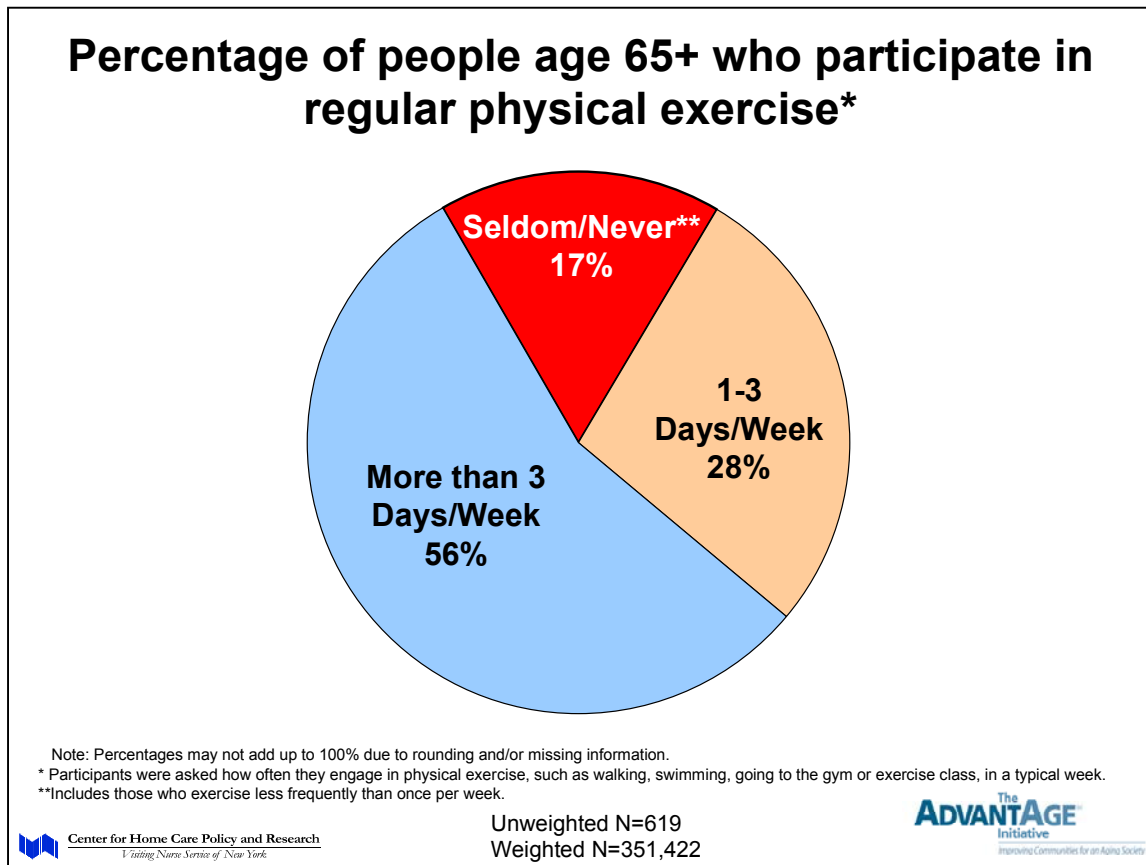


MARICOPA COUNTY

Figure 15.1



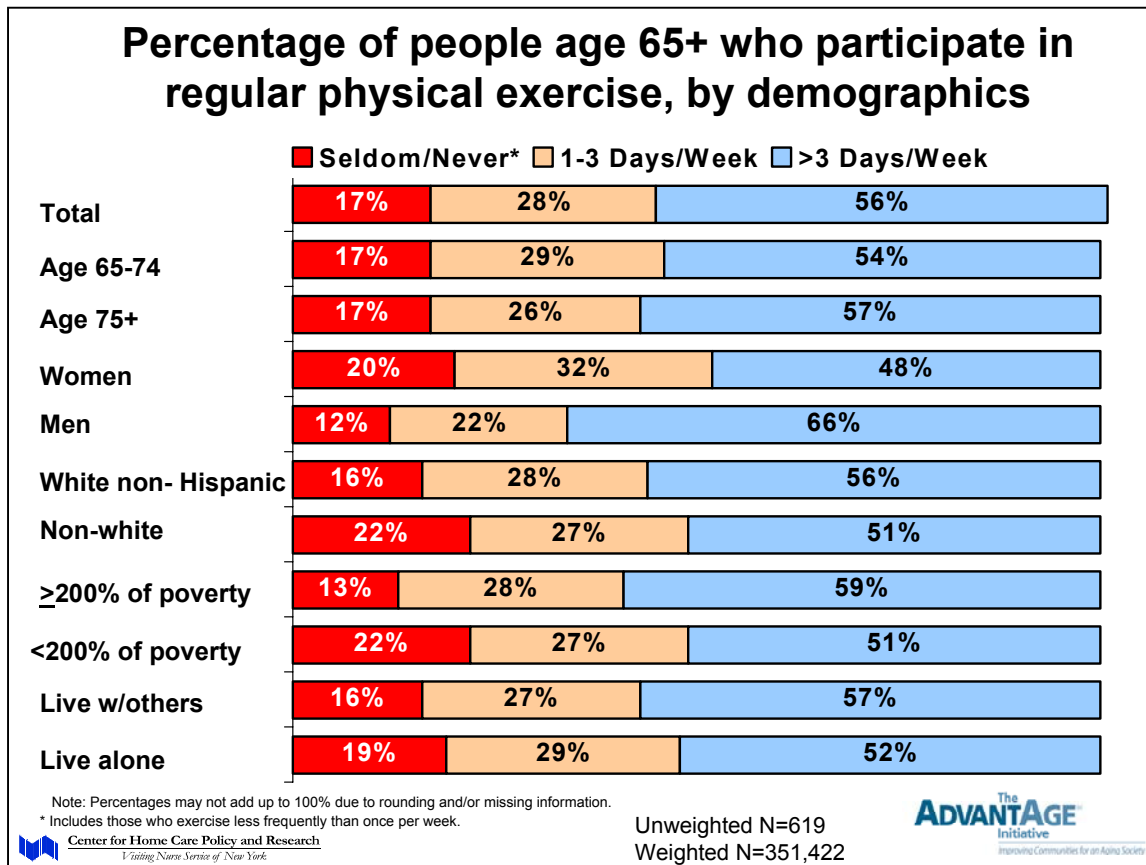
In Maricopa County, nearly three of five (56%) adults age 65+ participate in physical exercise more than three days a week. Nearly three in ten (28%) exercise one to three days a week, and one of six (17%) seldom or never exercise. The main reasons for not exercising among those who seldom or never exercise include: physical inability (45%); lack of motivation (26%); and lack of time (11%). National guidelines recommending the appropriate amount of exercise to maintain health and well-being are continually evolving. The most recent exercise guidelines for adults issued by the Institute of Medicine recommend one hour of moderate exercise, such as brisk walking or cycling, each day.¹

Note: Indicator 15 corresponds to Questions 54 and 55 on the AdvantAge Initiative survey questionnaire.

¹Institute of Medicine. (2002). *Dietary reference intakes for energy, carbohydrates, fiber, fat, protein and amino acids (macronutrients)*. Washington, DC: The National Academies Press.

MARICOPA COUNTY

Figure 15.2



Overall, nearly three of five (56%) adults age 65+ participate in physical exercise more than three days a week. Nearly three in ten (28%) exercise one to three days a week, and one of six (17%) seldom or never exercise. Figure 15.2 shows differences by demographic characteristics. The following groups of people are more likely than their counterparts to say that they exercise more than three days per week: those with incomes at or over 200% of poverty (59%); white non-Hispanics (56%); and those who live with others (57%). The difference by gender is particularly striking: men are more likely than women to exercise more than three days a week (66% vs. 48%).

