

# Tennessee Behavioral Risk Factor Surveillance Survey 2008 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>	5,014	3,383	71.1	3,322,606
<b>Northeast</b>	420	287	70.0	188,862
<b>East</b>	399	273	73.7	418,508
<b>Southeast</b>	345	213	61.8	151,177
<b>Upper Cumberland</b>	330	205	63.5	162,330
<b>Mid-Cumberland</b>	394	276	73.7	556,462
<b>South Central</b>	328	206	68.3	188,753
<b>Northwest</b>	357	225	64.0	124,618
<b>Southwest</b>	417	265	69.7	147,350
<b>Shelby</b>	332	230	72.5	487,065
<b>Davidson</b>	394	285	79.0	349,760
<b>Knox</b>	317	222	76.4	249,178
<b>Hamilton</b>	332	233	73.3	177,282
<b>Madison</b>	338	235	76.5	56,061
<b>Sullivan</b>	311	228	73.9	89,740

<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, 2008, BRFSS

