



# AT-A-GLANCE

Active People, Healthy Nation is a national initiative by CDC and its partners. Our goal is to save lives and protect health by helping 25 million Americans become more physically active.

## WHY OUR WORK IS IMPORTANT

Too few Americans get the recommended amount of physical activity.



Only **1 in 5** adults and **1 in 5** high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities.



About **31 million** adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.

## PHYSICAL INACTIVITY COSTS LIVES & DOLLARS



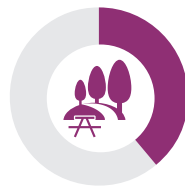
Inactivity contributes to **1 in 10** premature deaths.

**\$117**  
BILLION



Inadequate levels of physical activity are associated with **\$117 billion** in annual health care costs.

## MANY AMERICANS DO NOT HAVE SAFE OR CONVENIENT PLACES TO BE ACTIVE



Only **39%** of the US population lives within half a mile of a park.



Only **40%** of school-aged youth who live a mile or less from school report that they usually walk to school.





## PHYSICAL ACTIVITY BENEFITS ALL AMERICANS



### Benefits for Children

- 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

- 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 or roll in wheelchairs, ride bicycles, and drive.



### Workforce

Physically active people tend to take fewer sick days.