



Physical activity among Ohio adults

Being physically active is one of the most important things people can do to improve their health.¹ To assess the physical activity levels of Ohio adults, Interact for Health asked questions about physical activity on the most recent **Ohio Health Issues Poll (OHIP)**.

Nearly 8 in 10 Ohio adults report being physically active

When asked how active they are, 8 in 10 Ohio adults (78%) report being very or somewhat physically active.² Males (84%) are more likely than females (73%) to report being very or somewhat physically active.

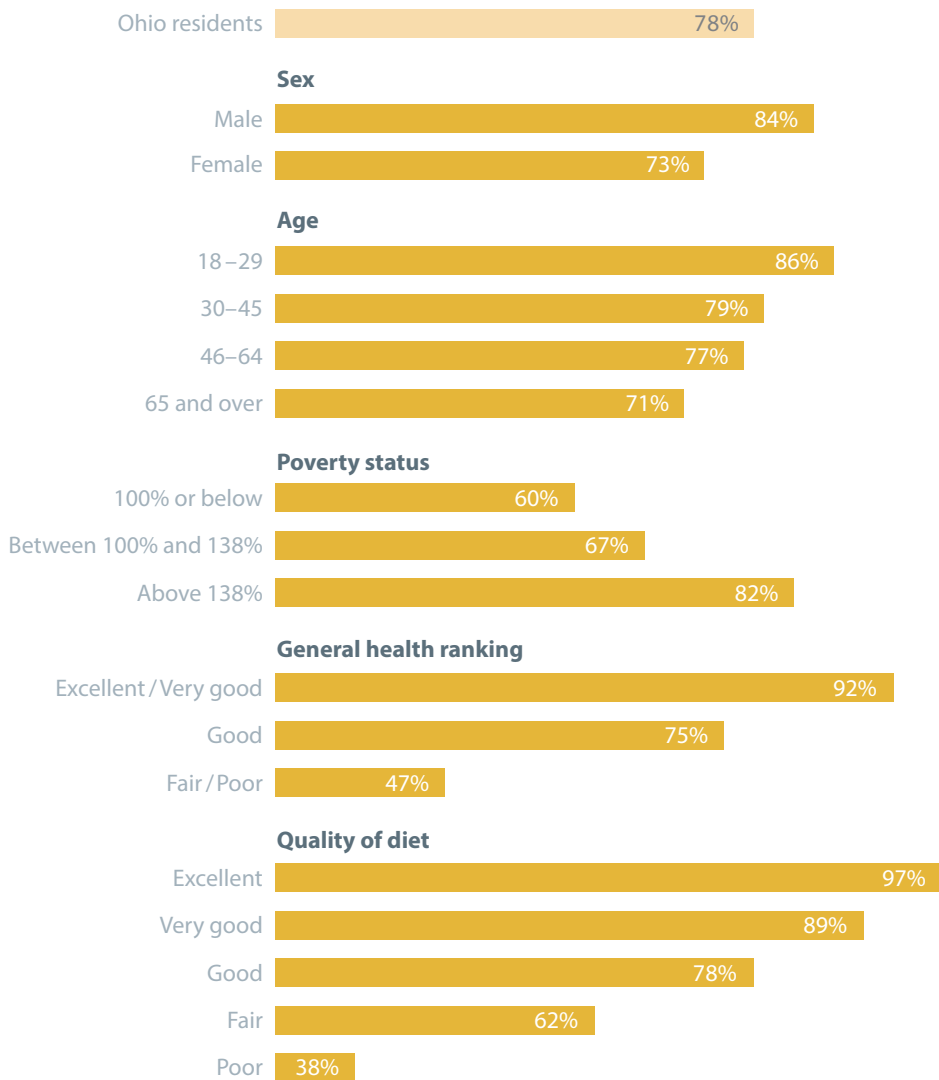
Older adults and adults living in poverty less active

As they get older, adults report being less physically active. Nearly 9 in 10 Ohioans age 18 to 29 (86%) say they are very or somewhat physically active. This compares with 7 in 10 adults age 65 and older (71%).

¹ <http://www.health.gov/paguidelines/pdf/paguide.pdf>

² OHIP asks, "Now thinking about your level of physical activity, in general, would you say you are very physically active, somewhat physically active, not very physically active or not at all physically active?"

Percentage of adults reporting being very or somewhat physically active



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These findings unless otherwise noted are from Interact for Health's Ohio Health Issues Poll (OHIP) conducted May 19-June 2, 2013, by the Institute for Policy Research at the University of Cincinnati. A random sample of 868 adults throughout Ohio was interviewed by telephone. This included interviews conducted by both landline telephone and cell phone. In 95 of 100 cases, statewide estimates will be accurate to $\pm 3.3\%$. There are other sources of variation inherent in public opinion studies such as non-response, question wording or context effects that can introduce error or bias. For more information about OHIP, please visit www.interactforhealth.org/ohio-health-issues-poll. If you have questions about the data in this document, please contact Jennifer Chubinski, Director of Community Research, at 513-458-6608 or jchubinski@interactforhealth.org.

Low-income adults are less likely to report being physically active. Just 6 in 10 adults (60%) living at or below 100% of the federal poverty level (FPL)³ said they are very or somewhat physically active. This compares with 7 in 10 adults (67%) living between 100% and 138% FPL and more than 8 in 10 adults (82%) living above 138% FPL.

General health, quality of diet tied to being more physically active

More than 9 in 10 adults (92%) who report excellent or very good health overall⁴ also report being very or somewhat physically active. Among adults who report fair or poor health, just less than 5 in 10 (47%) said they are very or somewhat physically active.

Nearly all adults (97%) who report having an excellent diet⁵ also said they are very or somewhat physically active. Less than 4 in 10 (38%) adults with a poor quality diet also report being very or somewhat physically active.

Majority thinks increasing physical activity would improve health

Nearly 7 in 10 Ohio adults (68%) think increasing their level of physical activity would improve their overall health.

However, not all demographic subgroups answer similarly. For example, adults with less than a high school education are split on this question: 44% think increasing physical activity would improve

overall health, while 44% said increasing their physical activity would not make much difference in their overall health. Similarly, while a majority (55%) of respondents age 65 and older thinks an increase in their level of physical activity would improve their health, nearly 4 in 10 seniors (39%) do not think an increase in physical activity would make a difference to their overall health.

³ 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four; 100% FPL is \$23,050.

⁴ OHIP asks, "Would you say that, in general, your health is excellent, very good, good, fair or poor?"

⁵ OHIP asks, "In general, how healthy is your overall diet? Would you say . . . excellent, very good, good, fair or poor?"