

# BriefTrends: State-Specific Prevalence of Meeting Muscle-Strengthening Activity (MSA) Guidelines in U.S. Adults, 2017-2019

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**Abstract** This BriefTrends describes the prevalence (%) of adults meeting muscle-strengthening activity (MSA) guidelines across U.S. states.

**Keywords:** muscle-strengthening activity (MSA), BRFSS, public health, Surveillance

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## 1. Purpose

To examine the ranked proportion of adults meeting muscle-strengthening activity (MSA) guidelines across U.S. states.

## 2. Data Source

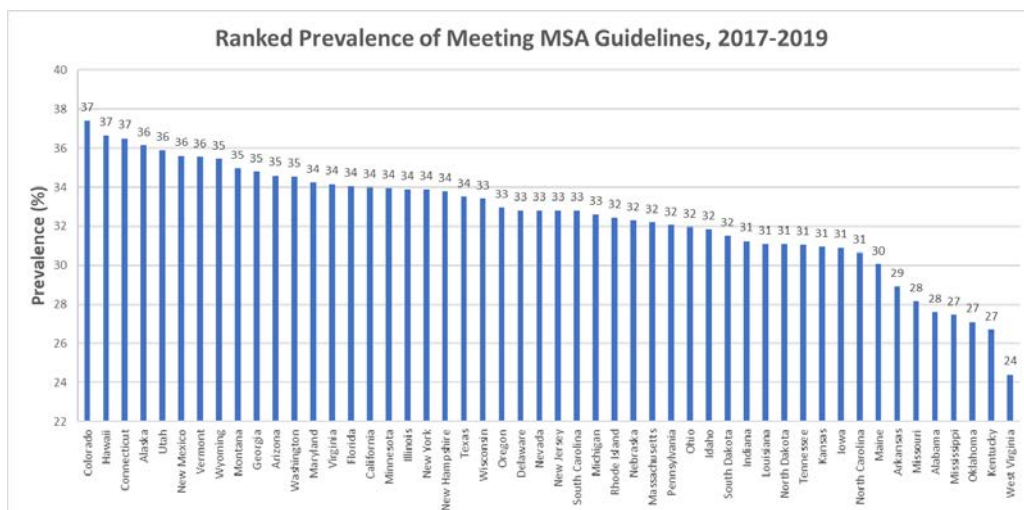
The 2017 ( $N=50$ ) and 2019 ( $N=49$ ) cycles of the Behavioral Risk Factor Surveillance System (BRFSS).

## 3. Population

Noninstitutionalized adults 18+ years of age in U.S. states.

## 4. Variables

1). Meeting muscle strengthening activity (MSA) guidelines (participated in MSA exercises 2+ times per week) and 2) U.S. state. Estimates in the graph are averaged across the two years, less NJ, which displays its 2017 estimate only.



**Figure 1.** Ranked state-specific prevalence (%) of meeting muscle-strengthening activity (MSA) guidelines (participating in MSA exercises 2+ times per week) by U.S. adults, 2017-2019

## 5. Analysis

Prevalence (%) estimates of meeting MSA guidelines across U.S. states. SAS and Excel were used for all analyses.

## 6. Findings

The average prevalence of meeting MSA guidelines among adults in the U.S. was 30.1% (SD=2.7%) in 2017, 34.9% (SD=3.5%) in 2019, and 32.5% (SD=2.8%) in the averaged data.

## References

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