

# CDC's Division of Nutrition, Physical Activity, and Obesity

## Making Active Living Easier



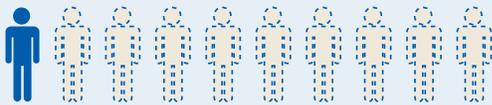
A leader in our nation's efforts to keep Americans safe and healthy where they live, work, learn, and play.

Physical activity is one of the best things people can do to improve their health. Active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, obesity, and some cancers. For people with chronic diseases, physical activity can help manage these conditions and complications.

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) works with national, state and local partners to make it easier for people to be physically active. We focus on providing people increased access to safe and convenient places and opportunities for physical activity in their communities. We educate the public about the benefits of physical activity to their health and track how much physical activity Americans get.

## Inactivity Is a Costly Problem for America

### Physical inactivity costs lives and dollars.

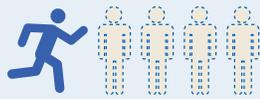


Inactivity contributes to **1 in 10 premature deaths**.



Inadequate levels of physical activity are associated with **\$117 BILLION** in annual healthcare costs.

### Americans get very little physical activity.



Only **1 in 5 adults and high school students** fully meet physical activity guidelines for aerobic and muscle-strengthening activities.

About **31 MILLION** adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.

### Many Americans do not have safe or convenient places to be active.



In 2014, over **4,800 people** were killed by a car while walking.



More than **60% of the U.S. population** don't live within half a mile of a park.

# Partnering For a Healthier America

DNPAO partners with **national groups, states, and communities** to advance the following priorities:



## Early Childcare and Education (ECE) Obesity Prevention Program

We partner with states to: 1) make state-wide improvements in their ECE system by incorporating obesity prevention standards and practices; and 2) support a targeted group of ECE providers to make facility-wide improvements using a learning collaborative. These activities help providers support breastfeeding, healthy eating, and physical activity for children in their facilities.



## High Obesity County Program

We fund land grant universities in 11 states with county obesity rates greater than 40%. Residents of these communities tend to have fewer opportunities to be physically active. To address this, many of the grantees work with local cooperative extensions to help increase the availability of safe, convenient places where people can be active in their communities.



## Promoting Walking and Walkability

We work with national partners to advance evidence-based actions outlined in the *National Physical Activity Plan and Step it Up! The U.S. Surgeon General's Call to Action to Promote Walking and Walkable Communities*.



## Racial and Ethnic Approaches to Community Health (REACH) Program

We fund and support local groups in developing culturally-tailored community programs to reduce chronic diseases and risk behaviors. One focus of the program is assuring opportunities for physical activity are attainable for all people.



## State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factor and School Health

We fund and support state health departments in using evidence-based approaches to help people achieve good health. Exploring and implementing strategies to promote safe places to be physically active is one strategy grantees work on.

### OUR IMPACT

## Together, We Are Making a Difference!



Since 2014, over 8,000 ECE providers across the nation completed 2 hours of professional development training on promoting physical activity among young children.



1 in 5 elementary schools now have a "Safe Routes to Schools" program, making it safer for children to walk or bicycle to school.



The proportion of adults meeting the aerobic physical activity guideline increased from 44% in 2008 to 50% in 2015.



More than 900 communities or regions adopted "Complete Streets" policies that make it easier to cross the street, walk to shops, and bicycle to work.