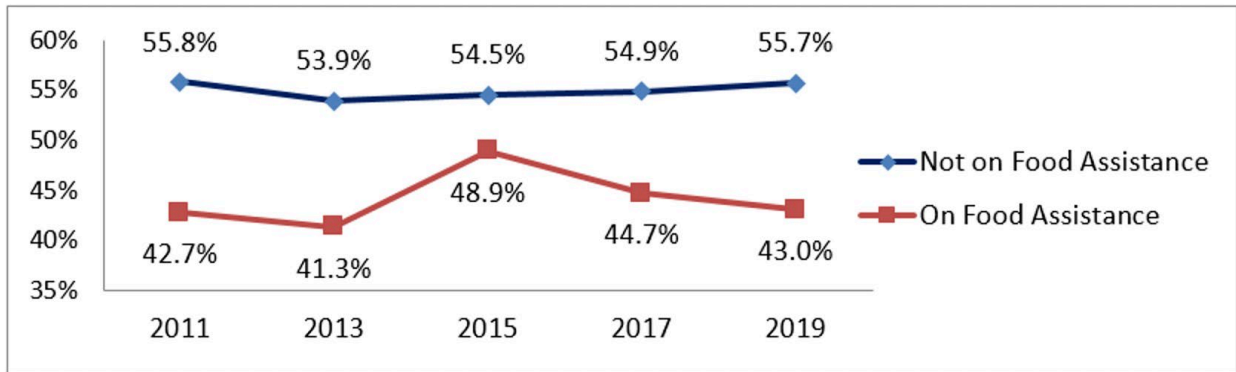
Adults in households receiving food assistance are less likely than other adults to meet both aerobic and strength recommendations (in 2019, 18.3 percent compared to 26.1, respectively). Figure 2 shows the percentages of Arizona adults who met both aerobic and strength recommendations from 2011 through 2019 among households receiving versus not receiving food assistance.

Figure 2. Adults in Arizona Meeting Both Aerobic and Strength Recommendations



Looking separately at each recommendation, adults living in households receiving food assistance are less likely to meet the aerobic physical recommendations than other adults. Figure 3 shows the percentage of adults from 2011 through 2019 who met the aerobic recommendations, whether or not they met the strength recommendations among households receiving versus not receiving food assistance.

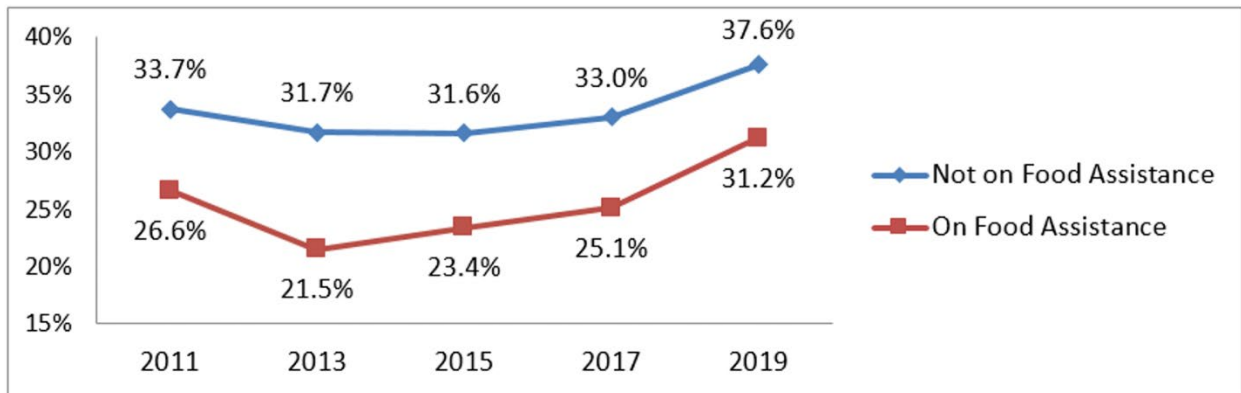
Figure 3. Adults in Arizona Meeting Aerobic Physical Activity Recommendations



- Differences between adults in households on food assistance vs. not are statistically significant.
- Decrease in 2019 from 2017 among households on food assistance is not statistically significant.

