

Regular Physical Activity Reduces Risk of Chronic Diseases for Adults



The Problem



3 in 4 American adults have at least one chronic disease



1 in 4 adults do **no** physical activity in their free time



1 in 2 have two or more chronic diseases

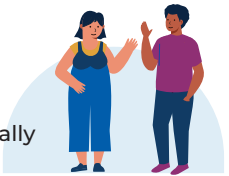
Annual consequences



\$192 billion in annual health care costs are associated with inadequate physical activity

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

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.*

Prevention benefits of regular physical activity



Preventing chronic health conditions

Regular physical activity provides important health benefits for chronic disease prevention.



Brain Health: Reduces feelings of anxiety, risk of depression, and risks of developing dementia (including Alzheimer's disease)



Cancer Prevention: Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Heart Health: Reduces blood pressure, lowers risk of heart disease, stroke, and type 2 diabetes



Diabetes Prevention/Control: Helps control blood sugar, blood pressure, body weight, and cholesterol, and lowers risk of dying from heart disease

Getting enough physical activity could help prevent



1 in 8 cases of breast cancer



1 in 12 cases of diabetes



1 in 15 cases of heart disease

Additional benefits that lower risk of chronic conditions



Improved sleep quality



Reduced risk of weight gain



Improved bone health

Source: Physical Activity Guidelines for Americans, 2nd Edition



To learn more about chronic diseases, visit: cdc.gov/chronic-disease/about

