

PHYSICAL ACTIVITY

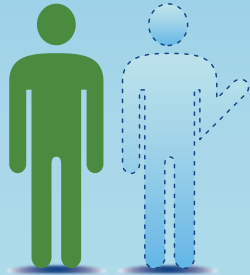


BUILDS A

HEALTHY AND STRONG AMERICA

THE PROBLEM

1 IN 2



About 1 in 2 adults live with a chronic disease.

About half of this group have two or more.



Only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

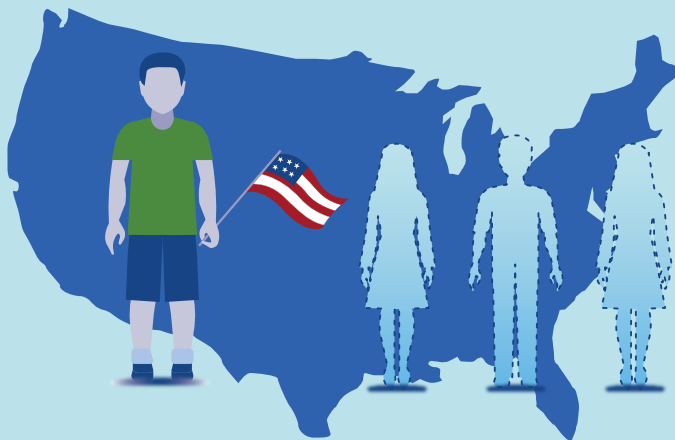
NOT GETTING ENOUGH PHYSICAL ACTIVITY COSTS MONEY

\$117 BILLION

\$117 billion in annual health care costs are associated with inadequate physical activity.



IMPACT ON MILITARY READINESS



About 1 IN 4 YOUNG ADULTS is too heavy to serve in our military.

“Long-term military readiness is at risk unless a large-scale change in physical activity and nutrition takes place in America.”

Mission:Readiness
Military Leaders for Kids

PHYSICAL ACTIVITY SAVES LIVES AND PROTECTS HEALTH



1 IN 10 premature deaths could be prevented by getting enough physical activity.

It could also prevent:



1 IN 8

cases of breast cancer



1 IN 8

cases of colorectal cancer



1 IN 12

cases of diabetes



1 IN 15

cases of heart disease



“If you could package physical activity into a pill, it would be the most effective drug on the market.”

Dr. Ruth Petersen, Director of CDC's Division of Nutrition, Physical Activity, and Obesity

INVESTING IN PHYSICAL ACTIVITY MAKES SENSE



BENEFITS FOR CHILDREN

- Reduces risk of depression
- Improves aerobic fitness
- Improves muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and some measures of academic performance (with school physical activity programs)



BENEFITS FOR ADULTS

- Lowers risk of high blood pressure
- Lowers risk of stroke
- Improves aerobic fitness
- Improves mental health
- Improves cognitive function
- Reduces arthritis symptoms
- Prevents weight gain



BENEFITS FOR HEALTHY AGING

- Improves sleep
- Reduces risk of falling
- Improves balance
- Improves joint mobility
- Extends years of active life
- Helps prevent weak bones and muscle loss
- Delays onset of cognitive decline

PHYSICAL ACTIVITY BENEFITS COMMUNITIES



ECONOMIC

Building active and walkable communities can help:

- Increase levels of retail economic activity and employment
- Increase property values
- Support neighborhood revitalization
- Reduce health care costs



SAFETY

Walkable communities can improve safety for people who walk, ride bicycles, and drive.



WORKFORCE

Physically active people tend to take fewer sick days.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FOR MORE INFORMATION PLEASE VISIT:
Division of Nutrition, Physical Activity, and Obesity
www.cdc.gov/nccdphp/dnpao



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