Adults living in households receiving food assistance are less likely to meet the strength recommendations than other adults. Figure 4 shows the percentage of adults in Arizona meeting recommendations for strength, regardless of whether they met the aerobic recommendations, among households receiving versus not receiving food assistance.

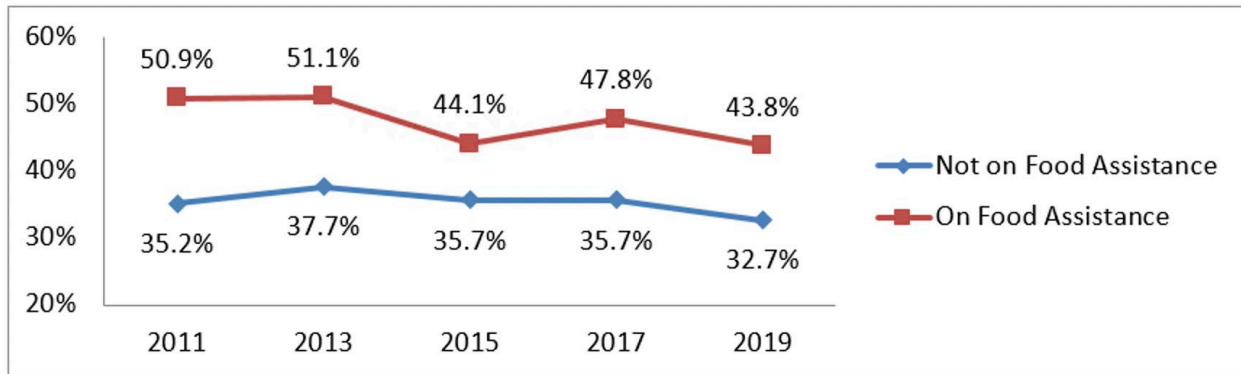
Figure 4. Adults in Arizona Meeting Strength Recommendations



- Differences between adults in households on food assistance vs. not are statistically significant.
- Increase in 2019 over 2017 among households on food assistance is statistically significant.

Adults in households receiving food assistance are consistently more likely to meet neither recommendation. Figure 5 shows the proportion of Arizona adults who did not meet either physical activity recommendation from 2011 through 2019, among households receiving versus not receiving food assistance.

Figure 5. Adults in Arizona Not Meeting Either Aerobic or Strength Recommendation

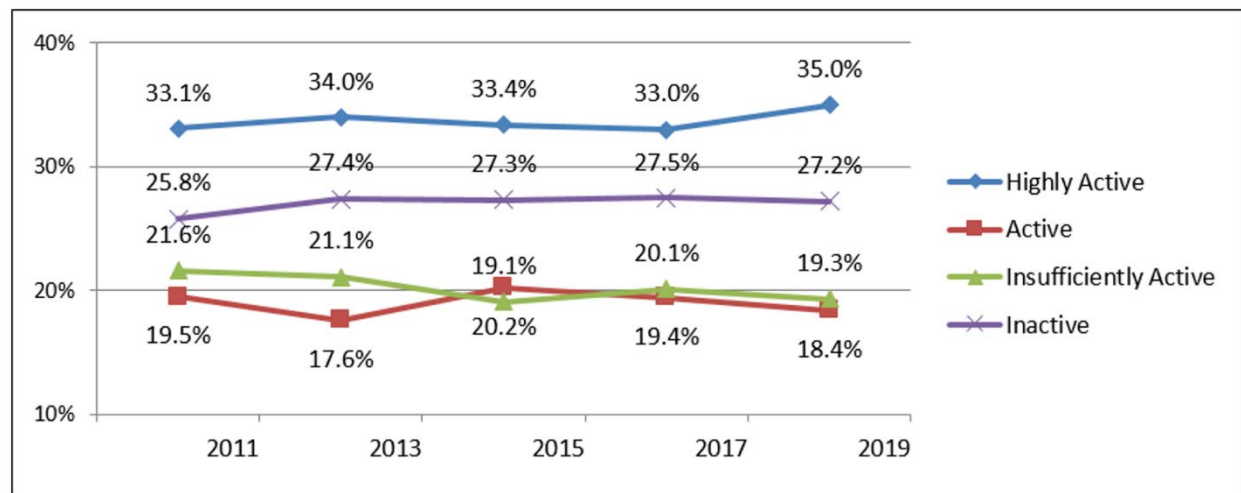


- Differences between adults in households on food assistance vs. not are statistically significant.
- Decrease in 2019 from 2017 among households on food assistance is statistically significant.

