

# Physical Activity Disparities: Socio-demographic Dimensions

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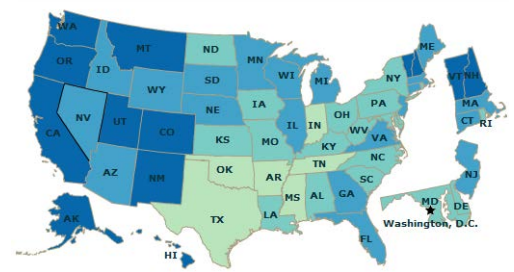


# How social disadvantage limits PA

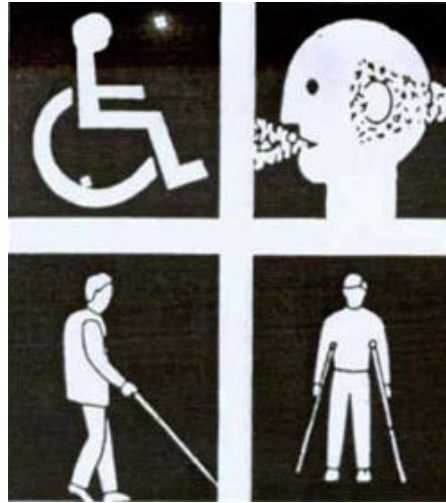


- Lack of material resources
- Stressful environments
- Segregated neighborhoods
- Reduced access to primary care

