

Module: Physical Activity

NNHS.Q48: During the past month did you participate in any physical activities or exercises?

	Percent	Lower Estimate	Upper Estimate	N
Yes	73.7%	69.0%	78.0%	2,319
Male	75.4%	67.9%	81.6%	814
Female	71.8%	65.4%	77.4%	1,505

During the past month did you participate in any physical activities or exercises, by Age Group

	Point	Lower	Upper	N
<30	73.6%	63.8%	81.4%	325
30-39	78.2%	65.9%	86.9%	267
40-49	80.3%	71.1%	87.1%	330
50-59	75.4%	67.8%	81.7%	504
60-69	69.0%	57.4%	78.5%	453
70-79	61.1%	47.5%	73.2%	307
80+	45.2%	30.2%	61.2%	133

During the past month did you participate in any physical activities or exercises, by Agency

Agency	Point	Lower	Upper	N
Chinle	78.7%	73.7%	83.1%	709
Eastern	80.9%	75.3%	85.5%	473
Ft. Defiance	64.8%	57.7%	71.3%	346
Northern	78.3%	67.1%	86.4%	512
Western	68.8%	54.3%	80.4%	279

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NNHS.Q49: What type of physical activity or exercise did you spend the most time doing during the past month? (N=1,640)

Activity	Percent	Activity	Percent
Aerobics class	0.2%	Badminton	0.3%
Basketball	2.5%	Bicycling	1.2%
Bicycling machine	0.4%	Boating	0.1%
Calisthenics	0.3%	Canoeing	0.02%
Carpentry	0.1%	Chopping Wood	2.9%
Dancing	0.08%	Fishing	0.03%
Gardening	2.7%	Golf	0.5%
Health Club Exercise	1.0%	Herding Sheep	2.8%
Hiking	2.2%	Home Exercise	1.1%
Horseback riding	1.7%	Jogging	2.4%
Judo/Karate	0.01%	Raking Lawn	0.2%
Rowing machine	0.3%	Running	10.6%
Skating	0.3%	Softball/Baseball	1.1%
Swimming	0.1%	Touch Football	0.1%
Volleyball	0.4%	Walking	52.8%
Weightlifting	3.5%	Other	8.4%

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NNHS.Q50: How many times per week or per month did you take part in this activity during the past month?

	Mean	Lower Estimate	Upper Estimate	N
Times per week	3.23	2.87	3.59	2,288
Male	3.18	2.69	3.69	806
Female	3.22	2.75	3.7	1,482

How many times per week or per month did you take part in this activity during the past month, by Age Group

	Point	Lower	Upper	N
<30	3.31	2.68	3.93	320
30-39	3.31	2.36	4.26	265
40-49	3.34	2.74	3.94	329
50-59	3.38	2.86	3.90	496
60-69	3.15	2.54	3.74	444
70-79	2.83	2.04	3.61	305
80+	1.65	0.99	2.31	129

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How many times per week or per month did you take part in this activity during the past month, by Agency

Agency	Point	Lower	Upper	N
Chinle	3.68	3.34	4.02	701
Eastern	3.62	3.18	4.06	470
Ft. Defiance	2.03	1.62	2.45	337
Northern	3.59	2.93	4.24	507
Western	3.50	2.52	4.48	273

NNHS.Q51: And when you took part in this activity, for how many minutes did you usually keep at it?

	Mean	Lower Estimate	Upper Estimate	N
Minutes per session	91.32	82.76	99.89	1,728
Male	104.06	91.13	117	619
Female	77.32	68.05	86.59	1,109

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And when you took part in this activity, for how many minutes did you usually keep at it, by Age Group

	Point	Lower	Upper	N
<30	93.21	75.78	110.65	252
30-39	83.79	70.95	96.64	209
40-49	92.51	73.43	111.59	258
50-59	96.90	69.30	124.49	380
60-69	96.80	76.45	117.15	339
70-79	76.63	60.93	92.32	221
80+	84.61	25.72	143.51	69

And when you took part in this activity, for how many minutes did you usually keep at it, by Agency

Agency	Point	Lower	Upper	N
Chinle	82.21	68.81	95.60	558
Eastern	94.94	78.67	111.22	373
Ft. Defiance	79.55	64.53	94.57	205
Northern	99.04	73.43	124.65	405
Western	97.21	76.97	117.44	187

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NNHS.Q52: What other type of physical activity gave you the next most exercise during the past month? (N=874)

Activity	Percent	Activity	Percent	Activity	Percent
Aerobics Class	0.01%	Basketball	4.4%	Bicycling for pleasure	1.7%
Bicycling machine	0.5%	Boxing	0.1%	Calisthenics	0.2%
Carpentry	0.06%	Chopping Wood	5.5%	Dancing	0.2%
Fishing	0.08%	Gardening	5.6%	Golf	1.3%
Handball	0.04%	Health club exercise	0.9%	Herding sheep	0.9%
Hiking	5.4%	Home exercise	7.6%	Horseback riding	2.6%
Jogging	2.6%	Judo/Karate	0.1%	Mountain climbing	0.02%
Racketball	0.03%	Raking lawn	1.9%	Rowing machine	0.08%
Running	6.4%	Rope Skipping	<0.01%	Softball/Baseball	0.6%
Stair Climbing	0.05%	Swimming laps	1.3%	Touch football	0.1%
Volleball	1.7%	Walking	18.0%	Weight lifting	11.6%
Other	18.4%				

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NNHS.Q53: How many times per week or month did you take part in this activity? (Second type of physical activity listed in Q52)

	Mean	Lower Estimate	Upper Estimate	N
Times per week	3.75	3.34	4.17	956
Male	3.52	3.03	4.02	371
Female	4.09	3.68	4.5	585

NNHS.Q54: And when you took part in this activity, for how many minutes or hours did you usually keep at it? (Second type of physical activity listed in Q52)

	Mean	Lower Estimate	Upper Estimate	N
Minutes per session	108.24	96.83	119.65	939
Male	112.39	98.26	126.51	367
Female	93.56	74.09	113.03	584

NNHS.Q55: During the past month how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobics like walking, running, or bicycling. Count activities using your own body weight like sit-ups or push-ups and those using weight machines, free weights, or elastic bands?

	Mean	Lower Estimate	Upper Estimate	N
Times per week	2.14	1.84	2.45	1,837
Male	2.32	1.91	2.72	657
Female	1.92	1.54	2.3	1,180

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Muscle strengthening exercises, by Age Group

	Point	Lower	Upper	N
<30	2.27	1.79	2.75	260
30-39	2.30	1.63	2.97	215
40-49	1.93	1.37	2.50	273
50-59	2.58	2.07	3.10	404
60-69	1.52	0.93	2.10	378
70-79	1.81	0.89	2.73	226
80+	1.85	0.4	3.29	81

Muscle strengthening exercises, by Agency

Agency	Point	Lower	Upper	N
Chinle	1.50	0.90	2.11	505
Eastern	2.28	1.69	2.88	420
Ft. Defiance	1.64	1.28	1.99	267
Northern	2.37	1.81	2.92	386
Western	2.56	2.06	3.05	260