

Vermont Mental Health Performance Indicator Project

Vermont Agency of Human Services, Department of Mental Health
26 Terrace Street Montpelier Vermont 05609

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani and Walter Ochs

DATE: November 25, 2011

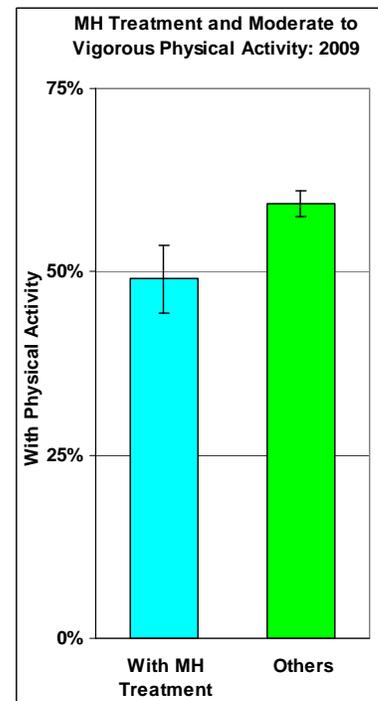
RE: Physical Activity of Individuals with Mental Health Treatment
and Other Vermont Residents

This week's post Thanksgiving data report provides information regarding the proportion of Vermont adult's who self-reported receiving mental health treatment and other Vermont adults who engaged in moderate to vigorous physical activity on a regular basis during 2009. Moderate to vigorous physical activity is widely recognized for its physical health benefits.

This report is based on analysis of responses to the Vermont Department of Health FY2009 Behavioral Risk Factor Surveillance System (BRFSS) survey¹ regarding participation in moderate physical activity for 30 or more minutes per day for five or more days per week, or vigorous activity for 20 or more minutes per day for three or more days per week. Mental health treatment recipients in this analysis include individuals taking medication or receiving care from a health professional for any mental health or emotional problem.

As you will see, members of the general population, overall, were significantly more likely than mental health treatment recipients to report engaging in moderate to vigorous physical activity (59% vs. 49%). This difference was most strongly evident among women where 58% in the general population engaged in moderate to vigorous physical activity on a regular basis as compared to 45% of mental health treatment recipients. The difference between male mental health treatment recipients and other members of the general population was small and not statistically significant.

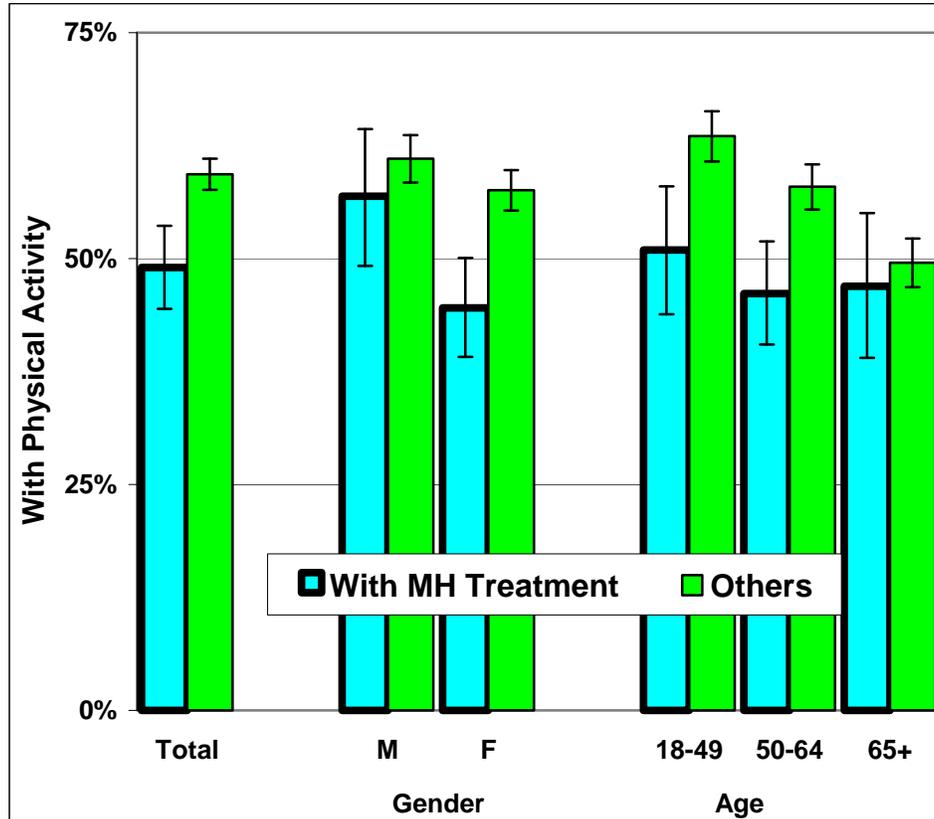
We look forward to your comments, questions, and suggestions for further analyses to pip@state.vt.us or 802-828-1703.



¹ For methodological details please see: <http://healthvermont.gov/research/brfss/brfss.aspx>

Moderate to Vigorous Physical Activity

Mental Health Treatment Recipients and Other Vermont Residents: CY2009



	Percent with Moderate to Vigorous Physical Activity			
	With MH Treatment		Others	
	%	95% CI	%	95% CI
Total	49%	(44-54%)	59%	(58-61%)
Gender				
Men	57%	(49-64%)	61%	(58-64%)
Women	45%	(39-50%)	58%	(55-60%)
Age				
18-49	51%	(44-58%)	64%	(61-66%)
50-64	46%	(40-52%)	58%	(55-60%)
65+	47%	(39-55%)	50%	(47-52%)

Analysis based on data collected by the Vermont Department of Health Behavior Risk Factor Surveillance System (BRFSS) survey during 2009. The BRFSS is an on-going telephone health survey system conducted by the health department of each state. The BRFSS surveys include residents and excludes institutionalized Vermonters. Mental health treatment was indicated by the response to the question: "Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?" Moderate to vigorous physical activity was indicated by reported participation in either moderate physical activity defined as 30 or more minutes per day for 5 or more days per week, or vigorous activity for 20 or more minutes per day on 3 or more days.