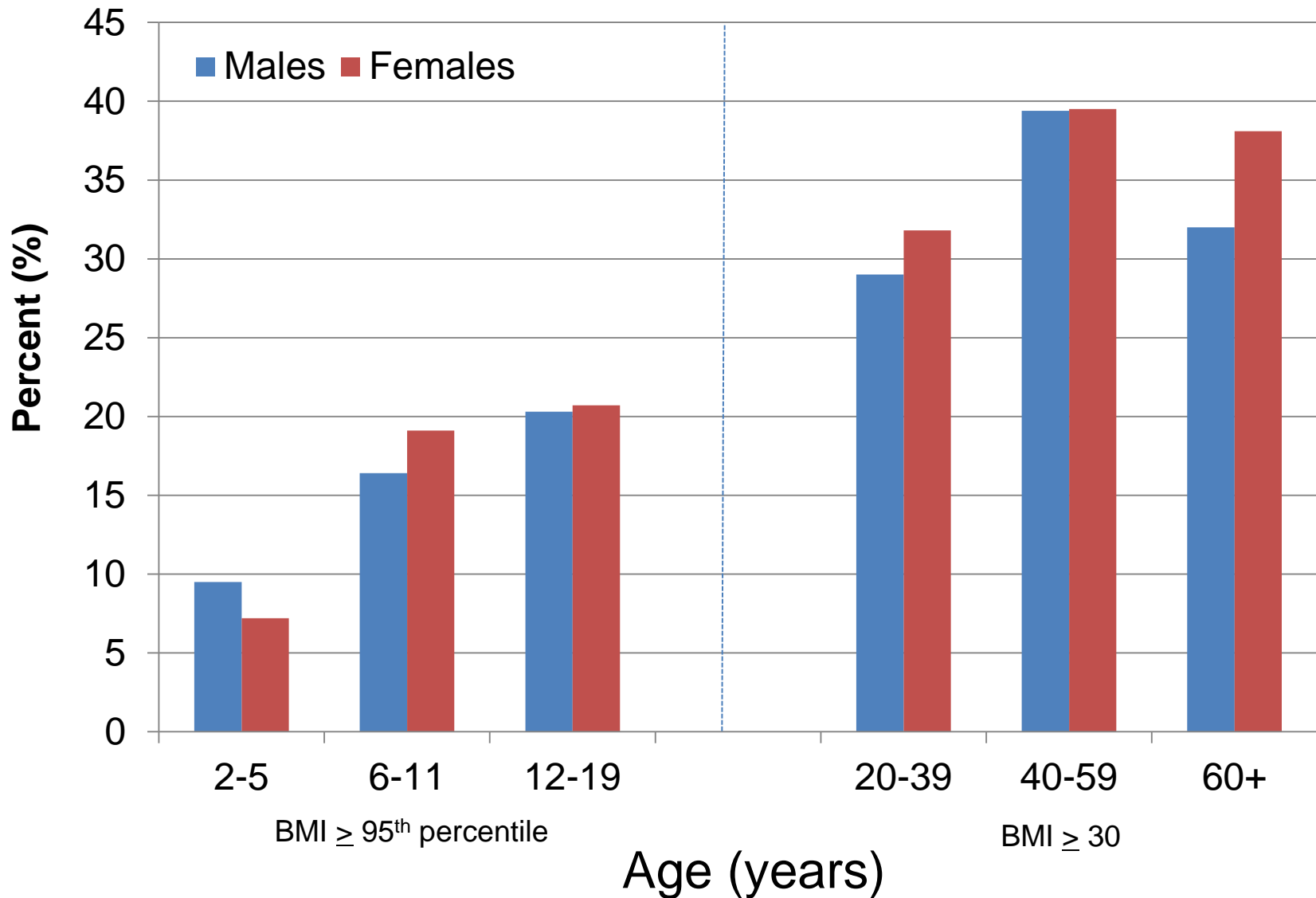
# Key Dimensions of Disparity



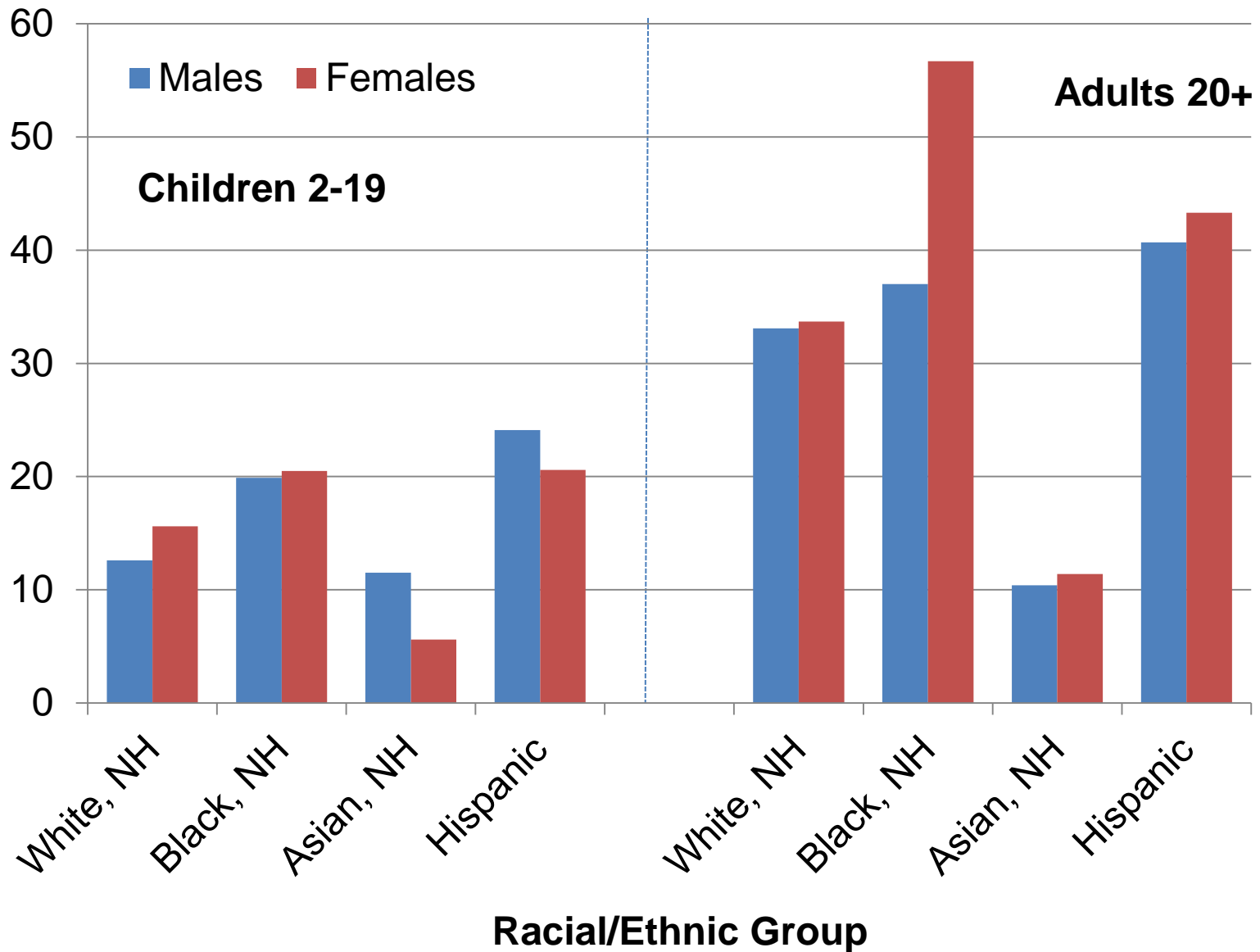
...and disability



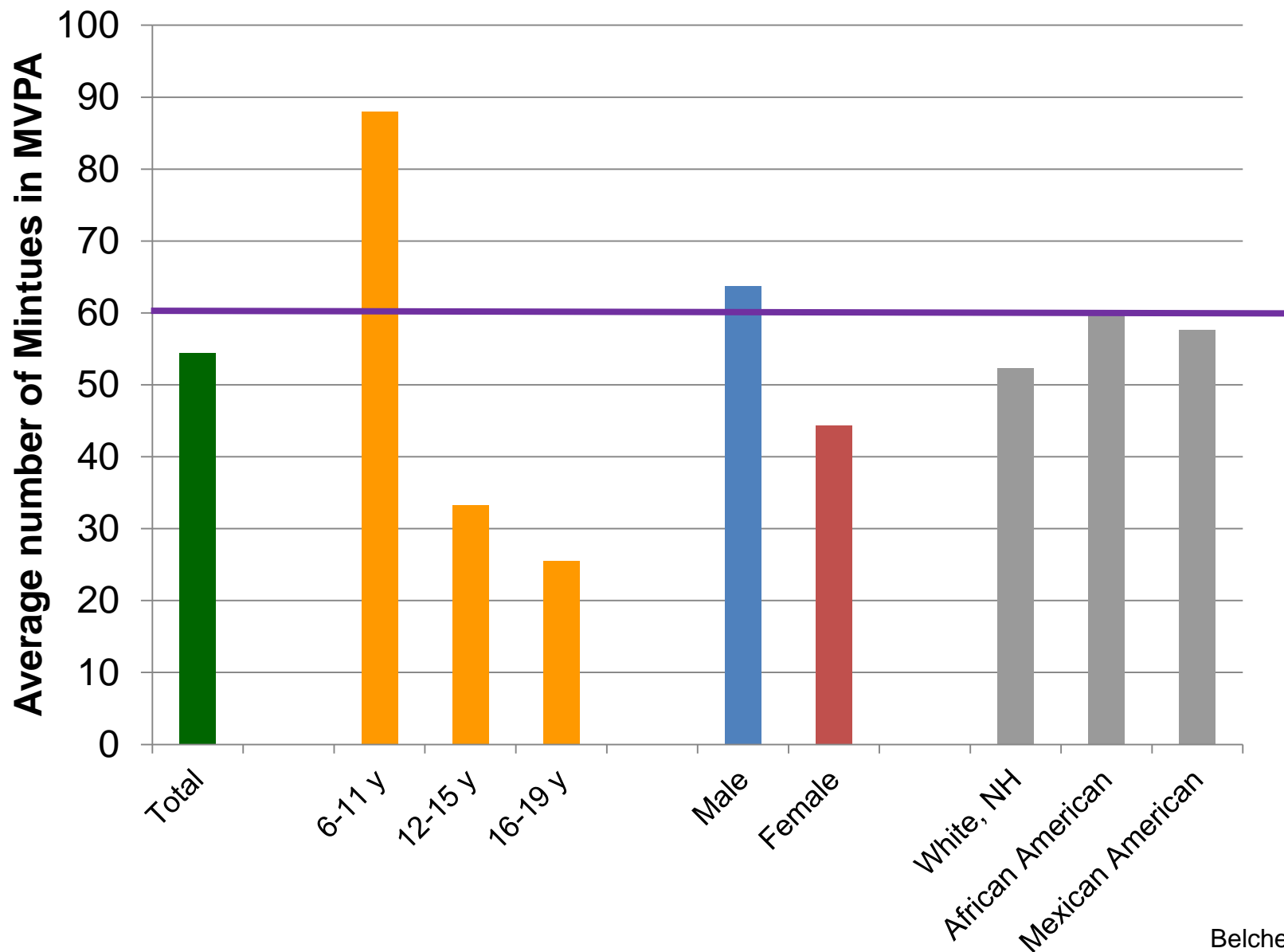
# Prevalence of obesity across the lifecourse (NHANES)



# Prevalence of obesity by race/ethnicity and sex (NHANES)

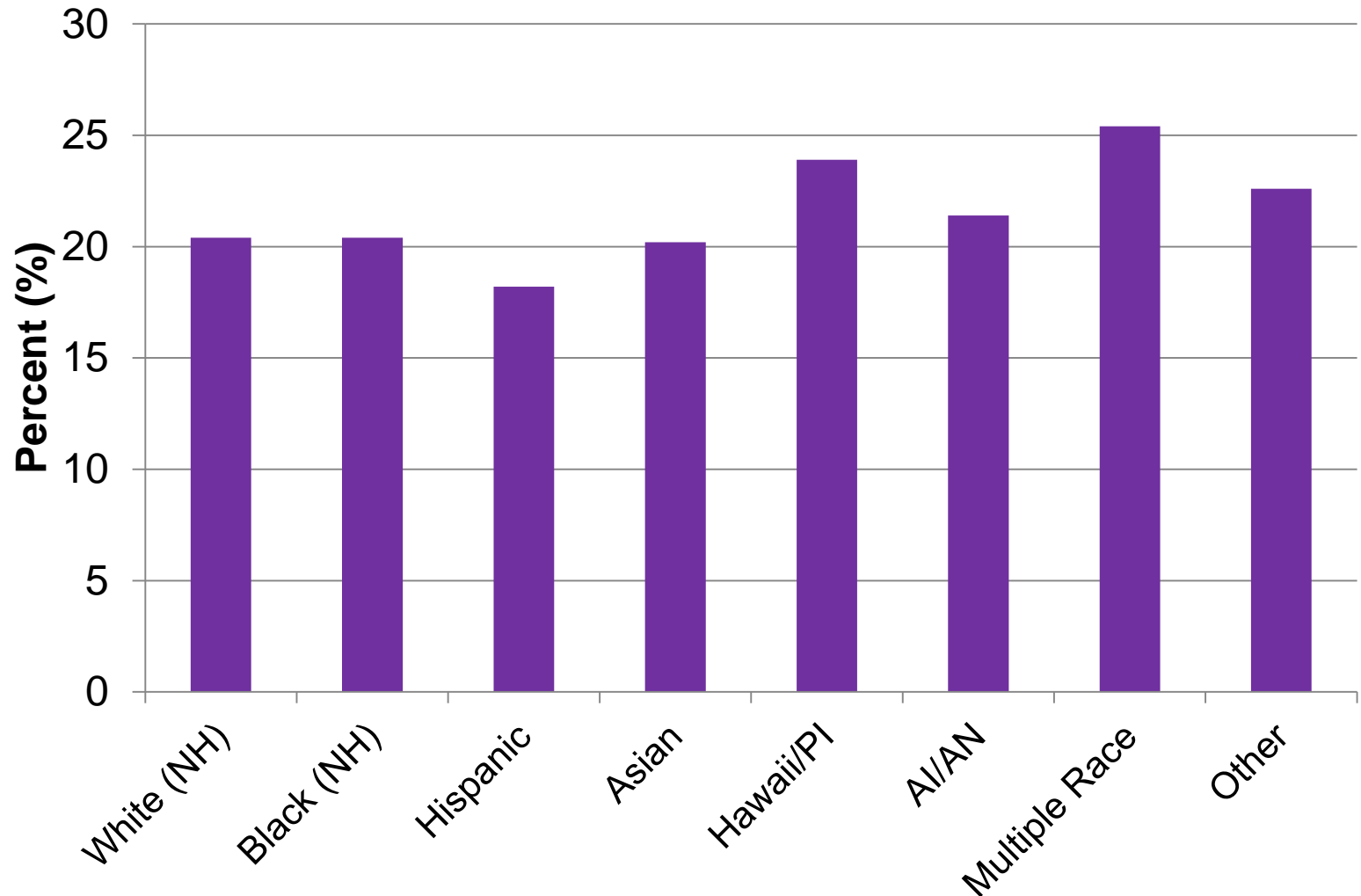


# MVPA minutes in youth by age, sex, and race/ethnicity (NHANES)





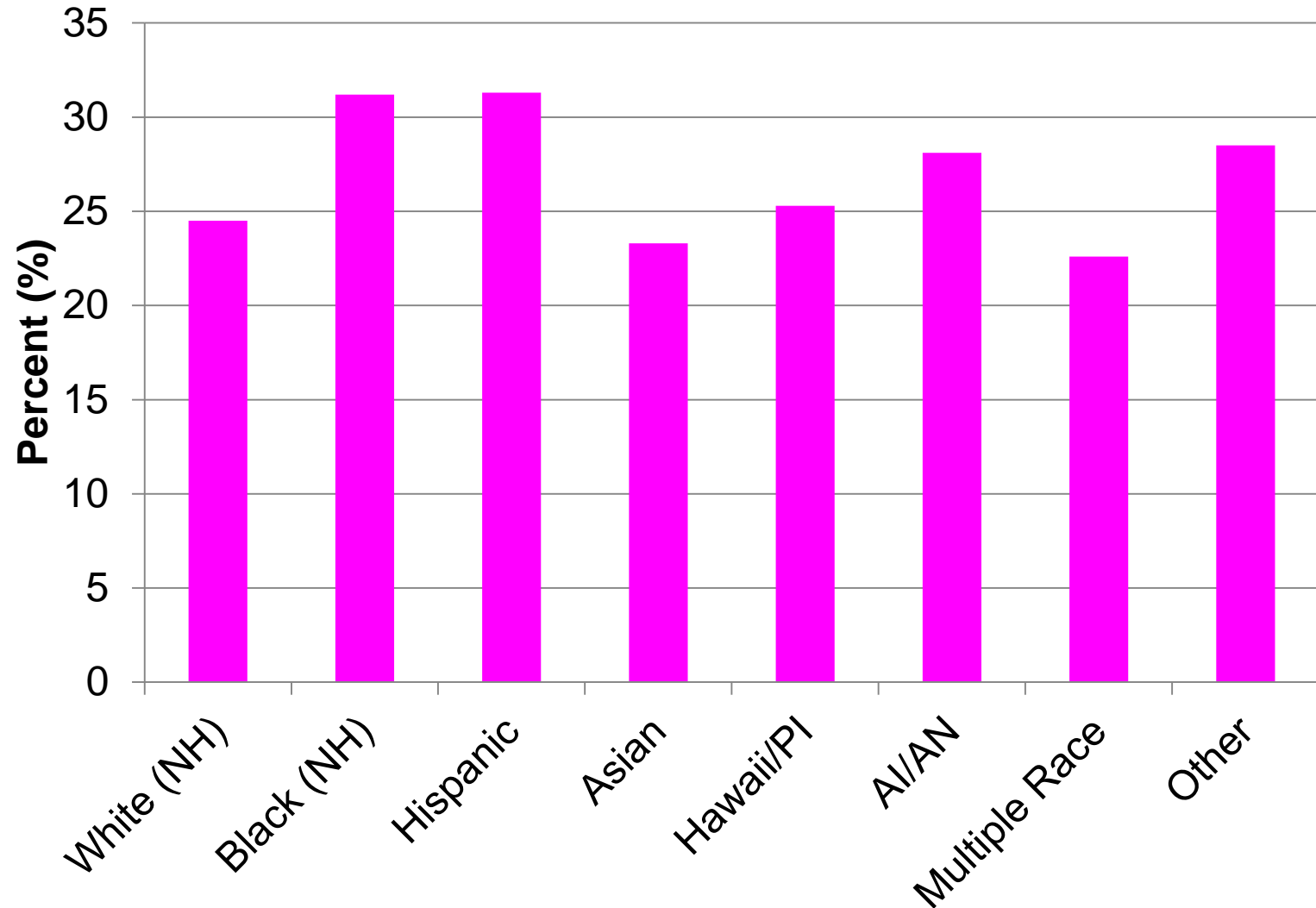
# Percent of adults meeting aerobic and muscle strengthening guidelines\*: by race/ethnicity (BRFSS 2013)



