

# YOUTH PHYSICAL ACTIVITY & HEALTH

## KITSAP COUNTY

### *THE LINE BETWEEN PHYSICAL ACTIVITY AND MORBIDITY AND MORTALITY*

#### HOW PHYSICAL ACTIVITY IMPACTS HEALTH

Adolescents and young adults, both male and female, can benefit from physical activity. Moderate amounts of daily physical activity are recommended for people of all ages. Regular physical activity improves the health of youth in the following ways:

- √ Helps build and maintain healthy bones, muscles, and joints.
- √ Helps control weight, build lean muscle, and reduce fat.
- √ Prevents or delays the development of high blood pressure and helps reduce blood pressure in some youth with hypertension.

#### FACTS



About 66% of Kitsap County youth are vigorously active on a regular basis. And about 29% are moderately active on a regular basis.

Half of Kitsap County youth are not enrolled in physical education classes.

Nearly 94% of youth watch TV daily during the school week, and about 21% watch TV four or more hours per day during the school week.

Eight percent of youth in Kitsap County are considered overweight by Body Mass Index (BMI).

Data Source: 1999 Kitsap County Youth Risk Behavior Survey.

