

**PREVALENCE OF LEISURE TIME
PHYSICAL ACTIVITY AMONG
ADULTS, BY DEMOGRAPHIC
CHARACTERISTICS, RISK FACTORS /
COMORBID CONDITIONS, AND
PLACE OF RESIDENCE, TEXAS, 2020**



TEXAS
Health and Human
Services

Texas Department of State
Health Services

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Demographic Characteristics	Physical Activity or Exercise in Past Month							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	16,268,847	74.4	72.7	76.0	5,597,875	25.6	24.0	27.3
Sex								
Male	8,238,313	76.2	73.8	78.4	2,574,962	23.8	21.6	26.2
Female	8,088,431	72.7	70.3	74.9	3,042,810	27.3	25.1	29.7
Age (years)								
18-29	3,853,281	78.5	74.3	82.1	1,056,141	21.5	17.9	25.7
30-44	4,656,999	77.3	74.0	80.4	1,363,888	22.7	19.6	26.0
45-64	4,870,822	72.8	69.8	75.5	1,821,917	27.2	24.5	30.2
65 and older	2,633,431	67.3	63.8	70.6	1,279,978	32.7	29.4	36.2
Race/Ethnicity								
White	7,256,770	78.4	76.3	80.3	2,002,124	21.6	19.7	23.7
Black	1,852,579	72.4	67.1	77.2	704,510	27.6	22.8	32.9
Hispanic	5,680,341	70.2	67.0	73.3	2,410,191	29.8	26.7	33.0
Other / Multiracial	1,228,022	77.8	71.1	83.4	349,782	22.2	16.6	28.9
Education								
Less than high school graduate	2,154,384	59.7	54.3	64.9	1,454,133	40.3	35.1	45.7
High school graduate	3,964,279	68.7	65.3	72.0	1,803,210	31.3	28.0	34.7
Some college	5,115,741	76.8	73.8	79.5	1,549,565	23.2	20.5	26.2
College graduate	5,007,161	86.5	84.3	88.4	783,394	13.5	11.6	15.7
Annual Household Income								
Less than \$35,000	4,044,572	63.8	60.5	67.1	2,291,084	36.2	32.9	39.5
\$35,000-\$49,999	1,758,620	74.6	69.2	79.4	597,243	25.4	20.6	30.8
\$50,000-\$74,999	2,124,232	79.5	74.3	83.9	546,779	20.5	16.1	25.7
\$75,000 or more	5,126,819	84.8	82.0	87.2	918,597	15.2	12.8	18.0
Employment Status								
Employed	9,396,208	76.6	74.3	78.8	2,865,666	23.4	21.2	25.7
Not employed	6,514,036	71.1	68.5	73.6	2,641,335	28.9	26.4	31.5
Relationship Status								
Married or partner in an unmarried couple	9,575,929	77.3	75.1	79.3	2,815,680	22.7	20.7	24.9
Widowed	790,209	58.5	52.4	64.4	560,443	41.5	35.6	47.6
Divorced or separated	1,874,347	66.7	62.0	71.1	936,550	33.3	28.9	38.0
Never married	3,799,113	75.2	71.1	78.9	1,250,594	24.8	21.1	28.9

Table 1. Participation in the Past Month in any Physical Activity such as Running, Calisthenics, Golf, Gardening, or Walking for Exercise Among Adults, Ages 18 Years and Older, by Demographic Characteristics, Texas, 2020

Demographic Characteristics	Physical Activity or Exercise in Past Month							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Sexual Orientation/Gender Minority								
Yes	513,852	66.4	56.6	75.0	259,742	33.6	25.0	43.4
No	11,347,586	72.5	70.5	74.4	4,306,180	27.5	25.6	29.5
Health Care Coverage								
Yes	12,649,800	76.8	75.0	78.6	3,810,658	23.2	21.4	25.0
No	3,569,473	66.9	62.9	70.7	1,764,919	33.1	29.3	37.1

Abbreviations: CI = confidence interval

"--" data suppressed due to small sample size (N<50) or relative standard error >= 30%

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2020, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

