

Increase in Physical Activity	
<b>SHIP website description</b>	This indicator shows the number of persons who reported at least 150 minutes of moderate physical activity or at least 75 minutes of vigorous physical activity per week. Physical activity is important to prevent heart disease and stroke, two of the important causes of death in United States. In order to improve overall cardiovascular health, The American Heart Association suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise.
<b>Source</b>	Maryland MDH Behavioral Risk Factor Surveillance System (BRFSS) ( <a href="http://www.marylandbrfss.org">www.marylandbrfss.org</a> )
<b>Numerator</b>	Maryland adults that participated in 150 minutes (or vigorous equivalent minutes) of physical activity per week.
<b>Denominator</b>	Maryland adults age 18 and over
<b>Threshold</b>	50 or relative standard error >=30.0%
<b>Censorship (if below threshold)</b>	Rate not reported. Count not reported.
<b>Calculation and metric</b>	Weighted (Numerator/Denominator) *100= Single-Year Calculation
<b>Race/ethnicity categories (on SHIP chart)</b>	All races/ ethnicities (aggregated) Black Non-Hispanic Hispanic White Non-Hispanic Asian Non-Hispanic
<b>Other</b>	<p>In 2011, the BRFSS weighting methodology was changed. This makes data collected from 2011 forward incomparable to data collected prior to 2011. The SHIP resumed including:</p> <p>BRFSS data in 2013, where baselines from 2011 BRFSS data were calculated.</p> <p>Data collected from survey respondents are adjusted to more accurately represent the Maryland population. This is called "weighted data." Learn more about weighted data here: <a href="http://www.marylandbrfss.org/pdf/BRFSS-Special-Report-9-12.pdf">http://www.marylandbrfss.org/pdf/BRFSS-Special-Report-9-12.pdf</a></p> <p>Beginning In 2014, the question, "Physical activity: Adults participated in 150 minutes or 75 minutes of vigorous physical activity per week" is asked in alternate survey years.</p> <p>Thus, there no data is available in 2016 but is available for 2017 and every other year onward.</p>