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## Usa facts and statistics

Only one in three children are physically active every day.<sup>1</sup> Less than 5% of adults participate in 30 minutes of physical activity per day;<sup>2</sup> only one in three adults receive the recommended amount of physical activity per week.<sup>3</sup> Only 35 - 44% of adults 75 years or older are physically active, and 28-34% of adults aged 65-74 are physically active.<sup>4</sup> More than 80% of adults do not meet the guidelines for both aerobic activity and muscle reinforcement , and more than 80% of teens do not perform adequate aerobic physical activity to meet guidelines for youth.<sup>5</sup> In 2013, Research found adults in the following states were most likely to report exercising 3 or more days a week for at least 30 minutes: Vermont (65.3%), Hawaii (62.2%), Montana (60.1%), Alaska (60.1%). The least likely was Delaware (46.5%), West Virginia (47.1%) and Alabama (47.5%). The national average for regular exercise is 51.6%.<sup>6</sup> Children now spend more than seven and a half hours a day in front of the screen (for example, TV, videogames, computers).<sup>7</sup> Nationwide, 25.6% of people with disabilities are reportedly physically inactive during the normal week, compared to 12.8% of those without a disability.<sup>3</sup> Only about one in five houses have a garden within half a mile distance, and about the same number has a fitness center or recreation within that distance.<sup>5</sup> Only 6 states (Illinois , Hawaii, Massachusetts, Mississippi, New York and Vermont) need physical education in each grade, K-12.<sup>22</sup> 28.0% of Americans, or 80.2 million people, aged six and older physically inactive.<sup>23</sup> Almost a third of high school students play video or computer games for 3 or more hours on an average school diet.<sup>24</sup> Typical Americans exceed the level of recruitment or limits : calories from solid fats and added sugars; fine grain; sodium; and saturated fats.<sup>2</sup> Americans eat less than the recommended amount of vegetables, fruits, whole grains, dairy products, and oils.<sup>2</sup> About 90% of Americans eat more sodium than recommended for a healthy diet.<sup>8</sup> Reducing American sodium eating by 1,200mg per day can save up to \$20 billion a year in medical costs.<sup>8</sup> Foods available for consumption increased in all major food categories from 1970 to 200 Average daily calories per person in the market rising about 600 calories.<sup>2</sup> Since the 1970s , the number of fast food restaurants has more than doubled.<sup>2</sup> More than 23 million Americans, including 6.5 million children, living in food deserts - an area more than a mile away from the supermarket.<sup>9</sup> In 2008, an estimated 49.1 million people, including 16.7 million children, experienced food insecurity limited to safe and adequate nutritional foods) several times during the year.<sup>10</sup> In 2013, the following states' population is likely to report eating at least five servings of vegetables four or more days a week: Vermont (68.7%), Montana (63.0%) and Washington (61.8%). The least likely was Oklahoma (52.3%), (52.3%), (53.3%) and Missouri (53.8%). The national average for normal yield consumption is 57.7%.<sup>6</sup> Calories empty from added sugar and solid fat contributes to 40% of the total daily calories for 2-18 years and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, cereal desserts, pizzas, and whole milk.<sup>27</sup> U.S. adults consume an average of 3,400 mg/day [sodium], both above the current federal guidelines of less than 2,300 mg per day.<sup>28</sup> Food safety awareness work together with nutritional education. In the United States, food-incurred agents affect 1 out of 6 individuals and cause about 48 million diseases, 128,000 hospitalizations, and 3,000 deaths annually.<sup>29</sup> US consumption of total fat increased from about 57 pounds in 1980 to 78 pounds in 2009 with the highest consumption being 85 pounds in 2005.<sup>30</sup> U.S. percentage for unsafe households, those with limited or uncertain ability to acquire socially acceptable food, up from 11% to 15% between 2005 and 2009.<sup>31</sup> Data from 2009-2010 show that more than 78 million U.S. adults and about 12.5 million (16.9%) children and teenagers are the recent obese.<sup>11</sup> reporting project that by 2030, half of all adults (115 million adults) in the United States will be obese.<sup>12</sup> Overweight Teenagers have a 70% chance of becoming an adult who is overweight or obese.<sup>13</sup>14 For children with disabilities, the obesity rate is about 38% higher than a child without disabilities. It gets worse for an adult population where obesity rates for disabled adults are about 57% higher than adults without disabilities.<sup>15</sup> Obesity Later and Now<sup>2</sup> Prevalent obesity for children aged 2 to 5 - double the Early 1970s: 5% 2007-08: 10% Prevalence of obesity for children aged 6 to 11 – quadrupled Early 1970s: 4% 2007-08: 20% Prevalence of obesity for children aged 12 to 19 – three times Early 1970s: 6% 2007-08: 18% percentage of obese adults - double Early 1970s: 15% 2007-08: 34% Country with adult obesity prevalence rate above 25%: Early 1970s: Zero 2007-78: 32 Nearly 45% of children living in poverty are overweight or obese compared to 22% of children living in households with incomes of four times the poverty level.<sup>16</sup> Nearly 40% of Black and Latino youth aged 2 to 19 are overweight or obese compared to just 29% of White youth.<sup>16</sup> Obesity among children in the United States remained flat - around 17% - in 2003-2004 and 2011-2012.<sup>25</sup> Between 2003 and 2012, obesity among children aged between 2 and 5 years old decreased from 14% to 8% - a 43% decrease in just a decade.<sup>25</sup> The Obesity Rate in children aged 6 to 11 has dropped from 18.8% in 2003-2004 to 17.7% in 2011-2012; obesity rates for children aged 12 to 19 have increased from 17.4% to 20.5% over the same time period.<sup>25</sup> Obesity-related diseases, including chronic illnesses, disability, and death, are estimated to bring annual costs of \$190.2 190.2 Projected estimating that by 2018, obesity will cost the U.S. 21 per cent of our total healthcare costs – \$344 billion annually.<sup>18</sup> Those who are obese have medical costs that are \$1,429 more than normal weight on average (about 42% higher).<sup>19</sup> Cost annual overweight is \$524 for women and \$424 for women and \$42% higher).<sup>19</sup> Overweight annual costs are \$524 for women and \$424 for women and \$42% more high).<sup>19</sup> Overweight annual costs are \$524 for women and \$3 annual costs to become obese is higher: \$4,879 for women and \$2,646 for men.<sup>20</sup> Obesity is also a growing threat to national security - a staggering 27% of young Americans are too overweight to serve in our military. About 15,000 recruits potentially fail their physique every year because they don't defame.<sup>21</sup> Obesity medical care costs in the United States are shocking. In 2008 dollars, this cost amounted to about \$147 billion.<sup>26</sup> 1 National Association for Sports and Physical Education.Equation Fitness: Physical Activity + Balanced Diet = Fit Kids.Reston, VA: National Association for Sports and Physical Education, 1999. 2 U.S. Department of Agriculture Guidelines on Nutrition for Americans, 2010. Available at: . 3 U.S. Department of Health and Human Services Healthy People 2010. Available at: . 4 Centers for Disease Control and Prevention. CDC's Behavioral Risk Factor Surveillance Survey. Available at: . 5 U.S. Department of Health and Human Services Healthy People 2020. Available at: . 6Gallup-Healthways Wellbeing Index, 2-Dec. 29, 2013. Available at: . 7 Rideout, Victoria J., Foehr, Ulla G., and Roberts, Donald F. Generation M2: Media in Life 8- for 18-Year-olds. Rep. 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