AT-A-GLANCE

Active People, Healthy Nation is a national initiative by CDC and its partners. Our goal is to save lives and protect health by helping 25 million Americans become more physically active.

<table>
<thead>
<tr>
<th>WHY OUR WORK IS IMPORTANT</th>
<th>PHYSICAL INACTIVITY COSTS LIVES &amp; DOLLARS</th>
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<tbody>
<tr>
<td>Too few Americans get the recommended amount of physical activity.</td>
<td>Inactivity contributes to <strong>1 in 10</strong> premature deaths.</td>
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<td>Only <strong>1 in 5</strong> adults and <strong>1 in 5</strong> high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities.</td>
<td>Inadequate levels of physical activity are associated with <strong>$117 billion</strong> in annual health care costs.</td>
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<th>MANY AMERICANS DO NOT HAVE SAFE OR CONVENIENT PLACES TO BE ACTIVE</th>
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<td>About <strong>31 million</strong> adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.</td>
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<td>Only <strong>40%</strong> of school-aged youth who live a mile or less from school report that they usually walk to school.</td>
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</tbody>
</table>
PHYSICAL ACTIVITY BENEFITS ALL AMERICANS

Benefits for Children
• Improves aerobic fitness
• Improves muscular fitness
• Improves bone health
• Promotes favorable body composition
• Improves attention and some measures of academic performance (with school physical activity programs)

Benefits for Adults
• Lowers risk of high blood pressure
• Lowers risk of stroke
• Improves aerobic fitness
• Improves mental health
• Improves cognitive function
• Reduces arthritis symptoms
• Prevents weight gain

Benefits for Healthy Aging
• Reduces risk of falling
• Improves balance
• Improves joint mobility
• Extends years of active life
• Helps prevent weak bones and muscle loss
• Delays onset of cognitive decline

PHYSICAL ACTIVITY BENEFITS COMMUNITIES

Economic
Building active and walkable communities can help:
• Increase levels of retail economic activity and employment
• Increase property values
• Support neighborhood revitalization
• Reduce health care costs

Safety
Walkable communities can improve safety for people who walk or roll in wheelchairs, ride bicycles, and drive.

Workforce
Physically active people tend to take fewer sick days.