Physical Activity in CA’s Asian Population

Percentage of Adults (18+) who do not engage in vigorous or moderate physical activity at all, California, 2001

Latino: 43.3%
American Indian/Alaska Native: 34.2%
Asian: 32.2%
African American: 28.5%
White: 20%
CA Overall: 28.5%

California Health Interview Survey, 2003 (UCLA Center for Health Policy Research)
www.chis.ucla.edu

Vigorous physical activity (at least 3 days per week) among Teens (12-17 years), compared by Race, California, 2003

Latino: 62.8%
American Indian/Alaska Native: 76.1%
Asian: 69.4%
African American: 59.5%
White: 72.3%

California Health Interview Survey, 2003 (UCLA Center for Health Policy Research)
www.chis.ucla.edu
The following two graphs are from: *Health Policy Research Brief (April 2005): California Adolescents Increasingly Inactive*, by the UCLA Center for Health Policy Research.

**Percent of Adolescents Engaging in Regular Physical Activity by Asian Ethnic Groups, Ages 12-17, California, 2003**

![Graph showing percent of adolescents engaging in regular physical activity by Asian ethnic groups.]

Note: The estimates for other Asian ethnic groups were unreliable.  
Source: 2003 California Health Interview Survey

**Percent of Adolescents Engaging in Regular Physical Activity by Race/Ethnicity and Physical Education (PE) Requirements at School, Ages 12-17, California, 2003**

![Graph showing percent of adolescents engaging in regular physical activity by race/ethnicity and PE requirements.]

*Significantly different from PE not offered or not required*  
Note: The estimates for Pacific Islander and American Indian/Alaska Native adolescents were unreliable.  
Source: 2003 California Health Interview Survey