



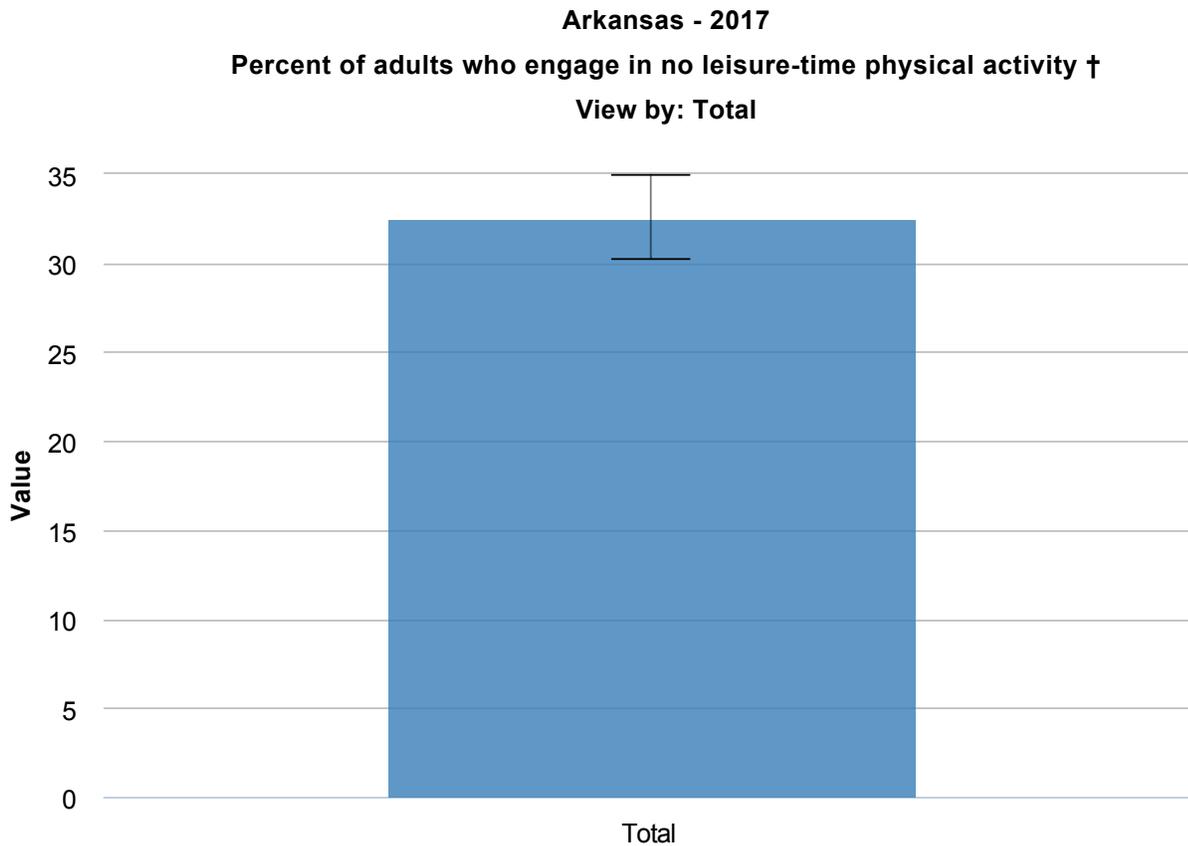
Arkansas

Category: Physical Activity

Topic: Physical Activity - Behavior



Adults who engage in no leisure-time physical activity



Footnotes

† Respondents were classified as participating in no leisure-time physical activity if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" Adults aged ≥ 18 years. Respondents with missing data were excluded.

