

Table S6. Prevalence of participating in enough moderate and/or vigorous physical activity in a usual week to meet the recommended levels of physical activity among reproductive aged women, overall, and by age group, race/ethnicity, and insurance status—Behavioral Risk Factor Surveillance System, United States, 2013 and 2015*

State	Age Group				Race-Ethnicity [§]				Insurance Status [¶]	
	Overall	18-24	25-34	35-44	White	Black	Other	Hispanic	Yes	No
	% (95% CI) [†]	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Alabama	44.7 (41.8 – 47.6)	46.9 (40.7 – 53.2)	46.0 (41.0 – 50.9)	42.0 (37.9 – 46.2)	47.0 (43.4 – 50.6)	39.4 (34.3 – 44.5)	NR	NR	46.1 (42.9 – 49.2)	39.2 (32.1 – 46.2)
Alaska	57.3 (52.9 – 61.7)	57.0 (46.5 – 67.5)	63.3 (56.9 – 69.7)	51.1 (44.9 – 57.3)	61.7 (56.6 – 66.9)	NR	50.2 (41.4 – 59.0)	NR	57.3 (52.7 – 61.9)	56.6 (44.6 – 68.6)
Arizona	52.1 (48.1 – 56.1)	51.5 (43.0 – 60.1)	53.3 (46.5 – 60.1)	51.3 (45.5 – 57.1)	54.1 (48.9 – 59.4)	NR	47.1 (34.6 – 59.5)	52.4 (45.2 – 59.7)	51.1 (46.6 – 55.5)	56.0 (46.8 – 65.3)
Arkansas	43.9 (40.1 – 47.8)	53.4 (44.8 – 61.9)	45.5 (39.0 – 52.0)	36.0 (30.7 – 41.3)	45.8 (41.3 – 50.4)	38.8 (29.6 – 48.1)	NR	NR	44.4 (40.0 – 48.8)	39.9 (32.0 – 47.7)
California	56.2 (54.1 – 58.2)	62.6 (58.3 – 66.8)	53.8 (50.6 – 57.0)	53.8 (50.5 – 57.1)	61.2 (58.1 – 64.4)	58.2 (49.2 – 67.1)	53.3 (47.7 – 58.8)	53.5 (50.5 – 56.6)	57.0 (54.7 – 59.3)	52.5 (47.7 – 57.2)
Colorado	60.7 (58.5 – 62.8)	60.3 (55.4 – 65.2)	60.6 (57.0 – 64.2)	61.0 (57.9 – 64.0)	65.3 (62.8 – 67.9)	NR	58.0 (49.5 – 66.5)	52.4 (47.7 – 57.2)	62.3 (60.0 – 64.7)	53.3 (48.0 – 58.6)
Connecticut	50.8 (47.8 – 53.8)	52.0 (44.8 – 59.1)	52.0 (47.1 – 56.8)	48.9 (45.1 – 52.8)	56.2 (52.5 – 59.9)	43.9 (35.5 – 52.4)	47.5 (37.2 – 57.8)	41.3 (34.0 – 48.6)	51.5 (48.4 – 54.6)	44.2 (34.5 – 53.9)
Delaware	48.2 (44.3 – 52.0)	47.6 (38.9 – 56.3)	47.5 (41.3 – 53.7)	49.3 (43.7 – 54.9)	50.6 (45.4 – 55.8)	48.0 (39.8 – 56.2)	58.1 (44.5 – 71.8)**	32.9 (23.5 – 42.4)**	48.8 (44.6 – 53.0)	46.1 (35.3 – 56.9)**
