

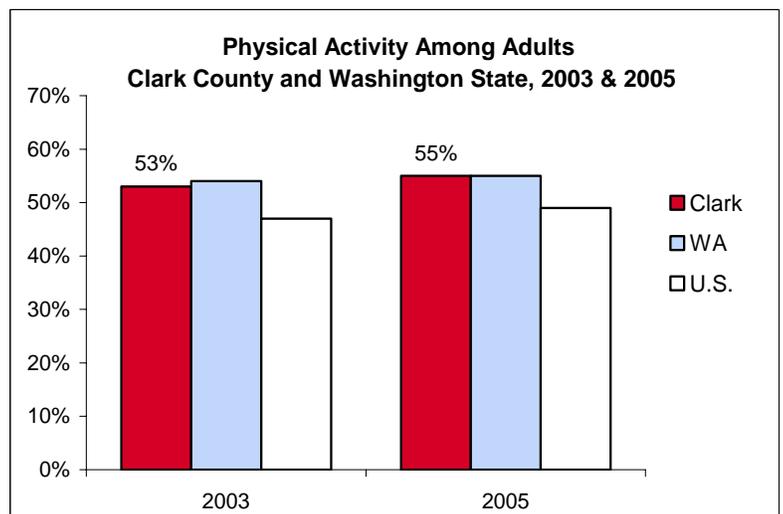


CLARK COUNTY ADULTS AND YOUTH RISK FACTOR OF PHYSICAL ACTIVITY April, 2007 Update

Physical inactivity is associated with obesity, increased chronic diseases such as diabetes and coronary heart disease, and increased health care costs.¹ Overwhelming scientific evidence now indicates that regular physical activity can be linked to a longer lifespan, and lowered risk of major illnesses. Physical activity also enhances psychological well-being.^{2, 7}

Physical Activity - Adults

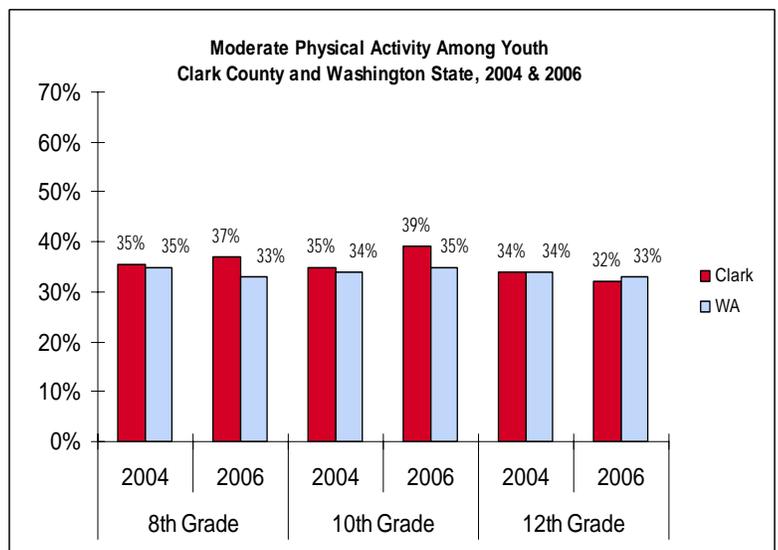
Moderate physical activity causes small increases in breathing or heart rate. Vigorous physical activity causes large increases in breathing or heart rate. Adequate physical activity among adults is defined as having 30 minutes or more of moderate activity at least five days per week or 20 minutes or more of vigorous activity at least three days per week.² One out of two adults in Clark County and Washington State met the national physical activity recommendations in 2003 and 2005.^{3, 8}



Source: Clark County, Washington State and United States BRFSS.

