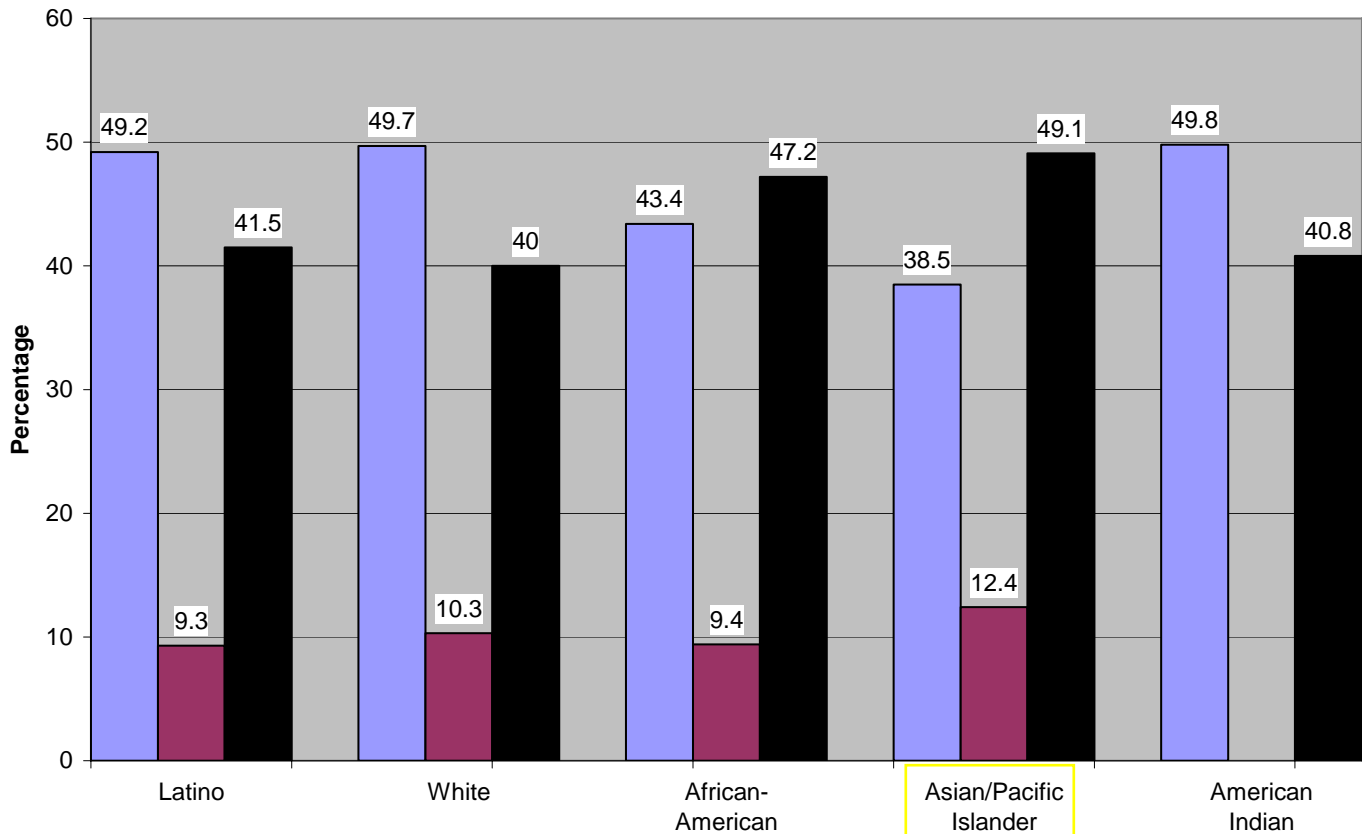


Physical Activity in LA's Asian Population

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

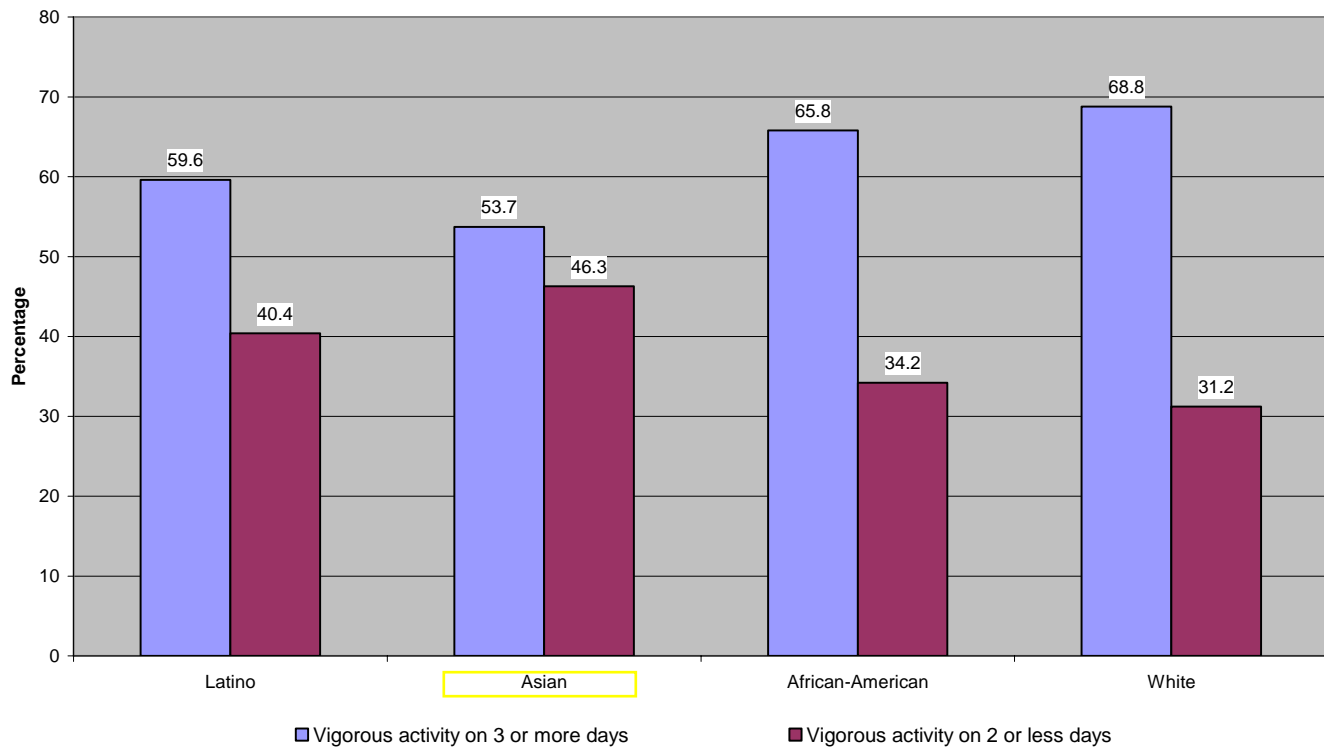
Source: Los Angeles Department of Health Services, Public Health, 2002-2003

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.

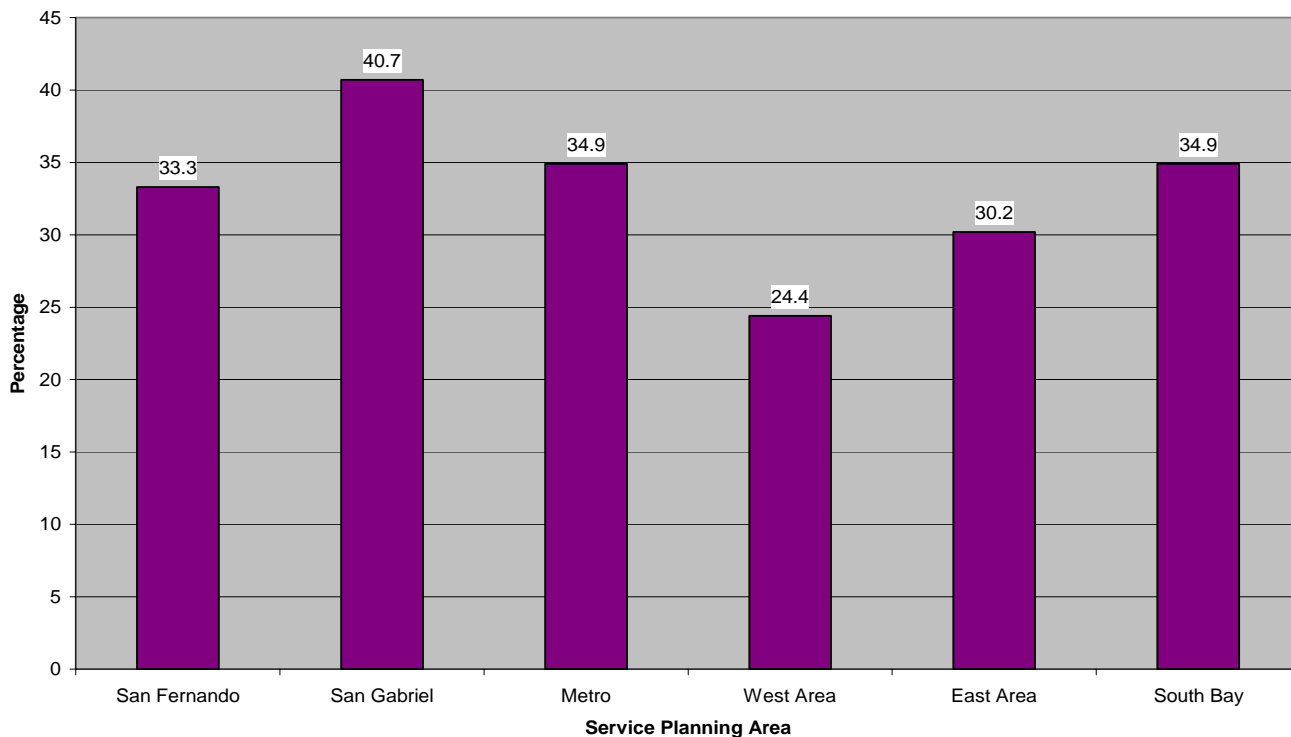
[REFERENCES: Vigorous Activity: U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000. Moderate Activity: Centers for Disease Control and Prevention/American College of Sports Medicine,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

Frequency of Vigorous Physical Activity Among Teens, Compared by Race, Los Angeles, 2003



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

Percentage of Asian Adults (18+) who do not engage in vigorous or moderate physical activity at all, by Los Angeles County Service Planning Areas (SPAs), 2001



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