

Module: Exercise

NNHS.Q47: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, basketball, chopping wood, gardening, or walking for exercise?

	Percent	Lower Estimate	Upper Estimate	N
Yes	67.5%	62.0%	72.5%	2,257
Male	69.0%	59.8%	76.8%	791
Female	66.2%	59.1%	72.7%	1,466

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, basketball, chopping wood, gardening, or walking for exercise, by Age Group

	Point	Lower	Upper	N
<30	69.1%	59.4%	77.4%	321
30-39	72.7%	59.5%	82.9%	264
40-49	74.0%	65.2%	81.3%	321
50-59	65.0%	53.9%	74.6%	491
60-69	56.6%	44.7%	67.7%	436
70-79	58.2%	46.4%	69.2%	301
80+	54.7%	35.4%	72.8%	123

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During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, basketball, chopping wood, gardening, or walking for exercise, by Agency

Agency	Point	Lower	Upper	N
Chinle	79.4%	74.3%	83.6%	675
Eastern	73.9%	65.7%	80.8%	467
Ft. Defiance	57.0%	47.3%	66.3%	328
Northern	58.6%	46.7%	69.7%	509
Western	72.2%	62.2%	80.4%	278