\*at least 150 min/wk of moderate aerobic physical activity or 75 min/wk of vigorous aerobic physical activity and engage in muscle-strengthening activities on 2+days a week

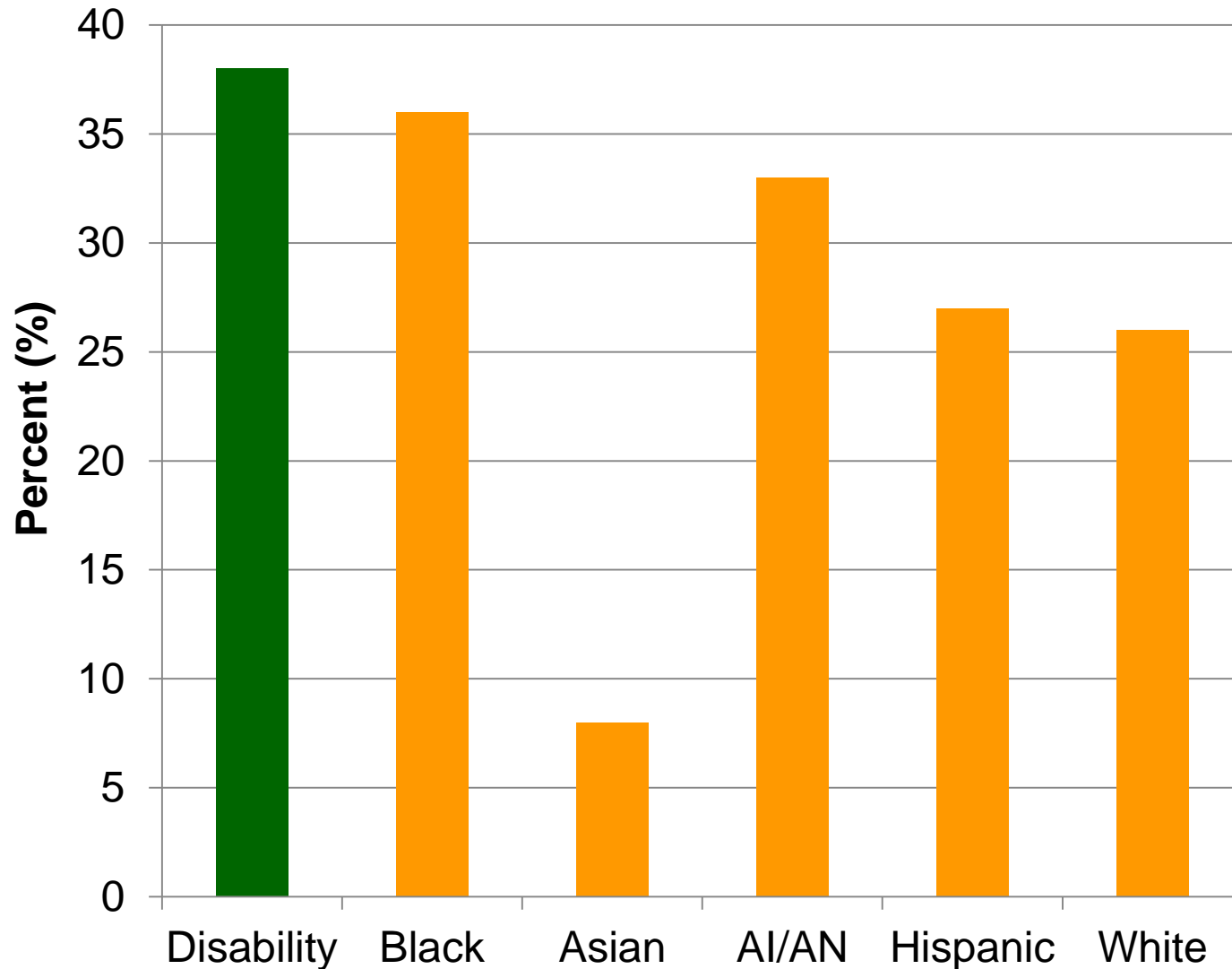
BRFSS (2013)