### Activity Guidelines

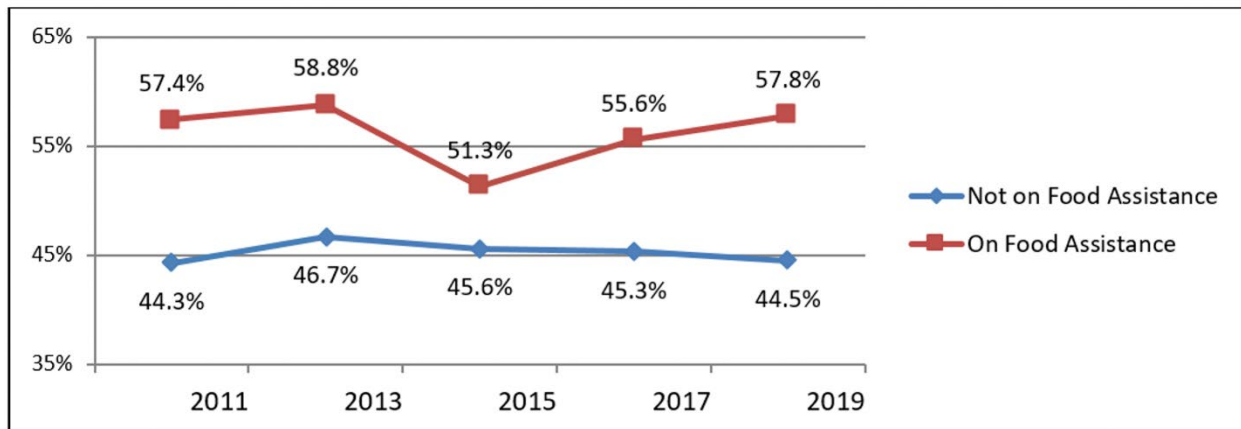
In 2019, 53.4 percent of all adults in Arizona reported activity levels described as either highly active (35.0 percent) or active (18.4 percent). On the other side of the spectrum, 46.5 percent were either insufficiently active (19.3 percent) or inactive (27.2 percent). Figure 6 shows the percentages of adults that reported different activity levels among all Arizona households from 2011 through 2019.

Figure 6. Activity Levels among Adults in Arizona



Adults in households receiving food assistance were more likely to report activity levels that were either insufficiently active or inactive compared to other households (in 2019, 57.8 percent versus 44.5 percent, respectively). Figure 7 shows the percentages of adults that reported being inactive or insufficiently active from 2011 through 2019 among households receiving versus not receiving food assistance.

Figure 7. Insufficiently Active or Inactive



- Differences between adults in households on food assistance vs. not are statistically significant.
- Decrease in 2019 from 2017 among households on food assistance is not statistically significant.

### Transportation to Work

The United States Census American Community Survey (ACS) asks respondents ages 16 and over who work outside of their homes about their mode of transportation to work. The vast majority in Arizona drive cars, trucks, or vans to work. In 2019, only 4.2 percent used a form of transportation which may be considered more active, such as walking, riding a bicycle, or taking a bus, trolley, or streetcar. Table 1 shows the percentages of Arizona adults who traveled to work outside their homes by various means from 2015 through 2019.