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Table 2. Participation in the Past Month in any Physical Activity or Exercise such as Running, Calisthenics, Golf, Gardening, or Walking for Exercise Among Adults, Ages 18 Years and Older, by Select Risk Facts and Comorbid Conditions, Texas, 2020

Risk Factors and Comorbid Conditions		Physical Activity or Exercise in Past Month							
		Yes				No			
		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
				Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population		16,268,847	74.4	72.7	76.0	5,597,875	25.6	24.0	27.3
Arthritis									
	Yes	2,920,492	64.6	60.7	68.2	1,602,621	35.4	31.8	39.3
	No	13,328,601	77.1	75.2	78.9	3,960,500	22.9	21.1	24.8
Binge Drinking									
	Yes	2,476,291	76.5	71.9	80.5	760,378	23.5	19.5	28.1
	No	12,255,296	74.7	72.8	76.5	4,157,749	25.3	23.5	27.2
Heavy Alcohol Use									
	Yes	965,551	74.8	67.5	81.0	324,834	25.2	19.0	32.5
	No	13,806,554	75.2	73.4	76.9	4,545,738	24.8	23.1	26.6
Cancer									
	Yes	1,247,343	69.7	64.7	74.3	542,897	30.3	25.7	35.3
	No	15,017,634	74.8	73.0	76.5	5,065,215	25.2	23.5	27.0
Cardiovascular Disease									
	Yes	942,787	59.4	53.3	65.1	644,972	40.6	34.9	46.7
	No	15,238,729	75.7	74.0	77.4	4,879,360	24.3	22.6	26.0
Cigarette Smoking									
	Current	1,715,815	63.4	58.3	68.2	991,287	36.6	31.8	41.7
	Former	3,398,606	74.6	71.0	77.8	1,158,841	25.4	22.2	29.0
	Never	10,200,184	77.0	74.9	79.0	3,044,441	23.0	21.0	25.1
COPD									
	Yes	606,873	55.5	48.4	62.5	485,846	44.5	37.5	51.6
	No	15,638,104	75.4	73.6	77.0	5,110,371	24.6	23.0	26.4
Current Asthma									
	Yes	1,228,200	75.9	70.4	80.7	389,061	24.1	19.3	29.6
	No	14,928,333	74.4	72.6	76.1	5,133,758	25.6	23.9	27.4
Depression									
	Yes	2,564,080	66.5	62.3	70.4	1,292,117	33.5	29.6	37.7
	No	13,701,072	76.0	74.2	77.8	4,317,619	24.0	22.2	25.8
Diabetes									
	Yes	1,699,755	62.4	57.5	67.0	1,026,117	37.6	33.0	42.5
	No	14,588,665	76.1	74.4	77.8	4,571,172	23.9	22.2	25.6
Disability									
	Yes	3,149,089	58.6	55.0	62.1	2,227,297	41.4	37.9	45.0
	No	12,188,822	80.2	78.3	82.0	3,005,978	19.8	18.0	21.7
Heart Disease									
	Yes	732,609	60.1	53.2	66.7	485,467	39.9	33.3	46.8
	No	15,440,474	75.4	73.6	77.0	5,045,846	24.6	23.0	26.4
Kidney Disease									
	Yes	296,123	49.6	39.8	59.5	300,857	50.4	40.5	60.2
	No	15,987,304	75.3	73.6	76.9	5,255,903	24.7	23.1	26.4

Table 2. Participation in the Past Month in any Physical Activity or Exercise such as Running, Calisthenics, Golf, Gardening, or Walking for Exercise Among Adults, Ages 18 Years and Older, by Select Risk Facts and Comorbid Conditions, Texas, 2020