# Percent of adults who engage in no leisure time physical activity by race/ethnicity (BRFSS 2013)

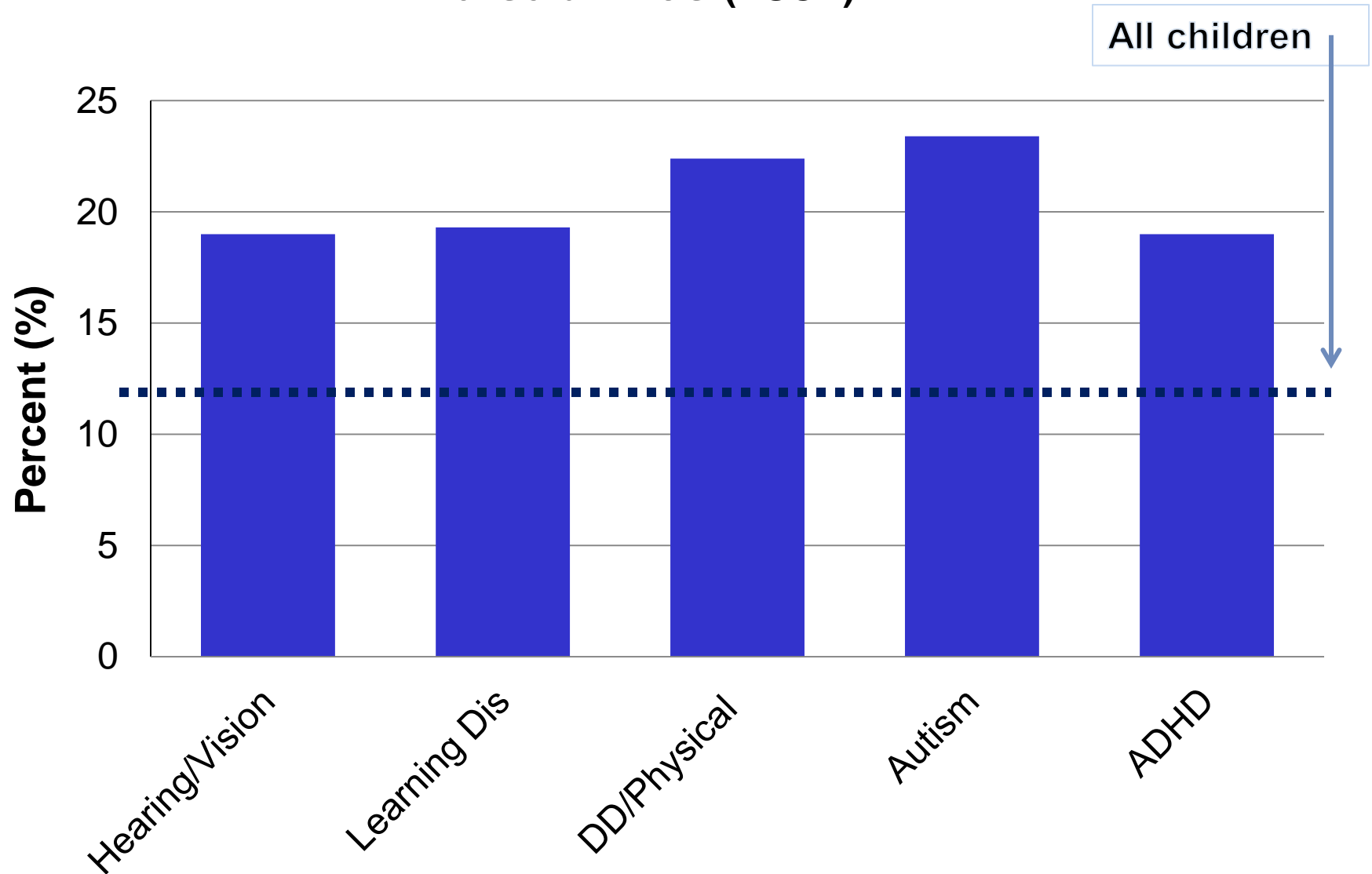




# Prevalence of obesity among racial/ethnic groups and people with disabilities (BRFSS)



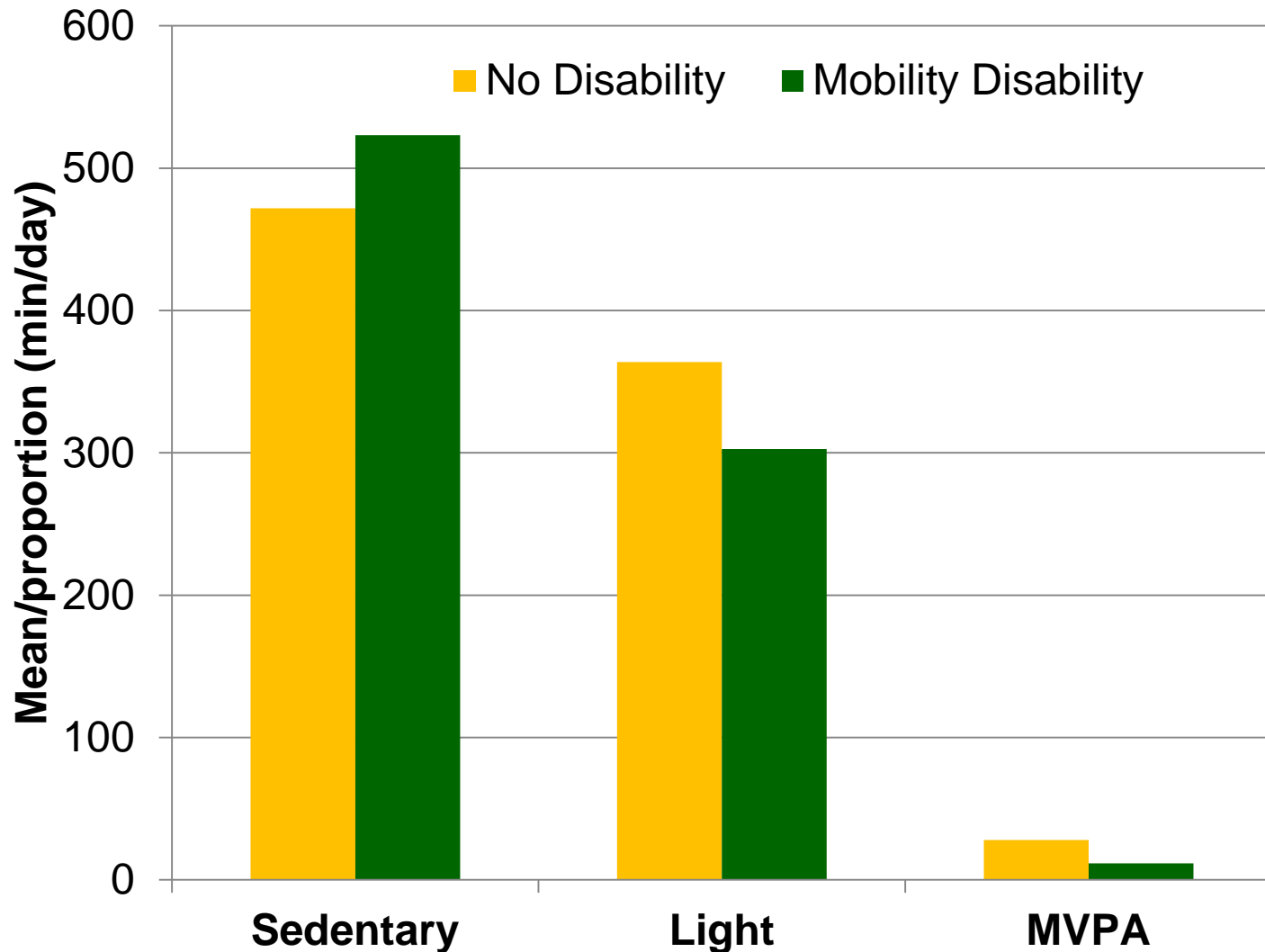
# Prevalence of obesity among children with disabilities (NSCH)



Chen et al., 2009

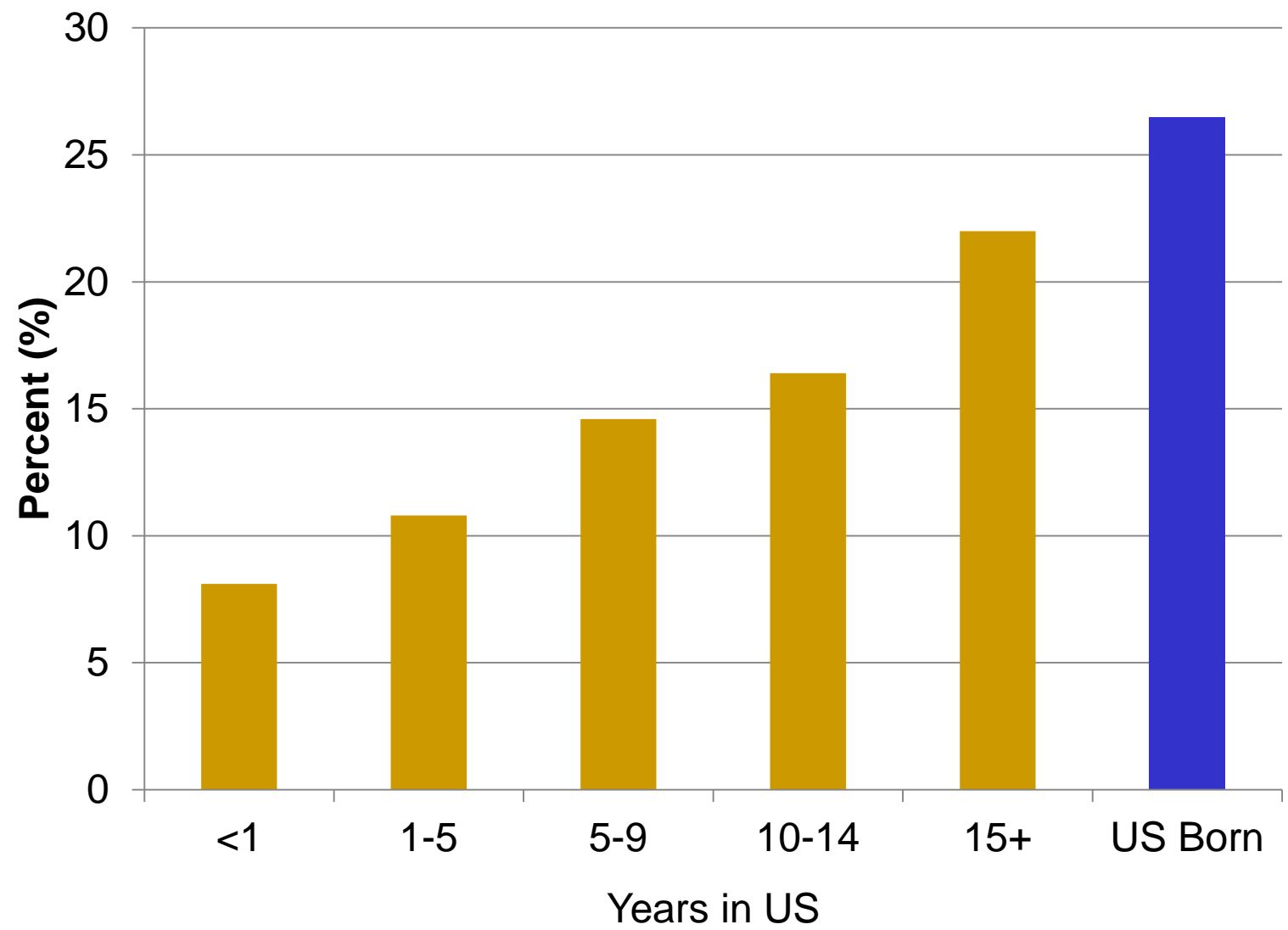
\*adjusted for age, sex, race/ethnicity, income, parental education, family structure, and region

