

## Health Indicator Profile: Physical Inactivity

Adults who are physically inactive, or who do not get the recommended 150 minutes per week of physical activity, are at a higher risk of heart disease, high blood pressure, certain cancers, anxiety, and depression. Factors that can discourage physical activity include lack of safe exercise opportunities, lack of parks and recreational facilities, and poor air quality.<sup>1,2</sup>

### Findings from the 2019 Santa Barbara County CHNA

#### Measure

Physical inactivity was based on the following question: During the past 12 months, did you typically participate in any physical activities or exercises, such as running, calisthenics, golf, gardening, or walking for exercise?" Those who responded "No" were considered to be physically inactive.

#### Physical Inactivity Question

During the past 12 months, did you typically participate in any physical activities or exercises, such as running, calisthenics, golf, gardening, or walking for exercise?

<sup>1</sup> Centers for Disease Control and Prevention. (2016). Interventions. Retrieved from <http://www.cdc.gov/workplacehealthpromotion/health-strategies/physical-activity/interventions/programs.html>

<sup>2</sup> World Health Organization. (n.d.). Global strategy on diet, physical activity and health. Physical inactivity: A global public health problem. Retrieved from [http://www.who.int/dietphysicalactivity/factsheet\\_inactivity/en/](http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/)

**Table 1. Percentage of adults that are physically inactive**

	2016 Santa Barbara CHNA	2019 Santa Barbara CHNA	2018 California BRFSS	2020 Healthy People Target
	% (95% CI)	% (95% CI)	% (95% CI)	
<b>Overall</b>	18.1 (15.7, 20.5) <sup>^</sup>	19.9 (16.2, 23.7) <sup>^</sup>	20.9 (19.9, 21.9) <sup>^</sup>	32.6
<b>Male</b>	19.6 (15.9, 23.3) <sup>^</sup>	18.7 (13.1, 24.3) <sup>^</sup>	19.4 (18.1, 20.7) <sup>^</sup>	
<b>Female</b>	16.6 (13.5, 19.6) <sup>^</sup>	21.1 (15.9, 26.3) <sup>^</sup>	22.4 (20.9, 23.9) <sup>^</sup>	
<b>Hispanic</b>	22.9 (18.5, 27.4) <sup>^</sup>	28.0 (21.3, 34.7)	27.0 (25.3, 28.6) <sup>^</sup>	
<b>Non-Hispanic White</b>	14.1 (11.3, 17.0) <sup>^</sup>	12.0 (8.0, 16.0) <sup>^</sup>	17.7 (16.5, 19.0) <sup>^</sup>	
<b>Other</b>	20.6 (11.4, 29.9) <sup>^</sup>	25.5 (9.2, 41.8) †	NA	
<b>Age 18-44</b>	16.9 (13.0, 20.8) <sup>^</sup>	23.4 (17.1, 29.8) <sup>^</sup>	18.3 (16.9, 19.6) <sup>^</sup>	
<b>Age 45-64</b>	18.7 (14.8, 22.7) <sup>^</sup>	17.4 (11.9, 22.9) <sup>^</sup>	22.8 (21.1, 24.6) <sup>^</sup>	
<b>Age 65+</b>	20.8 (16.9, 24.7) <sup>^</sup>	15.1 (9.5, 20.8) <sup>^</sup>	24.5 (21.9, 27.1) <sup>^</sup>	
<b>&lt; High School</b>	30.5 (22.8, 38.3)	43.2 (31.6, 54.8) <sup>^</sup>	35.9 (33.1, 38.7)	
<b>High School Grad</b>	22.7 (16.4, 28.9) <sup>^</sup>	24.0 (14.6, 33.3)	25.3 (22.8, 27.7) <sup>^</sup>	
<b>Some College</b>	15.8 (12.3, 19.4) <sup>^</sup>	14.4 (8.2, 20.5) <sup>^</sup>	18.5 (16.7, 20.3) <sup>^</sup>	
<b>College Grad</b>	9.1 (6.4, 11.7) <sup>^</sup>	10.3 (5.2, 15.4) <sup>^</sup>	11.6 (10.3, 12.8) <sup>^</sup>	
<b>&lt;\$35,000</b>	23.8 (19.1, 28.5) <sup>^</sup>	27.8 (20.8, 34.8)	30.5 (28.5, 32.4) <sup>^</sup>	
<b>\$35,000-\$74,999</b>	19.1 (13.5, 24.7) <sup>^</sup>	17.4 (9.5, 25.4) <sup>^</sup>	22.0 (19.6, 24.5) <sup>^</sup>	
<b>\$75,000 or Greater</b>	9.7 (6.7, 12.7) <sup>^</sup>	10.7 (5.2, 16.2) <sup>^</sup>	10.3 (9.0, 11.7) <sup>^</sup>	

<sup>^</sup> Significant difference between estimate and Healthy People 2020 target

