



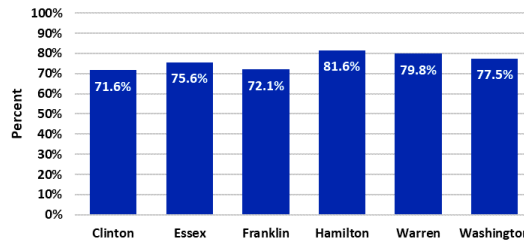
Regular physical activity is one of the most important things people can do in the North Country to improve their health.

Moving more and sitting less have tremendous benefits for everyone.

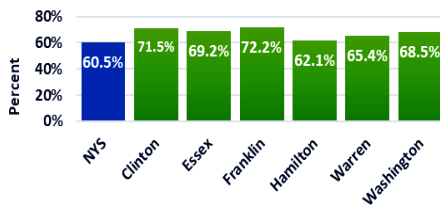
Scientific evidence shows that physical activity is linked with positive health outcomes. Adults and youth who are sedentary are at an increased risk of many serious health conditions. These conditions include obesity, heart disease, diabetes, and high blood pressure. In addition, physical activity improves mood, cognition, and promotes healthy sleep patterns.¹

According to the most recent data, North Country adults and youth have higher rates of overweight and obesity than the rest of the state despite being more active than the state as a whole^{2,3,4}.

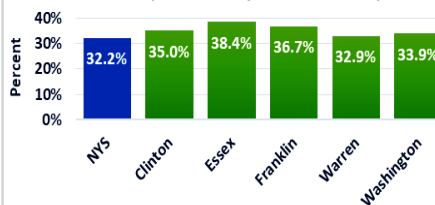
Percentage of Adults who Participated in Leisure-time Physical Activity in the Past 30 Days, NYS eBRFSS 2013-2014²



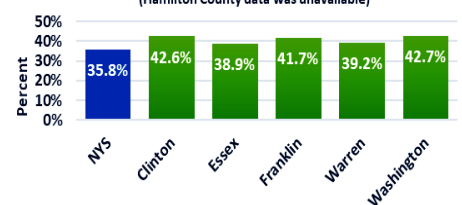
Age-Adjusted Rate of Adults who are Overweight or Obese, NY eBRFSS, 2016³



Elementary School Students who are Overweight or Obese, NYSDOH, 2014-2016⁴
(Hamilton County data was unavailable)



Middle and High School Students who are Overweight or Obese, NYSDOH, 2014-2016⁴
(Hamilton County data was unavailable)



North Country Region Public Health Opportunity

Physical activity provides long-term health benefits for people of all ages. Physical activity supports normal growth and development and can help people feel healthier, function better, sleep more soundly, and reduce their risk for many chronic diseases.

Being active can be as easy as planting a garden or walking the dog, or as rigorous as hiking a mountain or playing soccer. Towns can pass and implement Complete Streets policies to increase access to safe, active transportation, and school districts can pass and implement School Wellness Policies to increase access to physical activity for all students.

The North Country region is the perfect area to get outside, enjoy nature, and be physically active!

For more information about the data and/or other information contained in this Action Brief, please email phip@ahihealth.org with NC PHIP Action Brief #2019-07 in the subject line.

To access data or other Action Briefs, please visit the NC PHIP website, www.HealthyADK.org.

¹ U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition*. Washington, DC: U.S. Department of Health and Human Services; 2018.

² New York Expanded Behavioral Risk Factor Surveillance System. (2013-2014.) *Age-Adjusted Rate of Adults who have Participated in Leisure-time Physical Activity in the Past 30 Days*. Retrieved from: https://health_data.ny.gov/Health/Behavioral-Risk-Factor-Surveillance-System-BRFSS-H/isy7-eb4n/data

³ New York Expanded Behavioral Risk Factor Surveillance System. (2016.) *Age-Adjusted Rate of Adults who are Overweight or Obese*. Retrieved from www.HealthyADK.org.

⁴ New York State Department of Health. (2014-2016.) *Elementary School Students who are Overweight or Obese; Middle and High School Students who are Overweight or Obese*. Retrieved from www.HealthyADK.org.