Physical Activity – Youth

Physical activity is necessary for lifetime fitness. Increasing participation in physical activity has been shown to increase student academic performance and ability to focus.⁴ Moderate physical activity is defined as having 30 minutes or more on at least five or more days per week of activity that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors. One-third of youth in Clark County and Washington State reported this level of moderate physical activity in 2004 and 2006.⁵

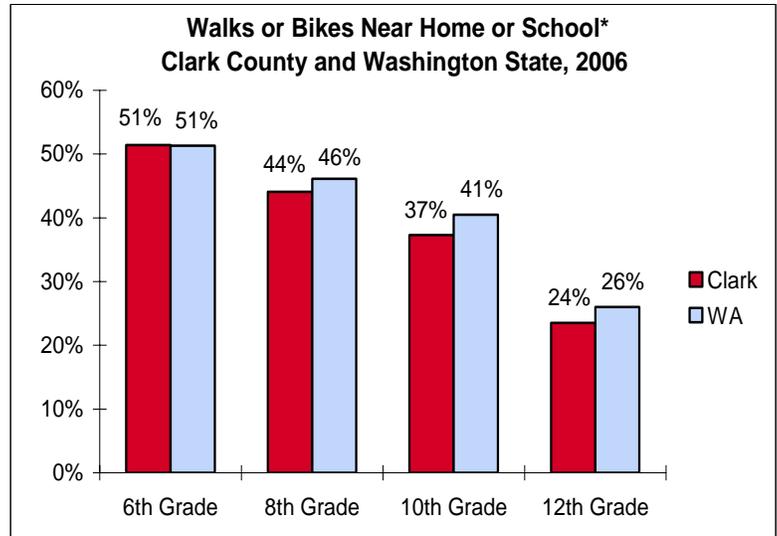


* Percent of youth who reported physical activity for at least 30 minutes that did not make you sweat or breathe hard on 5 or more days of the past seven days
Source: Washington State Healthy Youth Surveys



Neighborhood Walking and Biking

Walking and biking for transportation is one way to maintain moderate physical activity levels and ensure an active lifestyle. Youth were asked on how many days, in an average week, did they walk or bicycle near their home or school, not counting very short trips, such as walking from the car to your house or walking to get the mail. One out of two sixth graders reported walking or biking near their home or school on three or more days per week. Only one out of four twelfth graders reported walking or biking on three or more days per week in both Clark County and Washington State in 2006.

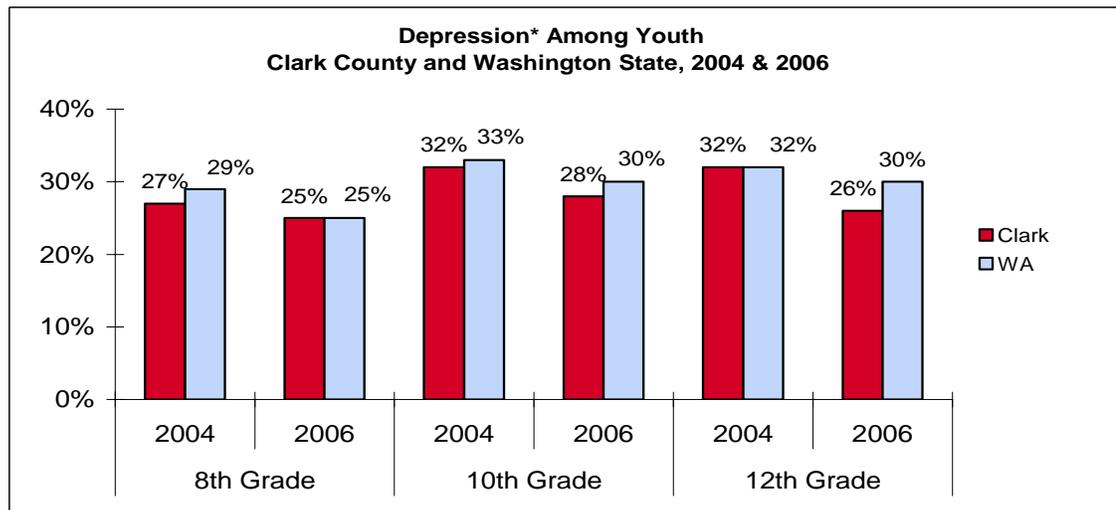


*Percent of youth who walk or bicycle near home or school on three or more days per week

Source: Washington State Healthy Youth Surveys

Depression

Regular physical activity reduces stress, improves mood, helps relieve depression, and increases feelings of well-being.^{2, 6, 7} Severely depressed students are defined as those who reported that during the past 12 months they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. One out of four youth in Clark County and Washington State reported being severely depressed in 2004 and in 2006.



*Percent of youth who have been severely depressed in the past year.

