

Tennessee Behavioral Risk Factor Surveillance Survey 2006 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 ¹ | Weighted Percent ² | Population Who Exercised ³ |
|-------------------------|-------------------|----------------------------------------|-------------------------------|---------------------------------------|
| TENNESSEE | 4,410 | 2,948 | 71.2 | 3,252,576 |
| Northeast | 350 | 221 | 64.7 | 166,599 |
| East | 284 | 181 | 67.4 | 358,325 |
| Southeast | 303 | 199 | 65.3 | 153,568 |
| Upper Cumberland | 306 | 209 | 70.6 | 170,532 |
| Mid-Cumberland | 347 | 247 | 75.0 | 492,073 |
| South Central | 330 | 210 | 70.1 | 190,254 |
| Northwest | 318 | 213 | 71.9 | 141,264 |
| Southwest | 312 | 191 | 69.6 | 142,627 |
| Shelby | 298 | 208 | 69.9 | 473,391 |
| Davidson | 285 | 203 | 78.4 | 364,902 |
| Knox | 336 | 243 | 75.2 | 229,459 |
| Hamilton | 289 | 209 | 71.9 | 169,009 |
| Madison | 311 | 205 | 70.2 | 50,054 |
| Sullivan | 341 | 209 | 63.2 | 74,521 |

¹ Number of respondents who answered YES.

² Percent of adult population who exercised during the past month based on the survey.

³ 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, 2006, BRFSS