Table 1. Transportation to Work, All Households (2015-2019)

Mode of Transportation	2015	2016	2017	2018	2019
Walk	2.2	2.0	2.0	1.8	1.8
Bicycle	1.1	0.9	0.9	0.9	0.8
Bus, trolley, or streetcar	2.1	1.8	2.0	1.7	1.6
<b>Subtotal: Active</b>	<b>5.4</b>	<b>4.7</b>	<b>4.9</b>	<b>4.3</b>	<b>4.2</b>
Motorcycle	0.5	0.4	0.4	0.3	0.3
Car, truck, or van	92.8	93.4	93.4	93.6	93.7
Other method	1.3	1.5	1.3	1.7	1.7
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

The ACS also has questions about household size and income, which can be used to determine whether a household is eligible for food assistance programs. Households in which incomes were less than 185 percent of the Federal Poverty Guideline were considered to be WIC or SNAP eligible. Those ages 16 and over who worked outside their homes in households determined to be eligible for WIC or SNAP were more likely to take an active form of transportation to work than the general population, although

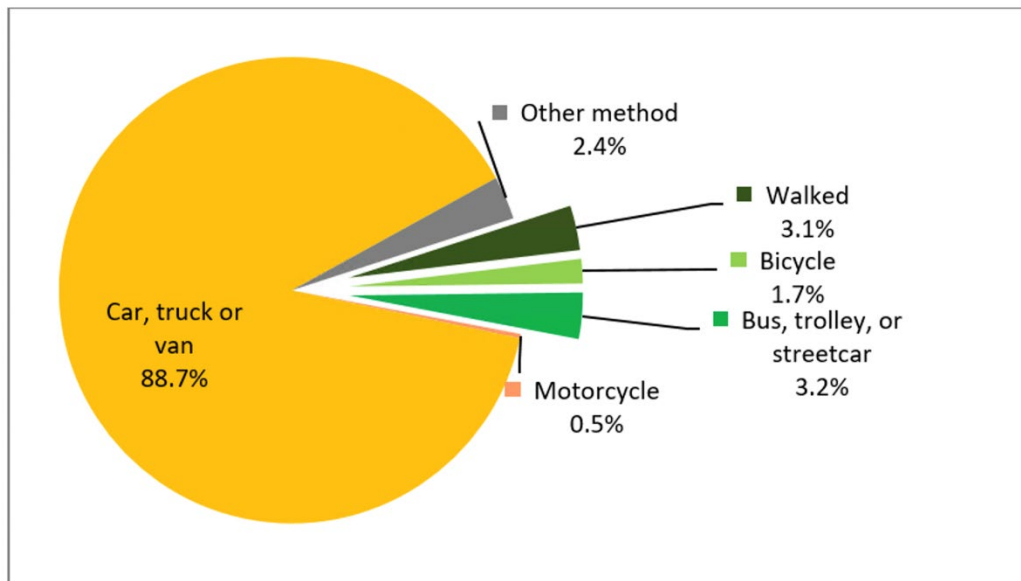
the percentage declined from 2015 to 2019 (see Table 2). In 2019, 8 percent either walked (3.1 percent), rode a bicycle (1.7 percent) or took a bus, trolley, or streetcar (3.2 percent).

**Table 2. Transportation to Work, WIC or SNAP Eligible (2015-2019)**

Mode of Transportation	2015	2016	2017	2018	2019
Walk	4.1	3.5	3.6	2.7	3.1
Bicycle	1.9	1.6	1.4	1.7	1.7
Bus, trolley, or streetcar	4.4	3.9	3.9	3.3	3.2
<b>Subtotal: Active</b>	<b>10.3</b>	<b>9.0</b>	<b>8.8</b>	<b>7.7</b>	<b>8.0</b>
Motorcycle	0.4	0.2	0.3	0.3	0.3
Car, truck, or van	87.3	88.3	89.0	89.4	88.7
Other method	2.0	2.5	1.9	2.6	3.0
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

Figure 8 shows the percentages of people in WIC- or SNAP-eligible households who work outside their homes taking various modes of transportation to work in 2019.

**Figure 8. Transportation to Work among WIC- or SNAP-Eligible People: 2019**



## Youth

The main source of information on physical activity among youth is the Youth Risk Behavioral Surveillance System (YRBSS). The YRBSS is administered to high school students every two years, and monitors health behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. Questions are asked on topics ranging from sexual behaviors, tobacco, alcohol, and other drug use, to diet and physical activity.



