

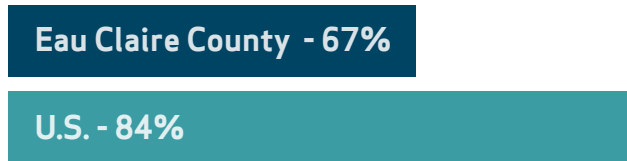
PHYSICAL ACTIVITY

HEALTH PRIORITY | **#6**

Defined as: Staying active to improve overall health, including walking, biking, swimming, team sports, or weight lifting

LOCAL DATA

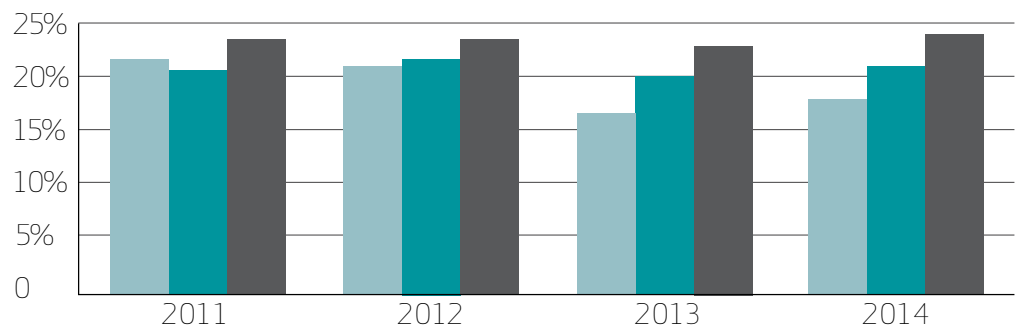
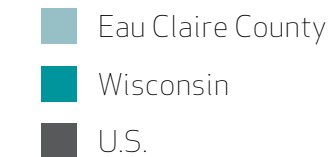
Residents with adequate access to a physical activity location¹



High school students who watched television 3 or more hours/day²



Adults (20 and older) reporting no leisure physical activity³



Eau Claire County is below the national and state rate for physical inactivity. Approximately 1 out of 6 report no leisure-time physical activity in the county. Inactivity leads to increased risks of hypertension, cardiovascular disease, type 2 diabetes, stroke and premature death (County Health Rankings, 2015-2018).

COMMUNITY HEALTH SURVEY⁴

Top reasons this is a problem in our community:

- Being physically active is not the easy or desirable choice
- Physical activity choices are not affordable or lack sufficient discounts
- People do not have the time to be physically active

77%
59%
57%

How serious is this health topic?

Major problem..... **10%**
Moderate problem..... **29%**
Slight problem..... **32%**
Not a problem..... **29%**

¹2017 County Health Rankings (ArcGIS, 2014)
²Youth Risk Behavioral Surveillance System (2015)
³2017 County Health Rankings (The National Diabetes Surveillance System, 2013)
⁴2017 Eau Claire County Community Health Survey