# Time in activity for adults with and without mobility disability (NHANES)



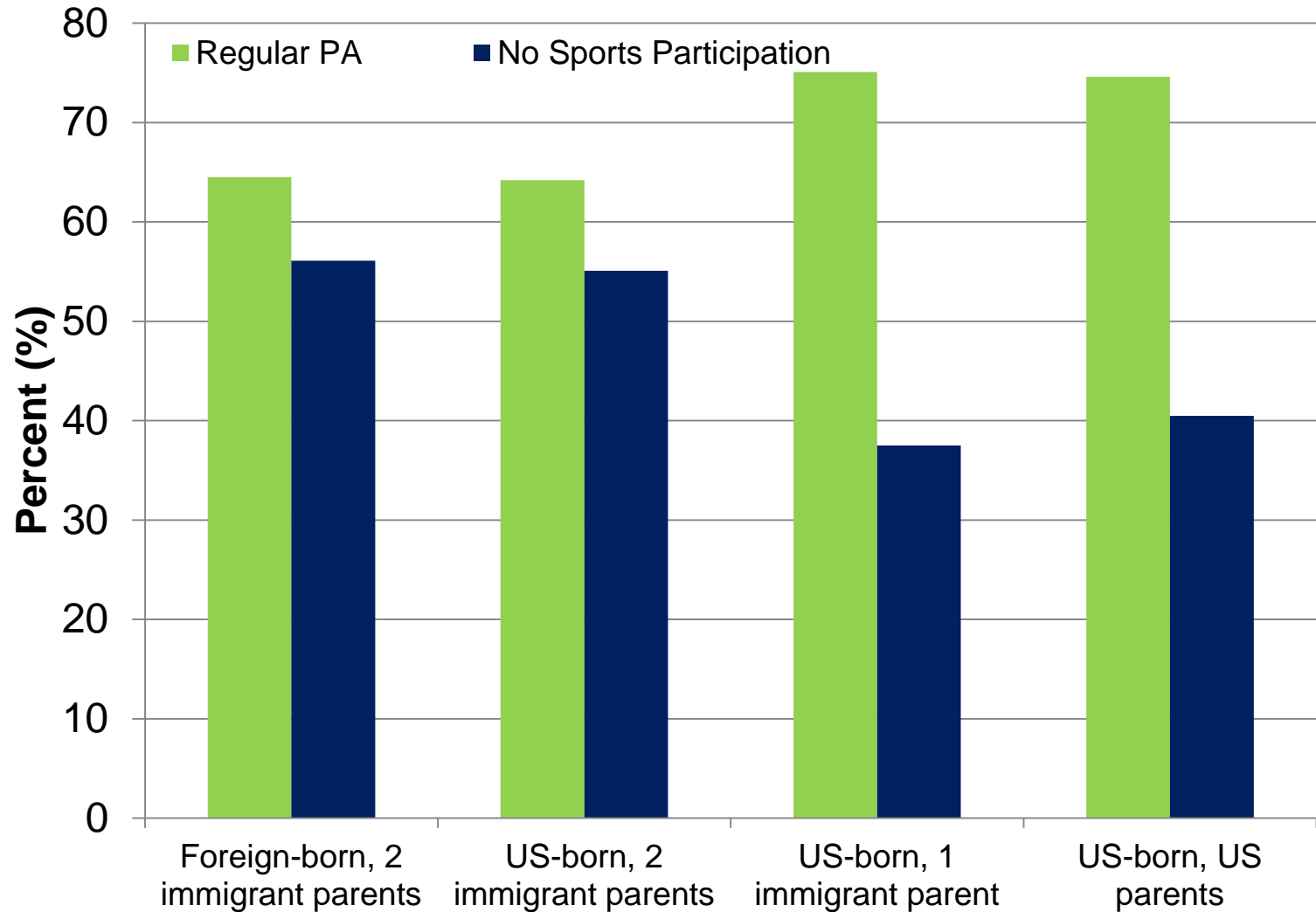


# Prevalence of adult obesity by years of residence in US (NHIS)



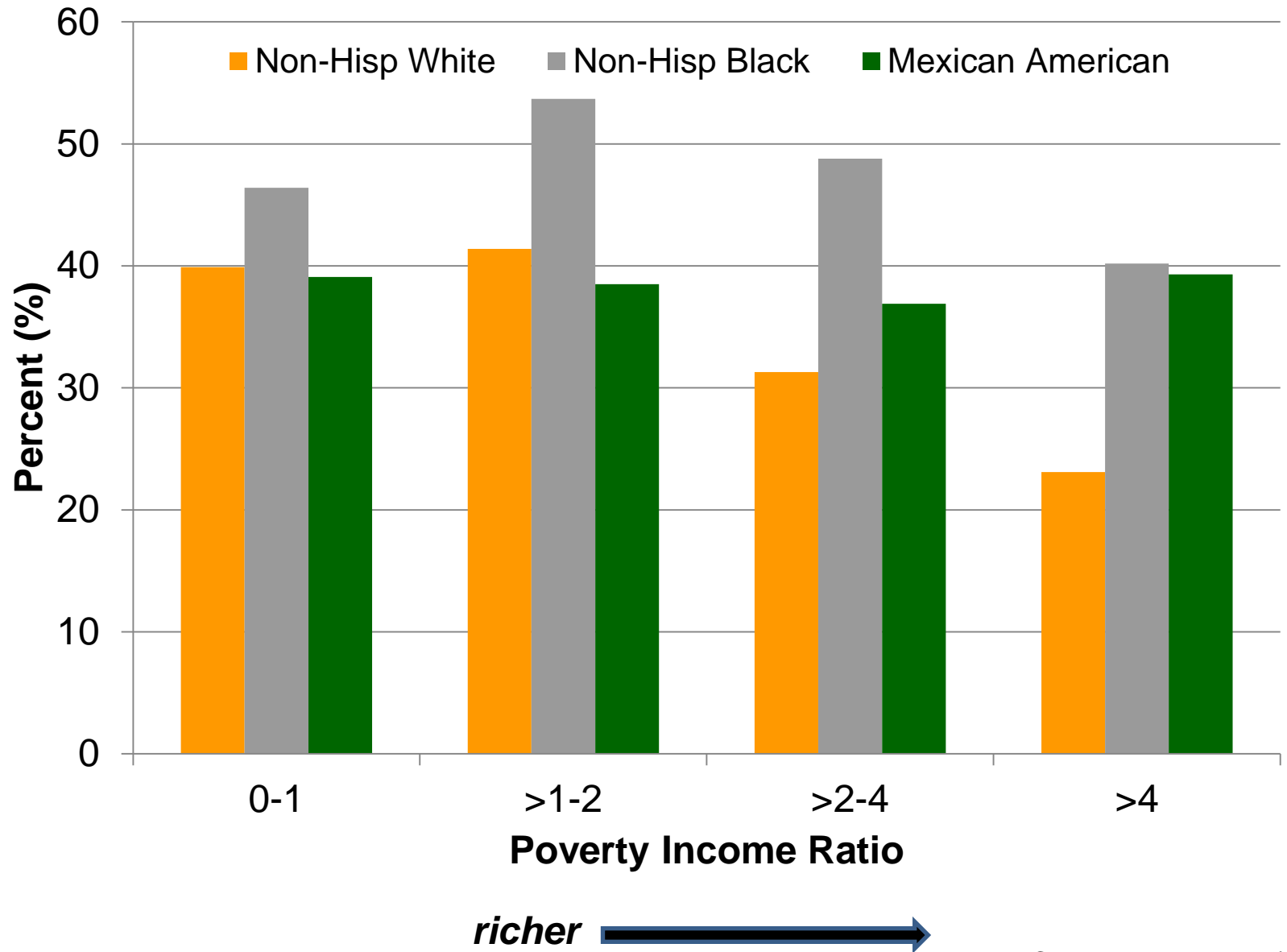


# Prevalence of regular PA and lack of sports participation among immigrant and US-born children 6-17 years (NSCH)

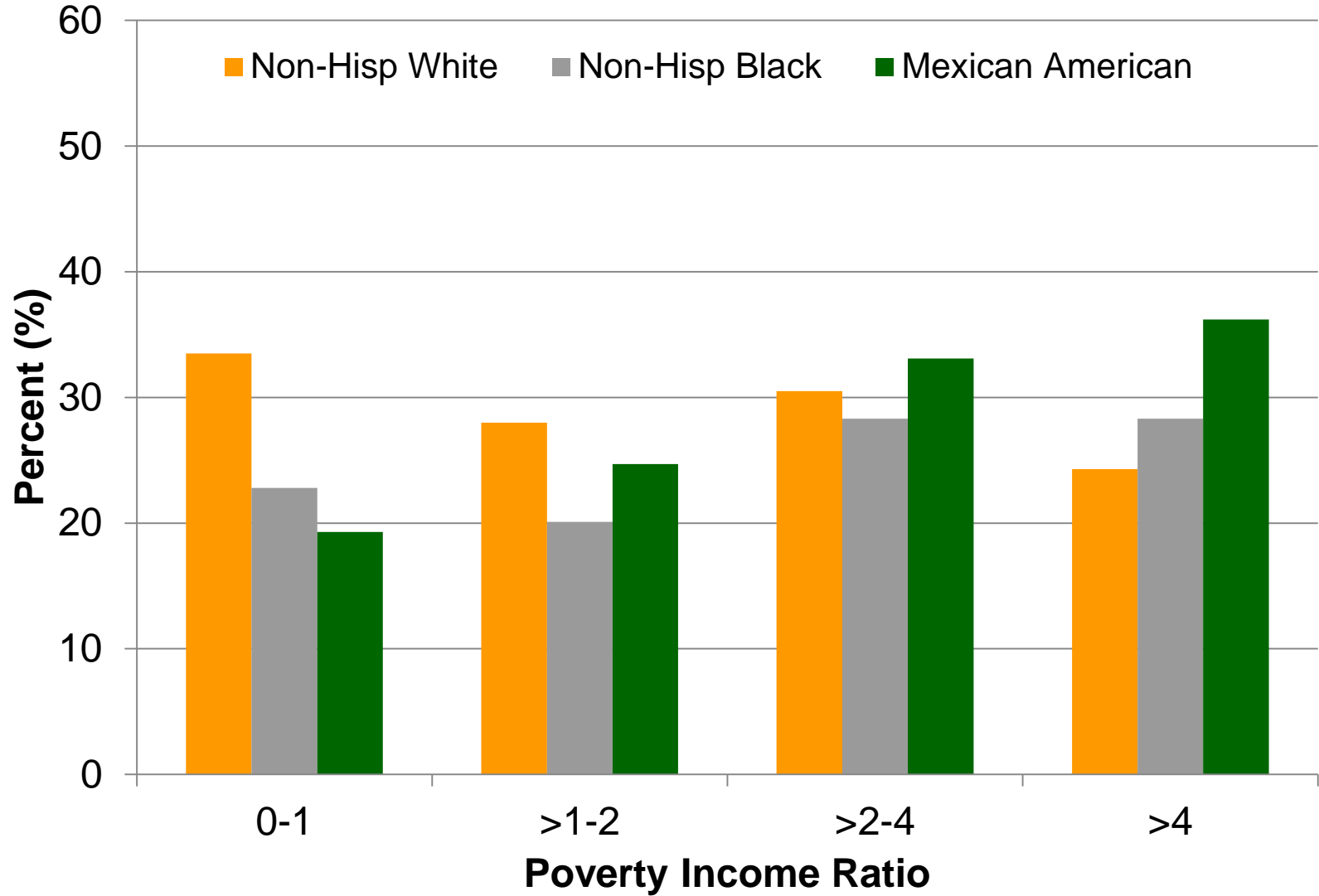




