

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



PHYSICAL ACTIVITY AMONG TARRANT COUNTY ADULTS

Physical Activity Guidelines

According to the Centers for Disease Control and Prevention:

- **Moderate-intensity aerobic activity:** 150 minutes a week of moderate-intensity (e.g. walking briskly, raking the yard), or 75 minutes a week of vigorous-intensity (e.g. jogging, running) aerobic physical activity, or an equivalent combination of moderate/vigorous-intensity aerobic activity **PLUS**
- **Muscle-strengthening activity:** Muscle-strengthening activities that involve all major muscle groups on two or more days a week.

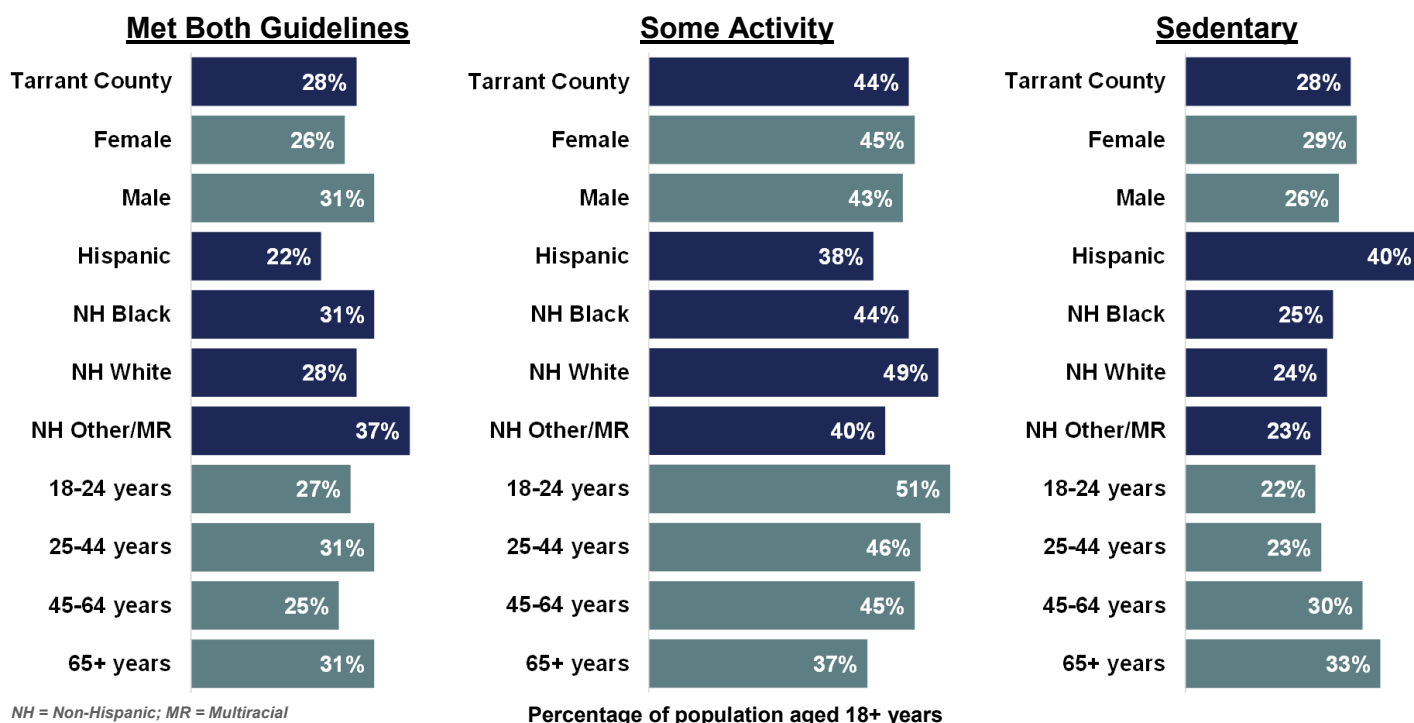


3 in 10 Tarrant County adults fully meet **aerobic physical activity** recommendations



2 in 10 Tarrant County adults fully meet **muscle-strengthening activity** recommendations

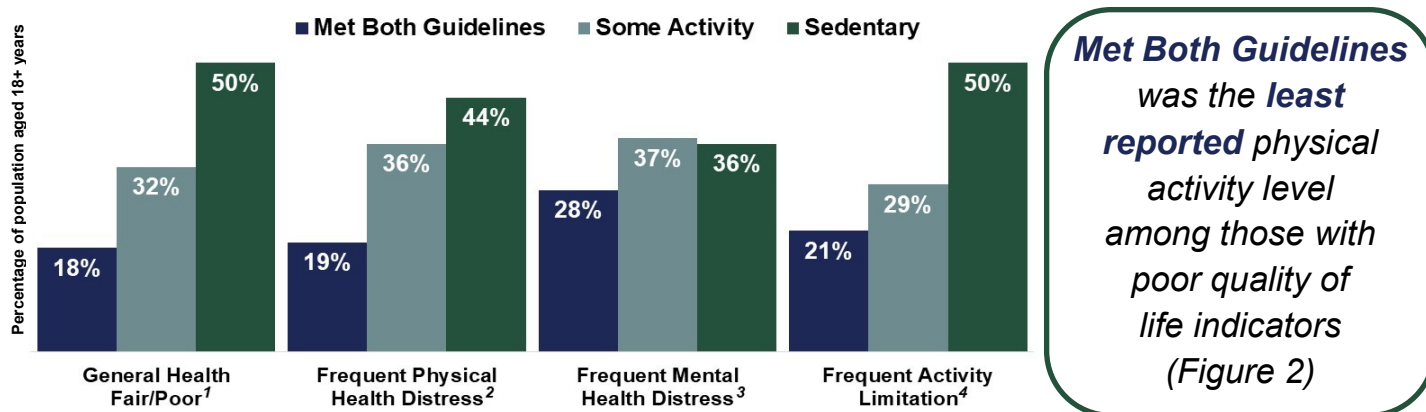
Figure 1. Prevalence of physical activity levels among Tarrant County adults aged 18 years and older, 2024[†]