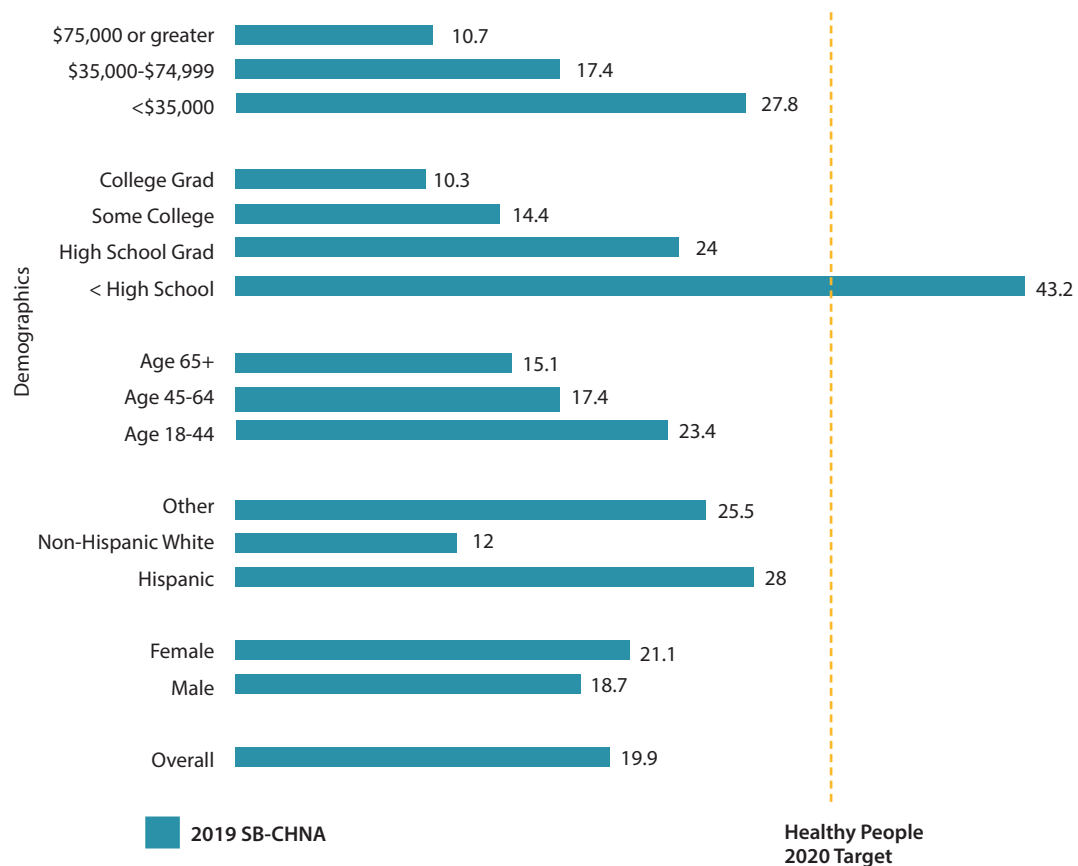
† Unreliable estimate (Relative Standard Error >0.3)

## Health disparities

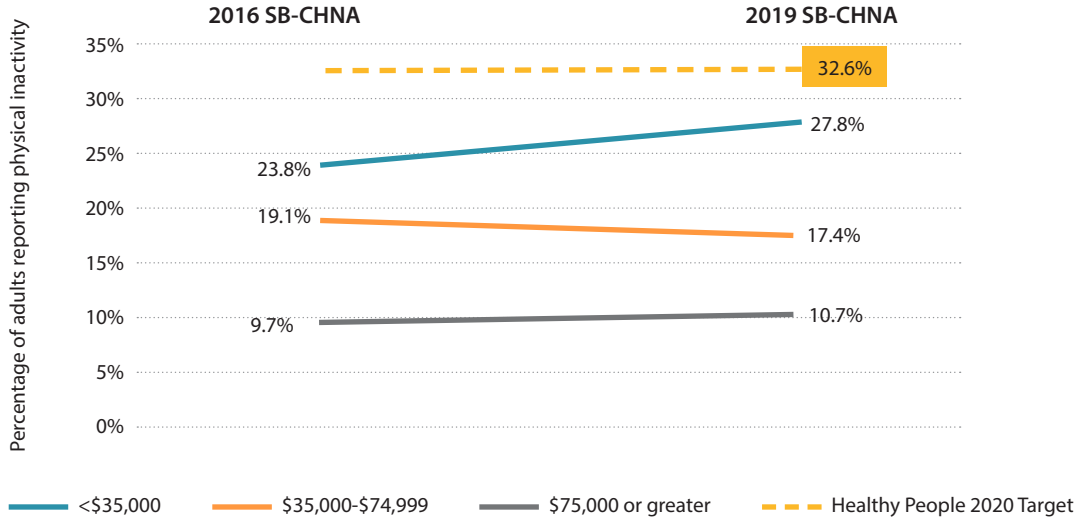
Santa Barbara County is below the Healthy People 2020 target for physical inactivity overall and for all demographic subgroups except the less than high school education subgroup. College graduates and those with household incomes \$75,000 or greater had the lowest percentages of physical inactivity. A statistically significant difference exists in physical inactivity between Hispanics and non-Hispanic whites in Santa Barbara County (28% vs. 12% respectively). Santa Barbara County is comparable to Californians in 2018 in physical inactivity overall and across demographic subpopulations.