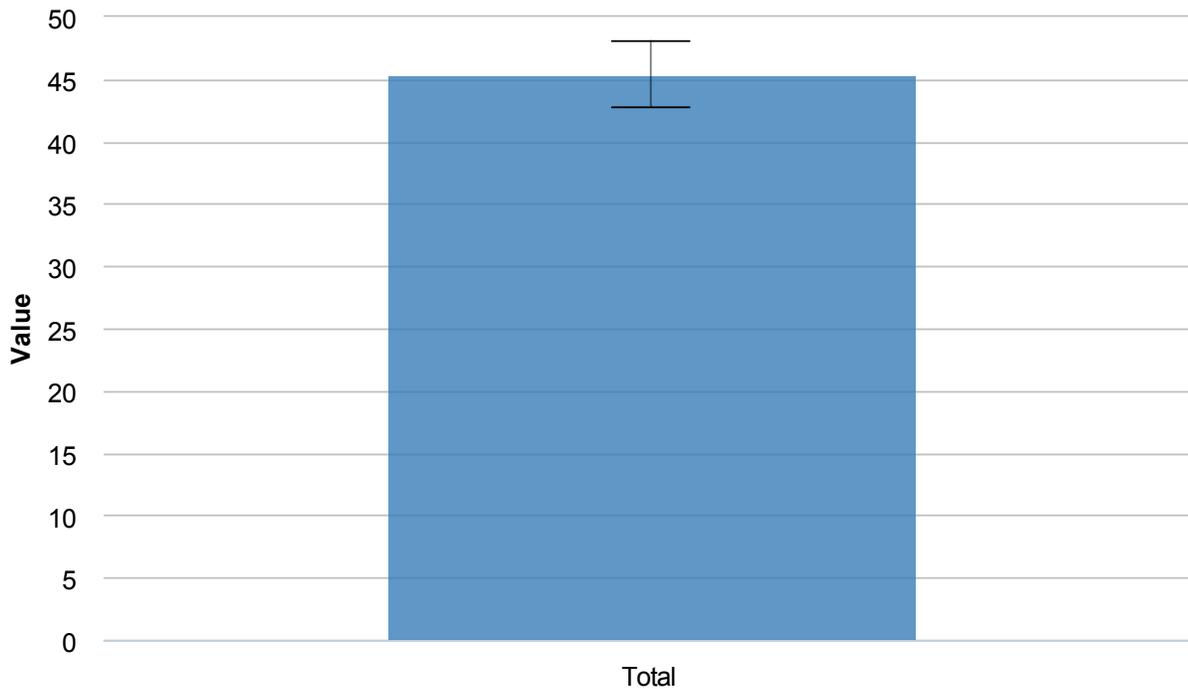
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Adults aerobically active 150 minutes

Arkansas - 2017

Percent of adults who achieve at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic activity (or an equivalent combination) †

View by: Total



Footnotes

† Respondents were classified as active if they reported at least 150 minutes per week of moderate-intensity activity, or at least 75 minutes per week of vigorous-intensity activity, or a combination of moderate-intensity and vigorous-intensity activity (multiplied by two) totaling at least 150 minutes per week. Adults aged ≥ 18 years. Respondents whose physical activity level could not be categorized due to missing physical activity data were excluded.

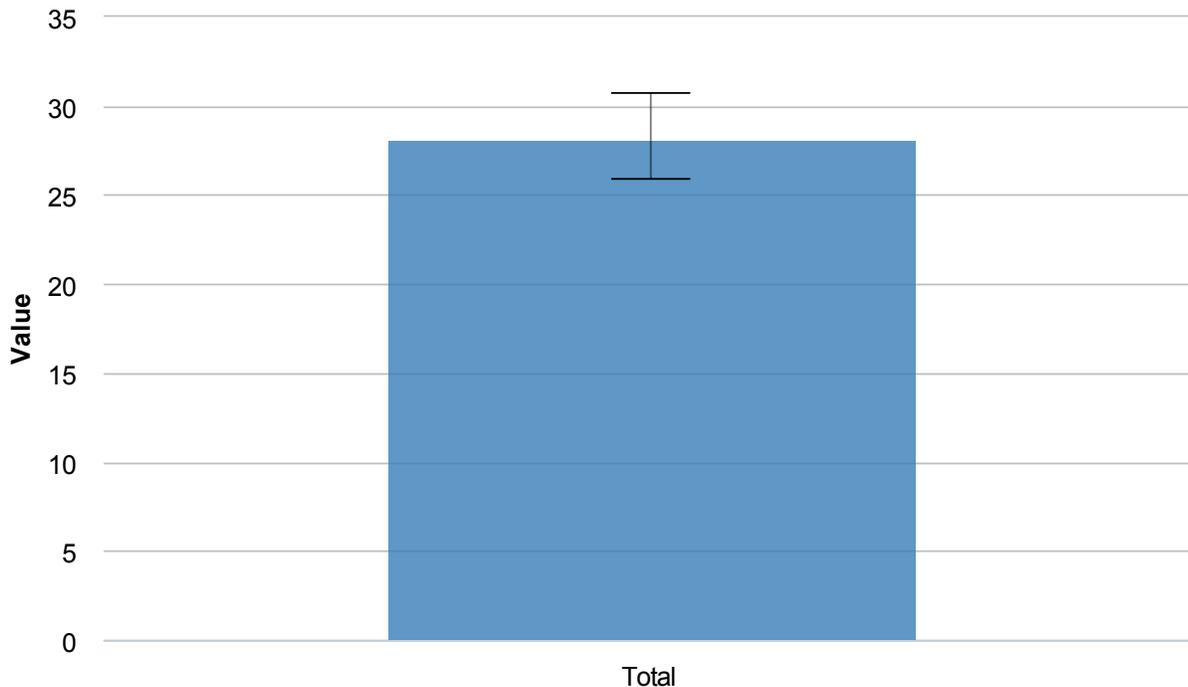
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Adults aerobically active 300 minutes

