

AT-A-GLANCE

Active People, Healthy Nation is a national initiative led by CDC to help 27 million Americans become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.



WHY OUR WORK IS IMPORTANT

Too few Americans get the recommended amount of physical activity.



Nationally, **1 in 4** adults meet the combined aerobic and muscle strengthening guidelines.

PHYSICAL INACTIVITY COSTS LIVES & DOLLARS



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

\$117
BILLION



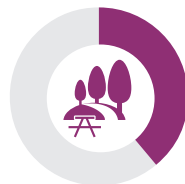
Inadequate levels of physical activity are associated with **\$117 billion** in annual health care costs.

MANY AMERICANS DO NOT HAVE SAFE OR CONVENIENT PLACES TO BE ACTIVE

31
MILLION



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



Only **39%** of the US population lives within half a mile of a park.



Only **40%** of school-aged youth who live a mile or less from school report that they usually walk to school.





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.