

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.¹ 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.²

Physical Activity Levels in Indiana—2009

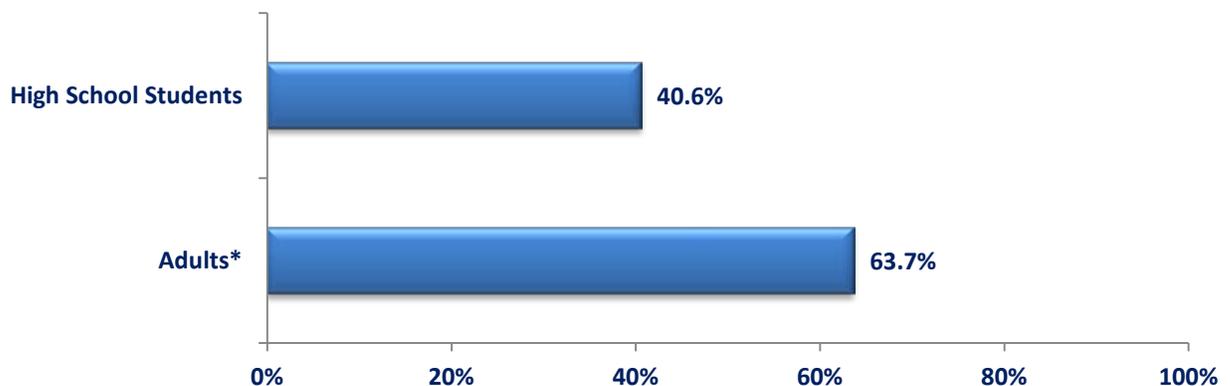
High school students

- 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].³
- 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%).³

Adults

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

Figure 1. Percent of high school students and adults* meeting recommended physical activity guidelines, Indiana, 2009[†]

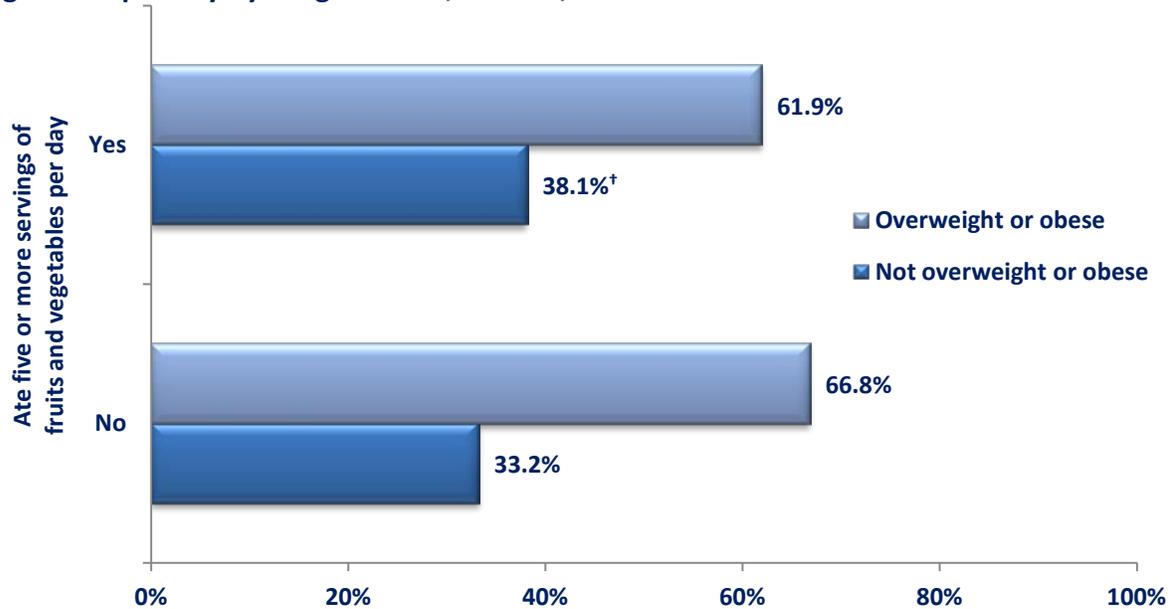


*Adults are people ages 18 years and older

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

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

Figure 2. Percent of adults* who reported consuming five or more servings of fruits and vegetables per day by weight status, Indiana, 2009



*Adults are people ages 18 years and older

† Adults consuming five or more servings of fruits and vegetables per day were statistically less likely to be overweight or obese ($P < .05$)

Source: 2009 Indiana BRFSS Statewide Survey Data

What Can Be Done To Increase Fruit and Vegetable Consumption?

- Expand access to supermarkets and grocery stores in communities.
- Encourage healthier foods and nutrition services in schools and worksites.
- Support farm to institution programs.
- Expand the number of farmers markets that accept Supplemental Nutrition Assistance Program (SNAP) benefits electronically and Women, Infants, and Children (WIC) Farmers Market Nutrition Program Coupons.
- Promote food policy councils as a means to improve the food environment at the state and local levels.
- Support and promote community and home gardens.
- For more tips, check out *Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010–2020*, at www.inhealthyweight.org.

References and Resources

1. Centers for Disease Control and Prevention (2011). The How Much Physical Activity Do You Need page. Retrieved Mar 2, 2011, from: www.cdc.gov/physicalactivity/everyone/guidelines/index.html.
2. Colditz, GA. Economic costs of obesity and inactivity. *Med Sci Sports Exerc.* 1999; 31(11): S663–S667.
3. Centers for Disease Control and Prevention (2011). 2009 Youth Risk Behavior Surveillance—United States, 2009. Retrieved Jan 11, 2011, from: 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 Feb 23, 2011, from: www.cdc.gov/brfss/technical_infodata/surveydata/2009.htm.