### Physical Activity in LA’s Latino 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>Active (%)</th>
<th>Some Activity (%)</th>
<th>Minimal to No Activity (%)</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>40.0</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></td>
<td>40.8</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.

**REFERENCES:**
- Moderate Activity: Centers for Disease Control and Prevention/American College of Sports Medicine, [http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm](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 Latino Teens, by Los Angeles County Service Planning Areas (SPA), 2003

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