Physical Activity in LA’s Black Population

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

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage Active (Meets Guidelines)</th>
<th>Some Activity (Does Not Meet Guidelines)</th>
<th>Minimal to No Activity (Sedentary)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latino</td>
<td>49.2</td>
<td>41.5</td>
<td>9.3</td>
</tr>
<tr>
<td>White</td>
<td>49.7</td>
<td>40</td>
<td>10.3</td>
</tr>
<tr>
<td>African-American</td>
<td>47.2</td>
<td>43.4</td>
<td>9.4</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>49.1</td>
<td>38.5</td>
<td>12.4</td>
</tr>
<tr>
<td>American Indian</td>
<td>49.8</td>
<td>40.8</td>
<td>9.4</td>
</tr>
</tbody>
</table>

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.

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

**Vigorous physical activity (at least 3 days per week) among African American Teens, by Los Angeles County Service Planning Areas (SPA), 2001**

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