

## Physical activity, high school students

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I2: Between 2001 and 2010, increase the proportion of Wisconsin adolescents who report they engaged in at least 30 minutes of moderate physical activity, on five or more of the previous seven days, from 27 percent to 37 percent.

2010 Target: 37%

Indicator: Physical activity, high school students

### Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	26%	2%	26%	3%	25%	3%
(N)	1,336		682		648	
2001	28%	2%	30%	3%	25%	3%
(N)	2,120		1,031		1,084	
2003	28%	2%	32%	3%	25%	3%
(N)	2,121		1,019		1,097	
2005	28%	2%	32%	3%	23%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate. 'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

## Physical activity, high school students, continued

### Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	60%	3%	65%	4%	56%	3%
(N)	1,336		682		648	
2001	65%	2%	72%	3%	58%	3%
(N)	2,120		1,031		1,084	
2003	63%	2%	70%	3%	56%	3%
(N)	2,121		1,019		1,097	
2005	67%	2%	74%	3%	60%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate. 'Regularly' refers to vigorous activity performed for at least 20 minutes, three or more times per week.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

### Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	27%	1%	23%	5%	30%	10%	16%	5%	27%	9%	28%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	28%	1%	21%	5%	32%	8%	23%	5%	23%	6%	29%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.

Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate. 'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

\* Non-Hispanic.

## Physical activity, high school students, continued

### Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	63%	2%	46%	6%	52%	11%	50%	8%	61%	9%	65%	2%
(N)	5,577		397		104		213		154		4,379	
2001-2005	65%	1%	48%	6%	63%	8%	57%	6%	59%	7%	67%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.

Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate. 'Regularly' refers to vigorous activity performed for at least 20 minutes, three or more times per week.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

\* Non-Hispanic

## Physical activity, adults 18+

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I3: Between 2000 and 2010, increase the proportion of Wisconsin adults who reported they engaged in any physical activities during the past month from 78 percent to 88 percent.

2010 Target: 88%

Indicator: Physical activity, adults 18+

### Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	78%	2%	81%	2%	75%	2%
(N)	2,717		1,219		1,498	
2001	79%	1%	80%	2%	78%	2%
(N)	3,604		1,622		1,982	
2002	80%	1%	83%	2%	77%	2%
(N)	4,355		1,789		2,566	
2003	81%	1%	83%	2%	79%	2%
(N)	4,355		1,632		2,421	
2004	82%	1%	84%	2%	79%	2%
(N)	4,500		1,794		2,706	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

### Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000	81%	6%	83%	3%	77%	3%	83%	3%	74%	5%	70%	4%
(N)	193		490		636		565		351		470	
2001	85%	4%	82%	3%	81%	3%	77%	3%	78%	4%	73%	4%
(N)	361		661		874		694		411		590	
2002	85%	4%	84%	3%	81%	3%	80%	3%	79%	3%	72%	3%
(N)	347		723		934		862		616		846	
2003	88%	4%	86%	3%	82%	3%	84%	2%	81%	3%	68%	3%
(N)	303		653		865		841		556		805	
2004	88%	4%	85%	3%	84%	3%	82%	3%	81%	3%	70%	3%
(N)	295		725		878		957		681		921	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

## Physical activity, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	79%	1%	62%	3%	67%	8%	76%	8%	66%	4%
(N)	10,676		830		135		102		476	
2001-2003	80%	1%	64%	3%	66%	8%	80%	7%	70%	4%
(N)	12,010		996		138		110		512	
2002-2004	81%	1%	62%	4%	75%	9%	78%	10%	75%	6%
(N)	12,919		1,184		141		120		266	

### Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity, by Race/Ethnicity (continued)

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002	80%	1%	**	
(N)	8,866			
2001-2003	81%	1%	78%	7%
(N)	9,998		119	
2002-2004	82%	1%	82%	8%
(N)	10,926		128	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

\* Non-Hispanic

\*\* Multiple races category not used in 2000.

## Overweight, children enrolled in WIC

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I4a: Between 2000 and 2010, reduce the proportion of Wisconsin children who are overweight from 11.4 percent to 9.4 percent.

2010 Target: 9.4%

Indicator: Overweight, children enrolled in WIC

### Percent of Wisconsin Children in WIC Ages 2-4 Who Are At Risk of Overweight

Year	Total	African American*	American Indian*	Asian*	Hispanic	White*
2000	15.1%	13.0%	21.7%	16.9%	17.6%	14.9%
2001	14.6%	12.9%	19.3%	17.6%	17.5%	14.0%
2002	15.0%	13.2%	19.1%	17.4%	16.4%	14.9%
2003	15.9%	13.6%	20.0%	17.8%	17.6%	15.9%
2004	16.3%	14.3%	22.6%	17.1%	18.3%	16.0%

Source: Pediatric Nutrition Surveillance System Wisconsin Summary, Unpublished Tables, Table 18c. Centers for Disease Control and Prevention.

