

Health Indicator Profile: **Physical Inactivity**



According to the CDC, 1 in 4 adults nationwide is physically inactive outside of activity related to their job.¹ Adults who are physically inactive, or who do not get the recommended 150 minutes per week of physical activity, are at a higher risk of heart disease, high blood pressure, certain cancers, anxiety, and depression. Factors that can discourage physical activity include lack of safe exercise opportunities, lack of parks and recreational facilities, and poor air quality.^{2,3}

Findings from the 2022 Santa Barbara County CHNA

Measure

Physical inactivity was based on the following question: During the past 12 months, did you typically participate in any physical activities or exercises, such as running, calisthenics, golf, gardening, or walking for exercise?" Those who responded "No" were considered to be physically inactive.

PHYSICAL INACTIVITY QUESTION

During the past 12 months, did you typically participate in any physical activities or exercises, such as running, calisthenics, golf, gardening, or walking for exercise?

¹ Centers for Disease Control and Prevention. (2022). Physical Activity and COVID-19 | Physical Activity. Retrieved from <https://www.cdc.gov/physicalactivity/physical-activity-and-COVID-19.html>

² Centers for Disease Control and Prevention. (2016). Interventions. Retrieved from <http://www.cdc.gov/workplacehealthpromotion/health-strategies/physical-activity/interventions/programs.html>

³ World Health Organization. (n.d.). Global strategy on diet, physical activity and health. Physical inactivity: A global public health problem. Retrieved from http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/

Table 1. Percentage of Adults that are Physically Inactive

	2016 Santa Barbara CHNA ¹	2019 Santa Barbara CHNA ¹	2022 Santa Barbara CHNA	2021 California BRFSS	2030 Healthy People Target
	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	%
Overall	18.1 (15.7, 20.5)	19.9 (16.2, 23.7)	16.1 (12.7, 19.5) [^]	20.0 (18.7, 21.3) [^]	21.8
Male	19.6 (15.9, 23.3)	18.7 (13.1, 24.3)	14.3 (9.1, 19.5) [^]	18.1 (16.4, 19.8) [^]	
Female	16.6 (13.5, 19.6)	21.1 (15.9, 26.3)	17.5 (13.0, 22.0)	22.0 (20, 23.9)	
Hispanic	22.9 (18.5, 27.4)	28.0 (21.3, 34.7)	26.1 (18.4, 33.9)	26.4 (24.1, 28.7)	
Non-Hispanic White	14.1 (11.3, 17.0)	12.0 (8.0, 16.0)	11.1 (7.9, 14.2) [^]	16.2 (14.4, 18) [^]	
Other	20.6 (11.4, 29.9)	25.5 (9.2, 41.8)	11.4 (2.8, 19.9) ^{^†}	16.4 (13.6, 19.3) [^]	
Age 18-44	16.9 (13.0, 20.8)	23.4 (17.1, 29.8)	20.6 (14.3, 26.9)	18.2 (16.4, 20.1) [^]	
Age 45-64	18.7 (14.8, 22.7)	17.4 (11.9, 22.9)	14.4 (8.6, 20.2) [^]	19.4 (17.2, 21.6) [^]	
Age 65+	20.8 (16.9, 24.7)	15.1 (9.5, 20.8)	10.8 (7.5, 14.0) [^]	25.4 (22.2, 28.5) [^]	
< High School	30.5 (22.8, 38.3)	43.2 (31.6, 54.8)	32.7 (16.8, 48.6)	39.1 (35.2, 42.9) [^]	
High School Grad	22.7 (16.4, 28.9)	24.0 (14.6, 33.3)	25.1 (13.6, 36.7)	22.3 (19.2, 25.3)	
Some College	15.8 (12.3, 19.4)	14.4 (8.2, 20.5)	17.5 (11.2, 23.8)	19.8 (17.3, 22.3)	
College Grad	9.1 (6.4, 11.7)	10.3 (5.2, 15.4)	8.0 (5.3, 10.6) [^]	9.0 (7.7, 10.4) [^]	
<\$35,000	23.8 (19.1, 28.5)	27.8 (20.8, 34.8)	29.6 (20.4, 38.8)	30.5 (27.9, 33.2) [^]	
\$35,000-\$74,999	19.1 (13.5, 24.7)	17.4 (9.5, 25.4)	20.0 (11.7, 28.2)	20.8 (17.8, 23.7)	
\$75,000 or greater	9.7 (6.7, 12.7)	10.7 (5.2, 16.2)	9.6 (6, 13.2) [^]	11.0 (9.2, 12.8) [^]	

