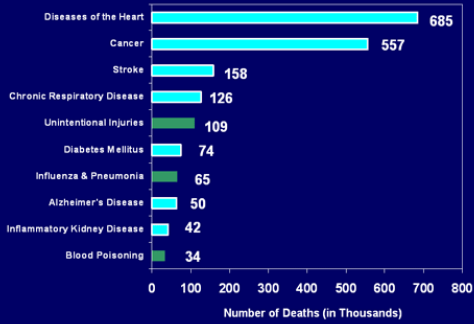


Physical Activity Guidelines

Leading Causes of Death United States, 2003



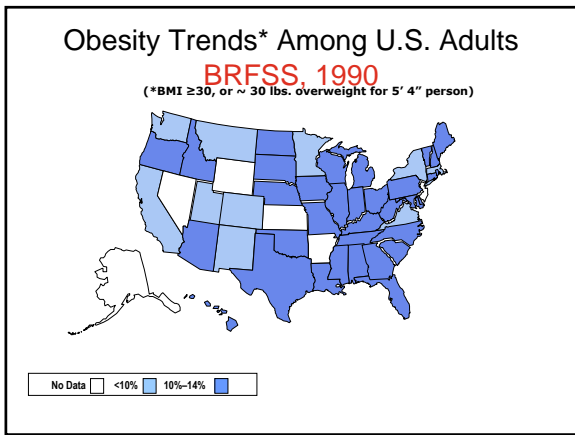
Source: Boyert CL, Heron MP, Murphy SL, Kung'u B, Dwyer E. Final Data for 2003. National vital statistics reports, vol 54 no 13. Hyattsville, MD: National Center for Health Statistics; 2005.

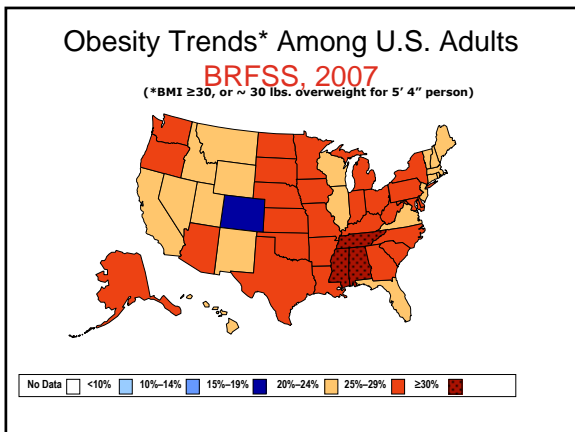
Actual Causes of Death in the United States

Actual Cause	No (%) in 1990	No (%) in 2000
Tobacco	400,000 (19)	435,000 (18.1)
Poor Diet and Physical Inactivity	300,000 (14)	400,000 (16.6)
Alcohol consumption	100,000 (5)	85,000 (3.5)
Microbial agents	90,000 (4)	75,000 (3.1)
Toxic agents	60,000 (3)	55,000 (2.3)
Motor vehicle	25,000 (1)	26,500 (1)
Firearms	35,000 (2)	29,000 (1.2)
Sexual behavior	30,000 (1)	20,000 (0.8)
Illicit drug use	20,000 (<1)	17,000 (0.7)
Total	1,060,000 (50)	1,159,000 (48.2)

*Mokdad et al. JAMA;291:1238-1245







Physical Activity

- 62% of adults do not engage in vigorous leisure-time activities
- Only 24% of adults engage in vigorous leisure-time activities 3 or more times per week
- 67% of high school students engage in regular physical activity

Source: www.cdc.gov/hchs/fastats/exercise.htm



Actual Measures of Physical Activity

- NHANES data collected using accelerometers
- 6,800 children and adults over 1 week
- 42% of children meet goal
- 8% of adolescents meet goal
- <5% of adults meet goal

Physical Activity Guidelines Overview

- Regular physical activity reduces health risks
- Some better than none
- >Activity = >Benefit
- 150 minutes of moderate intensity activity
- Aerobic and muscle-strengthening
- Health benefits for everyone
- Benefits outweigh risks

Physical Activity Guidelines Children and Adolescents

- 60 minutes or more of physical activity every day
 - Most of the 60 minutes should be moderate-or vigorous-intensity aerobic activity
 - Vigorous-intensity activity at least 3 days/week
 - Muscle-strengthening 3 days/week
 - Bone-strengthening 3 days/week
- Activities should be age appropriate, enjoyable, and offer variety

Physical Activity Guidelines Children and Adolescents

- Children and adolescents who do not meet the guidelines should slowly increase activity in small steps and ways they enjoy
- Children and adolescents who meet the guidelines should continue and if appropriate, become more active
- Children and adolescents who exceed the guidelines should maintain effort and vary their activities

Physical Activity Guidelines
Adults

- Some activity is better than none
- For substantial health benefits, at least 150 minutes/week moderate-intensity or 75 minutes/week vigorous intensity
- For additional health benefits, at least 300 minutes/week moderate-intensity or 150 minutes/week vigorous intensity
- Muscle-strengthening activities 2 or more days/week

Physical Activity Guidelines
Adults

- Inactive adults should increase activity over weeks to months
- Active adults who meet minimum guidelines can gain greater benefits by increasing their activity and should vary activities
- Highly-active adults should maintain their activity level and should vary their activities

Physical Activity Guidelines
Older Adults

- Same as adults
- If unable, should be as physically active as their abilities and medical conditions allow
- Should do exercises to maintain or improve balance
- Level of effort should be relative to fitness
- Should understand how their medical conditions and medications affect their ability

What Can You Do?

- Measure (height, weight, BMI, waist circumference)
- Ask (diet, weight concerns, physical activity)
- Counsel (impact on health, including reproductive health)
- Prescribe (diet, physical activity)

WEBSITES

For Everyone:

www.health.gov/paguidelines

For Consumers:

www.healthfinder.gov

www.fitness.gov

www.cdc.gov/physicalactivity/everyone/guidelines/index.html

Scientific Literature Database

<https://apps.nccd.cdc.gov/PhysicalActivityGuidelines/SearchAC.aspx>



- 10th Annual National Women's Health Week
- Weeklong health observance coordinated by Office on Women's Health
- National Women's checkup Day – Monday, May 11, 2009
- Women and Girls Out Moving Across the Nation (WOMAN) Challenge – May 10-July 4, 2009
- <http://www.womenshealth.gov/whw/>