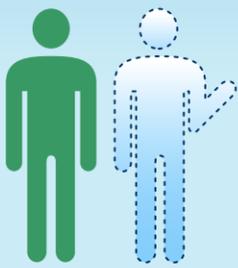


PHYSICAL ACTIVITY BUILDS A HEALTHY AND STRONG AMERICA

THE PROBLEM

1 IN 2



About 1 in 2 adults lives with a chronic disease.

Of this group, about half have two or more chronic diseases.

1 IN 4



Only 1 in 4 adults fully meets the physical activity guidelines.

ANNUAL CONSEQUENCES

\$117
BILLION

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

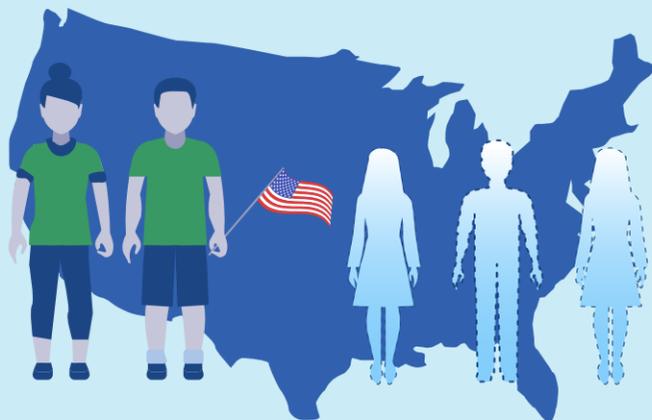


110,000

110,000 premature deaths per year could be prevented if adults were more physically active.



INACTIVITY LIMITS MILITARY READINESS



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

Allen Peck, Lieutenant General,
U.S. Air Force (Retired)

2 IN 5

Only 2 in 5 young adults are weight-eligible and physically prepared for basic training.*

*Those aged 17 to 24 who meet the body mass index standard and report at least 300 minutes of moderate-intensity aerobic physical activity per week.

PHYSICAL ACTIVITY BENEFITS EVERYONE TODAY AND IN THE FUTURE

“Making it easier for everyone to be physically active is one of the best investments communities can make.”

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



CHILDREN

IMMEDIATE

- Some academic performance
- Attention and memory
- Classroom behavior

LONG-TERM

- Aerobic and muscular fitness; bone health
- Competence and social skills if the child participates in sports
- Reduced depression
- Weight management



ADULTS AND OLDER ADULTS

IMPROVES

- Sleep quality
- Aerobic fitness
- Cognitive function
- Quality of life
- Weight management
- Years of active life

REDUCES

- Stress
- Blood pressure
- Risk of:
 - COVID-19 Severity
 - Depression
 - Dementia (including Alzheimer's disease)
 - Falls and fall-related injuries for older adults
 - Heart disease and stroke
 - 8 cancers
 - Type 2 diabetes

IMMEDIATE

LONG-TERM

PHYSICAL ACTIVITY BENEFITS COMMUNITIES



ECONOMIC

Building active and walkable communities can help:

Increase:

- Retail sales
- Employment rates
- Property values

Reduce:

- Cost of delivering services such as utilities
- Health care costs



WORKFORCE

Physically active people tend to take fewer sick days.



SAFETY

Communities designed to increase physical activity improve traffic safety for people who walk, ride bicycles, and drive.



SOCIAL CONNECTIONS

Communities designed to increase physical activity promote social interactions.



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