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

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>25.4%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>15.5%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>6.1%</td>
</tr>
<tr>
<td>Stroke</td>
<td>5.9%</td>
</tr>
<tr>
<td>Cancer</td>
<td>5.7%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>4.3%</td>
</tr>
</tbody>
</table>

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 muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)
- **Cut Down On**: Watching TV, playing video games, sitting on sofa
- **Moderate-Intensity Aerobic Activities**: Every Day
  - Use stairs, walk the dog, walk instead of driving
  - 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