Physical Activity

Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. Regular physical activity can help to reduce the risk of certain chronic diseases, such as high blood pressure, stroke, coronary artery disease type 2 diabetes, obesity, colon cancer, and osteoporosis.[1]

Physical activity recommendations include strategies to make physical activity an easy choice. This can be accomplished by creating opportunities for children, adults, and older adults to be active where they live, play, work and learn.

Healthiest Wisconsin 2020
Physical Activity Objectives

- **Design communities to encourage activity**
- **Provide opportunities to become physically active**
- **Provide opportunities in all neighborhoods to reduce health disparities**

More than half of Wisconsin adults (18 years and older) are not meeting the recommended physical activity level (150+ minutes per week). An increasingly large number – almost 1 in 4 – are reporting no amount of physical activity in a given week. Wisconsin ranks 15th nationally in the American's Health Rankings for physical inactivity, which they measure as the percentage of adults who self-report doing no physical activity or exercise other than their regular job in the last 30 days.

Physical Activity Data - Adults	Wisconsin	U.S.
% of adults that participated in enough aerobic exercises to meet guidelines (150 mins/week)	57%	52%
% of adults that participated in enough aerobic (150 mins/week) and muscle strengthening exercises (2x/week) to meet guidelines	22%	21%
% of adults that participated in some activity in the past month	77%	74%
Source: Centers for Disease Control and Prevention: BRFSS 2011		

Physical Activity Data - Youth	Wisconsin	U.S.
% of students that did not participate in at least 60 minutes of physical activity on at least one day in the past seven days	12.6%	15.2%
% of students that participated in at least 60 minutes of physical activity in at least five of the past seven days	49.5%	47.3%
% of students that participated in at least 60 minutes of physical activity each day for the past seven days	24.0%	27.1%
Source: Centers for Disease Control and Prevention: YRBS 2013		

According to the Youth Risk Behavior Survey, only 24% of Wisconsin adolescents were physically active for a total of at least 60 minutes per day on each of the 7 days prior to the survey. 39.4% of adolescents attended daily physical education classes in an average week (when in school). 12.6% did not participate in at least 60 minutes of physical activity on any day during the 7 days prior to the survey.[2 3]

Disparities in Physical Activity

- Black (35%) and Hispanic (31%) people are less likely to be physically active compared to White people (23%)
- As a person's income increases they are more likely to meet the recommended activity level and less likely to engage in no physical activity
- As a person's education level increases they are more likely to meet the recommended activity level and less likely to engage in no physical activity
- As people age they are more likely to not engage in physical activity

Physical Activity

Access to Physical Activity

Access to opportunities for physical activity plays a role in whether someone will be physically active. There is variation among Wisconsin counties where as few as 1% of some county residents have access to physical activity opportunities (i.e. parks, recreation facilities), and other counties have access for 98% of their residents. Improving access to physical activity could lead to reductions in health disparities in obesity, diabetes, heart disease, and stroke. Wisconsin has the 14th highest adult obesity rate in the nation.[4]

For more information on obesity see the Food and Nutrition section.

What's Being Done

- ✓ 58 of 72 counties have identified physical activity as a priority in their County Health Assessment Report
- ✓ The CDC funded Chronic Disease Prevention Program is implementing several strategies to increase physical activity in multiple settings that have many associated performance measures.
- ✓ Local Coalitions are working on physical activity initiatives in Active Communities, Schools and worksites.
- ✓ The Surgeon General's Call to Action on Walking was released in 2015

What Can Be Done

- o Increase physical activity access and outreach to increase walking and physical activity
- o Implement physical education and physical activity in early care and education (ECE) and worksites
- o Implement quality physical education and physical activity in K-12

[11] Wisconsin Department of Health Services. *Healthiest Wisconsin 2020.* Physical Activity Focus Area Profile.
[2] 2013 Youth Risk Behavior Surveillance Survey Results. Wisconsin High School Survey. Summary Tables.http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/yrbs13hssumtable.pdf.
[3] Youth Online: High School YRBS. Wisconsin 2013 Results. https://nccd.cdc.gov/youthonline/App/Results.aspx?LID=WI
[4]The State of Obesity: Better Policies for a Healthier America. http://stateofobesity.org/states/wi/