Risk Factors and Comorbid Conditions		Physical Activity or Exercise in Past Month							
		Yes				No			
		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
Lower Limit	Upper Limit			Lower Limit	Upper Limit				
Obesity									
	Yes	4,702,093	68.7	65.4	71.8	2,141,245	31.3	28.2	34.6
	No	9,668,203	78.6	76.5	80.5	2,638,084	21.4	19.5	23.5
Stroke									
	Yes	325,983	55.3	46.0	64.3	263,034	44.7	35.7	54.0
	No	15,956,287	75.0	73.3	76.6	5,330,849	25.0	23.4	26.7
Fell in Past Year									
	Yes	1,365,296	56.3	51.5	61.0	1,061,395	43.7	39.0	48.5
	No	5,787,234	76.1	73.6	78.4	1,818,305	23.9	21.6	26.4
Injured in Fall									
	Yes	530,096	56.2	49.2	63.0	412,389	43.8	37.0	50.8
	No	835,200	56.3	49.8	62.6	649,006	43.7	37.4	50.2
Flu Vaccine in Past Year									
	Yes	6,689,415	77.1	74.5	79.4	1,991,487	22.9	20.6	25.5
	No	8,325,450	73.4	71.1	75.6	3,014,496	26.6	24.4	28.9
Ever Had Zoster Vaccine									
	Yes	1,882,815	72.0	67.5	76.1	732,668	28.0	23.9	32.5
	No	3,945,149	69.8	66.8	72.8	1,703,216	30.2	27.2	33.2
Ever Had Pneumonia Vaccine									
	Yes	3,775,811	71.9	68.7	74.9	1,473,990	28.1	25.1	31.3
	No	9,390,718	75.2	73.0	77.4	3,091,102	24.8	22.6	27.0

Abbreviations: CI = confidence interval

"--" data suppressed due to small sample size (N<50) or relative standard error >= 30%

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2020, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

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Table 3. Participation in the Past Month in any Physical Activity such as Running, Calisthenics, Golf, Gardening, or Walking for Exercise Among Adults, Ages 18 Years and Older, by Place of Residence, Texas, 2020

Place of Residence	Physical Activity or Exercise in Past Month							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	16,268,847	74.4	72.7	76.0	5,597,875	25.6	24.0	27.3
Public Health Region (PHR)								
1	447,437	75.2	64.2	83.7	147,321	24.8	16.3	35.8
2	269,161	75.9	67.5	82.6	85,637	24.1	17.4	32.5
3	4,284,590	75.0	71.8	78.0	1,424,544	25.0	22.0	28.2
4	472,944	64.7	55.6	72.9	257,674	35.3	27.1	44.4
5	490,720	72.8	63.9	80.2	183,623	27.2	19.8	36.1
6	3,872,748	74.0	69.3	78.2	1,358,479	26.0	21.8	30.7
7	2,284,598	82.1	79.2	84.6	499,403	17.9	15.4	20.8
8	1,761,261	76.3	71.8	80.2	547,092	23.7	19.8	28.2
9	431,008	67.5	56.2	77.0	207,664	32.5	23.0	43.8
10	426,091	72.6	67.5	77.2	160,618	27.4	22.8	32.5
11	908,891	70.4	65.2	75.1	382,906	29.6	24.9	34.8
U.S.-Mexico Border County (15)								
Yes	1,208,271	72.1	68.6	75.3	467,966	27.9	24.7	31.4
No	14,441,176	75.1	73.3	76.9	4,786,993	24.9	23.1	26.7
U.S.-Mexico Border County (32)								
Yes	1,312,669	72.0	68.6	75.2	510,089	28.0	24.8	31.4
No	14,336,779	75.1	73.3	76.9	4,744,871	24.9	23.1	26.7
Metropolitan Statistical Area (MSA)								
Abilene	74,072	73.5	64.0	81.3	26,693	26.5	18.7	36.0
Amarillo	170,695	80.2	61.0	91.3	--	--	--	--
Austin-Round Rock	1,348,512	82.2	79.4	84.6	292,561	17.8	15.4	20.6
Balance of State	861,025	75.5	69.8	80.4	279,895	24.5	19.6	30.2
Beaumont-Port Arthur	206,283	66.3	50.3	79.3	104,777	33.7	20.7	49.7
Brownsville-Harlingen	200,175	70.9	65.5	75.7	82,293	29.1	24.3	34.5
College Station-Bryan	202,888	93.0	80.5	97.7	--	--	--	--
Corpus Christi	136,514	63.2	44.2	78.8	79,495	36.8	21.2	55.8
Dallas-Plano-Irving	2,827,326	75.5	71.2	79.4	915,881	24.5	20.6	28.8
El Paso	417,183	72.6	67.4	77.3	157,207	27.4	22.7	32.6
Fort Worth-Arlington	1,354,489	74.3	69.5	78.5	469,027	25.7	21.5	30.5
Houston-The Woodlands-Sugar Land	3,817,928	74.1	69.3	78.4	1,333,110	25.9	21.6	30.7
Killeen-Temple	385,290	76.7	65.2	85.2	117,090	23.3	14.8	34.8
Lubbock	143,641	85.7	72.1	93.3	--	--	--	--
McAllen-Edinburg-Mission	418,275	74.2	69.0	78.8	145,325	25.8	21.2	31.0
San Antonio-New Braunfels	1,474,176	78.7	74.1	82.7	397,810	21.3	17.3	25.9
Tyler	69,678	70.1	63.1	76.4	29,652	29.9	23.6	36.9
County								
Angelina	50,198	74.7	66.2	81.7	16,967	25.3	18.3	33.8
Bastrop	55,209	82.4	69.2	90.7	--	--	--	--
Bell	340,412	79.5	66.9	88.1	87,877	20.5	11.9	33.1
Bexar	1,162,354	81.0	75.7	85.4	272,789	19.0	14.6	24.3