[^] Significant difference between estimate and Healthy People 2030 target

[†]Unreliable estimate (Relative Standard Error >0.3)

¹ Point estimates were not evaluated for significance against Healthy People 2030 Target as they were previously evaluated against Healthy People 2020 Target

Health Disparities

Physical inactivity in Santa Barbara County has decreased from 20.0% in 2019 to 16.1% in 2022. Santa Barbara County remains below the Healthy People 2030 target for physical inactivity overall and significantly lower for males, those 45 years of age or older, college graduates, and those living in households with incomes of \$75,000 or more. A statistically significant difference exists in physical inactivity between Hispanics and non-Hispanic whites in Santa Barbara County (26.1% vs. 11.1% respectively). Santa Barbara County is 4% lower on physical inactivity compared to Californians in 2021, yet this difference is not statistically significant. Physical inactivity is significantly lower in the county when compared to California for non-Hispanic whites and those age 65 years and older.

Most impacted demographic subgroups include those with household incomes below \$35,000, those with some college education or less, and Hispanics (see figures below).

Figure 1. 2019 Percentage of Adults Reporting Physical Inactivity by Demographic Group

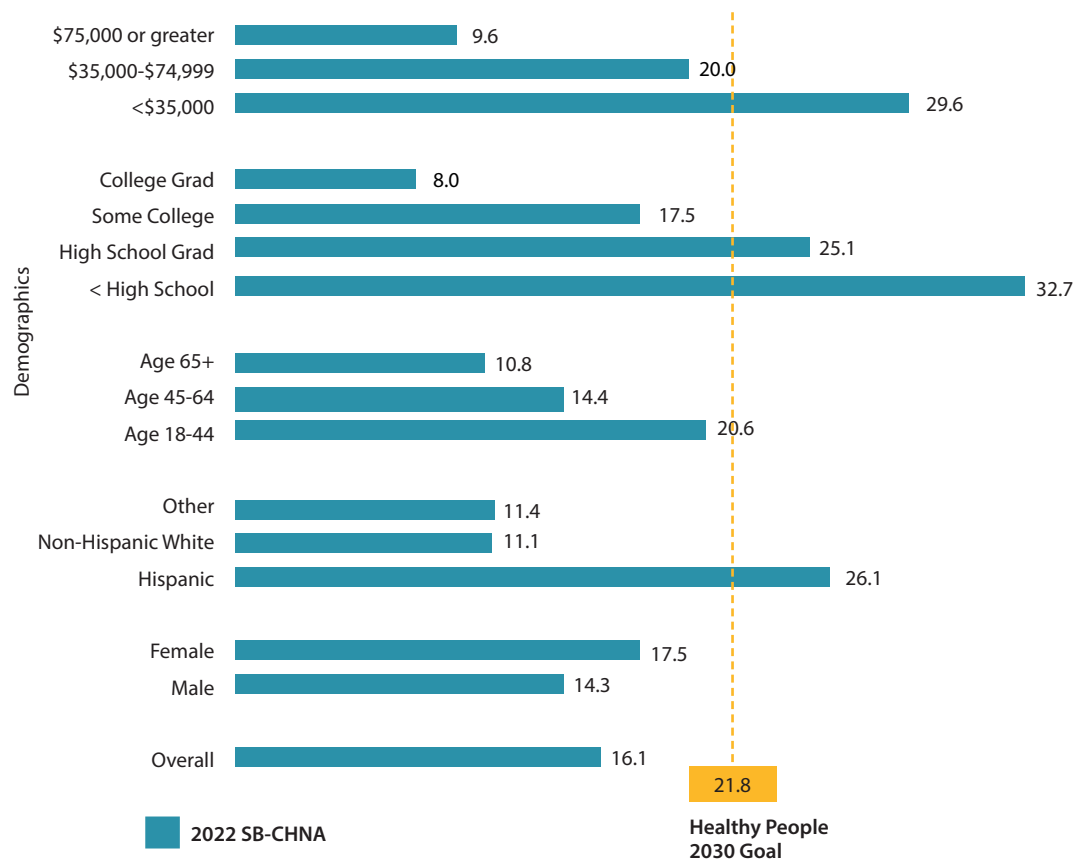


Figure 2. Percentage of Adults Reporting Physical Inactivity by Income in 2016, 2019, 2022, and 2030 HP Target

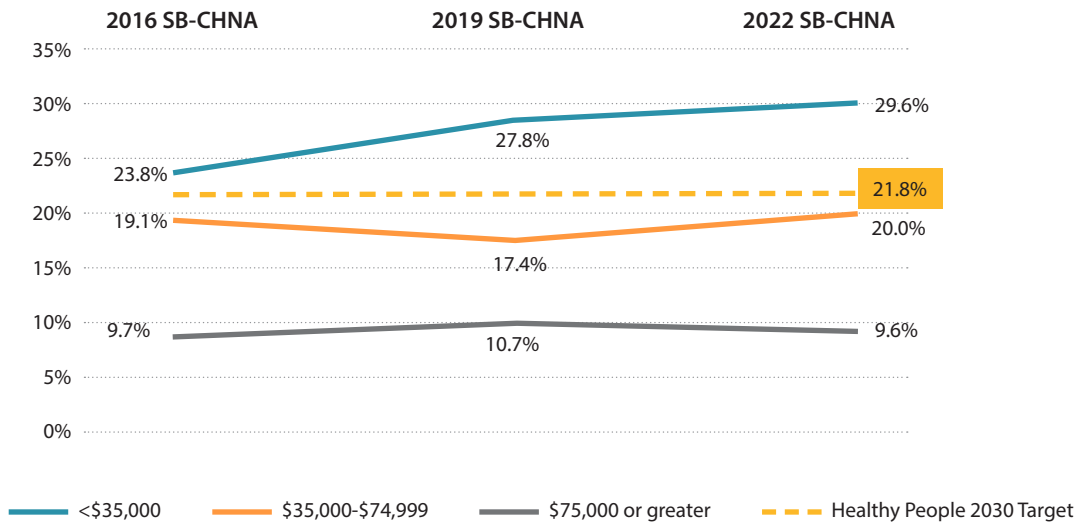
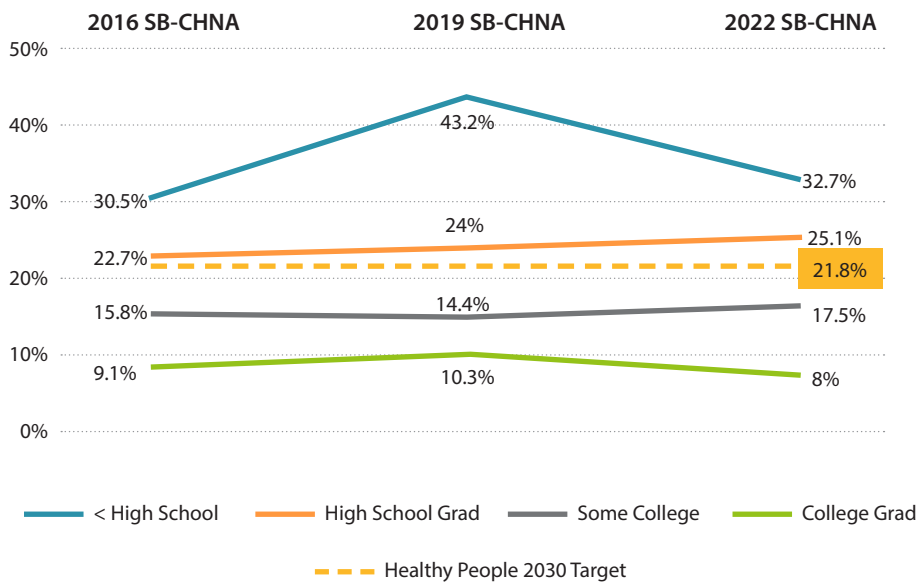


