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## **Prevalence of Leisure Time Physical Activity Among Adults, by Demographic Characteristics, Risk Factors /Comorbid Conditions, and Place of Residence, Texas, 2018**

Prepared by Elizabeth Harker, MPH  
Epidemiologist  
Chronic Disease Epidemiology Branch  
Health Promotion and Chronic Disease Prevention Section

Reviewed by Karen Nunley, PhD  
Epidemiologist III / Epidemiology Team lead  
Chronic Disease Epidemiology Branch  
Health Promotion and Chronic Disease Prevention Section

Reviewed by Maria Cooper, PhD  
Manager  
Chronic Disease Epidemiology Branch  
Health Promotion and Chronic Disease Prevention Section

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Table 1. Number and percentage of adults, age 18 years and older who, other than regular job, participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise in the past month, by demographic characteristics, Texas, 2018

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	15,957,772	74.4	72.5	76.1	5,494,352	25.6	23.9	27.5
Age (years)								
18-29	4,174,320	84.7	81.3	87.6	754,286	15.3	12.4	18.7
30-44	4,423,936	77.0	73.2	80.3	1,324,784	23.0	19.7	26.8
45-64	4,670,684	70.0	66.3	73.4	2,003,539	30.0	26.6	33.7
65 and older	2,346,444	64.0	59.9	67.9	1,318,880	36.0	32.1	40.1
Sex								
Male	8,176,042	77.8	75.2	80.3	2,326,360	22.2	19.7	24.8
Female	7,752,539	71.2	68.5	73.6	3,141,581	28.8	26.4	31.5
Race/Ethnicity								
White	7,338,591	77.5	75.4	79.5	2,127,830	22.5	20.5	24.6
Black	1,854,938	74.5	69.0	79.3	634,187	25.5	20.7	31.0
Hispanic	5,322,441	69.6	65.6	73.2	2,329,365	30.4	26.8	34.4
Other / Multiracial	1,117,752	80.2	73.6	85.5	276,207	19.8	14.5	26.4
Education								
Less than high school graduate	1,920,711	51.8	45.8	57.8	1,786,086	48.2	42.2	54.2
High school graduate	3,993,140	71.4	68.0	74.6	1,599,834	28.6	25.4	32.0
Some college	5,179,811	78.1	75.3	80.7	1,450,725	21.9	19.3	24.7
College graduate	4,808,441	88.4	86.3	90.2	631,801	11.6	9.8	13.7
Annual Household Income								
Less than \$35,000	4,359,906	65.0	61.4	68.5	2,343,133	35.0	31.5	38.6
\$35,000-\$49,999	1,577,083	74.8	68.5	80.2	531,838	25.2	19.8	31.5
\$50,000-\$74,999	2,132,587	80.8	76.0	84.7	508,306	19.2	15.3	24.0
\$75,000 or more	5,043,273	86.3	83.7	88.6	799,624	13.7	11.4	16.3
Employed								
Yes	10,010,499	79.1	76.7	81.4	2,639,917	20.9	18.6	23.3
No	5,663,675	67.5	64.5	70.3	2,729,271	32.5	29.7	35.5
Health Care Coverage								
Yes	12,686,159	77.3	75.4	79.1	3,723,696	22.7	20.9	24.6
No	3,148,973	64.7	60.0	69.2	1,716,904	35.3	30.8	40.0
Relationship Status								
Married or partner in an unmarried couple	9,168,263	76.2	73.7	78.5	2,869,087	23.8	21.5	26.3
Widowed	805,281	63.7	57.7	69.3	459,302	36.3	30.7	42.3
Divorced or separated	1,828,264	62.8	57.3	68.0	1,081,469	37.2	32.0	42.7
Never married	4,003,613	79.0	75.2	82.4	1,063,171	21.0	17.6	24.8
Sexual Orientation/Gender Minority								
Yes	361,091	72.8	62.8	80.9	135,232	27.2	19.1	37.2
No	8,317,331	72.9	70.4	75.2	3,092,705	27.1	24.8	29.6

Abbreviations: CI = confidence interval

"--" 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, 2018, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

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Table 2. Number and percentage of adults, age 18 years and older who, other than regular job, participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise in the past month, by select risk factors and comorbid conditions, Texas, 2018