District of Columbia	58.7 (54.2 – 63.2)	55.8 (44.5 – 67.2)	61.4 (54.7 – 68.1)	56.0 (49.5 – 62.5)	70.8 (64.6 – 77.0)	44.1 (36.9 – 51.3)	NR	NR	58.8 (54.1 – 63.5)	NR
Florida	52.4 (49.8 – 55.0)	56.1 (50.6 – 61.6)	52.7 (48.3 – 57.1)	49.7 (45.7 – 53.6)	55.4 (52.1 – 58.8)	43.9 (37.4 – 50.3)	60.2 (50.3 – 70.1)	51.8 (45.8 – 57.8)	55.3 (52.3 – 58.3)	44.1 (38.6 – 49.6)
Georgia	48.6 (45.5 – 51.6)	51.5 (44.5 – 58.5)	47.5 (42.3 – 52.6)	47.5 (43.1 – 52.0)	54.2 (50.2 – 58.2)	44.7 (38.9 – 50.5)	49.2 (36.4 – 62.0)	36.4 (26.9 – 45.9)	51.2 (47.6 – 54.8)	41.4 (35.5 – 47.2)
Hawaii	54.2 (51.3 – 57.1)	55.2 (49.5 – 61.0)	54.4 (49.6 – 59.2)	53.2 (48.5 – 57.9)	67.3 (61.2 – 73.4)	NR	49.5 (45.9 – 53.1)	58.0 (49.8 – 66.2)	54.0 (51.0 – 57.1)	55.7 (46.7 – 64.6)
Idaho	58.1 (54.8 – 61.3)	58.1 (51.0 – 65.3)	56.7 (51.2 – 62.2)	59.4 (54.8 – 63.9)	60.0 (56.5 – 63.5)	NR	NR	46.9 (37.4 – 56.4)	60.6 (57.0 – 64.3)	49.2 (42.1 – 56.3)
Illinois	49.5 (46.3 – 52.7)	52.8 (46.0 – 59.5)	50.2 (44.8 – 55.6)	46.4 (41.6 – 51.3)	53.5 (49.7 – 57.3)	41.1 (31.9 – 50.3)	54.3 (42.5 – 66.2)	40.3 (31.9 – 48.6)	50.7 (47.3 – 54.1)	41.4 (32.3 – 50.4)
Indiana	44.1 (41.1 – 47.2)	45.7 (38.6 – 52.7)	43.9 (39.0 – 48.7)	43.2 (38.9 – 47.4)	46.1 (42.6 – 49.6)	42.0 (31.4 – 52.6)	NR	34.8 (25.5 – 44.0)**	45.2 (41.8 – 48.7)	40.2 (33.5 – 46.8)
Iowa	49.6 (46.5 – 52.7)	52.0 (45.1 – 58.9)	50.5 (45.4 – 55.6)	46.7 (42.5 – 51.0)	51.7 (48.4 – 54.9)	NR	NR	NR	50.1 (46.8 – 53.4)	46.5 (37.3 – 55.7)
Kansas	50.6 (49.1 – 52.1)	52.5 (49.1 – 55.8)	48.2 (45.8 – 50.5)	51.5 (49.3 – 53.7)	52.9 (51.3 – 54.6)	45.6 (38.1 – 53.1)	50.3 (43.8 – 56.9)	40.8 (36.8 – 44.9)	52.4 (50.7 – 54.0)	43.9 (40.4 – 47.3)
Kentucky	49.2 (46.3 – 52.1)	48.4 (42.1 – 54.8)	51.4 (46.6 – 56.2)	47.8 (43.5 – 52.1)	48.4 (45.3 – 51.4)	47.9 (36.4 – 59.3)	NR	NR	49.0 (45.9 – 52.2)	50.6 (43.3 – 57.9)
Louisiana	45.3 (41.8 – 48.9)	50.6 (42.4 – 58.9)	48.3 (42.5 – 54.0)	38.4 (33.7 – 43.2)	51.2 (46.7 – 55.8)	35.1 (29.4 – 40.9)	NR	NR	46.9 (42.9 – 50.9)	39.9 (32.4 – 47.5)