## Physical Activity

The YRBSS survey asks high school students about physical activity that increases their heart rate and makes them breathe hard during the seven days before the survey. The following tables show the percentages of students from 2011 through 2019 who reported that they were not active during the past seven days, were active for five or more days, and who were active for all seven days. While changes in the trends from year to year are not statistically significant on these tables, it should be noted that boys consistently tend to have higher activity levels than girls. In the following tables, NA means that no data were available for the estimate.

Table 3 shows the percentages of students from 2011 through 2019 who reported that they were not active during the past seven days for all students, girls and boys. In each year in which results are reported separately for boys and girls, girls were more likely to report being not active.

**Table 3. NOT Active in the Past Seven Days**

<b>Year</b>	<b>Total</b>	<b>Boys</b>	<b>Girls</b>
<b>2011</b>	15.4%	NA	NA
<b>2013</b>	17.3%	NA	NA
<b>2015</b>	15.9%	14.5%	17.3%
<b>2017</b>	16.7%	13.9%	19.4%
<b>2019</b>	17.5%	15.2%	19.9%

Table 4 shows the percentages of students from 2011 through 2019 who reported that they were active for five or more days, for all students, girls, and boys. In each year in which results are reported separately for boys and girls, boys were more likely to report being active for five or more days.

**Table 4. Physically Active Five or More Days**

<b>Year</b>	<b>Total</b>	<b>Boys</b>	<b>Girls</b>
<b>2011</b>	47.4%	NA	NA
<b>2013</b>	41.9%	50.4%	33.2%
<b>2015</b>	46.4%	52.8%	40.0%
<b>2017</b>	46.3%	54.1%	38.1%
<b>2019</b>	45.7%	51.3%	40.4%

Table 5 shows the percentages of students from 2011 through 2019 who reported that they were active for all seven days, for all students, girls, and boys. In each year in which results are reported separately for boys and girls, boys were more likely to report being active for all seven days.

Table 5. Physically Active All Seven Days

Year	Total	Boys	Girls
2011	25.0%	NA	NA
2013	21.7%	27.8%	15.5%
2015	26.0%	32.1%	19.3%
2017	24.5%	31.7%	17.1%
2019	22.0%	29.0%	15.0%

### Sports Participation

Less than half of high school students reported playing on one or more sports teams during the past 12 months in 2019, which is similar to previous years. Table 6 shows the percentages of high school students who played on one or more sports teams during the past 12 months in total and by gender from 2011 through 2019.

Table 6. Students Who Played on One or More Sports Teams in Past 12 Months

Year	Total	Boys	Girls
2011	50.4%	54.8%	46.2%
2013	50.5%	53.7%	47.3%
2015	49.2%	52.4%	45.8%
2017	51.6%	54.7%	48.8%
2019	48.4%	49.4%	47.7%

### Physical Education Classes

In 2019, fewer than half (45.9 percent) of high school students reported that they attended physical education classes on one or more days in an average week when they were in school (53.3 percent of boys and 38.6 percent of girls). Table 7 shows the percentages of high school students who attended physical education classes on one or more days in an average week when they were in school in total and by gender, from 2011 through 2019. The changes over time are not statistically significant.

Table 7. Attended Physical Education Classes Weekly

Year	Total	Boys	Girls
2011	41.7%	49.0%	34.4%
2013	39.9%	48.1%	31.3%
2015	40.9%	47.3%	34.0%
2017	46.4%	53.9%	38.8%
2019	45.9%	53.3%	38.6%

In 2019, only 31.9 percent attended daily physical education classes when they were in school (37.8 percent of boys and 26.1 percent of girls). Table 8 shows the percentages of high school students who attended physical education classes daily when they were in school in total and by gender, from 2011 through 2019. The changes over time are not statistically significant.

**Table 8. Attended Physical Education Classes Daily**

<b>Year</b>	<b>Total</b>	<b>Boys</b>	<b>Girls</b>
<b>2011</b>	29.6%	36.3%	23.2%
<b>2013</b>	23.0%	27.7%	18.5%
<b>2015</b>	26.3%	30.6%	21.5%
<b>2017</b>	36.5%	40.7%	31.9%
<b>2019</b>	31.9%	37.8%	26.1%

### Sedentary Behavior

The YRBSS asks two questions designed to measure levels of sedentary behavior. One question asks about the amount of time youth spent watching TV on average school days. In 2019, 19.7 percent of students said they watched TV for three or more hours per day, which represents a statistically significant decrease from ten years ago in 2009, when 33.3 percent reported watching that much TV on an average school day. Students were also asked about time they spent playing video or computer games or using a computer (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media) for something that was not school work, on an average school day. In 2019, 45.3 percent of Arizona high school students reported this type of activity for more than three hours per day, which is a statistically significant increase from ten years ago in 2009. Table 9 shows the percentages of high school students engaged in these sedentary behaviors from 2007 through 2019.

