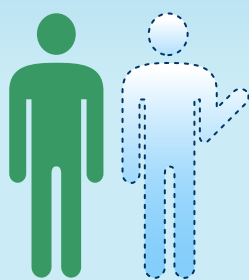


# PHYSICAL ACTIVITY BUILDS A HEALTHY AND STRONG AMERICA

## THE PROBLEM

1<sup>IN</sup> 2



About 1 in 2 adults lives with a chronic disease.

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

1<sup>IN</sup> 4



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

## ANNUAL CONSEQUENCES

\$192  
BILLION

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

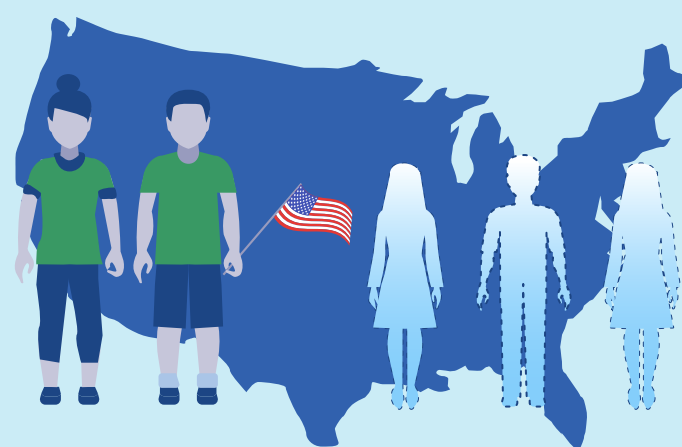


110,000

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



## INACTIVITY LIMITS MILITARY READINESS



2<sup>IN</sup> 5

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

“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)

\*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. Janelle Gunn, Acting 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

#### IMMEDIATE

#### LONG-TERM



### 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

## 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.



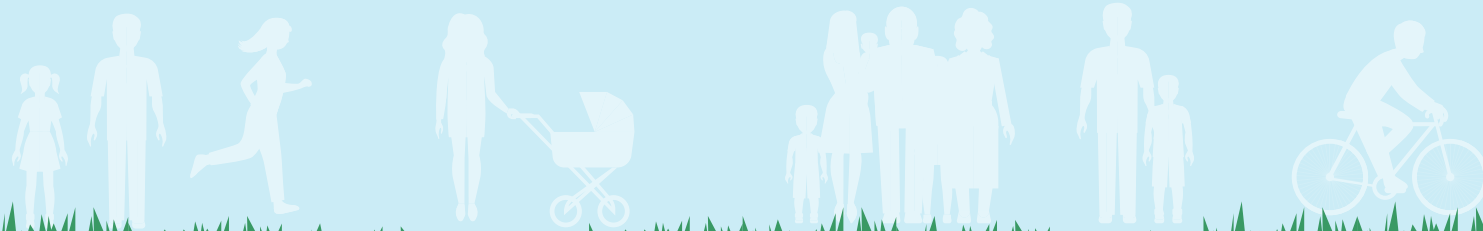
### SAFETY

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](http://www.cdc.gov/nccdphp/dnpao)