

2006 Georgia Data Summary:

PHYSICAL ACTIVITY IN YOUTH



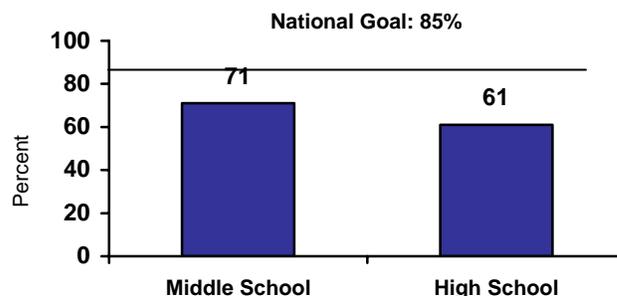
Inactive children and youth are more likely to become inactive adults, leading to increased health care costs.

Youth do not get enough physical activity.

Percentages of vigorously active* youth in Georgia

- 71% of middle school students[†] are vigorously active.
- 61% of high school students[†] are vigorously active.
- The percentage of vigorously active middle school and high school students is consistently below the Healthy People 2010 national goal (85%) across all sex, race, and grade groups.

Percent of youth who are vigorously active in Georgia, 2005



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.[†]
- Few middle school students (35%) and high school students (36%) in Georgia attend daily physical education classes.[†]
- Only 62% of middle schools and 43% of high schools in Georgia offer intramural activities to students.[‡]
- However, most middle schools (86%) and high schools (79%) in Georgia allow use of school's athletic facilities outside of school hours.[‡]

Communities

- Few middle school students (15%) and high school students (17%) in Georgia, who live one mile or less from school, walk to school.[†]
- Traffic is the most common barrier to walking or biking to school among middle school students (18%) and high school students (28%) 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
 - Obesity
 - Stroke
 - Diabetes
 - Poor mental health
 - Arthritis or joint symptoms

Definition of vigorous activity: *At least 20 minutes of physical activity that made them breathe hard on 3 or more days per week.

Data source: † 2005 Georgia Student Health Survey ‡ 2002 School Health Profiles Survey

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Visit <http://www.health.state.ga.us/nutandpa/data.asp> for more information on physical activity data in Georgia.

2006 Georgia Data Summary:

PHYSICAL ACTIVITY IN ADULTS



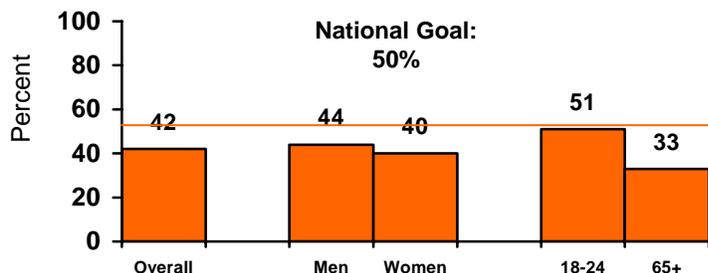
Lack of regular physical activity can lead to high blood pressure, stroke, obesity, diabetes, arthritis, and poor mental health.

Adults do not get enough regular physical activity.

Percentage of regularly active* adults in Georgia

- Only 2 in 5 (42%) adults[†] are regularly active.
- Men (44%) are more likely to be regularly active than women (40%).[†]
- Young adults aged 18-24 years (51%) are more likely to be active than older adults aged 65+ years (33%).[†]
- The Healthy People 2010 national goal for regular activity in adults is 50%.

Percent of regularly active adults in Georgia, 2005



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 (< 24%) 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 providers and paid members for physical activity assessments and counseling from specialists.

Physical inactivity cost Georgia \$569 million in hospital charges in 2004.

- Physical inactivity has had a severe health and economic impact on the state. In 2004, insufficient activity and inactivity were responsible for:
 - 3,400 deaths
 - 21,700 hospitalizations
 - \$569 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 source: † 2005 Georgia Behavioral Risk Factor Surveillance System
¶ 2002 Georgia Worksite Survey

‡ 2001 Georgia Behavior Risk Factor Surveillance System
2004 Georgia Health Plan Survey

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