

# NEW MEXICO EPI BRIEF

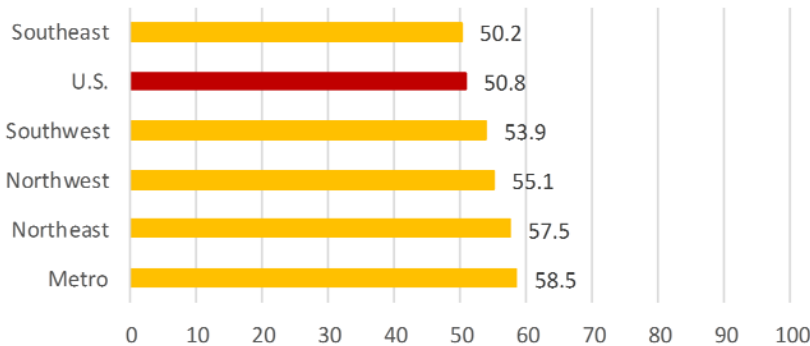
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## Many Adults in New Mexico Meet Physical Activity Recommendations

Adult New Mexicans continue to be more likely than adults in the U.S. to meet recommended levels of aerobic physical activity. Overall, more adults in New Mexico (56.0%) meet physical activity recommendations than adults in the U.S. (50.8%). Physical activity has been shown to have numerous benefits such as reducing risk of chronic disease (heart disease, diabetes, hypertension, hypercholesterolemia) as well as improving physical fitness, mental health, bone health, weight, and reducing risk of stroke. Physical activity also plays a role in preventing falls among older adults. The U.S. Department of Health and Human Services-Office of Disease Prevention and Health Promotion defines adequate levels of physical activity as at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity each week combined with strength training activities on 2 or more days per week that work all major muscle groups. Mod-

Percentage of Adults Meeting Physical Activity Recommendations by Region, New Mexico, 2015



erate-intensity aerobic activities are activities that are sufficient to raise your heart rate and break a sweat such as fast walking, water aerobics, bicycling, hiking, or yard work.

*Almost 1/3 of adult New Mexicans are classified as being obese. Increasing physical activity could improve the health of New Mexicans.*

### Act Now

- Raise awareness of physical activity and its benefits.
- Improve structural environment through availability of sidewalks, bike lanes, trails, parks.
- Promote use of bike lanes, trails, and other areas that support physical activity.
- Partner with community groups, policy makers, counties, and tribal authorities to assess and implement physical activity programs throughout the life cycle.
- Continue to collect data on physical activity.

Data Sources: BRFSS Survey Data and the New Mexico's Indicator-Based Information System., NMDOH.

#### Everyone can:

- ◇ Choose to engage in physical activity such as aerobic activities (walking, biking, hiking, jogging, and recreational activities) for at least 150 minutes (2 1/2 hours) per week.
- ◇ Raise awareness of the benefits of physical activity and find a routine that works with your lifestyle.
- ◇ Talk to your health care provider about physical activity in order to choose physical activities that are best for you.

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