



Goal 1: Human and Family Development

Desired Community Condition: **Residents are healthy and have access to health care, mental health care, and recreation.**



Indicator: **Adults Engaging in Physical Exercise**

Progress Rating: **Local Trend: STABLE** **National Comparison: SIMILAR**

Indicator Description

This indicator shows the extent to which adults in Bernalillo County engage in health-giving physical activity on a regular basis. The data for the City of Albuquerque was not available; therefore, Bernalillo County data was used for the analysis. In an annual statewide survey, people are asked if they had participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise during the previous month and, if so, how frequently. Data are also included from two surveys produced by the City of Albuquerque Parks and Recreation Department that show the usage of City sponsored sports programs and trails.

Why is this indicator important?

Significant health benefits can be obtained by including a moderate amount of physical activity on most, if not all, days of the week. Additional health benefits are gained through greater amounts of physical activity. Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones, and joints. Activities aren't limited to riding a bike or jogging; washing the car or raking leaves are also good exercise.

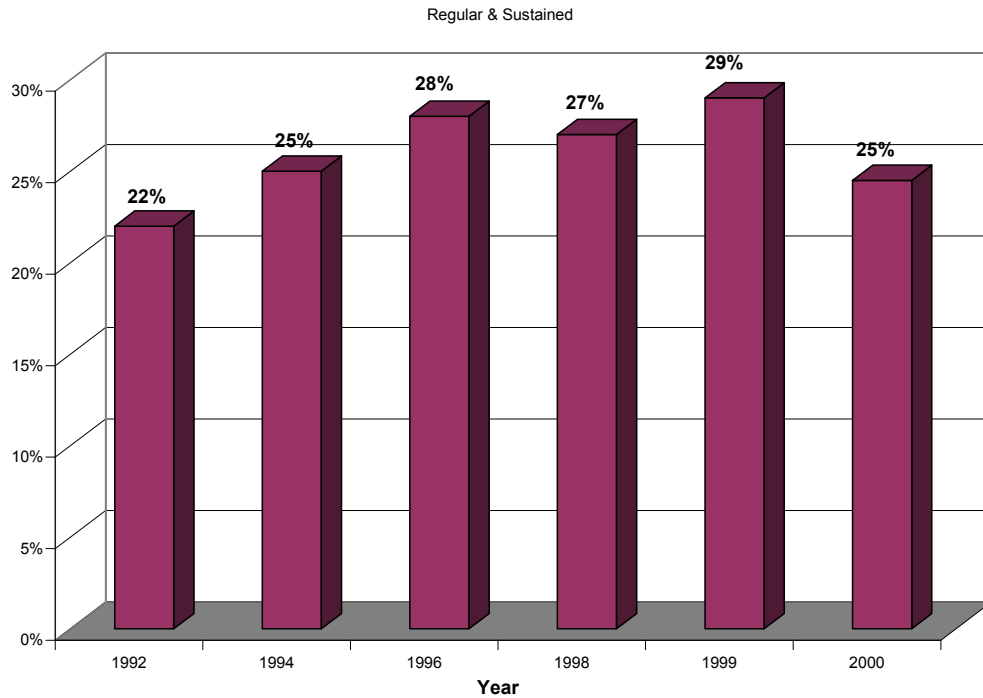
Data Sources

"1999-2002 Physical Activity: Bernalillo County," New Mexico Department of Health; "Physical Activity and Health, A report of the Surgeon General," United States Department of Health and Human Services Centers for Disease Control and Prevention; City of Albuquerque Parks, Open Space, Recreation Programs & Facilities Survey 2000 and 2002

What can we tell from the data?

- The amount of adults engaging in physical activity 5 or more times per week for at least 30 minutes increased from 1992 through 1999, then dropped off in 2000.
- A similar national survey conducted from January to June of 2003 has the national average of 29% of adults exercising regularly.
- According to the Parks and Recreation Department surveys; swimming pools were used at the same rate, but trail and tennis courts were not used as often in 2002 as they were in 2000.

Percent Adults Engaging in Physical Activity



■ % Adults Engaging in Physical Activity 5 or More Times per Week

Percent of Surveyed Residents Using Trails and City Sporting Facilities 2000 and 2002

Recreational Activity	Over 25 times (%)	6 to 25 times (%)	1 to 5 times (%)	Total Usage (%)
Trails for Community & Recreation	2000- 15.9	2000- 19.5	2000- 21.4	2000- 56.8
	2002- 15.9	2002- 18.5	2002- 15.8	2002- 50.2
City Swimming Pool Usage	2000- 5.3	2000- 11.0	2000- 14.6	2000- 30.9
	2002- 4.3	2002- 11.0	2002- 15.6	2002- 30.9
City Tennis Court Usage	2000- 3.0	2000- 6.0	2000- 10.4	2000- 19.4
	2002- 2.8	2002- 5.4	2002- 8.7	2002- 16.9

* Parks, Open Space, Recreation Programs & Facilities Survey 2000

* Parks, Open Space, Recreation Programs & Facilities Survey 2002

* Results are not significantly different due to results confidence intervals.