

# Tennessee Behavioral Risk Factor Surveillance Survey 2005 State and Regional Weighted Data

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?

State and Regions	Total Respondents	Exercised in Last 30 Days <sup>1</sup>	Weighted Percent <sup>2</sup>	Population Who Exercised <sup>3</sup>
<b>TENNESSEE</b>	4,745	3,059	66.9	3,019,596
<b>Northeast</b>	304	173	59.3	150,499
<b>East</b>	301	183	61.3	323,294
<b>Southeast</b>	283	165	63.4	148,249
<b>Upper Cumberland</b>	302	168	61.7	148,142
<b>Mid-Cumberland</b>	283	197	71.6	471,121
<b>South Central</b>	284	183	66.8	175,381
<b>Northwest</b>	288	181	64.0	123,440
<b>Southwest</b>	297	168	58.9	113,975
<b>Shelby</b>	278	193	70.7	460,154
<b>Davidson</b>	881	620	72.0	332,860
<b>Knox</b>	322	226	73.3	221,702
<b>Hamilton</b>	259	177	71.9	168,367
<b>Madison</b>	314	205	68.0	48,087
<b>Sullivan</b>	349	220	68.8	81,724

<sup>1</sup> Number of respondents who answered YES.

<sup>2</sup> Percent of adult population who exercised during the past month based on the survey.

<sup>3</sup> Estimated adult population who exercised during the past month based on the survey. Note: The sum of regional estimates in this column will not add up to statewide total due to incomplete coverage of all demographic groups in every region.

**ADULTS PHYSICALLY ACTIVE WITHIN THE PAST MONTH, TENNESSEE, 2005, BRFSS**

