

Regular physical activity, including both aerobic and strength-training activities, helps improve people’s overall health and fitness and reduces the risk of chronic diseases. In particular, regular physical activity reduces the risk of coronary heart disease, stroke, high blood pressure, and type 2 diabetes. Additionally, physical activity helps improve immune function, muscular strength, and mobility and can reduce depression.

According to the *2008 Physical Activity Guidelines for Americans*, adults need, weekly, a combination of either 150 minutes of moderate or 75 minutes of vigorous intensity aerobic activity along with muscle-strengthening exercises to meet physical activity recommendations.<sup>1</sup> Children and adolescents should engage in 60 minutes (1 hour) or more of physical activity each day.

### **Economic Impact**

The annual cost directly attributable to inactivity in the United States is an estimated \$24 to \$76 billion or 2.4% to 5% of the total national healthcare expenditure.<sup>2</sup>

### **Physical Activity Levels in Indiana—2009**

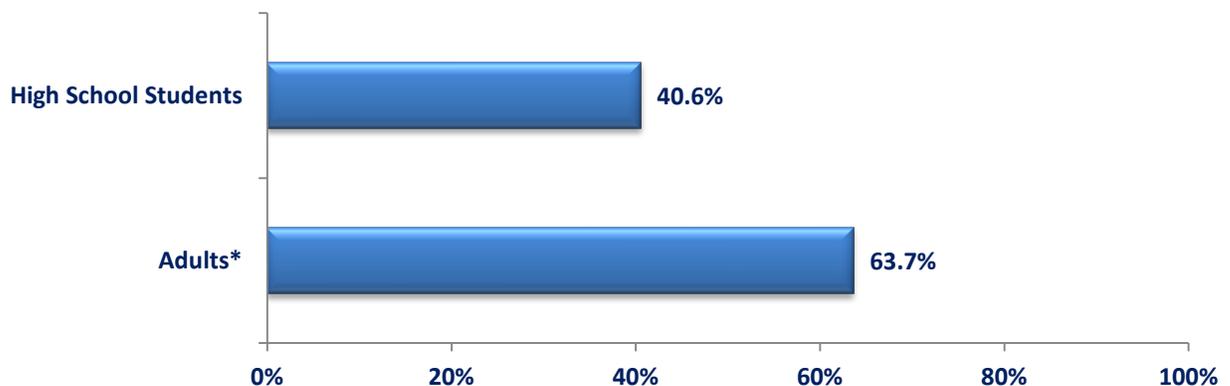
#### ***High school students***

- 40.6% of high school students reported being physically active for a total of at least 60 minutes per day on five or more of the past seven days [Figure 1].<sup>3</sup>
- Male high school students were almost two times as likely to meet the recommended levels of physical activity than were female high school students (52% versus 29%).<sup>3</sup>

#### ***Adults***

- 63.7% of adults met the recommended 150 minutes of moderate physical activity per week [Figure 1].<sup>4</sup>
- More men than women met the recommended level of physical activity (70.5% versus 57.2%).<sup>4</sup>

**Figure 1. Percent of high school students and adults\* meeting recommended physical activity guidelines, Indiana, 2009<sup>†</sup>**



\*Adults are people ages 18 years and older

†Physical activity recommendations are different for high school students and adults

Sources: 2009 Indiana YRBS Survey Data; 2009 Indiana BRFSS Statewide Survey Data

## What Can Be Done to Increase Physical Activity Levels in Indiana?

- Create, maintain, and enhance parks, recreation sports and fitness facilities.
- Encourage schools to provide communities access to their physical activity spaces and facilities outside of normal school hours.
- Adopt policies that enhance physical activity and education in schools and child-care settings.
- Support urban design, land use, and transportation policies that plan, build, and maintain a well-connected network of off-street trails and paths for pedestrians and bicyclists.
- For more tips, check out *Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010-2020*, at [www.inhealthyweight.org](http://www.inhealthyweight.org).

## References and Resources

1. Centers for Disease Control and Prevention (2011). The How Much Physical Activity Do You Need page. Retrieved March 2, 2011, from: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>.
2. Colditz, G. A. Economic costs of obesity and inactivity. *Med. Sci. Sports Exerc.*, Vol. 31, No. 11, Suppl., pp. S663-S667, 1999.
3. Centers for Disease Control and Prevention. (2011). 2009 Youth Risk Behavior Surveillance – United States, 2009. Retrieved January 11, 2011, from: <http://www.cdc.gov/HealthyYouth/yrbs/>.
4. Centers for Disease Control and Prevention. (2010). 2009 Behavioral Risk Factor Surveillance System Survey data— United States, 2009. Retrieved February 23, 2011, from: [http://www.cdc.gov/brfss/technical\\_infodata/surveydata/2009.htm](http://www.cdc.gov/brfss/technical_infodata/surveydata/2009.htm).