# Prevalence of obesity by income for women (NHANES)

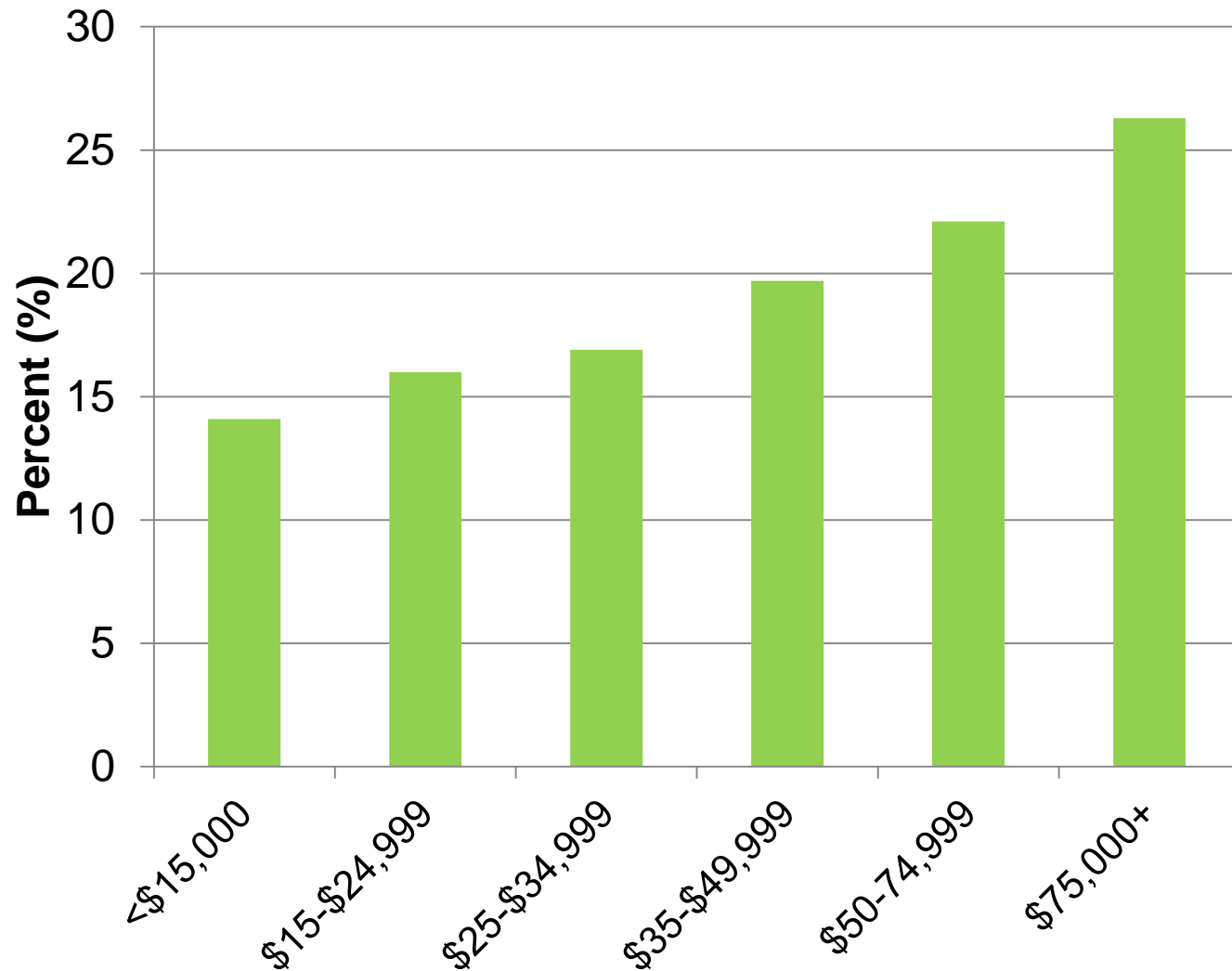


# Prevalence of obesity by income for men (NHANES)



*richer* →

# Percent of adults meeting aerobic and muscle strengthening guidelines\*: by income (BRFSS 2013)

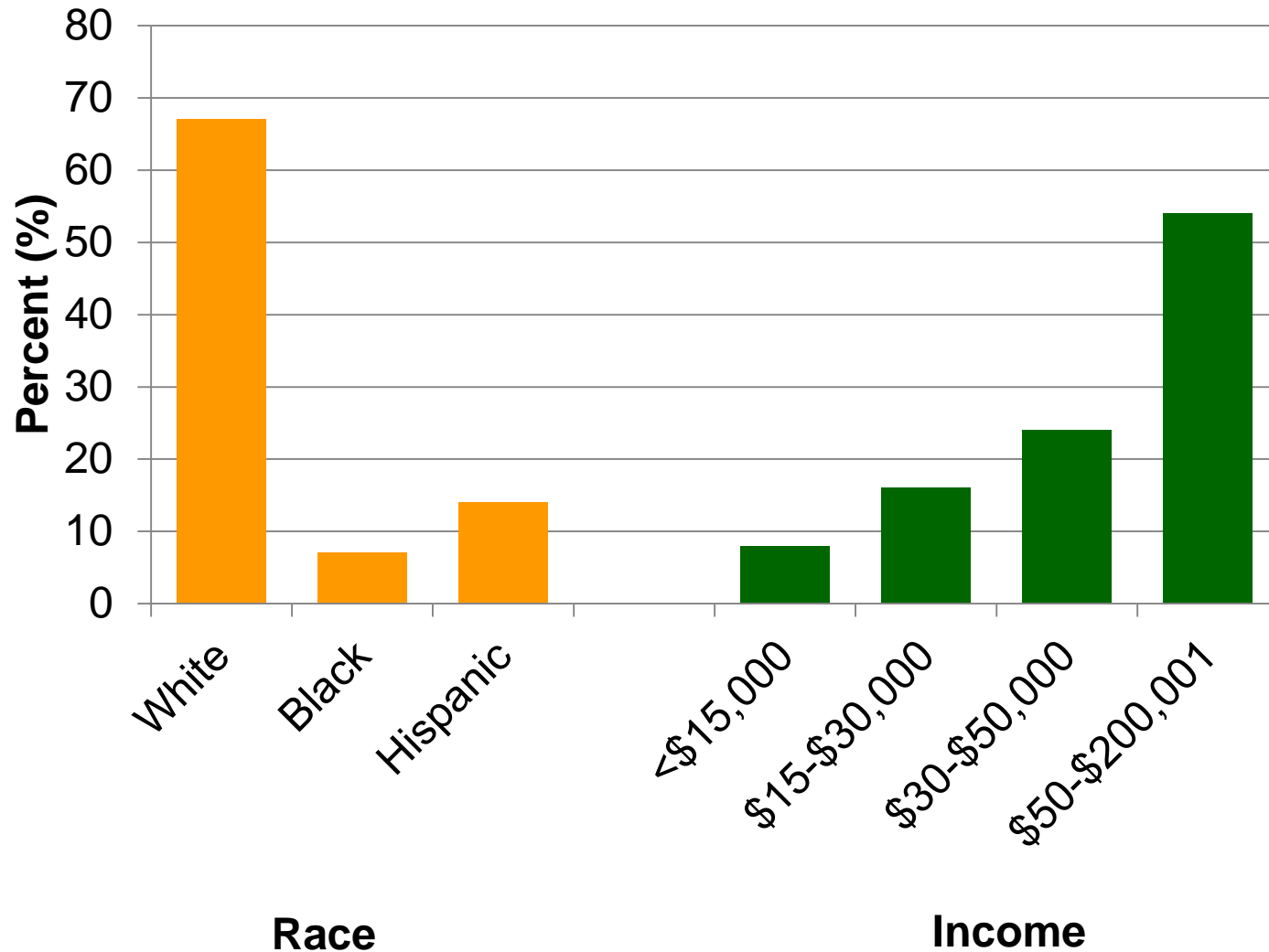


\*at least 150 min/wk of moderate aerobic physical activity or 75 min/wk of vigorous aerobic physical activity and engage in muscle-strengthening activities on 2+days a week



