

Santa Cruz County 2003 Health Almanac

Physical Activities and Fitness

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Agencies and Information Sources

Santa Cruz County (SCC) Health Services Agency - <http://www.santacruzhealth.org>

The Health Services Agency (HSA) exists to protect and improve the health of the people in Santa Cruz County. The Agency provides programs in Environmental Health, Public Health, Medical Care, Substance Abuse Prevention and Treatment, and Mental Health.

California Department of Health Services - <http://www.dhs.ca.gov/default.htm>

To Protect and Improve the Health of All Californians

California Health Interview Survey - <http://www.chis.ucla.edu/index.html>

The California Health Interview Survey (CHIS) is the largest state health survey conducted in the United States. Every two years, CHIS plans to collect information on the health and health care needs of California's diverse population.

Centers for Disease Control and Prevention - <http://www.cdc.gov/default.htm>

CDC's Mission is to promote health and quality of life by preventing and controlling disease, injury, and disability.

CDC's Specific Web Site Dealing with Physical Activities:

<http://www.cdc.gov/health/physact.htm> and covers:

- Nutrition and Physical Activity
- Physical Activity
- Physical Activity and Health: A Report of the Surgeon General
- Physical Activity: Energize Your Life
- Promoting Better Health for Young People Through Physical Activity and Sports: A Report to the President From the Secretary of Health and Human Services and the Secretary of Education
- State-based Physical Activity Program Directory

Physical Activity

Nearly 62% of adults engaged in at least some kind of physical activity in their leisure time, but only 3 out of 10 adults were physically active on a regular basis.

Source: Early Release of Selected Estimates from the National Health Interview (NHIS)

<http://www.cdc.gov/health/physact.htm>

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CDC Fact Sheets - See: <http://www.cdc.gov/nccdphp/sgr/fact.htm>

These fact sheets present report findings in population-specific format with key messages, physical activity facts and benefits, and suggestions for communities.

- **Adolescents and Young Adults**
- **Adults**
- **Older Adults**
- **Persons with Disabilities**
- **Women**

The Link Between Physical Activity and Morbidity and Mortality Fact Sheet presents report findings on how physical activity impacts health and health burdens that could be reduced through physical activity.

The CDC's National Physical Activity Initiative Fact Sheet summarizes the mission and current activities of this initiative.

California Exercise - 2001

During the past month, did you participate in any physical activities?

	Yes	No
%	73.4	26.6
CI	(71.6-75.1)	(24.8-28.3)
n	3156	989

<http://apps.nccd.cdc.gov/brfss/display.asp?cat=EX&yr=2001&qkey=4347&state=CA>

<http://apps.nccd.cdc.gov/dnpa/piRec.asp?piState=ca&PiStateSubmit=Get+Stats>

Any Moderate Exercise for at Least 30 Minutes (Teens) by Total and Gender CHIS 2001

	Moderate Exercise of 30 Minutes in Past Month (Teens)	
	Yes	No
California--Total	76.6	23.4
Santa Cruz --Total	78.0	22.0
California--Male	72.3	27.7
Santa Cruz --Male	74.1	25.9
California--Female	81.1	18.9
Santa Cruz -Female	82.5	17.5

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Any Moderate Exercise for at Least 30 Minutes (Teens) by Race/Ethnicity CHIS 2001

	Moderate Exercise of 30 Minutes in Past Month (Teens)	
	Yes	No
California--White	81.6	18.4
Santa Cruz --White	80.7	19.3
California--Black	74.8	25.2
Santa Cruz --Black	.	.
California--Latino	70.7	29.3
Santa Cruz --Latino	71.8	*28.2
California--Asian	76.2	23.8
Santa Cruz --Asian	.	.
California--Am. Ind.	88.1	11.9
Santa Cruz --Am. Ind.	.	.
California--Other	75.2	24.8
Santa Cruz --Other	*100.0	.

*Statistically unstable

Any Moderate Exercise for at Least 30 Minutes (Teens) by Poverty Level CHIS 2001

	Moderate Exercise of 30 Minutes in Past Month (Teens)	
	Yes	No
California--0 - 99%	71.9	28.1
Santa Cruz --0 - 99%	68.3	*31.7
California--100 - 199%	71.5	28.5
Santa Cruz --100 - 199%	77.2	*22.8
California--200 - 299%	77.8	22.2
Santa Cruz --200 - 299%	72.5	.
California--300%+	81.0	19.0
Santa Cruz --300%+	82.7	17.3

* Statistically unstable

Totals may not = 100% due to rounding.

Physically Active? How Your State Rates

See: <http://my.webmd.com/content/Article/72/81791.htm?printing=true>