

Physical Inactivity

District of Columbia

Behavioral Risk Factor Surveillance System, 2016

16.2%



Physical Inactivity
District adult residents
aged 18 years and older

26.5%

Physically Inactive
by
Depressive Disorder



Adults Physically Inactive

23.5%

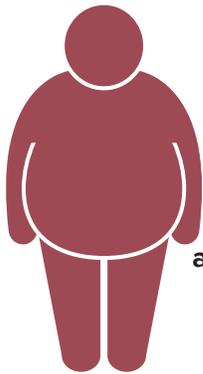


Activity
Limitation

20.6%



Use of Special
Equipment

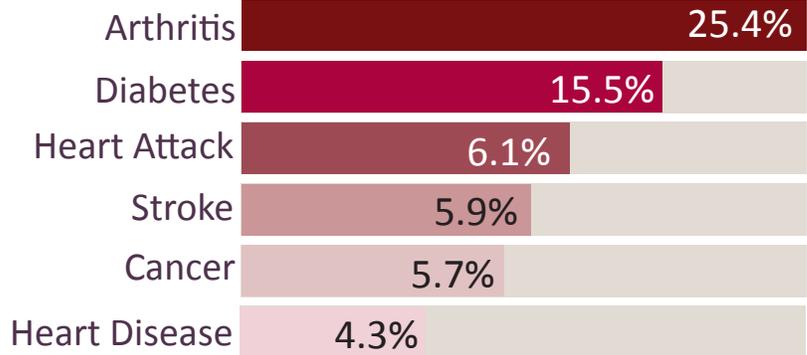


34.5%

Obesity

District adult residents
aged 18 years and older
who were
physically inactive
and obese

Physical Inactivity by Chronic Health Conditions



Estimates were higher than District residents who were physically active
*Statistically Significant

WAYS TO INCREASE MOVEMENT EVERY DAY:

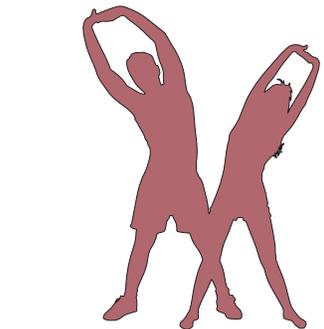
Muscle
Strengthening
Activities



2 or more days a week
that work all major muscles
groups (legs, hips, back,
abdomen, chest, shoulders
and arms)



Cut Down On
WATCHING TV, PLAYING VIDEO GAMES,
SITTING ON SOFA



Every Day

USE STAIRS, WALK THE DOG,
WALK INSTEAD OF DRIVING



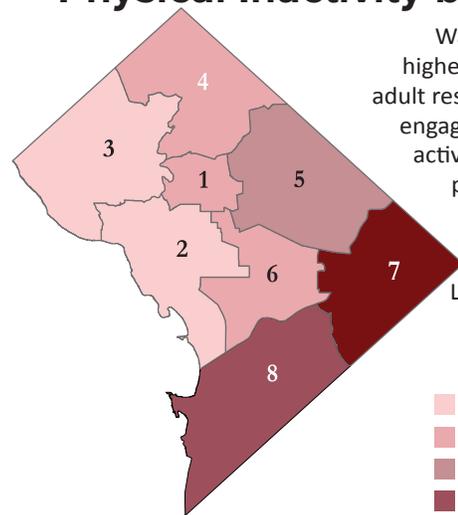
Moderate-Intensity
Aerobic Activities



2 hours and 30 minutes
(150 minutes)
i.e., brisk walking

Physical Inactivity by Ward

Ward 7 had the
highest percentage of
adult residents who did not
engage in any physical
activities within the
past 30 days



Legend (2015 and
2016 Combined)
No Exercise or
Physical Activity
6.6-7.9
8.0-17.8
17.9-23.6
23.7-26.6
26.6-29.1