Most impacted demographic subgroups include those with household incomes below \$35,000, those with some college education or less, and ethnic racial groups other than non-Hispanic White (see figures below).

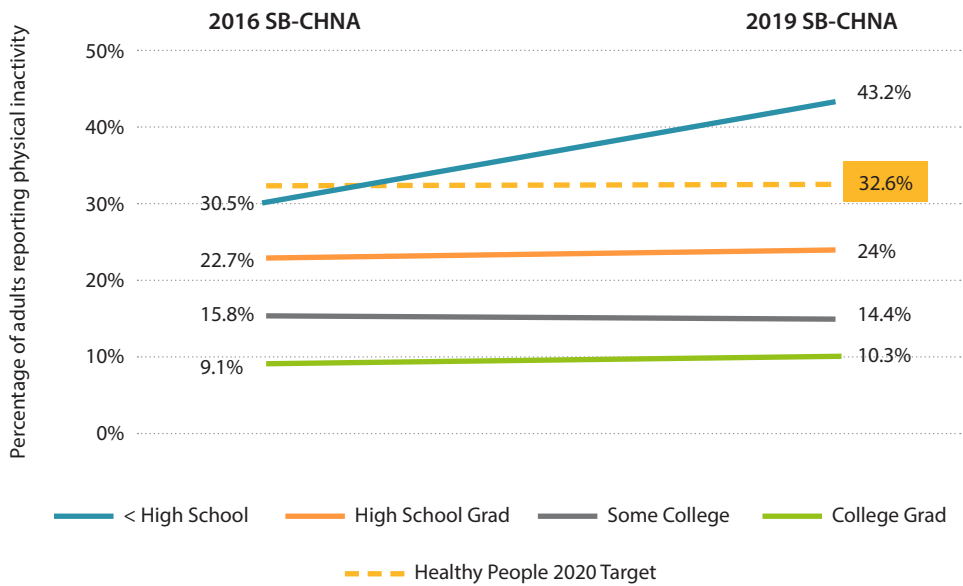
Figure 1. 2019 Percentage of adults reporting physical inactivity by demographic group



**Figure 2. Percentage of adults reporting physical inactivity by income in 2016 and 2019 with Healthy People 2020 Target**



**Figure 3. Percentage of adults reporting physical inactivity by highest level of education in 2016, 2019 and 2020 HP Target**

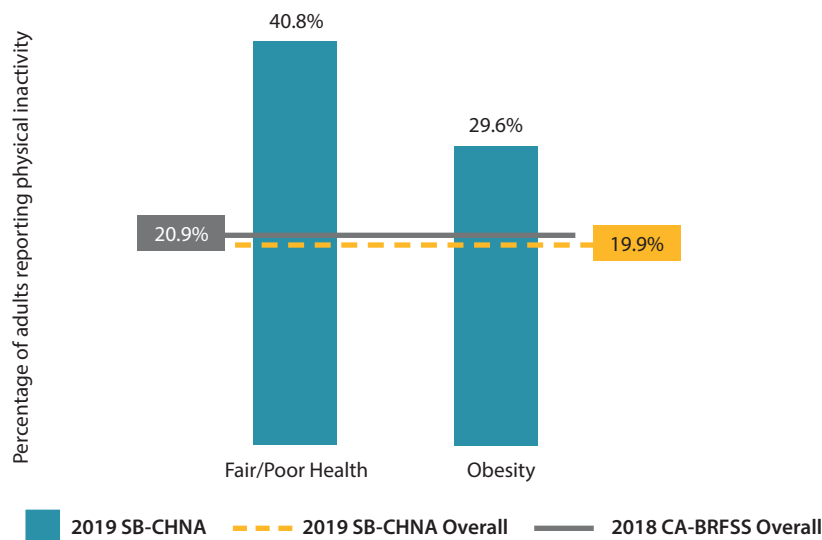


## Factors and health outcomes associated with physical inactivity

Figure 4 below depicts the two health indicators that were most significantly related to physical inactivity and includes self-reported fair/poor health and obesity (i.e., BMI of 30 or greater). Those reporting fair/poor health in 2019 had twice the percentage of physical inactivity than the average for Santa Barbara County (40.8% vs. 19.9%). Those reporting obesity also reported greater inactivity when compared to overall County and State estimates (29.6% vs 19.9% and 20.9% respectively).

In models adjusted for demographics (including age, sex at birth, ethnicity/race, and education) only self-reported health remained significantly associated with physical inactivity. Those that self-reported fair/poor health had 3.3 times increases in odds of reporting inactivity compared to those reporting good or better health.

**Figure 4. Percentage of adults reporting physical inactivity by significant related risk factors**



**Table 2. Odds ratio estimates for physical inactivity by significant related risk factors**

Significant related risk factor	Point estimate	95% confidence limits	
Fair/Poor Health	3.3	1.7	6.2
Obesity	1.8	0.9	3.4

Note: The degrees of freedom in computing the confidence limits is 773.