\* Non-Hispanic

Note: "At risk of overweight" means a body mass index in the 85<sup>th</sup> to 94<sup>th</sup> percentile of children, based on 2000 CDC BMI-for-age for children 2 years of age and older. (See data documentation.) WIC is the Women, Infants and Children Supplemental Nutrition Program.

### Percent of Wisconsin Children in WIC Ages 2-4 Who Are Overweight

Year	Total	African American*	American Indian*	Asian*	Hispanic	White*
2000	11.5%	8.8%	20.3%	18.4%	15.9%	10.2%
2001	11.4%	8.2%	18.4%	18.2%	15.5%	10.4%
2002	11.8%	8.9%	18.0%	18.4%	16.4%	10.6%
2003	13.0%	10.1%	19.2%	18.3%	17.8%	11.8%
2004	13.3%	10.7%	20.5%	15.8%	18.1%	11.9%

Source: Pediatric Nutrition Surveillance System Wisconsin Summary, Unpublished Tables, Table 18c. Centers for Disease Control and Prevention.

\* Non-Hispanic

Note: "Overweight" means a body mass index at or above the 95<sup>th</sup> percentile of children, based on 2000 CDC BMI-for-age for children 2 years of age and older. (See data documentation.)

## Overweight, high school students

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I4b: Between 2001 and 2010, reduce the proportion of Wisconsin adolescents who are overweight from 10 percent to 8 percent.

2010 Target: 8%

Indicator: Overweight, high school students

### Percent of Wisconsin High School Students Who Are at Risk of Overweight Based on Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	14%	2%	17%	3%	11%	2%
(N)	1,336		682		648	
2001	15%	2%	16%	3%	14%	2%
(N)	2,120		1,031		1,084	
2003	15%	2%	17%	3%	13%	2%
(N)	2,121		1,019		1,097	
2005	14%	2%	16%	2%	13%	2%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, 'at risk of overweight' is defined as Body Mass Index of 85<sup>th</sup> to less than 95<sup>th</sup> percentile-for-age. (See data documentation.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

### Percent of Wisconsin High School Students Who Are at Risk of Overweight Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		Afr. Am.*		Am. Ind.*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	15%	1%	17%	5%	15%	7%	18%	6%	10%	5%	15%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	15%	1%	18%	4%	21%	7%	16%	5%	15%	5%	15%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, 'at risk of overweight' is defined as Body Mass Index of 85<sup>th</sup> to less than 95<sup>th</sup> percentile-for-age. (See data documentation.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

\* Non-Hispanic

## Overweight, high school students, continued

### Percent of Wisconsin High School Students Who Are Overweight Based on Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	10%	2%	13%	3%	8%	2%
(N)	1,336		682		648	
2001	10%	1%	14%	2%	6%	2%
(N)	2,120		1,031		1,084	
2003	11%	1%	15%	2%	7%	2%
(N)	2,121		1,019		1,097	
2005	10%	1%	14%	2%	6%	1%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, 'overweight' is defined as Body Mass Index equal to or greater than 95<sup>th</sup> percentile-for-age. (See data documentation.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

### Percent of Wisconsin High School Students Who Are Overweight Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		Afr. Am.*		Am. Ind.*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	11%	1%	14%	4%	10%	6%	12%	5%	17%	7%	10%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	11%	1%	13%	4%	13%	6%	16%	5%	14%	6%	10%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, overweight is defined as Body Mass Index equal to or greater than 95<sup>th</sup> percentile-for-age. (See data documentation.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

\* Non-Hispanic

## Overweight and obesity, adults 18+

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I4c: Between 2000 and 2010, reduce the proportion of Wisconsin adults who are obese from 20 percent to 15 percent.