Risk Factors and Comorbid Conditions	Physical Activity or Exercise in Past Month							
	Yes				No			
	Estimated No. of Adults	%	95% CI Lower Limit Upper Limit		Estimated No. of Adults	%	95% CI Lower Limit Upper Limit	
Total Population	15,957,772	74.4	72.5	76.1	5,494,352	25.6	23.9	27.5
Cigarette Smoking								
Current	1,791,599	61.5	55.8	66.9	1,123,402	38.5	33.1	44.2
Former	3,132,233	71.4	67.2	75.4	1,252,698	28.6	24.6	32.8
Never	10,155,896	78.1	75.9	80.2	2,842,509	21.9	19.8	24.1
COPD								
Yes	708,390	54.0	45.3	62.5	602,977	46.0	37.5	54.7
No	15,171,021	75.9	74.1	77.7	4,806,485	24.1	22.3	25.9
Obesity								
Yes	4,491,986	66.9	63.4	70.3	2,218,039	33.1	29.7	36.6
No	10,017,047	79.7	77.4	81.8	2,554,883	20.3	18.2	22.6
Diabetes								
Yes	1,586,941	58.9	52.9	64.6	1,106,972	41.1	35.4	47.1
No	14,340,669	76.6	74.7	78.5	4,369,050	23.4	21.5	25.3
Cardiovascular Disease								
Yes	1,163,224	59.8	52.9	66.4	780,861	40.2	33.6	47.1
No	14,685,196	76.0	74.1	77.8	4,635,648	24.0	22.2	25.9
Heart Disease								
Yes	913,535	63.9	56.5	70.8	515,018	36.1	29.2	43.5
No	14,932,070	75.4	73.5	77.2	4,871,136	24.6	22.8	26.5
Stroke								
Yes	408,957	51.8	40.9	62.4	381,242	48.2	37.6	59.1
No	15,515,504	75.3	73.5	77.1	5,086,439	24.7	22.9	26.5
High Blood Pressure								
Yes	2,895,815	65.8	62.0	69.3	1,507,994	34.2	30.7	38.0
No	6,280,250	75.2	72.2	78.0	2,069,784	24.8	22.0	27.8
Cancer								
Yes	1,257,609	67.9	62.5	72.9	593,817	32.1	27.1	37.5
No	14,637,568	75.1	73.1	76.9	4,858,531	24.9	23.1	26.9
Arthritis								
Yes	2,882,481	63.3	59.3	67.1	1,673,424	36.7	32.9	40.7
No	13,022,848	77.6	75.5	79.5	3,764,443	22.4	20.5	24.5
Kidney Disease								
Yes	404,348	50.7	39.3	62.0	393,376	49.3	38.0	60.7
No	15,500,965	75.3	73.4	77.1	5,086,860	24.7	22.9	26.6

Table 2. Number and percentage of adults, age 18 years and older who, other than regular job, participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise in the past month, by select risk factors and comorbid conditions, Texas, 2018

Risk Factors and Comorbid Conditions	Physical Activity or Exercise in Past Month							
	Yes				No			
	Estimated No. of Adults	%	95% CI Lower Limit Upper Limit		Estimated No. of Adults	%	95% CI Lower Limit Upper Limit	
Total Population	15,957,772	74.4	72.5	76.1	5,494,352	25.6	23.9	27.5
Depression								
Yes	2,388,664	67.9	63.1	72.3	1,131,744	32.1	27.7	36.9
No	13,510,950	76.0	73.9	77.9	4,277,306	24.0	22.1	26.1
Disability								
Yes	3,217,238	60.1	56.0	64.0	2,139,350	39.9	36.0	44.0
No	11,963,084	79.5	77.5	81.4	3,079,625	20.5	18.6	22.5
Heavy Alcohol Use								
Yes	906,546	75.8	68.5	81.8	289,511	24.2	18.2	31.5
No	13,583,966	74.6	72.6	76.5	4,623,429	25.4	23.5	27.4
Binge Drinking								
Yes	2,574,855	75.7	70.6	80.2	825,334	24.3	19.8	29.4
No	11,999,567	74.4	72.3	76.4	4,128,401	25.6	23.6	27.7
Current Asthma								
Yes	984,903	62.6	55.9	68.9	587,408	37.4	31.1	44.1
No	14,770,748	75.2	73.3	77.0	4,870,444	24.8	23.0	26.7

Abbreviations: CI = confidence interval

"--" 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, 2018, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

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Table 3. Number and percentage of adults, age 18 years and older who, other than regular job, participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise in the past month, by place of residence, Texas, 2018

