

# Island County Community Health Planning 2015 Community Health Assessment



<b>Category: Health Determinant and Correlate Metrics</b>	<b>Section: Health Behaviors</b>	<b>Topic: Nutrition and Physical Activity</b>
<b>Indicator:</b> Adults meeting aerobic and strength physical activity recommendations.		
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## I. ISLAND COUNTY DATA

<b>Source:</b> BRFSS	<b>Year:</b> 2013
<b>Source Link:</b> DOH Analysis	
<b>Data Point:</b> 34.0 (21.8-48.7)	

## II. ISLAND COUNTY SUB-GROUPS:

Is data available for sub-groups of our population? If so, please list below: Not available.

Sub-Group	Data Point						
Demographics	Percent (%)	Lower 95% CI	Upper 95% CI	Numerator	Denominator	SE*	RSE
All	34.0	21.8	48.7	19	53	6.8	20.1
Male	*	*	*	10	24	*	25.3
female	*	*	*	9	29	*	35.3
Age 18-51	*	*	*	6	12	*	31.9
Age 45-71	*	*	*	13	35	*	26.2
Age 65-81	*	*	*	0	5	*	0.0
Age 75+	*	*	*	0	1	*	0.0
Male, Age 18-51	*	*	*	4	5	*	87.6
Male, Age 45-71	*	*	*	6	15	*	33.6
Male, Age 65-81	*	*	*	0	3	*	0.0
Male, Age 75+	*	*	*	0	1	*	0.0
Female, agegp4	*	*	*	2	7	*	69.4
Female, agegp4	*	*	*	7	20	*	37.2
Female, agegp4	*	*	*	0	2	*	0.0
Female, agegp4	*	*	*	0	41243	*	0.0
Income < \$35,007	*	*	*	3	11	*	57.2
Income \$35,000 - 74,1006	*	*	*	10	24	*	26.7
Income \$75,000+	*	*	*	5	13	*	38.6
HS or less	*	*	*	5	10	*	45.2
Some college	*	*	*	5	18	*	41.1
College grad	*	*	*	8	21	*	30.0

NH White	*	*	*	18	48	*	19.9
NH Black	*	*	*	0	41243	*	0.0
NH AIAN	*	*	*	0	41243	*	0.0
NH Asian	*	*	*	0	41243	*	0.0
NH NHOPI	*	*	*	1	1	*	0.0
Hispanic	*	*	*	0	1	*	0.0

### III. ISLAND COUNTY TRENDS

Is data available for previous years in Island County? If so, please list below:	

### IV. WASHINGTON STATE

Source: CDC BRFSS	Year: 2013
Source Link: <a href="http://apps.nccd.cdc.gov/brfss/display_c.asp?state_c=UB&amp;state=WA&amp;cat=PA&amp;yr=2013&amp;qkey=8291&amp;bkey=20135354&amp;qtype=C&amp;grp=0&amp;SUBMIT3=Compare">http://apps.nccd.cdc.gov/brfss/display_c.asp?state_c=UB&amp;state=WA&amp;cat=PA&amp;yr=2013&amp;qkey=8291&amp;bkey=20135354&amp;qtype=C&amp;grp=0&amp;SUBMIT3=Compare</a>	
Data Point: 21.9 (20.8-23.0)	

### V. UNITED STATES

Source: CDC BRFSS	Year: 2013
Source Link: <a href="http://apps.nccd.cdc.gov/brfss/display_c.asp?state_c=UB&amp;state=WA&amp;cat=PA&amp;yr=2013&amp;qkey=8291&amp;bkey=20135354&amp;qtype=C&amp;grp=0&amp;SUBMIT3=Compare">http://apps.nccd.cdc.gov/brfss/display_c.asp?state_c=UB&amp;state=WA&amp;cat=PA&amp;yr=2013&amp;qkey=8291&amp;bkey=20135354&amp;qtype=C&amp;grp=0&amp;SUBMIT3=Compare</a>	
Data Point: 20.5 (Median)	

### VI. STANDARD OR GOAL

Source: Healthy People 2020
Source Link: <a href="http://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity/objectives">http://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity/objectives</a>
Standard or Goal: 20.1 percent