Arkansas - 2017

Percent of adults who achieve at least 300 minutes a week of moderate-intensity aerobic physical activity or 150 minutes a week of vigorous-intensity aerobic activity (or an equivalent combination) †

View by: Total



Footnotes

† Respondents were classified as highly active if they reported more than 300 minutes per week of moderate-intensity activity, or more than 150 minutes per week of vigorous-intensity activity, or a combination of moderate-intensity and vigorous-intensity activity (multiplied by two) totaling more than 300 minutes per week. Adults aged ≥ 18 years. Respondents whose physical activity level could not be categorized due to missing physical activity data were excluded.

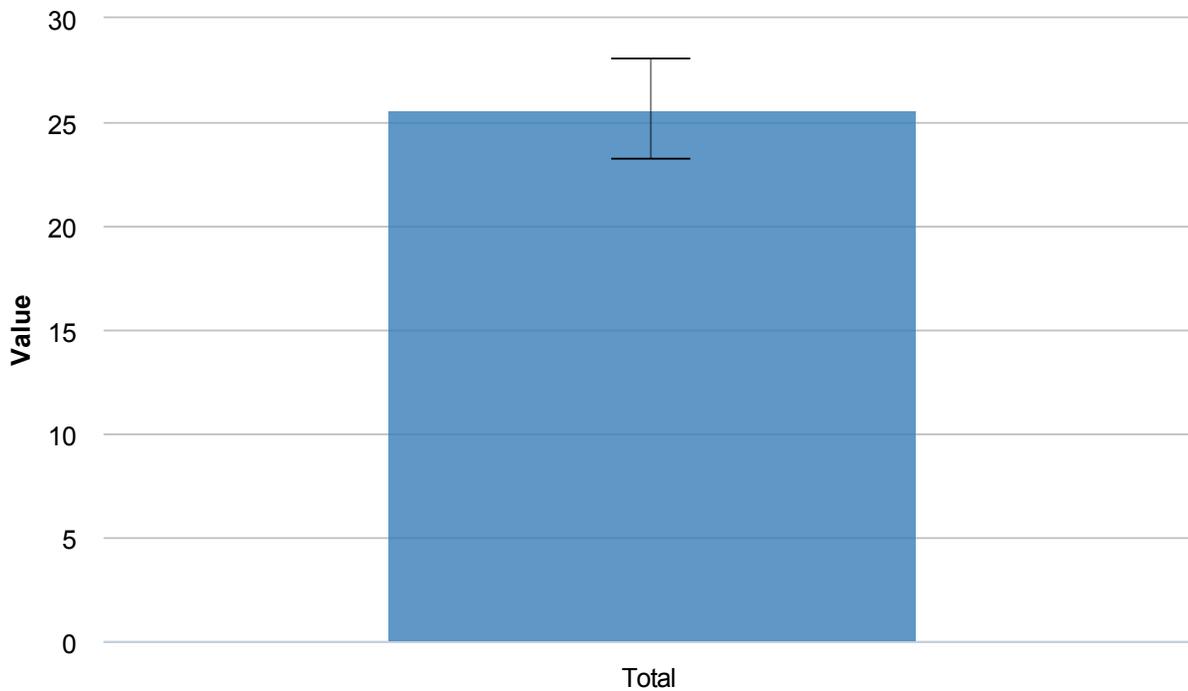
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Adults meeting muscle strengthening guidelines

Arkansas - 2017

Percent of adults who engage in muscle-strengthening activities on 2 or more days a week †

View by: Total



Footnotes

† Muscle-strengthening includes activities such as yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands. Adults aged ≥ 18 years. Respondents with missing data were excluded.