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	15,957,772	74.4	72.5	76.1	5,494,352	25.6	23.9	27.5
Public Health Region (PHR)								
1	384,536	81.1	70.0	88.7	89,721	18.9	11.3	30.0
2	248,755	74.0	62.1	83.2	87,468	26.0	16.8	37.9
3	2,835,948	73.6	69.8	77.1	1,017,619	26.4	22.9	30.2
4	356,300	60.4	48.4	71.2	233,878	39.6	28.8	51.6
5	318,000	68.0	58.8	76.1	149,391	32.0	23.9	41.2
6	1,694,979	71.2	63.7	77.6	687,196	28.8	22.4	36.3
7	1,596,633	73.8	69.7	77.6	566,155	26.2	22.4	30.3
8	1,113,959	72.1	66.0	77.6	430,217	27.9	22.4	34.0
9	229,694	55.4	39.4	70.4	184,688	44.6	29.6	60.6
10	386,697	73.2	67.4	78.3	141,473	26.8	21.7	32.6
11	871,581	67.9	59.4	75.3	411,971	32.1	24.7	40.6
U.S.-Mexico Border County (15)								
Yes	1,105,954	69.4	62.8	75.3	488,425	30.6	24.7	37.2
No	8,931,126	71.8	69.5	74.0	3,511,352	28.2	26.0	30.5
U.S.-Mexico Border County (32)								
Yes	1,145,658	67.8	61.3	73.6	544,152	32.2	26.4	38.7
No	8,891,422	72.0	69.7	74.2	3,455,625	28.0	25.8	30.3
Metropolitan Statistical Area (MSA)								
Austin-Round Rock	1,179,030	78.3	75.4	80.8	327,670	21.7	19.2	24.6
Beaumont-Port Arthur	147,346	68.5	55.8	78.9	67,740	31.5	21.1	44.2
College Station-Bryan	136,364	79.0	71.7	84.8	36,195	21.0	15.2	28.3
Dallas-Plano-Irving	1,718,179	74.1	68.7	78.8	600,298	25.9	21.2	31.3
El Paso	371,383	72.4	66.6	77.6	141,473	27.6	22.4	33.4
Fort Worth-Arlington	1,030,773	73.7	68.6	78.3	367,028	26.3	21.7	31.4
Houston-The Woodlands-Sugar Land	1,647,562	70.9	63.4	77.5	674,959	29.1	22.5	36.6
Killeen-Temple	125,446	56.5	33.9	76.8	96,414	43.5	23.2	66.1
McAllen-Edinburg-Mission	400,973	74.4	68.4	79.6	137,818	25.6	20.4	31.6
San Antonio-New Braunfels	892,661	72.3	65.9	77.9	342,682	27.7	22.1	34.1
Wichita Falls	41,990	65.2	58.1	71.7	22,418	34.8	28.3	41.9
County								
Anderson	--	--	--	--	20,472	62.5	29.4	87.0
Angelina	43,670	65.9	53.5	76.5	22,564	34.1	23.5	46.5
Bastrop	54,063	68.2	55.6	78.6	25,214	31.8	21.4	44.4
Bexar	691,373	74.4	67.8	80.1	237,885	25.6	19.9	32.2
Brazoria	--	--	--	--	48,453	57.4	28.7	81.9
Brazos	129,436	79.8	72.0	85.8	32,850	20.2	14.2	28.0
Caldwell	31,355	84.3	68.3	93.1	--	--	--	--
Collin	378,541	80.3	65.8	89.6	--	--	--	--
Comal	96,093	83.8	69.3	92.2	--	--	--	--

Table 3. Number and percentage of adults, age 18 years and older who, other than regular job, participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise in the past month, by place of residence, Texas, 2018

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	15,957,772	74.4	72.5	76.1	5,494,352	25.6	23.9	27.5
Dallas	853,084	73.9	66.3	80.3	301,438	26.1	19.7	33.7
Denton	272,580	73.1	59.5	83.4	100,488	26.9	16.6	40.5
El Paso	370,133	72.7	66.8	77.8	139,106	27.3	22.2	33.2
Ellis	90,799	77.3	62.3	87.5	26,690	22.7	12.5	37.7
Fort Bend	198,586	84.6	61.5	95.0	--	--	--	--
Galveston	179,545	75.1	69.4	80.0	59,680	24.9	20.0	30.6
Harris	959,673	68.1	57.5	77.1	449,527	31.9	22.9	42.5
Hays	116,619	81.2	73.3	87.1	27,024	18.8	12.9	26.7
Henderson	--	--	--	--	--	--	--	--
Hidalgo	400,973	74.4	68.4	79.6	137,818	25.6	20.4	31.6
Jefferson	106,869	69.5	52.3	82.5	46,947	30.5	17.5	47.7
Johnson	71,356	65.4	48.9	78.9	37,703	34.6	21.1	51.1
Montgomery	158,643	78.6	37.4	95.7	--	--	--	--
Nacogdoches	34,710	77.7	65.7	86.4	9,952	22.3	13.6	34.3
Orange	23,359	63.4	46.9	77.3	13,482	36.6	22.7	53.1
Parker	71,044	78.8	63.3	88.9	--	--	--	--
Tarrant	822,099	74.3	68.3	79.5	284,260	25.7	20.5	31.7
Travis	663,182	77.5	73.6	81.1	192,243	22.5	18.9	26.4
Wichita	35,832	64.6	56.9	71.5	19,672	35.4	28.5	43.1
Williamson	313,812	80.2	74.5	84.9	77,358	19.8	15.1	25.5

Abbreviations: CI = confidence interval

"--" 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, 2018, 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:

- *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?";
- *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?";
- *Any 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?";
- *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?";
- *High Blood Pressure*: "Yes" and "No" responses to the question, "Have you ever been told on two or more different visits by a doctor, nurse, or other health professional that you have high blood pressure?" ["No" includes respondents who responded "told borderline high or pre-hypertensive" and female respondents who responded, "Yes, but told only during pregnancy"];
- *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?";
- *Heavy Drinking*: Responses of "2 or more" for men and "1 or more" for women to the question, "During the past 30 days, what is the largest number of drinks you had on any occasion?";
- *Binge Drinking*: 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 (5 or more drinks for men, 4 or more drinks for women) on one occasion?";

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

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. 2019.

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