**Table 9. Sedentary Behaviors among High School Students**

<b>Sedentary Behavior</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
Watched TV for 3 or more hours per day on an average school day	28.2%	33.3%	28.6%	27.1%	24.7%	19.4%	19.7%
Played video or computer games or used computer for 3 or more hours per day	21.4%	22.1%	27.7%	36.9%	40.5%	38.9%	45.3%

### School Health Profiles

The [School Health Profiles](#) is a system of surveys assessing school health policies and practices in states, large urban school districts, and territories. School Health Profiles provide information on policies and practices related to healthy foods, physical education, and physical activity. The following are highlights from reports on Arizona students in grades 6-12 from 2008 through 2016, unless otherwise noted. Arizona-specific data were not available for 2018.

Table 10 shows some key indicators of the policies and practices of schools focused on opportunities offered to students, professional development, and self-assessment related to physical activity. There appears to be some improvement in 2016 over previous years for all three measures presented.

**Table 10. School Policies and Practices on Physical Activity.**

<b>Policies and Practices</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>2016</b>
Offered opportunities for all students to participate in intramural activities or physical activity clubs	71.2%	72.1%	64.1%	65.8%	71.1%
Physical education teachers or specialists received professional development on physical education or physical activity during the past year	NA	NA	NA	58.4%	66.9%
Used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in physical activity	24.6%	25.8%	31.1%	32.4%	35.5%

There has been a general downward trend in Arizona schools requiring that students take physical education classes. Table 11 shows the percentages of schools with physical education requirements by grade level from 2008 to 2016. In April 2018, Senate Bill 1083 was enacted, requiring all schools that have grades K-5 to provide two recess periods per school day.

**Table 11. Schools Requiring Physical Education by Grade Level**

<b>Level</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>2016</b>
<b>Grade 6</b>	98.2%	96.5%	97.6%	81.5%	84.8%
<b>Grade 7</b>	94.7%	93.0%	91.7%	75.0%	80.4%
<b>Grade 8</b>	90.1%	89.1%	91.0%	73.8%	78.2%
<b>Grade 9</b>	89.7%	90.6%	88.5%	71.5%	64.0%
<b>Grade 10</b>	48.7%	57.0%	45.2%	27.4%	37.4%
<b>Grade 11</b>	42.3%	52.5%	41.0%	19.8%	34.9%
<b>Grade 12</b>	40.2%	51.3%	42.8%	20.3%	35.2%

Table 12 shows schools providing various resources to those who teach physical education.

**Table 12. Schools Providing Materials to Those Teaching Physical Education**

<b>Percentage of schools that have...</b>	<b>2008</b>	<b>2010</b>	<b>2012</b>	<b>2014</b>	<b>2016</b>
Goals, objectives, and expected outcomes for physical education	80.9%	87.3%	77.5%	81.8%	86.3%
A chart describing the annual scope and sequence of instruction for physical education	59.4%	64.5%	62.8%	64.2%	71.2%
Plans for how to assess student performance in physical education	66.4%	69.5%	66.6%	70.3%	75.5%
A written physical education curriculum	63.0%	69.2%	66.5%	68.1%	68.6%
Resources for fitness testing	NA	NA	NA	72.5%	78.5%
Physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education	NA	NA	NA	45.9%	47.6%
Students participating in physical activity breaks in classrooms during the school day outside of physical education	NA	NA	53.8%	59.1%	57.3%
Opportunities for all students to participate in intramural sports programs or physical activity clubs	71.2%	72.1%	64.1%	65.8%	71.1%
Interscholastic sports available to students	NA	NA	74.8%	77.5%	78.4%
Opportunities for students to participate in physical activity before the school day through organized physical activities or access to facilities or equipment for physical activity	NA	NA	NA	51.8%	50.3%
A joint use agreement for shared use of school or community physical activity facilities	NA	NA	60.6%	56.1%	54.6%
Established, implemented, or evaluated Comprehensive School Physical Activity Program (CSPAP)	NA	NA	NA	3.5%	2.3%

