

Health Disparities in the Medi-Cal Population

Adult Physical Activity



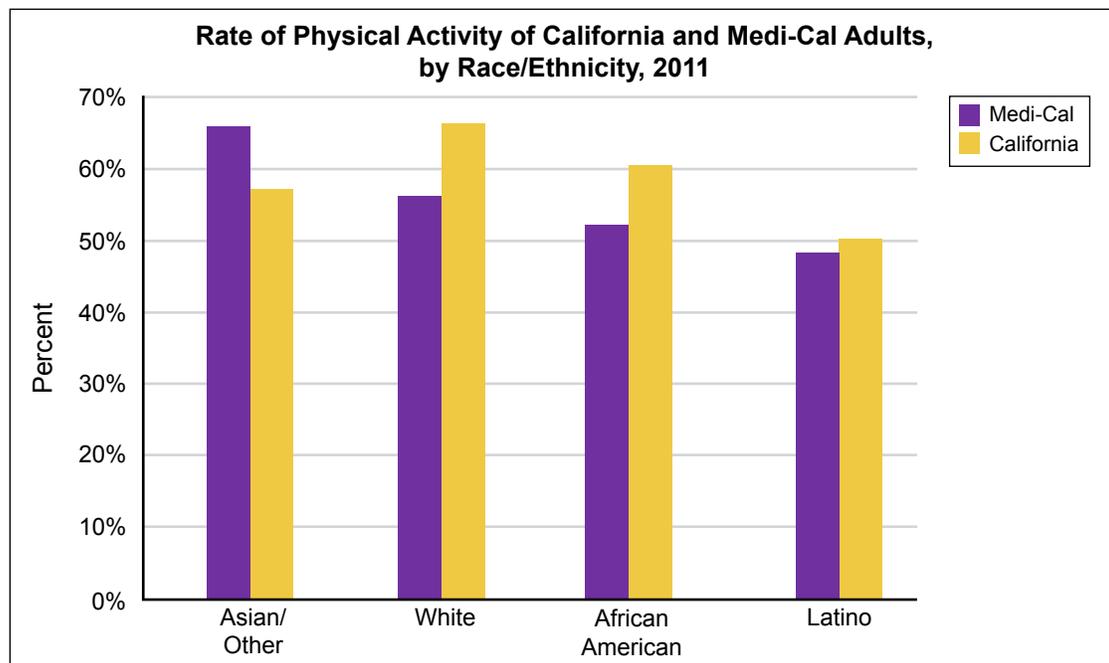
In the 2008 *Physical Activity Guidelines for Americans*, the United States Department of Health and Human Services recommended that adults engage in at least 150 minutes of moderate-intensity physical activity each week or 75 minutes a week of vigorous-intensity aerobics. Research has shown that physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, breast and colon cancer, depression, and cognitive impairment in older adults.¹

Among California adults, Whites were most likely to report 150 or more minutes of physical activity each week, while Latinos were the least likely (see Figure).

In the Medi-Cal adult population, Asians/Others and Whites were more likely to report 150 or more minutes of physical activity each week as compared to African Americans and Latinos. For all race/ethnicity groups except Asian/Other, the Medi-Cal population reported lower rates of physical activity than the general California adult population.



Figure



Source: Behavioral Risk Factor Surveillance Survey, 2011 - California Data File.

1. US Department of Health and Human Services. Physical activity guidelines for Americans, 2008. Washington, DC: US Department of Health and Human Services; 2008.