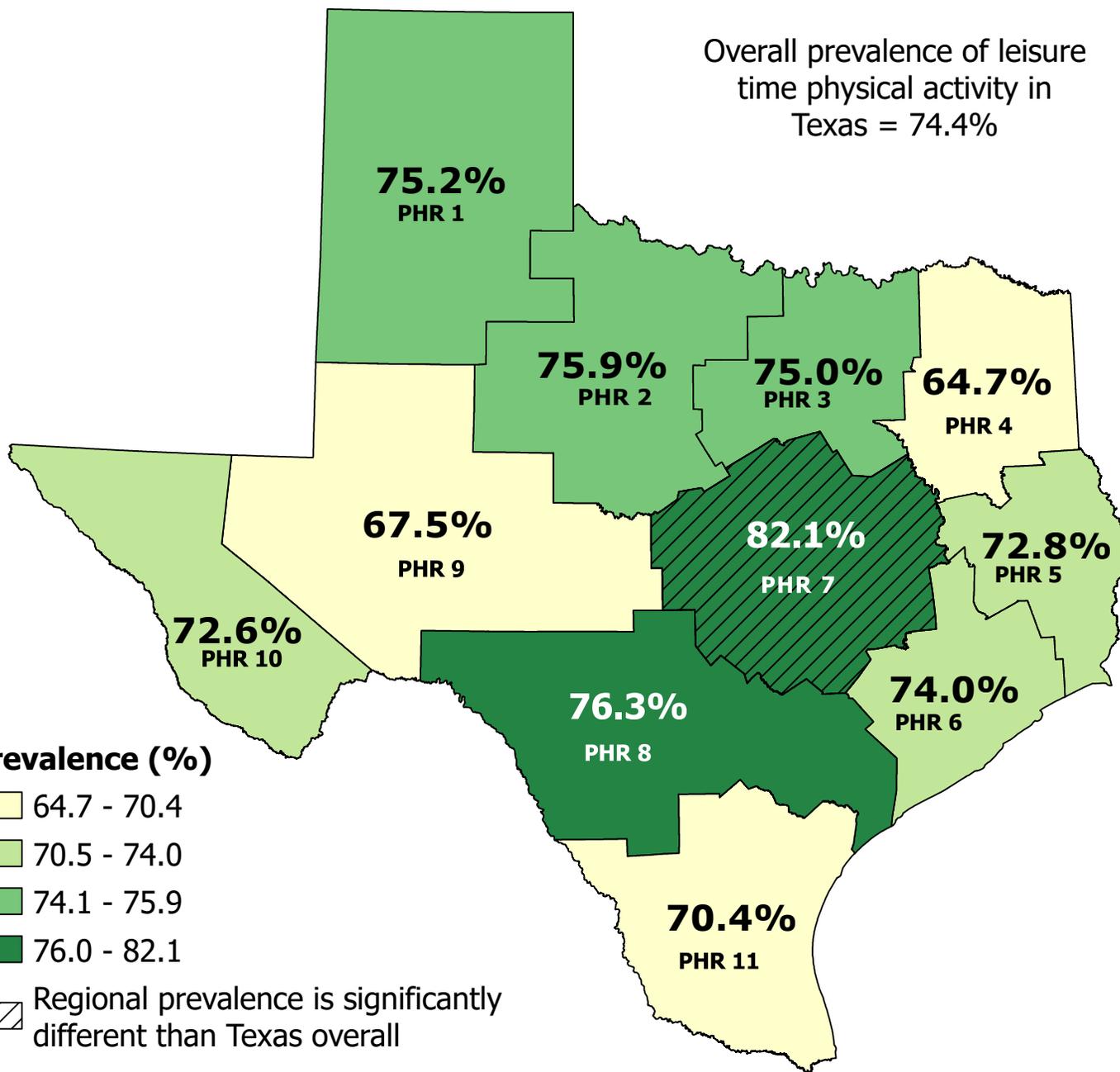


# Prevalence of Leisure Time Physical Activity or Exercise Among Adults, by Public Health Region (PHR), Texas, 2020



Data Classification: Quantiles.

Data Source: 2020 Texas Behavioral Risk Factor Surveillance System (BRFSS), Center for Health Statistics, Texas Department of State Health Services. Leisure time physical activity is defined as a "Yes" response to the survey 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?".



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