

2016 SC BRFSS: Physical Activity Index

Adults that meet the physical activity recommendation of 150+ minutes (or vigorous equivalent minutes) per week

	Total	Yes				No			
	Respondents	N	%	C.I.(95%)		N	%	C.I.(95%)	
TOTAL	8,726	4,873	56.56	55.05	58.06	3,853	43.44	41.94	44.95
GENDER									
Male	3,634	2,204	58.65	56.38	60.91	1,430	41.35	39.09	43.62
Female	5,091	2,669	54.61	52.61	56.61	2,422	45.39	43.39	47.39
RACE/ETHNICITY									
Non-Hispanic White	5,766	3,442	59.02	57.24	60.79	2,324	40.98	39.21	42.76
Non-Hispanic Black	2,200	1,048	51.60	48.48	54.72	1,152	48.40	45.28	51.52
Other	515	285	57.15	50.14	64.16	230	42.85	35.84	49.86
AGE									
18-24	380	233	62.32	56.47	68.17	147	37.68	31.83	43.53
25-34	666	389	60.04	55.42	64.66	277	39.96	35.34	44.58
35-44	818	487	60.78	56.55	65.01	331	39.22	34.99	43.46
45-54	1,294	693	53.68	50.15	57.21	601	46.32	42.79	49.85
55-64	1,925	1,039	52.19	49.22	55.15	886	47.81	44.85	50.78
65 +	3,643	2,032	54.10	51.97	56.22	1,611	45.90	43.78	48.03
EDUCATION									
Less Than H.S.	970	348	38.24	33.77	42.71	622	61.76	57.29	66.23
H.S. or G.E.D.	2,615	1,231	51.65	48.84	54.45	1,384	48.35	45.55	51.16
Some Post-H.S.	2,425	1,406	60.56	57.90	63.22	1,019	39.44	36.78	42.10
College Graduate	2,708	1,886	70.28	67.87	72.68	822	29.72	27.32	32.13
HOUSEHOLD INCOME									
Less than \$15,000	941	336	39.54	34.70	44.38	605	60.46	55.62	65.30
\$15,000- \$24,999	1,473	666	48.08	44.25	51.91	807	51.92	48.09	55.75
\$25,000- \$34,999	797	431	55.94	50.84	61.03	366	44.06	38.97	49.16
\$35,000- \$49,999	1,045	622	54.49	50.08	58.91	423	45.51	41.09	49.92
\$50,000+	2,924	2,052	69.53	67.24	71.82	872	30.47	28.18	32.76
REGION									
Region I	1,082	591	56.33	52.33	60.33	491	43.67	39.67	47.67
Region II	1,026	543	53.35	49.09	57.62	483	46.65	42.38	50.91
Region III	738	407	53.98	48.83	59.12	331	46.03	40.88	51.17
Region IV	827	469	57.97	53.35	62.58	358	42.03	37.42	46.65
Region V	699	374	50.40	45.56	55.25	325	49.60	44.75	54.44
Region VI	1,083	667	64.61	60.63	68.58	416	35.39	31.42	39.37
Region VII	1,120	669	56.76	52.92	60.60	451	43.24	39.40	47.08
Region VIII	1,116	644	58.67	54.76	62.58	472	41.33	37.42	45.24
Region IX	1,035	509	50.04	45.92	54.17	526	49.96	45.83	54.08

Any missing or unknown responses were dropped from the sample size