

2005 Georgia Data Summary:

PHYSICAL ACTIVITY IN YOUTH



Inactive children and youth are more likely to become inactive adults, leading to increased healthcare costs.

Too many youth do not get enough regular physical activity.

Percentages of vigorously active youth in Georgia

- 68% of middle school students are vigorously active.
- 59% of high school students are vigorously active.
- The Healthy People 2010 national goal for vigorous activity in youth is 85%.

Policies and environments in schools and communities influence physical activity behaviors in children and youth.

Schools

- Too many middle schools (26%) and high schools (28%) in Georgia allow faculty to use physical activity as a punishment for bad behavior.
- Only 3 in 10 middle and high school students in Georgia attend daily physical education classes.
- Only 62% of middle schools and 43% of high schools offer intramural activities to students.
- Most middle schools (86%) and high schools (79%) in Georgia allow use of school's athletic facilities outside of school hours.

Communities

- Few (13%) children aged 5-15 years, who live one mile or less from school, walk to school.
- Traffic is the most common barrier (54%) to walking or biking to school among children aged 5-15 years who live one mile or less from school in Georgia.

Regular physical activity reduces risk for other medical conditions.

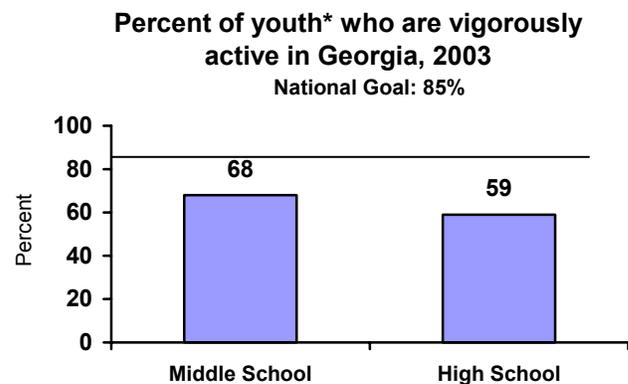
- Regularly active adults are less likely than inactive adults to have the following medical conditions:
 - Hypertension
 - Obesity
 - Stroke
 - Diabetes
 - Poor mental health
 - Arthritis or joint symptoms

Data source: *2003 Georgia Student Health Survey

Date updated: December 2005

Publication number: DPH05.121H

Visit <http://www.health.state.ga.us/epi/cdiee/physical.asp> for more information on the prevalence of physical activity in Georgia.



2005 Georgia Data Summary:

PHYSICAL ACTIVITY IN ADULTS



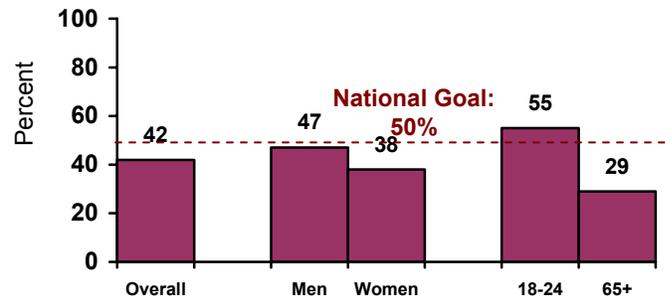
Lack of regular physical activity can lead to high blood pressure, stroke, obesity, diabetes, arthritis, and poor mental health.

Too many adults do not get enough regular physical activity.

Percentage of regularly active adults in Georgia

- 42% of adults are regularly active.
- Men (47%) are more likely to be regularly active than women (38%).
- Young adults aged 18-24 years (55%) are more likely to be active than older adults aged 65+ years (29%).
- The Healthy People 2010 national goal for regular activity in adults is 50%.

Percent of adults[†] who are regularly active in Georgia, 2003



Policies and environments in communities, worksites, and health care settings impact physical activity behaviors in adults.

Communities

- Adults with a safe and convenient place to walk in their community are more likely to be regularly active (42%) than adults without a safe place to walk (27%).
- Neighborhood sidewalks and streets, public parks, school tracks, fitness centers, walking trails, are most common places to walk among adults in Georgia.

Worksites

- Few worksites in Georgia have organizational policies, environmental features, or programs to encourage employees to be regularly active.

Health care

- Most health maintenance organizations (HMOs) in Georgia have policies to support physical activity by providing educational material, counseling, or discounts or fee reductions to join programs to all members.
- Only one HMO in Georgia has a policy to reimburse for physical activity assessments.

Physical inactivity cost Georgia \$542 million in hospital charges in 2003.

- Physical inactivity has had a severe health and economic impact on the state. In 2003, insufficient activity and inactivity were responsible for:
 - 3,581 deaths
 - 21,538 hospitalizations
 - \$542 million in hospital charges

Data source: † 2003 Georgia Behavioral Risk Factor Surveillance System

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