

30 Minutes or More Daily- WV Walks Campaign

WALKING FACTS

- More than 60 % of adults do not achieve the recommended amount of regular physical activity. (*Report of the Surgeon General of the US, 1996*)
- 24.9 % of adults in West Virginia are obese making it the second highest in the US. (*CDC, Behavioral Risk Factor Surveillance System, 2001*)
- Approximately 25 % of West Virginia adults are not active at all. (*Report of the Surgeon General of the US, 1999*)
- 70 % of West Virginians are physically inactive. (*CDC, Behavioral Risk Factor Surveillance System, 1998*)
- West Virginia is ranked 7th highest in physical inactivity. (*CDC, Behavioral Risk Factor Surveillance System, 2001*)
- 30% of U.S adults aged 20 years and older are obese (*National Health and Nutrition Examination Survey, 1999–2000*)
- 34% of U.S adults aged 20 years and older are overweight. (*National Health and Nutrition Examination Survey, 1999–2000*)
- People who are usually inactive can improve their health and well-being by becoming moderately active on a regular basis. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking helps older adults become stronger and better able to move about without falling. (*Report of the Surgeon General of the US, 1996*)
- Physical activity need not be strenuous to achieve health benefits. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking reduces the risk of dying prematurely. (*Report of the Surgeon General of the US, 1999*)
- Physical activity such as walking reduces the risk of dying from heart disease. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking reduces the risk of developing diabetes. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking reduces the risk of developing high blood pressure. (*Report of the Surgeon General of the US, 1996*)

- Physical activity such as walking helps reduce blood pressure in people who already have high blood pressure. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking reduces the risk of developing colon cancer. (*Report of the Surgeon General of the US, 1996*)
- Regular physical activity such as walking improves mood, helps relieve depression and anxiety, and increases feelings of psychological well-being. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking helps control weight. (*Report of the Surgeon General of the US, 1996*)
- Physical activity such as walking helps build and maintain healthy bones, muscles, and joints. (*Report of the Surgeon General of the US, 1996*)