

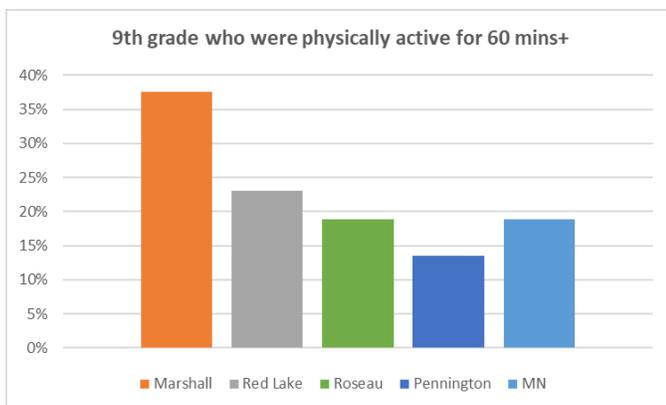


Physical Activity

Physical activity can be described within the neighborhood and built environment domain as one of the five identified in the social determinants of health (SDoH). SDoH are non-medical factors that influence health outcomes.¹ The conditions in the environment where people are born, live, learn, work, play, worship, and age affect a wide range of health, functioning, and quality-of-life outcomes and risks.²

Physical Activity - Youth

Percentage of 9th graders who were physically active for 60 minutes or more on at least five of the last seven days in the Quin Community Health Board (CHB) Region

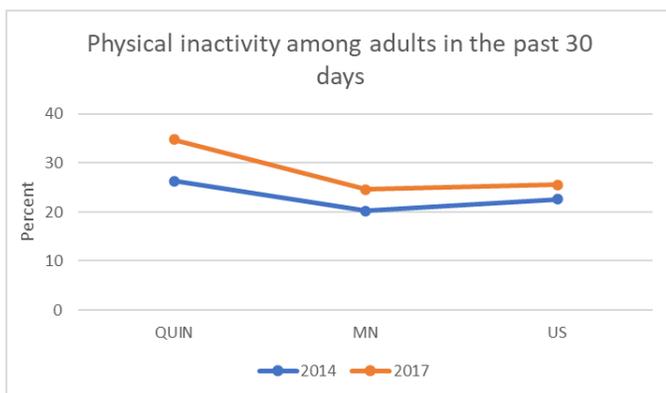


SUMMARY

- 9th graders in Marshall, Red Lake, and Roseau were more active or just as active as statewide 9th graders.
- Pennington county 9th graders were less active than statewide 9th graders.
- While a majority of students in the Quin CHB region are doing better than statewide 9th graders, more than half of students are not meeting the recommended physical activity guidelines, which is 60 minutes of activity per day.³

Source: Minnesota Student Survey, Minnesota Department of Education (MDE)
*Data for Kittson county was not available in 2022

Physical Activity - Adults



SUMMARY

- Adults in QUIN counties are more inactive than adults at the state level and us.
- Percent of inactivity has increased between 2014 and 2017.
- In 2017, 35% of adults were not meeting the physical activity guidelines of 150-300 minutes of physical activity per week.³

Source: Northwest Region Adult Health Behavior Survey & Behavioral Risk Factor Surveillance Survey