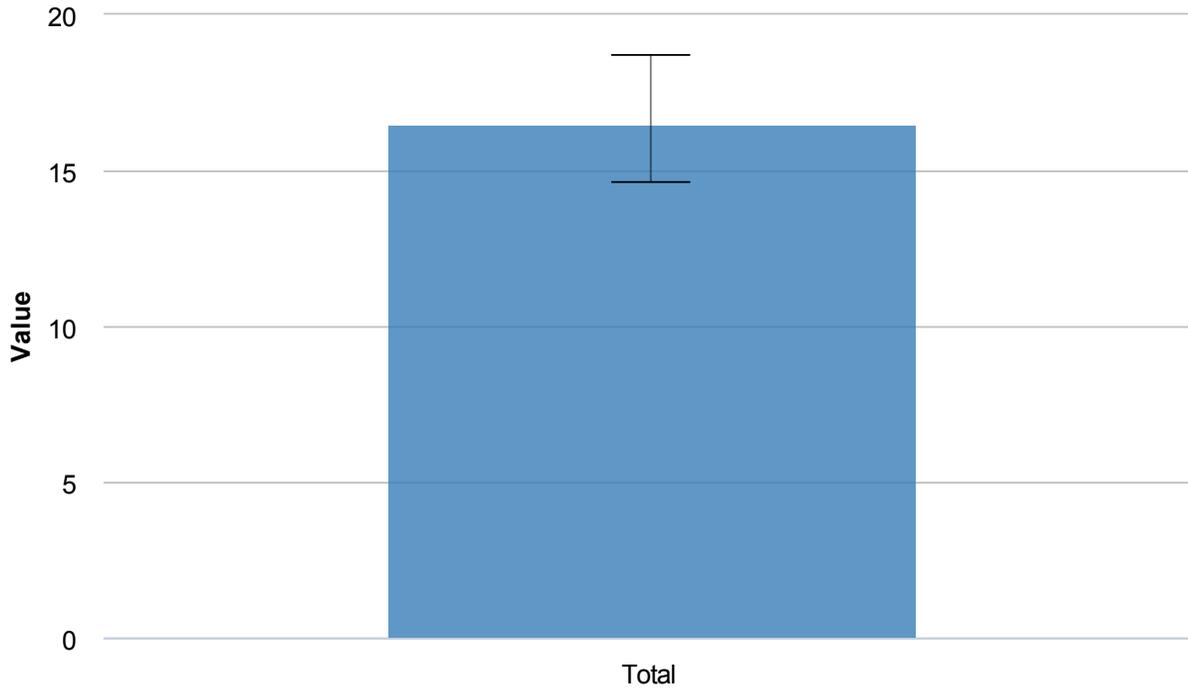
Data Source: [Behavioral Risk Factor Surveillance System \(BRFSS\)](#)

Adults meeting aerobic and muscle strengthening guidelines

Arkansas - 2017

Percent of adults who achieve at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic physical activity and engage in muscle-strengthening activities on 2 or more days a week †

View by: Total



Footnotes

† Respondents were classified as active if they reported at least 150 minutes per week of moderate-intensity activity, or at least 75 minutes per week of vigorous-intensity activity, or a combination of moderate-intensity and vigorous-intensity activity (multiplied by two) totaling at least 150 minutes per week. Muscle-strengthening includes activities such as yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands. Adults aged ≥ 18 years. Respondents whose physical activity level could not be categorized due to missing physical activity data were excluded.