2010 Target: 15%

Indicator: Overweight and obesity, adults 18+

### Percent of Wisconsin Adults Aged 18+ Who Are Overweight Based On Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	38%	2%	46%	3%	30%	2%
(N)	2,615		1,213		1,402	
2001	37%	2%	43%	2%	30%	2%
(N)	3,472		1,596		1,876	
2002	36%	1%	45%	2%	28%	2%
(N)	4,156		1,760		2,396	
2003	39%	2%	48%	2%	30%	2%
(N)	3,906		1,627		2,279	
2004	37%	2%	44%	3%	30%	2%
(N)	4,273		1,776		2,497	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9. (See data documentation.) Cases classified as obese are excluded and shown in a separate table.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

## Overweight and obesity, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Are Obese Based On Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	20%	2%	22%	2%	18%	2%
(N)	2,615		1,213		1,402	
2001	23%	1%	23%	2%	22%	2%
(N)	3,472		1,596		1,876	
2002	22%	1%	23%	2%	20%	2%
(N)	4,156		1,760		2,396	
2003	21%	1%	22%	2%	20%	2%
(N)	3,906		1,627		2,279	
2004	23%	2%	25%	2%	21%	2%
(N)	4,273		1,776		2,497	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30. (See data documentation.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

## Overweight and obesity, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Are Overweight Based on Body Mass Index, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000	28%	6%	33%	4%	38%	4%	43%	4%	41%	5%	41%	5%
(N)	188		473		612		549		329		457	
2001	28%	5%	31%	4%	38%	3%	37%	4%	47%	5%	39%	4%
(N)	345		629		847		675		397		574	
2002	23%	4%	35%	4%	40%	3%	39%	3%	38%	4%	40%	3%
(N)	339		688		887		818		592		813	
2003	27%	5%	41%	4%	38%	3%	43%	3%	43%	4%	41%	3%
(N)	298		631		830		813		534		778	
2004	25%	6%	37%	4%	38%	4%	39%	4%	43%	4%	39%	4%
(N)	288		697		839		911		640		879	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9. (See data documentation.)

Cases classified as obese are excluded and shown in a separate table.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

### Percent of Wisconsin Adults Aged 18+ Who Are Obese Based on Body Mass Index, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000	12%	5%	18%	3%	17%	3%	22%	3%	29%	5%	22%	4%
(N)	188		473		612		549		329		457	
2001	13%	4%	21%	3%	22%	3%	29%	3%	24%	4%	23%	3%
(N)	345		629		847		675		397		574	
2002	10%	4%	19%	3%	23%	3%	26%	3%	31%	4%	20%	3%
(N)	339		688		887		818		592		813	
2003	12%	4%	15%	3%	22%	3%	26%	3%	28%	4%	22%	3%
(N)	298		631		830		813		534		778	
2004	14%	5%	21%	3%	22%	3%	28%	3%	30%	4%	24%	3%
(N)	288		697		839		911		640		879	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30. (See data documentation.)

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

## Overweight and obesity, adults 18+, continued

### Percent of Wisconsin Adults Aged 18+ Who Are Overweight Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	37%	1%	33%	3%	25%	7%	23%	8%	36%	4%
(N)	10,243		797		132		97		429	
2001-2003	37%	1%	37%	3%	23%	7%	28%	9%	38%	4%
(N)	11,532		957		134		105		463	
2002-2004	38%	1%	37%	4%	23%	8%	27%	10%	38%	7%
(N)	12,346		1,133		137		113		254	

### Percent of Wisconsin Aged Adults 18+ Who Are Overweight Based on Body Mass Index, by Race/Ethnicity (continued)

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002	37%	1%	**	
(N)	8,536			
2001-2003	38%	1%	36%	9%
(N)	9,632		117	
2002-2004	38%	1%	40%	12%
(N)	10,448		124	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9. (See data documentation.) Cases classified as obese are excluded and shown in a separate table.

- N        Number in sample. See data documentation.  
 +/-     Confidence interval. See data documentation.  
 \*        Non-Hispanic  
 \*\*      Multiple races category not used in 2000.

## Overweight and obesity, adults 18+, continued

**Percent of Wisconsin Adults Aged 18+ Who Are Obese Based on Body Mass Index, by Race/Ethnicity**

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	21%	1%	35%	3%	35%	8%	10%	6%	25%	4%
(N)	10,243		797		132		97		429	
2001-2003	22%	1%	35%	3%	33%	8%	12%	6%	25%	4%
(N)	11,532		957		134		105		463	
2002-2004	22%	1%	36%	5%	43%	11%	12%	8%	28%	7%
(N)	12,346		1,133		137		113		254	

**Percent of Wisconsin Adults Aged 18+ Who Are Obese Based on Body Mass Index, by Race/Ethnicity (continued)**

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002	21%	1%	**	
(N)	8,536			
2001-2003	21%	1%	26%	8%
(N)	9,632		117	
2002-2004	21%	1%	21%	9%
(N)	10,448		124	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30. (See data documentation.)

- N Number in sample. See data documentation.
- +/- Confidence interval. See data documentation.
- \* Non-Hispanic
- \*\* Multiple races category not used in 2000.