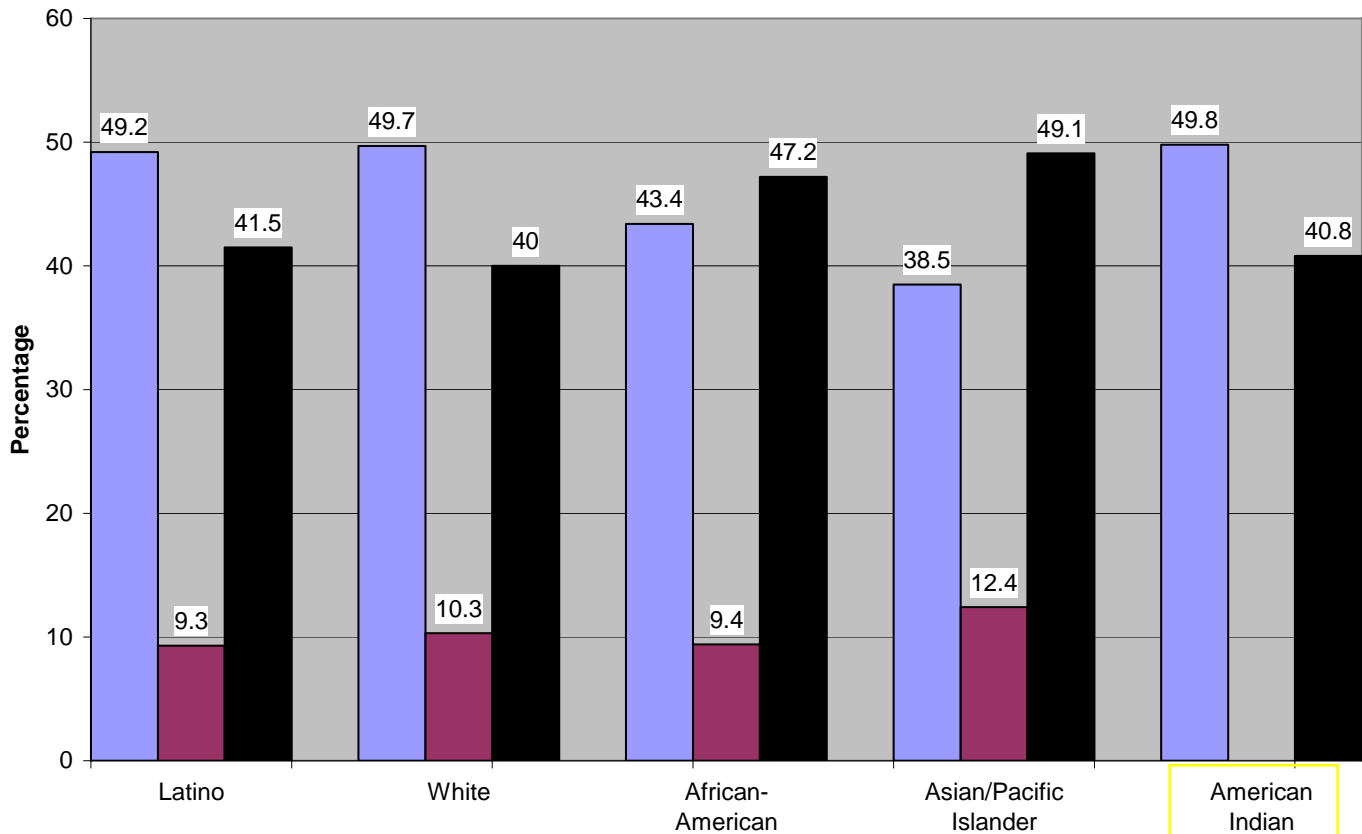


Physical Activity in LA's American Indian & Alaska Native Population

Percent of Adults (18+ years old) that Meet Physical Activity Guidelines, by Race and Ethnicity in Los Angeles County, 2002-2003



- Active (Meets Guidelines)
- Some Activity (Does Not Meet Guidelines)
- Minimal to No Activity (Sedentary)

Notes:

- * Blacks show a median level of physical activity compared to Latinos and Asian/PI.
- * No data was provided in the category of "some activity" for American Indians

Source: Los Angeles Department of Health Services, Public Health, 2002-2003

To meet Physical Activity Guidelines at least one of the following at least one of the following criteria must be fulfilled:

- 1) Vigorous Activity - hard physical activity causing heavy sweating, large increases in breathing and heart rate - for 20+ minutes, > 3 days/wk,
- 2) Moderate Activity - cause light sweating, slight increases in breathing and heart rate - 30+ minutes, > 5 days/wk,
- 3) A combination of Vigorous and Moderate Activity meeting the time criteria for > 5 days/wk.

[REFERENCES: Vigorous Activity: U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000. Moderate Activity: Centers for Disease Control and Prevention/American College of Sports Medicine, <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm>]