**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\*

|  |  | **Age Group** | **Race-Ethnicity**§ | **Insurance Status**¶ |
| --- | --- | --- | --- | --- |
| **State** | **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) |
| 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 ashaving 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