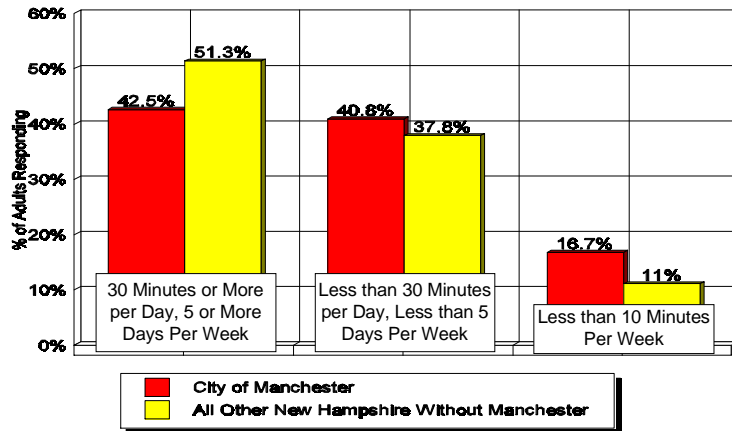




City of Manchester Department of Health PHYSICAL ACTIVITY REPORT CARD

Levels of Moderate Activity Among Manchester and All Other New Hampshire Adults over 18 years, 2001



HEALTHY PEOPLE 2010 OBJECTIVE: Increase the proportion of adults who engage daily in moderate physical activity for at least 30 minutes per day to 30% by 2010.

Daily physical activity is essential for good health and overall well being. Health benefits of exercise include reducing the risk of heart disease and high blood pressure, maintaining healthy bones, muscles, and joints, reducing symptoms of anxiety and depression, and helping to control weight and reduce body fat.³ Based on a survey of adults in Manchester in 2001, 40.8% of people exercised for less than 30 minutes per day, or less than 20 minutes per day for 5 days of the week.¹ This compares to 37.8% of adults in the entire state of New Hampshire.¹ Among teenagers in grades 9-12 in Manchester in 2001, only 28% of teenagers exercised for at least 20 minutes on 5 or more days.⁵ It is recommended that children get at least 60 minutes of age-appropriate activity throughout the day, and adults get at least 30 minutes of moderate-intensity activity on 5 or more days.⁶

Americans of all ages have become increasingly overweight in the last thirty years.³ This is in part due to food choices and environment, but it is also due to more sedentary lifestyles and lack of daily activity. Physical inactivity and obesity together accounted for 400,000 preventable adult deaths in the US in 2000.⁴ This is second only to tobacco as the leading preventable cause of death in the US.⁴ If the numbers of Americans affected continues to increase at the current rate, physical inactivity and obesity will become the leading cause of death in the near future. Health benefits will occur with an increase in any type of physical activity.

**Percent of Youth in Grades 9-12 Who are Inactive
Manchester Public School Population, 2001⁵**

	Females	Males
Total number of students enrolled in grades 9-12	3105	3167
Total number of students who responded to survey	2225	2054
% who exercised 5 days or less for at least 20 minutes	75.1%	69.2%
% who watched TV 1 hour a day or more on an average school day	48%	57%

WHO PAYS? As a result of physical inactivity, the occurrence of overweight and obese individuals has increased to epidemic proportions in the United States. This increase has prompted a rise in the adverse health problems associated with an inactive lifestyle and, therefore, increased the related health care costs. Direct health care costs, which include physician services, medications, and hospital and nursing home care, totaled \$64.1 billion spent in 2000.⁷ Indirect health care costs, which include the value of wages lost by individuals who cannot work due to illness or disability, and future earnings lost due to premature death, totaled \$58.8 billion spent in 2000.⁷

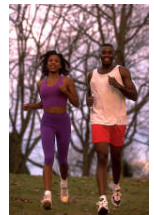


WHAT WORKS? RECOMMENDATIONS FOR THE COMMUNITY:

- Promote Physical Activity throughout the Community.** Develop a multi-component, highly visible, community-wide campaign promoting physical activity.⁸
- Support Healthy Behaviors.** Promote individually-adapted health behavior change programs.⁸
- Improve Access** to places for physical activity, and ensure places are readily available and acceptable. Examples include attractive sidewalks and walking trails, opening school gyms in the evenings and weekends during the winter for recreational use, and exercise facilities in the workplace.⁸
- Develop Social Support Interventions** in the community to increase physical activity. Examples include exercise buddies, physical activity contracts, and walking groups.⁸
- Support Community Involvement.** Develop strategies to increase the proportion of adolescents who participate in moderate activity for at least 30 minutes 5 days per week to 50% by 2010.¹ Examples include modifying school-based physical education and policies to increase the amount of time students spend in moderate to vigorous activity during PE,⁸ or work with schools and community agencies to create after-school programs that promote activity.⁹
- Target School-aged Children.** Promote the adoption of a comprehensive school health curriculum for students in grades 1-12 to teach the importance of activity and nutrition.⁹

RECOMMENDATIONS FOR THE INDIVIDUAL:

- Limit Television and Screen Time** to 1 hour or less per day.¹⁰
- Make it a Family Affair.** Encourage your family to participate in moderate to vigorous activity for at least 60 minutes throughout the day each day of the week.⁶
- Be Creative.** Incorporate easy, fun activities into your daily lifestyle. Examples of activities include dancing to music, walking the dog, jumping rope, hula-hooping, raking leaves, and taking the stairs instead of the elevator.⁶
- Set a Healthy Example.** Participate in activities at school with your children, such as *Take Your Parent to Lunch Day*, and *Get Movin' Manchester*. Adults are the role models for our children.⁶



FOR MORE INFORMATION ON HOW TO IMPROVE PHYSICAL ACTIVITY IN THE MANCHESTER COMMUNITY, PLEASE CONTACT:

- ✓ School Health Advisory Council: Manchester Health Department (603)624-6466
- ✓ New Hampshire Healthy Schools Coalition (603)862-3653
- ✓ Get Movin' Manchester: Manchester Health Department (603)624-6466 or Manchester School District (603)668-6629