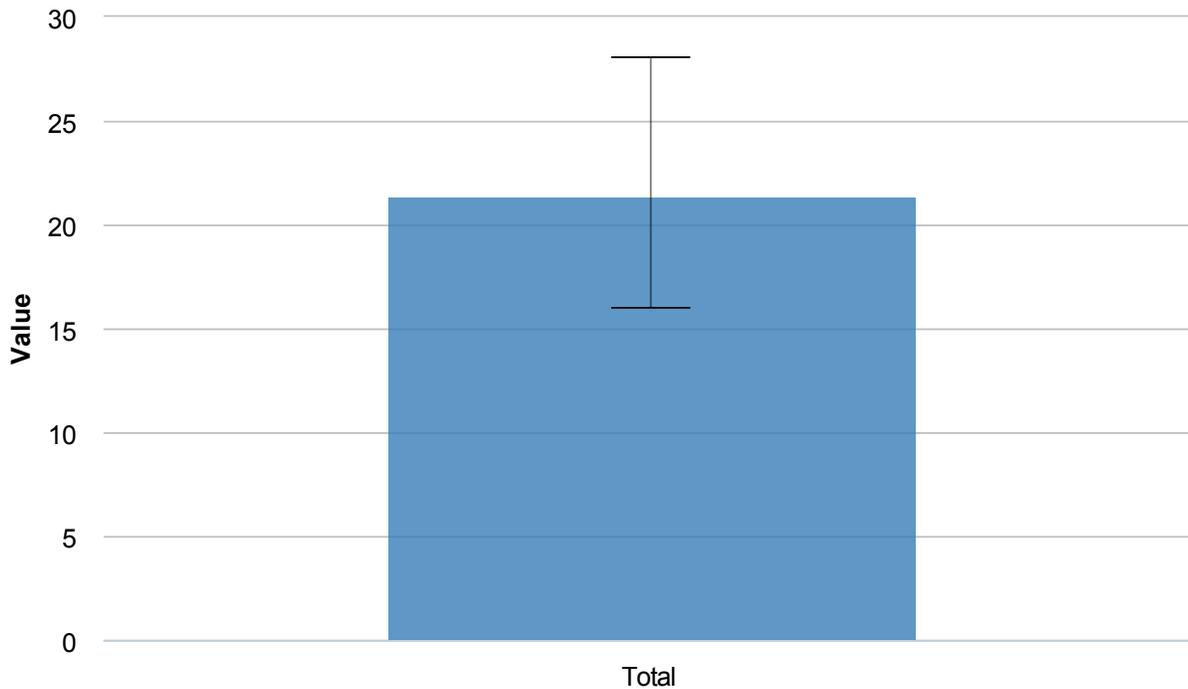
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Adolescents who are physically active daily

Arkansas - 2017

Percent of students in grades 9-12 who achieve 1 hour or more of moderate-and/or vigorous-intensity physical activity daily †

View by: Total



Footnotes

† Respondents were classified as active if they answered, "7 days", to the following question: "During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)"

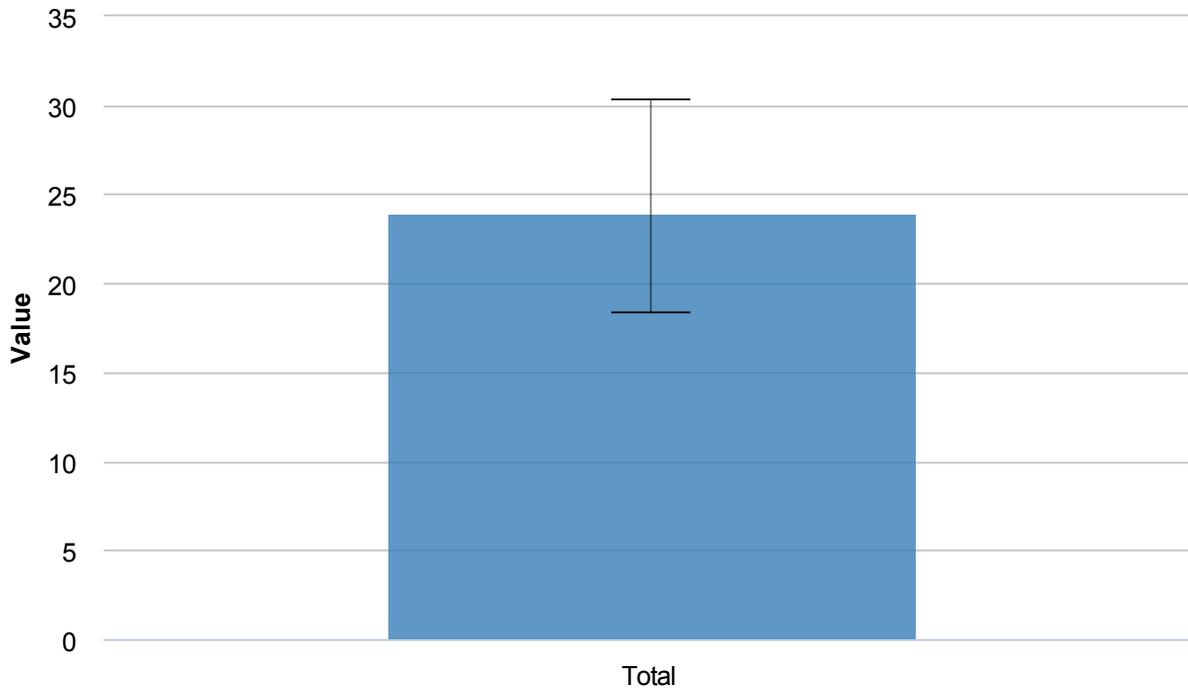
Data Source: [Youth Risk Behavior Surveillance System \(YRBSS\)](#)

Adolescents who participate in daily physical education

Arkansas - 2017

Percent of students in grades 9-12 who participate in daily physical education †

View by: Total



Footnotes

† Respondents were classified as participating in daily physical education if they answered, "5 days", to the following question: "In an average week in school when you go to school, how many days do you attend physical education classes?" Denominator: Students surveyed in grades 9-12.

