

# Levels of Physical Inactivity in the Upper Midwest

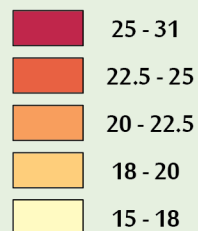
## CDC Definitions:

Age-Adjustment - a statistical process that allows communities with different age structures to be compared.

Leisure-Time Physical Inactivity - a person is considered to be physically inactive if he or she reported not participating in physical activity or exercise in the past 30 days.

Projection: USA Contiguous Albers Equal Area Conic  
Central Meridian: 91°W  
Data Source: United States Centers for Disease Control and Prevention  
Cartographer: Christopher Morgan

## Age-Adjusted Percentage of Physical Inactivity by County



1 in = 75 miles

