2009 Georgia Data Summary:

**PHYSICAL ACTIVITY IN YOUTH**

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

**Youth do not get enough physical activity.**

Percentages of youth who meet requirements for recommended physical activity* in Georgia

- **55%** of middle school students and **44%** of high school students meet requirements for physical activity†
- In both middle and high school, significantly more male students than female students are meeting the recommendations†
- In a recent assessment over half (52%) of 5th and 7th grade students did not pass a cardiovascular health assessment‡
- **22%** of 5th and 7th grade students did not meet standards of muscular strength, flexibility, and endurance‡

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

**Schools**
- Few middle school students (39%) and high school students (34%) attend daily physical education classes†
- Only **44%** of middle schools and **15%** of high schools require students to attend daily physical education classes in each grade¶
- **66%** of middle schools and **54%** of high schools in Georgia offer intramural activities to students¶
- Most middle schools (86%) and high schools (78%) in Georgia allow use of the school’s athletic facilities outside of school hours¶

**Communities**
- Few middle school students (19%) and high school students (22%) in Georgia, who live one mile or less from school walk to school†
- Traffic is a very common barrier to walking or biking to school among middle school students (18%) and high school students (12%) who live one mile or less from school†

**Regular physical activity reduces risk for other medical conditions.**

- Regularly physical activity reduces risk for the following medical conditions:
  - Hypertension
  - Diabetes
  - Arthritis or joint symptoms
  - Obesity
  - Poor mental health
  - Stroke

**Definition of recommended physical activity:** *At least 60 minutes of physical activity on 5 or more days per week.

**Data source:** † 2007 Georgia Student Health Survey
¶ 2006 School Health Profiles Survey
Adults do not get enough regular physical activity.

**Percentage of regularly active* adults in Georgia**

- Only 40% of adults† are regularly active
- Normal weight adults (49%) are more likely to be regularly active than overweight (44%) or obese adults (35%)‡
- Across all racial groups, men (51%) are more regularly active than women (45%)
- Among men, Hispanic men (55%) have a higher prevalence of regular physical activity than black and white men (44% and 47%)†
- White women (43%) are more likely to be regularly active than either black women (31%) or Hispanic women (30%)

**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, and walking trails, are the most common places to walk among adults in Georgia

**Worksites¶**
- In Georgia 40% of worksites have organizational policies 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 providers and paid members for physical activity assessments and counseling from specialists

**Physical inactivity cost Georgia $599 million in hospital charges in 2007.**

- Physical inactivity has had a severe health and economic impact on the state. In 2007, insufficient activity and inactivity were responsible for:
  - 2,774 deaths§
  - 17,213 hospitalizations*
  - $599 million in hospital charges*

**Definition of regular physical activity:** *30+ minutes of moderate physical activity on 5 or more days per week or 20+ minutes of vigorous physical activity on 3 or more days per week.

**Data sources:** † 2001-07 Georgia Behavioral Risk Factor Surveillance System  ‡ 2001 Georgia Behavior Risk Factor Surveillance System  ¶ 2008 Georgia Worksite Survey  # 2004 Georgia Health Plan Survey  § 2007 Georgia Vital Statistics  ⚟ 2007 Georgia Hospital Discharge Data