



Physical Activity

Selected Results from STEPS to a Well Bermuda 2014

The World Health Organization has set recommendations for how much physical activity adults should do for good health. This includes activity related to paid and unpaid work, transport and recreation.

Figure 1. Percentage of adults who do not meet the WHO recommendations of physical activity for health

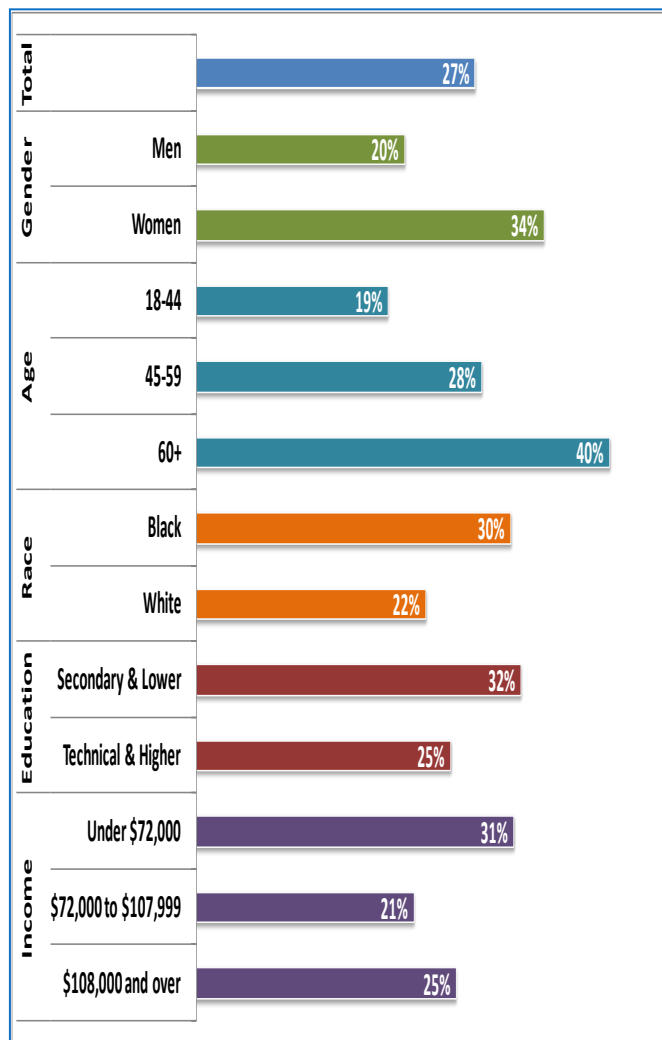
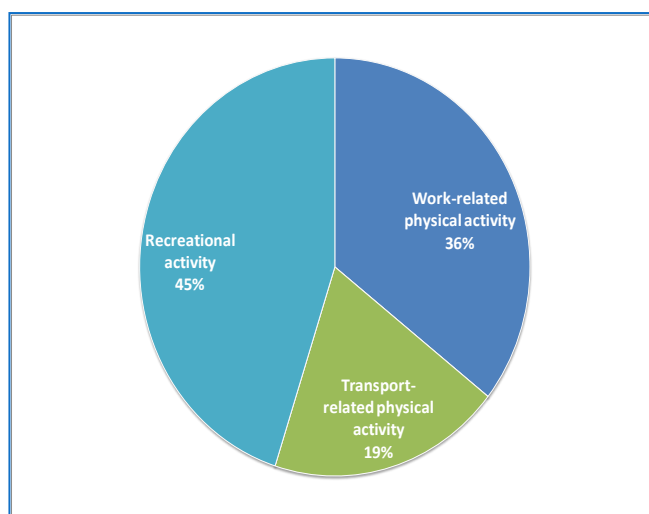


Figure 2 Percentage of physical activity by setting



Highlights

- Over a quarter of adults are not meeting the WHO physical activity recommendations.
 - Women are less likely to meet them than men.
 - Older adults are less likely to meet them than younger adults.
- More than half of adults are not doing vigorous activity (any activity that can cause large increases in breathing and heart rate).
 - Men are more likely to do these activities than women.
 - Older adults are least likely to do these activities.
 - Persons with higher income are more likely to do these activities than those with lower income.
- Adults are inactive for over five hours each day.
 - Persons with higher education and income spend more time inactive than persons with lower education and income.
- 3 out of 5 adults do no work-related physical activity.
 - Men are more likely to do work-related physical activity.
- 2 out of 3 adults do no transport-related physical activity.
- 2 out of 3 adults do physically active recreational activities.
 - Older adults are least likely to do so.
 - Whites and persons with higher education are most likely to do so.
 - Persons with higher income are more likely to do so than persons with lower income.
- Most adult physical activity is from recreational activities, followed by work-related activities and then transport activities
 - Work-related physical activity was greatest for persons with lower education and income.

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