Physical Activity* Among Adults (18+ years old) in LA County by Race/Ethnicity, 2007

- **Active**: Meets Guidelines
- **Some Activity**: Does Not Meet Guidelines
- **Sedentary**: Minimal to No Activity

* At the time the 2007 LACHS data were collected, to meet recommended guidelines for physical activity, at least one of the following criteria had to be met: (1) Vigorous Activity – hard physical activity causing heavy sweating, large increases in breathing and heart rate for 20+ minutes ≥3 days/wk; (2) Moderate Activity – light sweating, slight increases in breathing and heart rate for 30+ minutes ≥5 days/wk; and (3) a combination of vigorous and moderate activity meeting the time criteria ≥5 days/wk.

Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, Los Angeles County Health Survey 2007.