Figure 3. Percentage of Adults Reporting Physical Inactivity by Highest Level of Education in 2016, 2019, 2022, and 2030 HP Target



Factors and Health Outcomes Associated with Physical Inactivity

Figure 4 below depicts several indicators that were significantly related to increased physical inactivity and includes self-reported fair/poor health, Serious Mental Illness, low resilience, and obesity (i.e., BMI of 30 or greater). Those reporting low resilience or fair/poor health in 2022 had nearly twice the percentage of physical inactivity than the average for Santa Barbara County (34.0% and 31.8%, respectively vs. 16.1%).

In models adjusted for demographics (including age, gender, ethnicity/race, and education), self-reported health, Serious Mental Illness and low resilience remained significantly associated with physical inactivity. Those with low resilience had 4.6 times increases in odds of reporting inactivity compared to those not reporting low resilience.

Figure 4. Percentage of Adults Reporting Physical Inactivity by Significant Related Factors

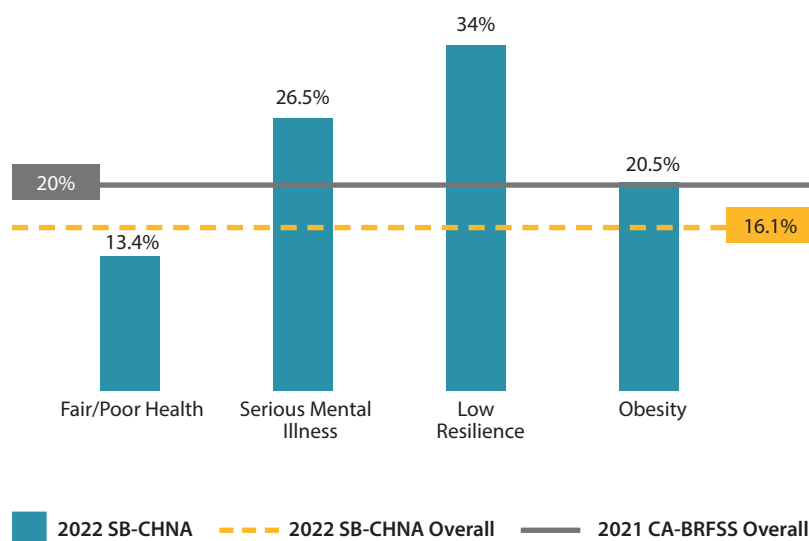


Table 2. Odds Ratio Estimates for Physical Inactivity by Significant Related Risk Factors

Significant Related Factors	Point Estimate	95% Confidence Limits	
Fair or Poor Health	3.6	1.7	7.5
Serious Mental Illness	3.9	1.3	12
Low Resilience	4.6	2.2	9.4
Obesity	2.4	1.1	5.0

NOTE: The degrees of freedom in computing the confidence limits is 1283.

Conclusion

Physical inactivity can negatively impact the health and well-being of a population. While Santa Barbara County (SBC) is doing significantly better overall than the Healthy People 2030 national benchmark, increasing physical activity uptake is needed among subpopulations in SBC. Physical inactivity among Hispanics is more than twice that of non-Hispanic whites, and those with the least education and lowest incomes have higher rates of physical inactivity. Opportunities to increase physical activity exist in improving communities' access to parks and sidewalks, addressing factors that influence ability to participate in weekly physical activity, and increasing health education.