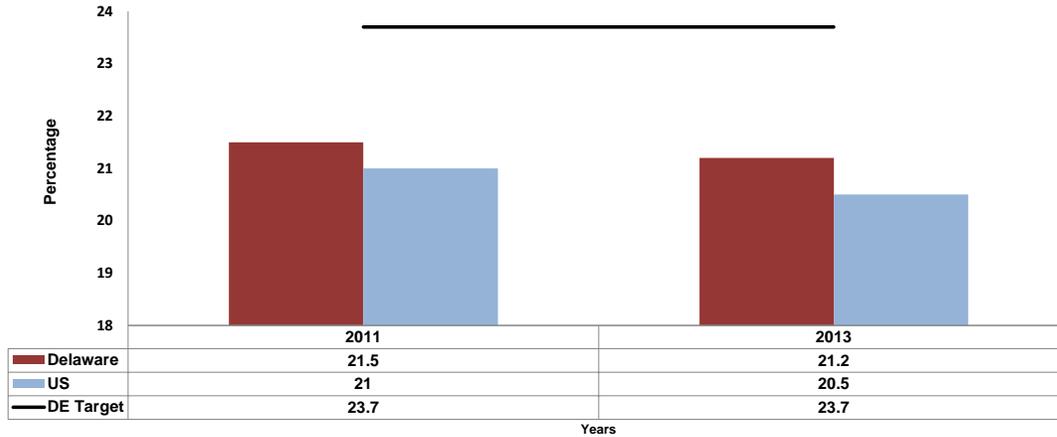




Federal Physical Activity Guidelines - Adults Top Level Outcome Measure



Interpretation

Approximately 21 percent of adults living in Delaware and the U.S. report meeting federal physical activity guidelines in the most recent survey conducted by the Centers for Disease Control and Prevention (CDC) and Delaware. The percentage of adults meeting these guidelines is slightly higher in Delaware than the U.S. The Division of Public Health (DPH) set a state target of 23.7 percent to be met by 2020, which reflects a 10 percent increase over the 2011 estimate. Survey results from 2013 reflect a slight reduction in the adults meeting the federal physical activity guidelines.

Addressing the health issue

Multiple initiatives are in place to address the rates of overweight and obese people and the rate of chronic diseases in Delaware. The Physical Activity, Nutrition, and Obesity Prevention (PANO) program supports several statewide coalitions and provides staff for the Delaware Coalition for Healthy Eating and Active Living (HEAL). The PANO website provides links to information for recommendations on physical activity for adults, PANO partners, resources, and reports. Program partners work to effectively identify, plan, and implement needed policy, systems, and environmental changes to promote healthy eating and active living.

¹ Federal physical activity guidelines for adults= Adults who get regular physical activity meeting current and CDC recommendations for both aerobic and muscle strengthening activity.

² Estimates for 2011-2013 reflect BRFSS methodologic changes begun in 2011. These estimates should not be compared to estimates preceding 2011.

³ The Delaware target was established in DPH's Strategic Plan to be met by 2020 to reflect a 10% increase in the 2011 estimate.

⁴ Source: Behavioral Risk Factor Surveillance System (BRFSS).