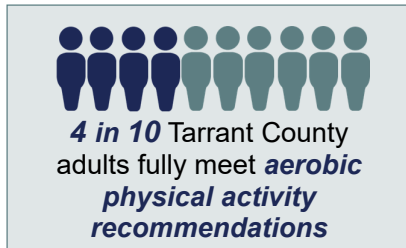


TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



PHYSICAL ACTIVITY AMONG TARRANT COUNTY ADULTS



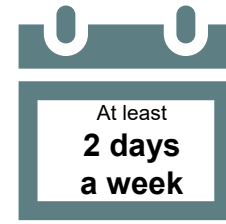
Physical Activity Guidelines

MODERATE-INTENSITY AEROBIC ACTIVITY



PLUS

MUSCLE-STRENGTHENING ACTIVITY



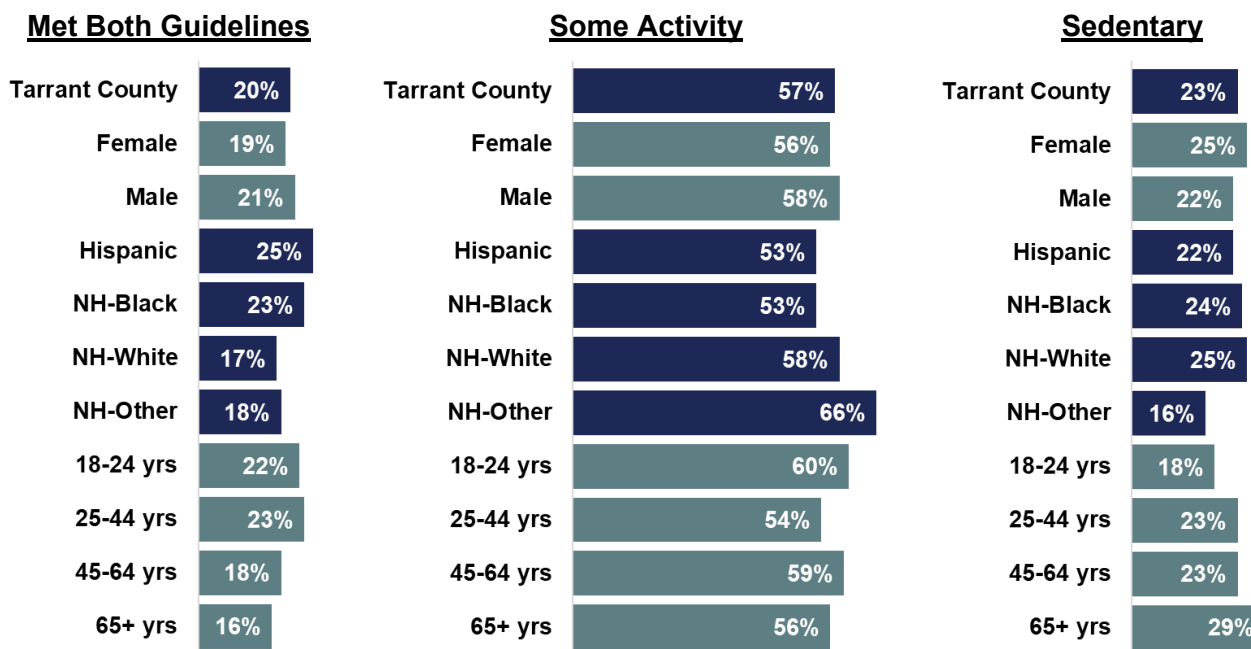
150 minutes a week of moderate-intensity (e.g. walking briskly, raking the yard), or 75 minutes a week of vigorous-intensity (e.g. jogging, running, carrying heavy loads upstairs) aerobic physical activity, or an equivalent combination of moderate/vigorous-intensity aerobic activity



Muscle-strengthening activities that involve all major muscle groups on two or more days a week

Prevalence of Some Activity was significantly higher compared to Met Both Guidelines and Sedentary among Tarrant County adults (Figure 1)

Figure 1. Prevalence of physical activity levels among Tarrant County adults aged 18 years and older, 2020[†]



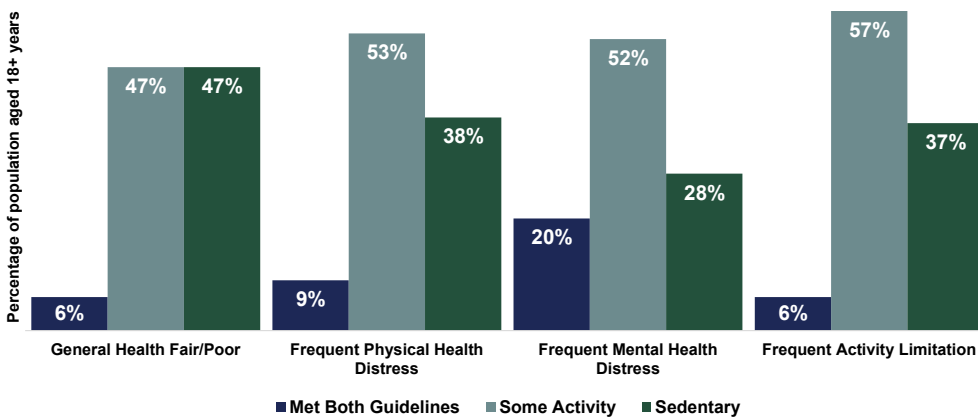
NH = Non-Hispanic

Percentage of population aged 18+ years

[†]Physical Activity Levels: Met Both Guidelines = Met both aerobic and muscle strengthening activity guidelines; Some Activity = Some aerobic, muscle-strengthening, or leisure time activity reported, but not enough to meet both guidelines; Sedentary = Reported no physical activity (no aerobic activity, no muscle-strengthening activity, and no leisure time activity)
All significant differences detected at the 95% confidence level.

Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020
Data Brief provided by: Division of Epidemiology and Health Information

Figure 2. Health-related quality of life indicators and physical activity levels among Tarrant County adults aged 18 years and older, 2020



Met both guidelines was the least reported physical activity level among those with poor quality of life indicators (Figure 2)

Health Benefits of Physical Activity



IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health



Anxiety
Reduces Feelings of Anxiety



Blood Pressure
Reduces Blood Pressure



Sleep
Improves Sleep Quality



LONG-TERM

Regular physical activity provides important health benefits for chronic disease management and prevention



Balance and Coordination
Reduces Risk of Falling



Bone Strength
Improves Bone Health



Brain Health
Reduces Risk of Dementia



Cancer Prevention
Lowers Risk of Cancers



Healthy Weight
Reduces Risk of Weight Gain



Heart Health
Lowers Risk of Heart Disease

Resources and Support

- Tarrant County Public Health [health.tarrantcounty.com]
Chronic Disease Prevention: Provides education on physical activity, exercise, stress awareness and management
- Centers for Disease Control and Prevention [cdc.gov/physicalactivity]
- Texas Department of State Health Services [dshs.texas.gov]
- Texas Health and Human Services [hhs.texas.gov]



All significant differences detected at the 95% confidence level.
Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2020
Data Brief provided by: Division of Epidemiology and Health Information