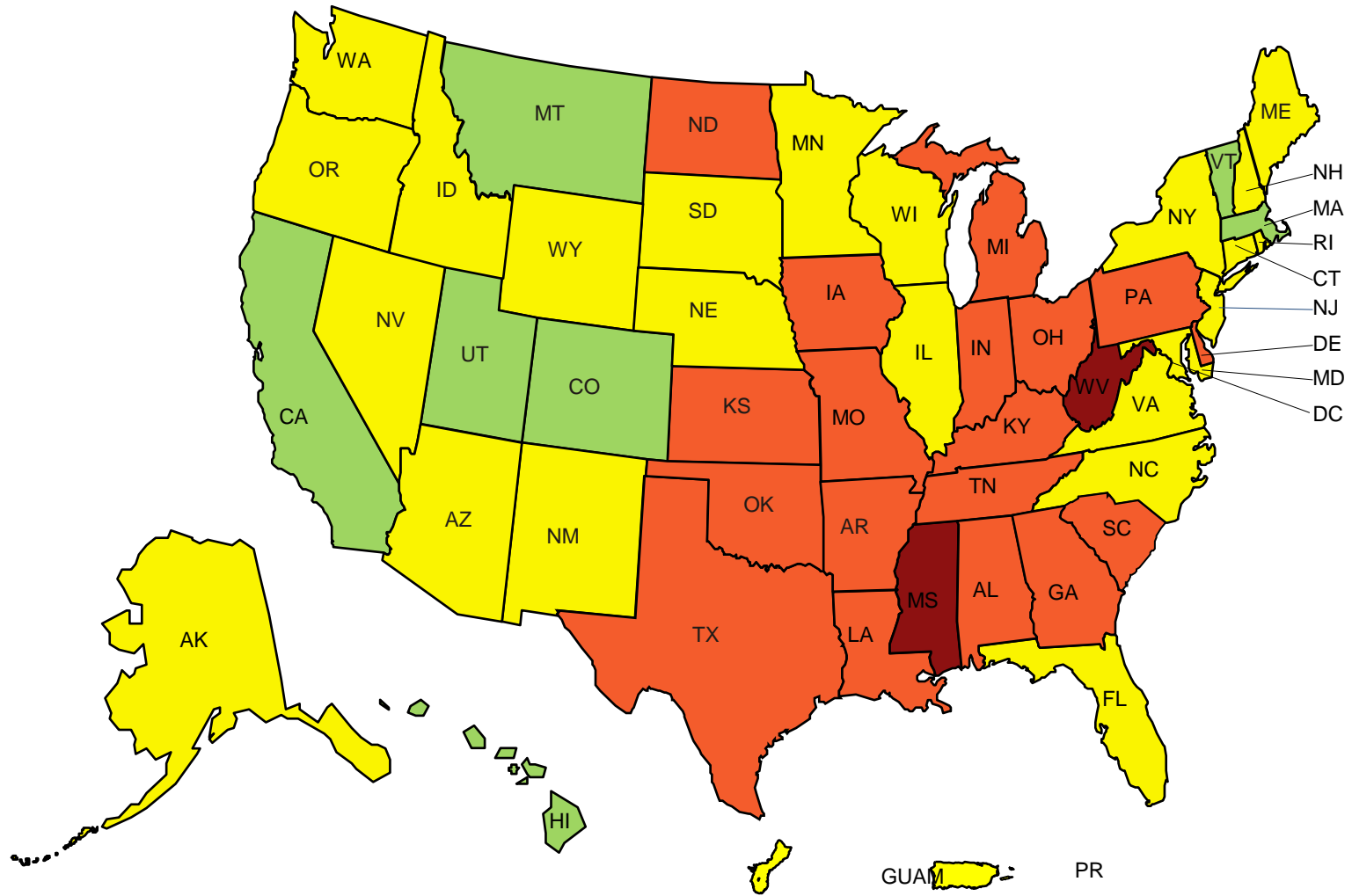


# Access to “some” recess varies by race/ethnicity and income (ECLS-K)



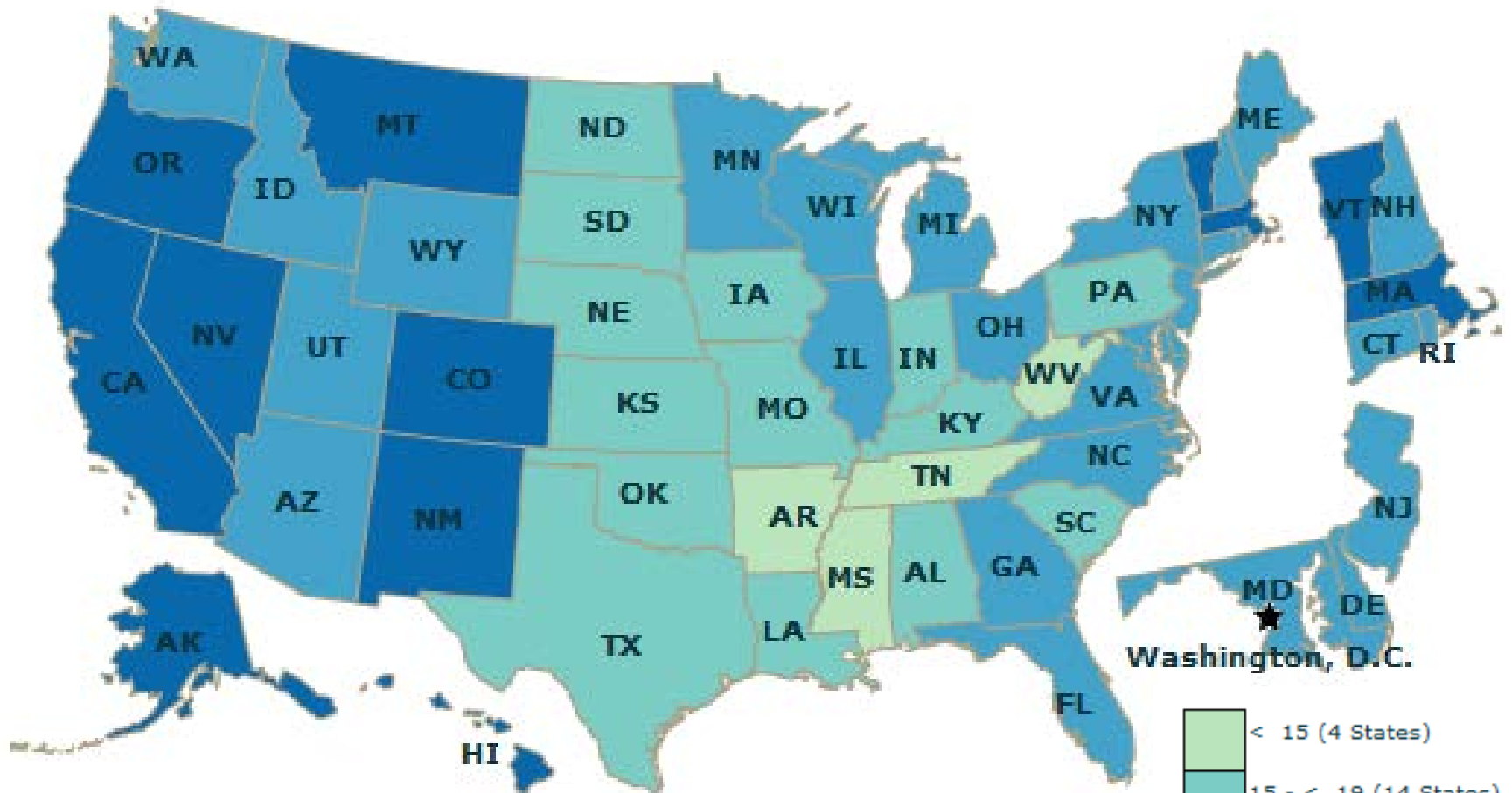


# Prevalence of obesity among adults by state and territory (BRFSS)



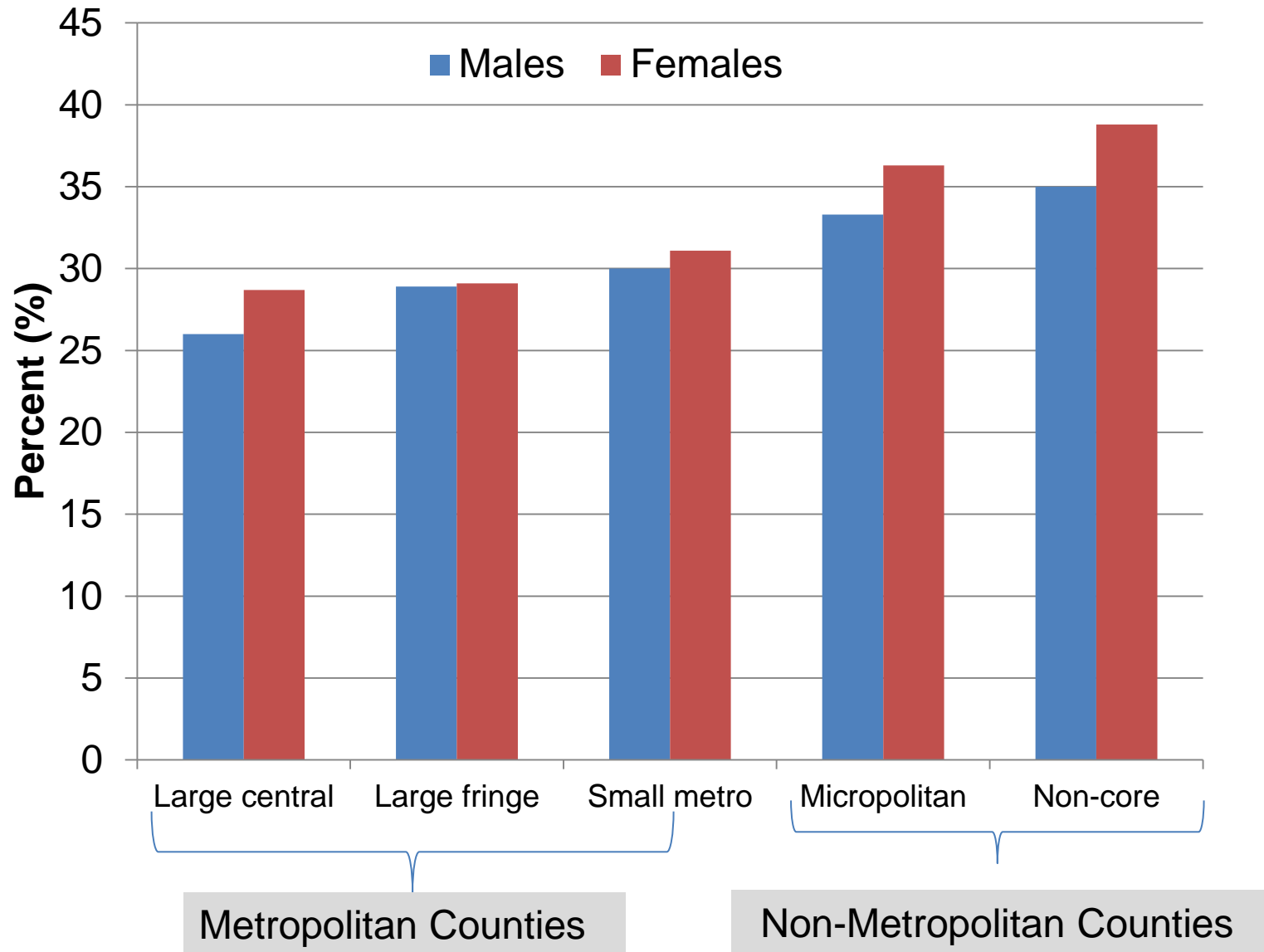
15%–<20% 20%–<25% 25%–<30% 30%–<35% ≥35%