Table 3. Participation in the Past Month in any Physical Activity such as Running, Calisthenics, Golf, Gardening, or Walking for Exercise Among Adults, Ages 18 Years and Older, by Place of Residence, Texas, 2020

Place of Residence	Physical Activity or Exercise in Past Month							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Brazoria	173,678	86.0	75.8	92.3	--	--	--	--
Brazos	193,020	92.7	79.6	97.7	--	--	--	--
Cameron	200,175	70.9	65.5	75.7	82,293	29.1	24.3	34.5
Cherokee	33,339	71.1	47.1	87.2	--	--	--	--
Collin	579,889	80.7	71.1	87.7	138,404	19.3	12.3	28.9
Dallas	1,471,688	73.9	67.9	79.1	519,533	26.1	20.9	32.1
Denton	473,685	77.7	65.8	86.4	135,592	22.3	13.6	34.2
El Paso	415,276	72.6	67.3	77.2	157,045	27.4	22.8	32.7
Fort Bend	508,138	89.0	73.9	95.8	--	--	--	--
Harris	2,446,780	71.4	65.2	76.8	981,589	28.6	23.2	34.8
Hays	177,125	82.6	72.5	89.6	37,208	17.4	10.4	27.5
Hidalgo	418,275	74.2	69.0	78.8	145,325	25.8	21.2	31.0
Maverick	59,972	77.8	68.1	85.1	17,155	22.2	14.9	31.9
Montgomery	329,460	69.9	51.8	83.3	142,018	30.1	16.7	48.2
Nueces	116,789	62.7	41.0	80.3	69,422	37.3	19.7	59.0
Polk	23,087	71.0	60.8	79.5	9,412	29.0	20.5	39.2
San Patricio	13,410	67.6	59.1	75.1	6,426	32.4	24.9	40.9
Smith	69,678	70.1	63.1	76.4	29,652	29.9	23.6	36.9
Tarrant	1,128,130	74.8	69.4	79.5	380,106	25.2	20.5	30.6
Taylor	48,089	70.4	62.8	77.0	20,227	29.6	23.0	37.2
Travis	760,390	81.9	78.3	85.0	168,336	18.1	15.0	21.7
Williamson	337,458	83.7	78.0	88.1	65,814	16.3	11.9	22.0

Abbreviations: CI = confidence interval

"--" data suppressed due to small sample size (N<50) or relative standard error >= 30%

Only MSAs and counties with 50 or more respondents are listed here. Areas with fewer than 50 total respondents are excluded from all analyses.

