

ADULT PHYSICAL ACTIVITY & HEALTH

KITSAP COUNTY

THE LINE BETWEEN PHYSICAL ACTIVITY AND MORBIDITY AND MORTALITY

HOW PHYSICAL ACTIVITY IMPACTS HEALTH

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death. Regular physical activity improves health in the following ways:

Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.

Can help reduce blood pressure in some people with hypertension.

Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.

Helps control weight.

Helps build and maintain healthy bones, muscles, and joint

HEALTH BURDENS THAT COULD BE REDUCED THROUGH PHYSICAL ACTIVITY

Many Kitsap County residents suffer or die from illnesses that can be prevented or improved through regular physical activity. In Kitsap County:

337 died from coronary heart disease in 1998.

190 died from colon cancer during 1994-98.

186 were hospitalized for a hip fracture in 1998.

154 were hospitalized for diabetes in 1998.

28% of adults are overweight.

Data Sources: Bremerton-Kitsap County Health District Database of Vital Events, WA State Comprehensive Hospital Abstract Reporting System, Adult & Youth Behavioral Risk Factor Surveys.

FACTS

20% of Kitsap County adults are not active at all.

Almost 40% of Kitsap County adults do not engage in the recommended amount of activity.

Adults And Physical Activity

Source: Behavioral Risk Factor Surveillance System