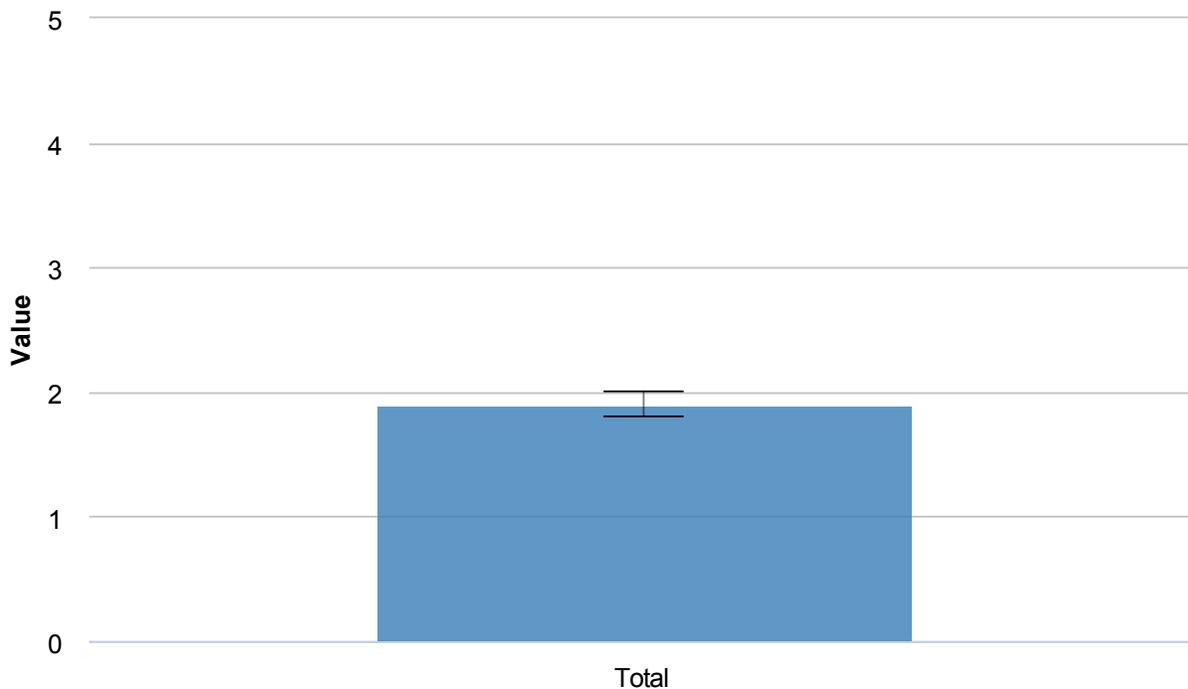
Data Source: [Youth Risk Behavior Surveillance System \(YRBSS\)](#)

Adults who usually walk or bike to work

Arkansas - 2011–2015

Percent of adults in the state who usually biked or walked to work in the last week †

View by: Total



Footnotes

† U.S. Census Bureau, American Community Survey . The U.S. Census Bureau's American Community Survey (ACS) is an ongoing, annual survey of a percentage of the U.S. population. This report used the journey to work question that asks, "How did this person usually get to work last week?" Respondents who reported, "Bicycle" or "Walked" were classified as usually biked or walked to work.

Data Source: [U.S. Census Bureau's American Community Survey](#)

Data Source

[Behavioral Risk Factor Surveillance System \(BRFSS\)](#)

[U.S. Census Bureau's American Community Survey](#)

[Youth Risk Behavior Surveillance System \(YRBSS\)](#)

Notes

Behavioral Risk Factor Surveillance System -

National includes 50 states and the District of Columbia.

Youth Risk Behavior Surveillance System (YRBSS) -

National estimates from the national YRBSS survey. State estimates from the state YRBSS survey. State estimates are not available when the state does not participate in the survey, the state does not ask the question, or the state does not achieve a sufficient response rate to weight the data.

Suggested Citation

Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. [accessed Sep 06, 2019]. URL: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.