Source: Washington State Healthy Youth Surveys

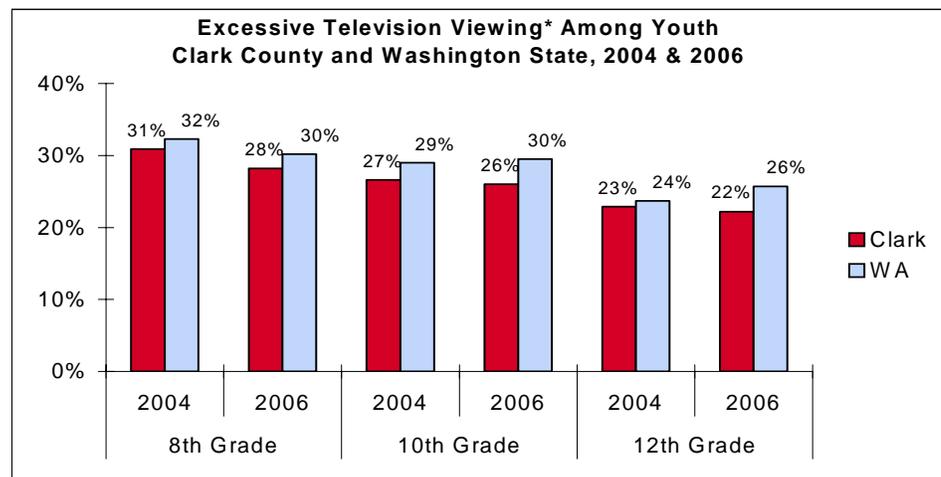


Excessive Screen Time

Watching excessive amounts of television or playing excessive amounts of video or computer games leads to a sedentary lifestyle. The American Academy of Pediatrics recommends that youth limit TV or video time to no more than two hours per day.⁶ Excessive screen time is defined as spending more than three hours per day watching television or playing video or computer games.

More than 3 Hours a Day of TV Viewing

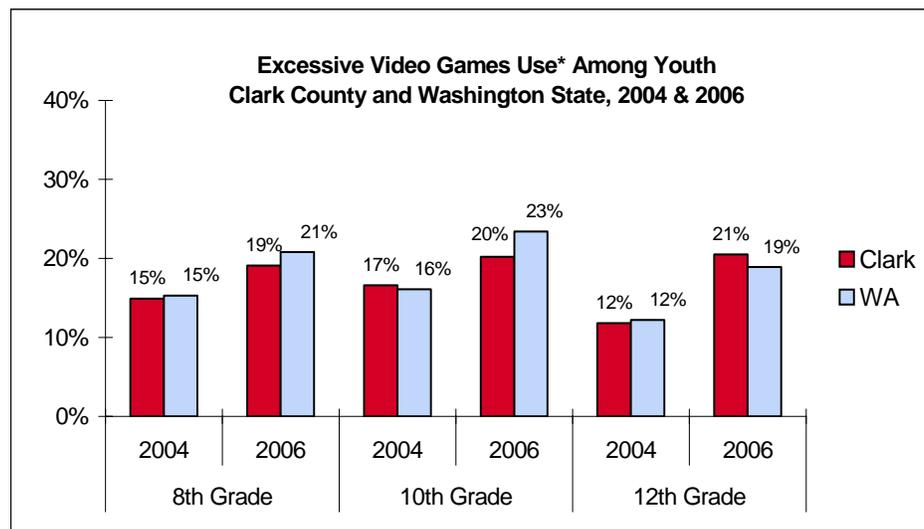
There was no change from 2004 to 2006 among youth who watch more than three hours of television per day. In 2006, one out of four eighth graders in Clark County reported excessive TV watching compared to one out of five twelfth graders. These rates are similar in Washington State.



* Percent of youth who report watching 3 or more hours of television on an average school day.
Source: Washington State Healthy Youth Surveys

More than 3 Hours a Day of Playing Video or Computer Games

There was an increase from 2004 to 2006 among youth who play video games or use a computer for fun for more than three hours daily. The increase was most notable among twelfth graders. In 2004, one out of ten twelfth graders reported playing video games for more than three hours daily. By 2006, this had risen to one out of five in both Clark County and Washington State.



* Percent of youth who report playing video games or using a computer for fun for 3 or more hours on an average school day.
Source: Washington State Healthy Youth Surveys



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