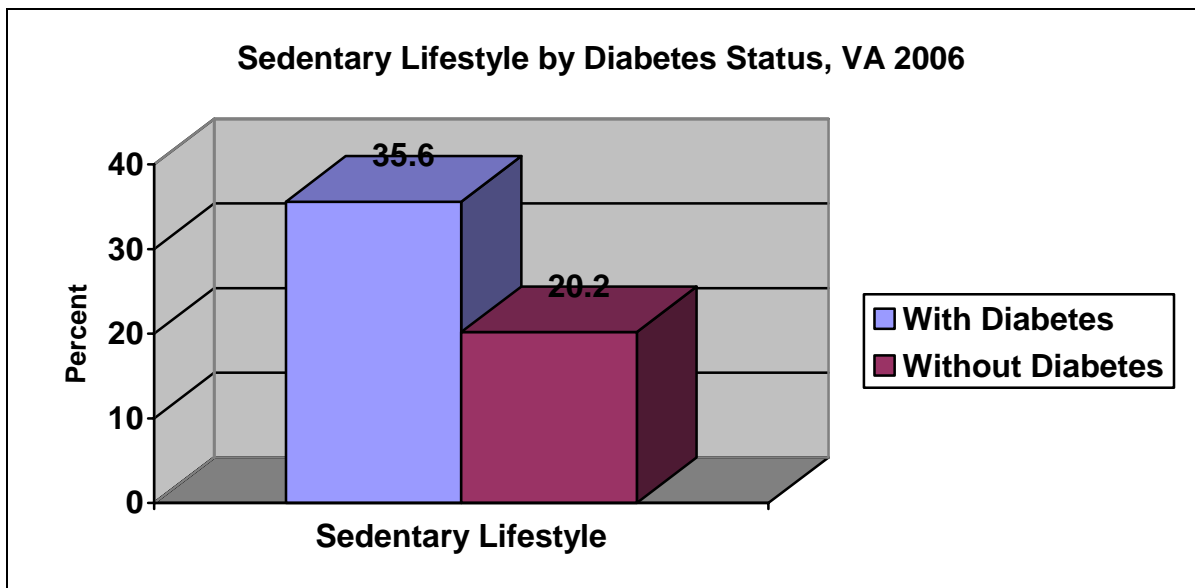


Physical Activity among Adults with and Without Diabetes

Regular physical activity is associated with improved carbohydrate metabolism and insulin sensitivity, and therefore can contribute to the prevention of complications of diabetes. The risk factor for not participating in enough physical activity is called, 'sedentary lifestyle'. Sedentary lifestyle is defined as not participating in any leisure-time activity in 30 days (e.g., light housecleaning, bowling, golf, walking).

- In 2006, 21.7% of adults in Virginia reported being sedentary. Black females and other non-Hispanic males had the highest rates of sedentary lifestyle.
- In 2006, 35.6% of adults with diabetes reported being sedentary as compared to 20.2% of adults without diabetes. Persons with diabetes are 1.7 times more likely to be sedentary than those without diabetes.



Healthy People 2010 Objectives:

(22-1) Reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent.

Sources: CDC, <http://www.cdc.gov/mmwr/>; VA BRFSS, 2006

Data Note: Percents are weighted towards annual population estimates.