## Appendix A: BRFSS Physical Activity Data 2011-2019

Appendix Table 1. Physical Activity Categories 2011-2019

<b>Highly Active</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	33.1%	34.0%	33.4%	33.0%	35.0%
On Food Assistance	27.5%	25.9%	26.6%	28.3%	26.9%
Not on Food Assistance	35.0%	35.5%	35.5%	34.3%	37.3%
Total answering both questions	33.1%	33.2%	33.4%	33.0%	35.1%
<b>Active</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	19.5%	17.6%	20.2%	19.4%	18.4%
On Food Assistance	15.0%	15.2%	22.1%	16.1%	15.3%
Not on Food Assistance	20.7%	17.8%	18.9%	20.4%	18.2%
Total answering both questions	19.3%	17.2%	19.7%	19.5%	17.6%
<b>Insufficiently Active</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	21.6%	21.1%	19.1%	20.1%	19.3%
On Food Assistance	27.3%	22.2%	20.9%	22.1%	21.5%
Not on Food Assistance	19.7%	20.8%	18.5%	19.3%	18.0%
Total answering both questions	21.6%	21.2%	19.1%	19.9%	18.7%
<b>Inactive</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	25.8%	27.4%	27.3%	27.5%	27.2%
On Food Assistance	30.1%	36.6%	30.4%	33.5%	36.3%
Not on Food Assistance	24.6%	25.9%	27.1%	26.0%	26.5%
Total answering both questions	26.0%	28.5%	27.9%	27.7%	28.6%

Appendix Table 2. Aerobic and Strengthening Guidelines 2011-2019

<b>Met Both</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	24.2%	22.0%	21.8%	22.1%	25.5%
On Food Assistance	19.6%	13.9%	16.8%	17.2%	18.3%
Not on Food Assistance	24.9%	23.3%	22.1%	23.7%	26.1%
Total answering both questions	23.6%	21.0%	20.8%	22.3%	24.4%
<b>Met Aerobic Only</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	28.6%	29.6%	32.0%	30.3%	28.2%
On Food Assistance	22.6%	27.4%	32.2%	27.4%	24.7%
Not on Food Assistance	31.0%	30.6%	32.5%	31.1%	29.7%
Total answering both questions	29.0%	29.8%	32.5%	30.3%	28.6%
<b>Met Strength Only</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	8.4%	9.0%	9.1%	9.4%	12.1%
On Food Assistance	6.9%	7.6%	6.9%	7.7%	13.1%
Not on Food Assistance	8.8%	8.4%	9.7%	9.5%	11.6%
Total answering both questions	8.4%	8.2%	9.1%	9.1%	11.9%
<b>Did Not Meet Either</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	38.8%	39.4%	37.1%	38.2%	34.2%
On Food Assistance	50.9%	51.1%	44.1%	47.8%	43.8%
Not on Food Assistance	35.2%	37.7%	35.7%	35.7%	32.7%
Total answering both questions	39.1%	41.0%	37.6%	38.3%	35.0%
<b>Met Strength Guideline</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	32.5%	31.0%	30.7%	31.5%	37.7%
On Food Assistance	26.6%	21.5%	23.4%	25.1%	31.2%
Not on Food Assistance	33.7%	31.7%	31.6%	33.0%	37.6%
Total answering both questions	31.9%	29.2%	29.7%	31.3%	36.3%
<b>Met Aerobic Guideline</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2019</b>
All Adults	52.8%	51.9%	53.8%	52.7%	53.8%
On Food Assistance	42.7%	41.3%	48.9%	44.7%	43.0%
Not on Food Assistance	55.8%	53.9%	54.5%	54.9%	55.7%
Total answering both questions	52.6%	50.8%	53.2%	52.7%	53.0%