Prevalence of *Some Activity* was significantly higher compared to *Met Both Guidelines* and *Sedentary* among Tarrant County adults (Figure 1)

[†]Physical Activity Levels: Met Both Guidelines = Met both aerobic and muscle strengthening activity guidelines; Some Activity = Some aerobic, muscle-strengthening, or leisure time activity reported, but not enough to meet both guidelines; Sedentary = Reported no physical activity (no aerobic activity, no muscle-strengthening activity, and no leisure time activity); All significant differences detected at the 95% confidence level; Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2024; Data Brief provided by: Statistical Analysis Team

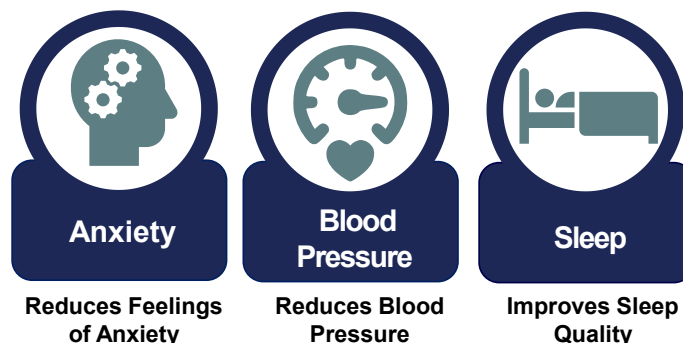
Figure 2. Health-related quality of life indicators and physical activity levels among Tarrant County adults aged 18 years and older, 2024[†]



Health Benefits of Physical Activity

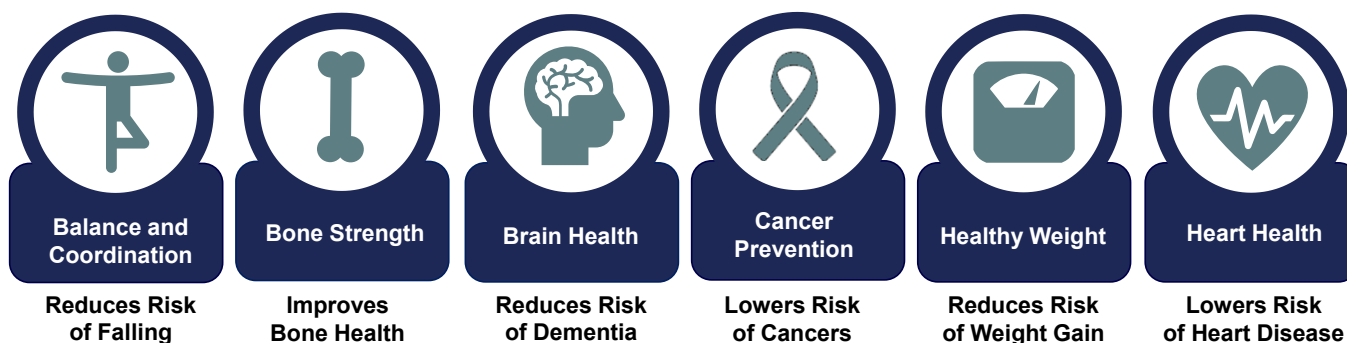
IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health



LONG-TERM

Regular physical activity provides important health benefits for chronic disease management and prevention



Resources and Support

- **Tarrant County Public Health: Provides education on physical activity, exercise, stress awareness and management**
[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html\]](https://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html)
- **Centers for Disease Control and Prevention** [\[cdc.gov/physical-activity/php/about/index.html\]](https://cdc.gov/physical-activity/php/about/index.html)
- **Texas Health and Human Services** [\[hhs.texas.gov/services/health/wellness-programs/texercise\]](https://hhs.texas.gov/services/health/wellness-programs/texercise)



[†]Physical Activity Levels: See page 1 footnote for definitions.

¹General Health Fair/Poor = Self-reported general health status as either fair or poor. ²Frequent Physical Health Distress = Physical health not good for 14 or more days during the past 30 days. ³Frequent Mental Health Distress = Mental health not good for 14 or more days during the past 30 days. ⁴Frequent Activity Limitation = Poor physical or mental health limiting usual activities such as self-care, work, or recreation for 14 or more days during the past 30 days. All significant differences detected at the 95% confidence level. Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2024; Data Brief provided by: Statistical Analysis Team