Maine	56.3 (53.4 – 59.3)	56.4 (49.6 – 63.3)	59.9 (55.1 – 64.8)	53.1 (49.1 – 57.2)	56.5 (53.5 – 59.6)	NR	NR	NR	56.8 (53.8 – 59.9)	53.0 (43.3 – 62.7)
Maryland	51.9 (48.8 – 54.9)	54.6 (47.6 – 61.5)	53.9 (48.8 – 59.1)	48.2 (44.1 – 52.3)	57.3 (53.4 – 61.3)	46.6 (41.1 – 52.1)	59.4 (49.5 – 69.3)	42.3 (32.3 – 52.3)	54.8 (51.6 – 57.9)	31.3 (22.1 – 40.5)
Massachusetts	51.7 (49.2 – 54.1)	56.5 (51.4 – 61.6)	48.9 (45.0 – 52.9)	50.5 (46.8 – 54.1)	55.6 (52.7 – 58.6)	45.1 (35.5 – 54.7)	44.9 (37.4 – 52.3)	41.5 (35.4 – 47.6)	52.2 (49.7 – 54.7)	39.5 (29.6 – 49.3)
Michigan	53.4 (51.1 – 55.7)	54.2 (49.5 – 58.9)	51.7 (47.7 – 55.7)	54.4 (51.0 – 57.9)	56.7 (54.1 – 59.3)	42.0 (35.8 – 48.1)	46.8 (37.1 – 56.6)	48.9 (38.5 – 59.3)**	54.2 (51.8 – 56.7)	48.6 (41.8 – 55.5)
Minnesota	53.7 (51.6 – 55.9)	53.7 (48.8 – 58.5)	53.1 (49.7 – 56.5)	54.4 (51.2 – 57.7)	55.7 (53.4 – 58.1)	47.6 (39.0 – 56.2)	50.5 (42.2 – 58.9)	41.7 (32.9 – 50.4)	54.2 (52.0 – 56.5)	49.2 (41.3 – 57.1)
Mississippi	39.6 (36.5 – 42.6)	42.2 (35.1 – 49.3)	42.4 (37.5 – 47.3)	34.9 (30.7 – 39.2)	39.7 (35.4 – 43.9)	37.7 (33.1 – 42.3)	NR	NR	39.5 (36.0 – 43.1)	38.5 (32.6 – 44.4)
Missouri	50.9 (47.9 – 54.0)	53.7 (47.2 – 60.1)	52.5 (47.4 – 57.6)	47.5 (42.8 – 52.1)	52.7 (49.1 – 56.4)	42.0 (32.3 – 51.8)	NR	NR	50.9 (47.5 – 54.3)	50.4 (43.2 – 57.6)
Montana	60.0 (56.8 – 63.1)	59.7 (53.1 – 66.3)	62.5 (57.5 – 67.6)	57.5 (52.4 – 62.7)	60.7 (57.2 – 64.1)	NR	58.7 (49.9 – 67.5)	NR	58.7 (55.0 – 62.3)	65.2 (58.5 – 71.8)
Nebraska	51.9 (49.7 – 54.1)	55.1 (50.4 – 59.7)	49.8 (46.2 – 53.4)	51.4 (48.1 – 54.6)	53.9 (51.5 – 56.2)	NR	48.8 (38.0 – 59.5)	38.7 (32.0 – 45.4)	53.3 (50.9 – 55.7)	46.0 (40.6 – 51.4)
Nevada	51.5 (46.9 – 56.1)	55.9 (45.4 – 66.3)	51.2 (43.8 – 58.6)	49.2 (42.3 – 56.0)	55.9 (50.0 – 61.9)	NR	58.3 (45.6 – 71.0)	46.9 (38.5 – 55.4)	53.6 (48.5 – 58.7)	43.9 (34.4 – 53.4)
New Hampshire	57.9 (54.5 – 61.2)	63.3 (55.4 – 71.2)	55.8 (50.2 – 61.4)	55.9 (51.5 – 60.3)	58.6 (55.1 – 62.1)	NR	NR	NR	59.0 (55.4 – 62.6)	51.4 (42.0 – 60.8)