## Percent of adults meeting aerobic and muscle strengthening guidelines\* (BRFSS 2013)

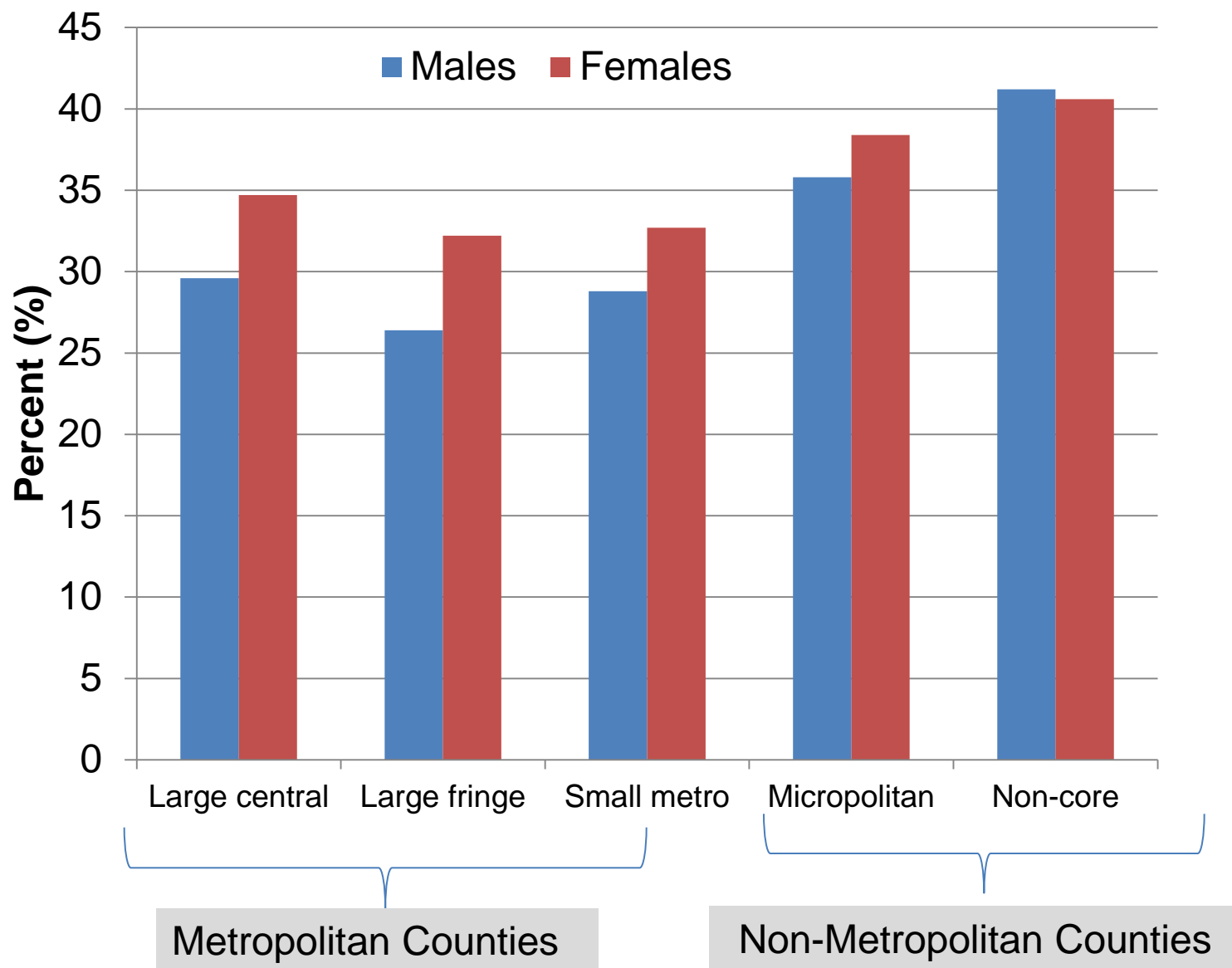


\*at least 150 min/wk of moderate aerobic physical activity or 75 min/wk of vigorous aerobic physical activity and engage in muscle-strengthening activities on 2+days a week

# Prevalence of obesity among adults by urbanization level (NHIS)



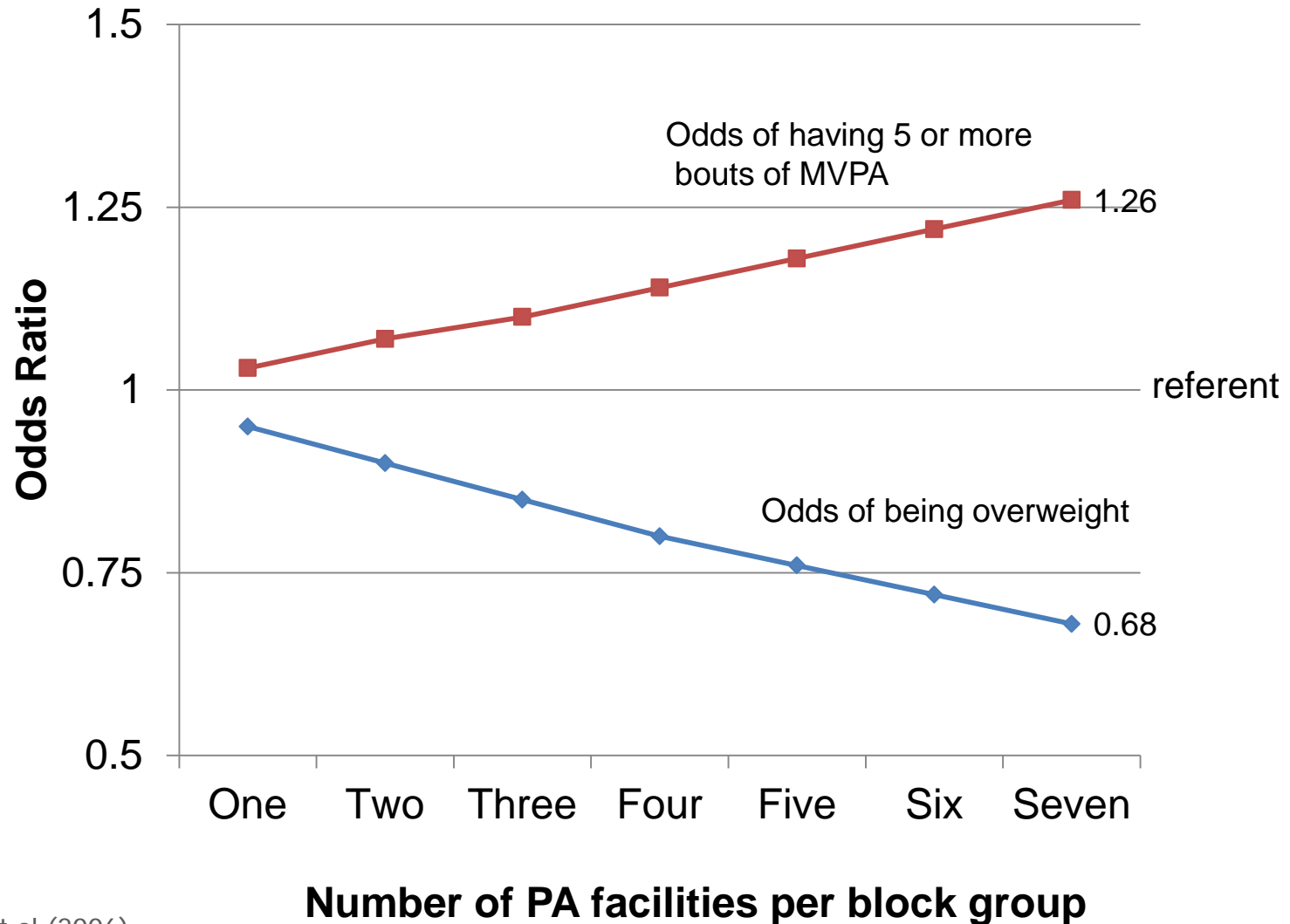
## Prevalence of no leisure time PA among adults by sex and urbanization level (NHIS)







# Availability of PA Facilities and PA/Overweight (Add Health)





# Achieving PA Equity



- Addressing root causes
- Through intervention at all levels
- Through environmental change
- Through policies and supporting resources