MARICOPA COUNTY

Figure 15.3

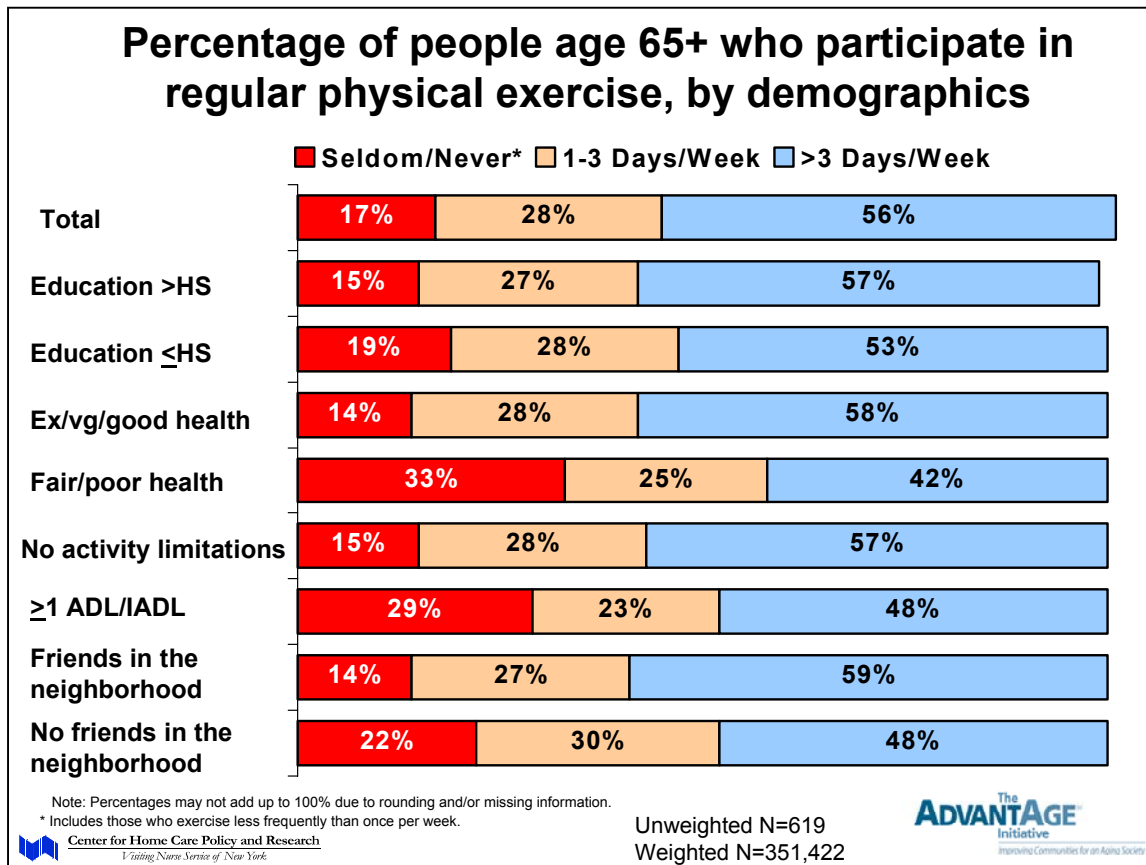


Figure 15.3 shows additional differences by demographic characteristics. As would be expected, people age 65+ in excellent, very good or good health as well as those without activity limitations are more likely than their counterparts to exercise more than three days per week (58% vs. 42%; 57% vs. 48%, respectively). The difference within the last category is striking: those with friends in the neighborhood are more likely than those without friends in the neighborhood to exercise more than three days a week (59% vs. 48%).

Note: HS=high school; Ex=excellent; vg=very good; ADL=activities of daily living; IADL=instrumental activities of daily living