State	Age Group				Race-Ethnicity [§]				Insurance Status [†]	
	Overall	18-24	25-34	35-44	White	Black	Other	Hispanic	Yes	No
	% (95% CI) [‡]	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
New Jersey	46.7 (44.1 – 49.2)	50.7 (44.4 – 57.0)	43.7 (39.7 – 47.8)	46.6 (43.1 – 50.2)	55.8 (52.4 – 59.3)	41.9 (36.2 – 47.6)	36.7 (28.9 – 44.5)	38.9 (33.4 – 44.5)	48.0 (45.3 – 50.8)	40.1 (33.3 – 46.8)
New Mexico	53.0 (49.9 – 56.1)	52.8 (45.9 – 59.8)	51.9 (47.0 – 56.8)	54.2 (49.6 – 58.7)	53.2 (47.5 – 58.8)	NR	60.9 (53.7 – 68.0)	51.1 (46.8 – 55.5)	54.7 (51.1 – 58.2)	45.7 (39.5 – 51.9)
New York	47.4 (45.1 – 49.7)	55.9 (50.5 – 61.3)	45.4 (41.7 – 49.0)	43.4 (40.0 – 46.8)	53.2 (50.1 – 56.4)	43.8 (37.6 – 50.0)	38.7 (31.1 – 46.3)	42.0 (37.2 – 46.8)	47.9 (45.4 – 50.4)	42.2 (35.7 – 48.8)
North Carolina	48.4 (45.9 – 50.9)	49.7 (43.8 – 55.6)	50.3 (46.3 – 54.3)	45.7 (42.1 – 49.4)	50.6 (47.2 – 53.9)	44.3 (39.0 – 49.6)	53.8 (43.7 – 64.0)	43.0 (36.5 – 49.4)	50.5 (47.6 – 53.4)	40.9 (36.0 – 45.8)
North Dakota	49.1 (45.7 – 52.5)	47.7 (40.6 – 54.8)	50.6 (45.3 – 55.9)	48.8 (43.9 – 53.6)	49.9 (46.4 – 53.5)	NR	42.5 (30.7 – 54.3)	NR	49.6 (46.1 – 53.2)	46.2 (35.2 – 57.2)
Ohio	50.6 (47.8 – 53.3)	51.5 (45.2 – 57.9)	51.5 (47.0 – 56.0)	49.0 (45.1 – 52.8)	52.4 (49.4 – 55.4)	37.0 (28.7 – 45.4)	41.5 (28.5 – 54.4)	NR	52.0 (49.1 – 54.9)	39.3 (31.2 – 47.4)
Oklahoma	47.9 (45.1 – 50.7)	45.1 (38.2 – 52.0)	51.8 (47.4 – 56.2)	46.0 (42.0 – 49.9)	47.2 (43.7 – 50.6)	40.2 (29.8 – 50.5)	51.1 (43.8 – 58.4)	50.8 (42.6 – 58.9)	49.2 (46.0 – 52.4)	44.2 (38.1 – 50.3)
Oregon	61.8 (58.5 – 65.0)	62.3 (55.2 – 69.5)	60.7 (55.3 – 66.1)	62.4 (57.5 – 67.2)	64.5 (61.1 – 67.9)	NR	61.4 (49.5 – 73.3)	49.0 (38.0 – 60.0)**	62.0 (58.5 – 65.5)	60.6 (51.7 – 69.5)
Pennsylvania	49.6 (46.7 – 52.4)	48.2 (41.9 – 54.6)	48.5 (44.1 – 52.9)	51.7 (47.4 – 55.9)	51.4 (48.1 – 54.6)	34.6 (27.0 – 42.3)	49.7 (38.4 – 61.0)**	53.7 (41.7 – 65.7)**	49.7 (46.6 – 52.8)	47.6 (39.7 – 55.6)
Rhode Island	50.0 (46.6 – 53.5)	52.1 (44.2 – 60.0)	50.3 (44.8 – 55.8)	48.0 (43.4 – 52.6)	55.8 (51.7 – 59.8)	NR	NR	38.8 (30.4 – 47.2)	50.9 (47.2 – 54.6)	44.0 (34.2 – 53.8)
South Carolina	48.9 (46.5 – 51.3)	50.5 (45.0 – 55.9)	48.8 (44.9 – 52.7)	47.9 (44.3 – 51.4)	51.2 (48.1 – 54.3)	43.8 (39.7 – 48.0)	58.2 (47.0 – 69.3)	46.7 (35.1 – 58.3)**	49.9 (47.2 – 52.6)	44.9 (39.4 – 50.4)
South Dakota	56.6 (53.1 – 60.2)	60.0 (52.1 – 67.9)	56.8 (51.4 – 62.2)	53.9 (48.2 – 59.6)	54.4 (50.5 – 58.4)	NR	63.3 (53.8 – 72.8)	NR	56.5 (52.7 – 60.3)	57.4 (47.3 – 67.6)
Tennessee	41.8 (38.4 – 45.2)	38.4 (30.7 – 46.1)	42.5 (37.0 – 48.0)	43.4 (38.4 – 48.4)	43.7 (39.9 – 47.6)	36.3 (28.6 – 44.0)	NR	NR	41.3 (37.5 – 45.0)	44.5 (36.3 – 52.7)