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2020, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

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Technical Notes

Percentages for each measure were based on the number of respondents with a specific response(s) among the total number of respondents for the given survey question(s), excluding people with missing information or who refused or did not know the answer to the survey question(s). The following questions were used:

- *Sexual Orientation/Gender Minority*: A calculated variable; "Yes" if respondent replies "Lesbian or gay" or "Bisexual" to the question "Do you consider yourself to be straight, lesbian or gay, or bisexual?" OR replies "Yes" to the question "Do you consider yourself to be transgender?"; "No" if respondent replies "Straight" to the question "Do you consider yourself to be straight, lesbian or gay, or bisexual?" OR replies "No" to the question "Do you consider yourself to be transgender?".
- *Obesity*: Body mass index of 30 or more calculated from the questions, "About how much do you weigh without shoes?" and "About how tall are you without shoes?";
- *Health Care Coverage*: "Yes" and "No" responses to the question, "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?";
- *Leisure Time Physical Activity*: "Yes" and "No" responses to the 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?";
- *Disability*: "Yes" and "No" responses to the question, "Are you limited in any way in any activities because of physical, mental, or emotional problems?";
- *Diabetes*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have diabetes?" [Does not include female respondents who responded "Yes, but told only during pregnancy."];
- *Cardiovascular Disease*: "Yes" responses to any or "No" responses to all of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?", or "Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?", or "Has a doctor, nurse, or other health professional ever told you that you had a stroke?";
- *Heart Disease*: "Yes" responses to either or "No" responses to both of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?", or "Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?";
- *Stroke*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you had a stroke?";
- *Cancer*: "Yes" responses to either and "No" responses to both of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had skin cancer?", or "Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?";
- *Asthma*: "Yes" responses to both of the following questions, or "Yes" responses to the first and "No" responses to the second question (indicating no current asthma), or "No" responses to the first question (indicating no current asthma), "Has a doctor, nurse, or other health professional ever told you that you had asthma?" and "Do you still have asthma?";
- *COPD*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have COPD (chronic obstructive pulmonary disease), emphysema, or chronic bronchitis?";

- *Kidney Disease*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.";
- *Arthritis*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?";
- *Depression*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?";
- *Cigarette Smoking*: "Yes" responses for current and former smokers and "No" responses for never smokers to the question, "Have you smoked at least 100 cigarettes in your entire life?" and responses of "Everyday" or "Some days" for current smokers and responses of "Not at all" for former smokers to the question, "Do you now smoke cigarettes every day, some days, or not at all?";
- *Fell in past year*: Calculated variable among respondents ages 45 years and older; "Yes" if answer to the question "In the past 12 month, how many times have you fallen?" was 1 or more, and "No" if the answer was "0";
- *Injured by fall*: Calculated variable among respondents ages 45 years and older who reported falling in the past year; "Yes" if answer to the question "How many of these falls caused an injury that limited your regular activities for at least a day or caused you to go see a doctor?" was 1 or more, and "No" if the answer was "0";
- *Heavy Drinking*: A calculated variable from responses of "1 or more" to the question "During the past 30 days, how many days per week...did you have at least one drink of any alcoholic beverage, such as beer, wine, a malt beverage, or liquor?"; "Yes" and "No" responses to the question "Do you have more than 14 drinks per week" for men or "Do you have more than 7 drinks per week" for women;
- *Binge Drinking*: A calculated variable from responses of "1 or more" times to the question, "Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (5 for men, 4 for women) on one occasion"; "Yes" and "No" responses to the question "Binge drinking";
- *Flu Vaccine*: "Yes" and "No" responses to the question, "During the past 12 months, have you had either a flu vaccine that was sprayed in your nose or flu shot injected into your arm?";
- *Zoster Vaccine*: "Yes" and "No" responses to the question, "Have you ever had the shingles or zoster vaccine?";
- *Pneumonia Vaccine*: "Yes" and "No" responses to the question, "Have you ever had a pneumonia shot?";

Estimates were excluded (--) if they were considered unreliable because the sample size was too small, or if the relative standard error (RSE) was ≥ 30.0 .

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Chronic Disease Epidemiology Branch, Health Promotion and Chronic Disease Prevention Section, Community Health Improvement Division, Texas Department of State Health Services; October, 2021.

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General Information Page

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