

2009 Georgia Data Summary:

PHYSICAL ACTIVITY IN YOUTH

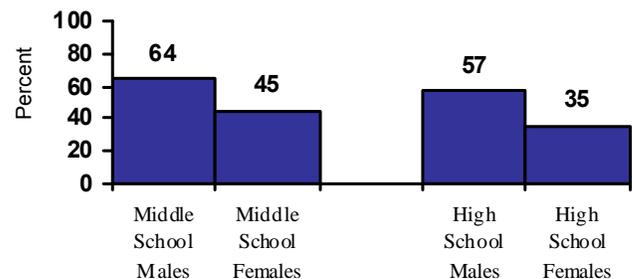
Inactive children and youth are more likely to become inactive adults, leading to increased health care costs.

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[‡]

Percent of youth who meet requirements for physical activity in Georgia, 2007



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
- Obesity

- Diabetes
- Poor mental health

- Arthritis or joint symptoms
- 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

‡ Philanthropic Collaborative for a Healthy Georgia. Georgia Youth Fitness Assessment 2006. Atlanta, Georgia, September 2007.

†† 2006 School Health Profiles Survey

2009 Georgia Data Summary:

PHYSICAL ACTIVITY IN ADULTS

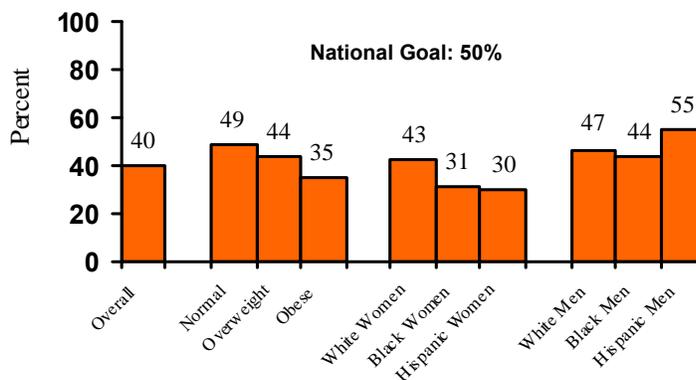
Lack of regular physical activity can lead to high blood pressure, stroke, obesity, diabetes, arthritis and poor mental health.

Adults do not get enough regular physical activity.

Percentage of regularly active* adults in Georgia

- Only **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%**)

Percent of regularly active adults in Georgia, 2001-2007



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