Texas	42.5 (40.0 – 45.0)	44.1 (38.3 – 49.9)	39.1 (35.4 – 42.9)	44.7 (40.8 – 48.5)	49.2 (45.4 – 53.0)	40.8 (32.9 – 48.7)	51.9 (39.6 – 64.3)	35.6 (32.0 – 39.2)	45.7 (42.6 – 48.9)	36.1 (32.0 – 40.1)
Utah	54.4 (52.6 – 56.2)	56.9 (52.9 – 60.8)	52.0 (49.1 – 54.8)	54.9 (52.2 – 57.6)	57.0 (55.1 – 58.9)	NR	55.7 (47.1 – 64.3)	41.5 (36.3 – 46.7)	55.8 (53.9 – 57.8)	48.3 (43.5 – 53.0)
Vermont	59.8 (56.6 – 63.0)	60.2 (52.9 – 67.4)	55.7 (50.5 – 60.9)	63.1 (59.0 – 67.2)	60.1 (56.8 – 63.4)	NR	NR	NR	60.0 (56.7 – 63.4)	57.0 (45.1 – 68.9)**
Virginia	50.5 (47.9 – 53.1)	51.7 (45.8 – 57.6)	49.4 (45.4 – 53.5)	50.7 (46.8 – 54.6)	53.4 (50.3 – 56.5)	44.0 (38.1 – 50.0)	52.6 (42.7 – 62.5)	44.9 (36.2 – 53.6)	52.9 (50.1 – 55.7)	39.3 (32.7 – 45.8)
Washington	55.2 (53.1 – 57.4)	61.5 (56.8 – 66.2)	53.6 (50.0 – 57.2)	52.4 (49.2 – 55.7)	58.6 (56.1 – 61.1)	NR	53.3 (47.3 – 59.3)	44.9 (38.7 – 51.1)	56.4 (54.1 – 58.8)	49.7 (44.0 – 55.4)
West Virginia	51.7 (49.0 – 54.4)	55.5 (49.4 – 61.5)	52.2 (47.7 – 56.7)	48.6 (44.7 – 52.6)	51.5 (48.7 – 54.3)	NR	NR	NR	52.3 (49.3 – 55.3)	48.5 (42.0 – 55.0)
Wisconsin	56.0 (52.6 – 59.4)	60.6 (53.6 – 67.7)	55.7 (49.9 – 61.5)	52.6 (47.4 – 57.9)	57.8 (54.2 – 61.4)	NR	54.4 (36.7 – 72.1)**	NR	56.2 (52.6 – 59.9)	54.2 (42.8 – 65.6)
Wyoming	55.0 (51.4 – 58.7)	56.6 (47.6 – 65.6)	54.9 (49.2 – 60.6)	54.1 (49.0 – 59.1)	58.0 (54.2 – 61.8)	NR	NR	NR	57.5 (53.5 – 61.6)	44.1 (35.9 – 52.3)
Median	51.5	53.7	51.7	49.7	54.2	43.8	52.2	43.0	52.3	45.8
Minimum	39.6	38.4	39.1	34.9	39.7	34.6	36.7	32.9	39.5	31.3
Maximum	61.8	63.3	63.3	63.1	70.8	58.2	63.3	58.0	62.3	65.2

Abbreviations: NR = not reported (if <50 respondents), CI = 95% confidence interval

* Participation in enough moderate and/or vigorous physical activity in a usual week was defined as meeting the U.S. Department of Health and Human Services recommended levels of aerobic physical activity. Respondents were classified as meeting recommendations if they reported at least 150 minutes per week of moderate-intensity activity, or at least 75 minutes per week of vigorous-intensity activity, or a combination of moderate-intensity and vigorous-intensity activity (where vigorous activity minutes are multiplied by two) totaling at least 150 minutes per week. (32)

[‡] Percentages and their associated confidence intervals are weighted to adjust for complex survey design and non response

[§] White = non-Hispanic white; Black = non-Hispanic black; Other = non-Hispanic other

[†] Defined as having any kind of health care coverage, including prepaid plans such as health maintenance organizations, government plans such as Medicare, or Indian Health Service (IHS)

** Represents 50-59 respondents; might not be reliable