

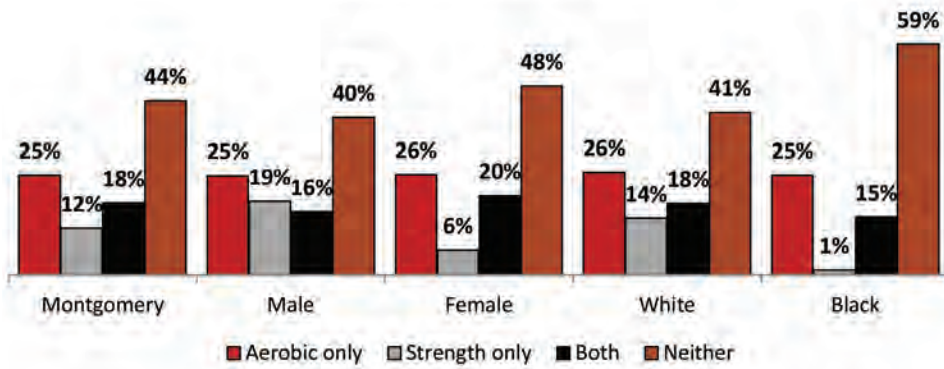
# PHYSICAL ACTIVITY



## PHI PUBLIC HEALTH IMPORTANCE:

Maintaining an active lifestyle is one of the most important steps anyone can take to improve their health. Physical activity promotes normal growth and development, elevates mood and brain function, improves sleep, and reduces the risk of developing a chronic disease. Exercising in increments as little as 10 minutes can provide these health benefits. Over time, the long-term benefits of consistent, regular physical activity can increase the quality and length of one's life.

### Adults Who Meet Physical Activity Guidelines by Sex and Race Montgomery County, 2015 & 2017



Source: Behavioral Risk Factor Surveillance System (BRFSS)

#### KEY FINDINGS as self-reported

- ▶ Fewer than 1 in 5 adults meet the U.S. guidelines for both aerobic and muscle-strengthening physical activity.
- ▶ Men are more likely than women to meet the guidelines for muscle-strengthening activity, but women are more likely to meet the guidelines for aerobic activity.

### Physical Activity Guidelines for Adults

- ▶ **Aerobic:** 150 to 300 minutes a week of moderate-intensity activity, or 75 to 150 minutes a week of vigorous-intensity activity or a combination of the two.
- ▶ **Muscle-strengthening:** moderate or greater intensity activity involving all major muscle groups on 2 or more days a week.

Source: U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition.

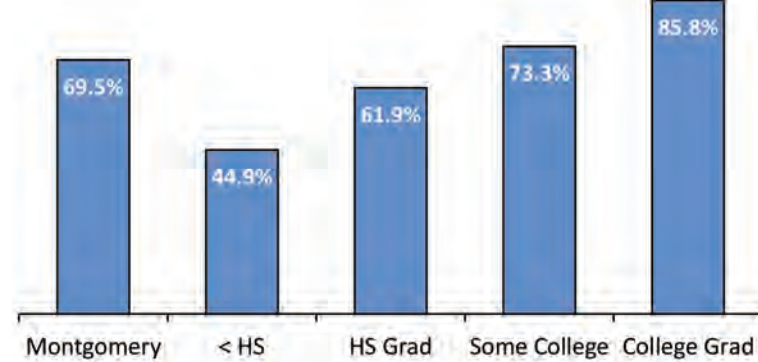
### Across the Nation

	Montgomery <sup>1</sup>	Ohio <sup>1</sup>	United States <sup>2</sup>	HP 2020 Goal
Meet Both Guidelines	18.4%	19.0%	20.3%	20.1%

<sup>1</sup>Behavioral Risk Factor Surveillance System (BRFSS), 2015 & 2017

<sup>2</sup>Behavioral Risk Factor Surveillance System (BRFSS), 2017

### Any Physical Activity Outside of Work by Education Montgomery County, 2016-2017



Source: Behavioral Risk Factor Surveillance System (BRFSS)

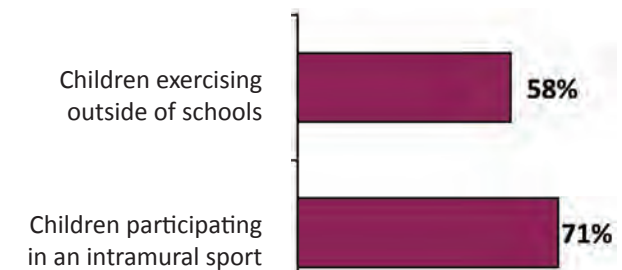
#### KEY FINDING as self-reported

- ▶ Those with higher levels of education are more likely to participate in physical activity outside work than those with lower education.

#### KEY FINDING as self-reported

- ▶ More than 70% of children participated in an intramural sport during the past year.

### Child\* Physical Activity Montgomery County and Surrounding Areas, 2017



Source: Dayton Children's Hospital Community Health Needs Assessment \*6-11 years

