





Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People.™

Press Release

For Immediate Release: August 7, 2012

Contact: Division of News & Electronic Media (<http://www.cdc.gov/media>), Office of Communication
(404) 639-3286

Six in 10 adults now get physically active by walking

Less than half get enough physical activity to improve their health

Sixty-two percent of adults say they walked for at least once for 10 minutes or more in the previous week in 2010, compared to 56 percent in 2005, according to a new Vital Signs (<http://www.cdc.gov/vitalsigns>) report from the Centers for Disease Control and Prevention (<http://www.cdc.gov/>).

However, less than half (48 percent) of all adults get enough physical activity to improve their health, according to data from the National Health Interview Survey. For substantial health benefits, the 2008 Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/>) & (<http://www.cdc.gov/Other/disclaimer.html>) recommends at least 2 ½ hours per week of moderate-intensity aerobic physical activity, such as brisk walking. This activity should be done for at least 10 minutes at a time.

“More than 145 million adults are now getting some of their physical activity by walking,” said CDC Director Thomas R. Frieden, M.D., M.P.H. (<http://www.cdc.gov/about/leadership/director.htm>). “People who are physically active live longer and are at lower risk for heart disease, stroke, type 2 diabetes, depression and some cancers. Having more places for people to walk in our communities will help us continue to see increases in walking, the most popular form of physical activity among American adults.”

The Vital Signs (<http://www.cdc.gov/vitalsigns>) report notes that increases in walking were seen in nearly all groups surveyed. Walkers were defined as those who walked for at least one session of 10 minutes or more for transportation, fun or exercise. In the West, roughly 68 percent of people walk, more than any other region in the country. People living in the South had the largest increase in the percentage of people who walk, up by nearly 8 percentage points from about 49 percent in 2005 to 57 percent in 2010. The report also found that more adults with arthritis or hypertension are walking; there was no increase in walking among adults with type 2 diabetes.

“It is encouraging to see these increases in the number of adults who are now walking,” said Joan M. Dorn, Ph.D., branch chief of the Physical Activity and Health Branch in CDC’s Division of Nutrition, Physical Activity and Obesity. “But there is still room for improvement. People need more safe and convenient places to walk. People walk more where they feel protected from traffic and safe from crime. Communities can be designed or improved to make it easier for people to walk to the places they need and want to go.”

The report highlights ways to provide better spaces and more places for walking. These include:

- State and local governments can consider joint use agreements to let community residents use local school tracks or gyms after classes have finished.
- Employers can create walking paths around or near the work place and promote them with signs and route maps.
- Citizens can participate in local planning efforts that identify best sites for walking paths and priorities for new sidewalks.

To learn more about Physical Activity Guidelines for Americans and ways to get active, visit www.cdc.gov/physicalactivity (<http://www.cdc.gov/physicalactivity>). The National Institute on Aging's Go4Life campaign has information on walking for health, success stories, and other fitness resources for older people at www.nia.nih.gov/Go4Life (<http://www.nia.nih.gov/Go4Life>) [Ⓔ](http://www.cdc.gov/Other/disclaimer.html) (<http://www.cdc.gov/Other/disclaimer.html>). For more information on CDC's Division of Nutrition, Physical Activity and Obesity, visit www.cdc.gov/nccdphp/dnpao (<http://www.cdc.gov/nccdphp/dnpao>).

Vital Signs (<http://www.cdc.gov/vitalsigns>) is a CDC report that appears on the first Tuesday of the month as part of the CDC journal, Morbidity and Mortality Weekly Report (<http://www.cdc.gov/mmwr>). The report provides the latest data and information on key health indicators. These indicators include cancer prevention, obesity, tobacco use, motor vehicle passenger safety, prescription drug overdose, HIV/AIDS, alcohol use, health care-associated infections, cardiovascular health, teen pregnancy, viral hepatitis, and food safety.

###

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (<http://www.hhs.gov/>) [Ⓔ](http://www.cdc.gov/Other/disclaimer.html) (<http://www.cdc.gov/Other/disclaimer.html>)

CDC works 24/7 (<http://www.cdc.gov/24-7/>) saving lives and protecting people from health threats to have a more secure nation. Whether these threats are chronic or acute, manmade or natural, human error or deliberate attack, global or domestic, CDC is the U.S. health protection agency.

Historical Document: August 7, 2012

Content source: Office of the Associate Director for Communication, Division of News and Electronic Media

Notice: Links to non-governmental sites do not necessarily represent the views of the CDC.

Centers for Disease Control and Prevention 1600 Clifton Rd. Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - cdcinfo@cdc.gov

PBIC and APHA Offer Free Webinar on Communities Putting Prevention to Work programs

CHAPEL HILL, NC — The Pedestrian and Bicycle Information Center (PBIC) in conjunction with the American Public Health Association (APHA) announces the next free webinar in its Livable Communities Webinar Series:

Communities Putting Prevention to Work: Using walking and bicycling as ways to promote public health

Wednesday, Sept. 19, 2012

1:00 p.m. — 2:30 p.m. EDT

To register, visit: <https://www2.gotomeeting.com/register/204782730>.

Chronic diseases are a major public health problem in the U.S. To combat those diseases, the Centers for Disease Control and Prevention created the Communities Putting Prevention to Work (CPPW) program in part to help communities find ways to tackle the nation's obesity epidemic.

Communities across the nation have used the CPPW program to make it easier for people to walk and bicycle as part of a concerted effort to reduce obesity. This webinar will show how two communities, Omaha, Neb. and Nashville, Tenn., have leveraged the CPPW program to improve their overall public health.

Mary Balluff, chief of Health & Nutrition Community Services within the Douglas County Health Department, and Kerri Peterson, executive director of Live Well Omaha, will discuss how they have worked to transform Omaha from a car-centric community to one with more than 20 miles of bicycle lanes and a community desire for more multimodal transportation. The two speakers will discuss the community's past, current and future efforts to promote public health through active transportation.

Alisa Haushalter, the project director for Nashville's Communities Putting Prevention to Work campaign, will discuss how the community promoted a culture of active walking and bicycling for all in Nashville. Her presentation will focus on how they sought local input, leveraged existing resources, and collaborated with governmental and non-governmental organizations to achieve their success.

This webinar is part of the PBIC's Livable Communities webinar series and is being presented in conjunction with the American Public Health Association. It is the second of three webinars exploring public health and pedestrian and bicycle safety and mobility.

PBIC offers free, public webinars approximately monthly. To register for upcoming webinars and to access archived presentations, please visit www.walkinginfo.org/webinars.

