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Learn More About The Compendium NHIS and the CCS are widely used to track self-reported health behaviors and health status for diverse public health and research goals including evaluation of Healthy People objectives. Learn More About The Survey NHANES is a key component of the Federal Health Surveillance system, notable for its inclusion of behavioral, biological and health status questions. A unique feature is that NHANES is the only nationally representative health survey to include device-based measurement of activity with accelerometers and objective measurements of strength using handgrip dynamometry. Learn More View the estimated energy expenditure values for adults for a wide variety of activities. Energy expenditure values are important for connecting physical activity behavior and health. Youth Compendium of Physical Activities : Access a list of 196 common activities in which youth participate and the estimated energy cost associated with each activity. Learn More This searchable database of evidence-based cancer control programs provides program planners and public health practitioners easy and immediate access to programs tested in a research study, publication(s) of the study findings, and program materials used with a particular study population in a specific setting. Learn More Reed JA, Ballard RM, Hill M, Berrigan D. Identification of Effective Programs to Improve Access to and Use of Trails among Youth from Under-Resourced Communities: A Review. Int J Environ Res Public Health. 2020 Oct 22;17(21):7707. doi: 10.3390/ijerph17217707. Tribby CP, Oh A, Perna F, Berrigan D. Adolescent Physical Activity at Public Schools, Private Schools, and Homeschools, United States, 2014. Prev Chronic Dis. 2020 Aug 20;17:E85. doi: 10.5888/pcd17.190450 Watson KB, Whitfield GP, Thomas JV, Berrigan D, Fulton JE, Carlson SA. Associations between the National Walkability Index and walking among US Adults - National Health Interview Survey, 2015. 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Muscular grip strength estimates of the U.S. population from the National Health and Nutrition Examination Survey 2011-2012. J Strength Cond Res. 2016;30(3):867-874. doi: 10.1519/JSC.0000000000001104 Lawman HG, Troiano RP, Perna FM, Wang CY, Fryar CD, Ogden CL. Associations of relative handgrip strength and cardiovascular disease biomarkers in U.S. adults, 2011-2012. Am J Prev Med. 2016;50(6):677-683. doi: 10.1016/j.amepre.2015.10.022 Ottenbacher A, Yu M, Moser RP, Phillips SM, Alfano C, Perna FM. Population estimates of meeting strength training and aerobic guidelines, by gender and cancer survivorship status: Findings from the Health Information National Trends Survey (HINTS). J Phys Act Health. 2015;12(5):675-679. doi: 10.1123/jpah.2014-0003 Regular physical activity helps improve overall health and reduces the risk for heart disease, stroke, and premature death. Physical Activity and Cardiovascular Disease To prevent cardiovascular disease, the U.S. Preventive Services Task Force recommends intensive behavioral counselingexternal icon to promote physical activity for people with known cardiovascular risk factors. Physical activity can also help people with cardiovascular disease manage their conditions; exercise training has been shown to have a positive effect on people with certain types of heart failure, and cardiac rehabilitation, which includes physical activity training, helps improve the health of people who have had a heart attack or bypass surgery. Despite the substantial health benefits of physical activity one out of every four U.S. adults report being inactive during their leisure time, and only about half of U.S. adults report levels of aerobic physical activity consistent with national guidelinesexternal icon. There are evidence-based strategies to promote physical activity that can be put into action where people live, learn, work, and play, including behavioral counseling for adults with cardiovascular risk factors and designing safe community spaces that encourage activity. Featured Resource Active People, Healthy NationSM is an initiative to help 27 million Americans become more physically active by 2027. People and organizations from a variety of sectors—health, education, transportation, business, and more—are working together to create an active America. Too few Americans get the recommended amount of physical activity outlined in the Physical Activity Guidelines for Americans, 2nd editionexternal icon. Active People, Healthy NationSM supports communities across the country who are putting in place proven strategies identified by the Community Preventive Services Task Forceexternal icon. Move Your Wayexternal icon The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. Small changes can add up to big health benefits. Move Your Wayexternal icon The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. Every Body Walkexternal icon Every Body Walk is a campaign aimed at getting Americans up and moving. This site features information about the health benefits of walking, news, videos, and events. Go4Lifeexternal icon Go4Life is an exercise and physical activity campaign from the National Institute on Aging at the National Institutes for Health. It is designed to help older adults fit exercise and physical activity into their daily life. GirlTrekeexternal icon GirlTrek is a movement for African-American women and girls that encourages healthy, fulfilled lives through a habit of daily walking. Physical Activity Guidelines for Americans, 2nd editionexternal icon The Physical Activity Guidelines for Americans provides evidence-based guidance to help Americans maintain or improve their health through physical activity. Trends in Meeting the 2008 Physical Activity Guidelines, 2008–2018 pdf icon[PDF – 247 KB] This one-pager describes trends in meeting the 2008 Physical Activity Guidelines for Americans for 2008 through 2018. U.S. Preventive Services Task Force Recommendation Statement for Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults with Cardiovascular Risk Factors: Behavioral Counselingexternal icon The U.S. Preventive Services Task Force recommends offering or referring adults who are overweight or obese and have additional cardiovascular disease risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for cardiovascular disease prevention. (U.S. Preventive Services Task Force, August 2014) Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities pdf icon[PDF – 1.3 MB]external icon This report presents five goals and implementation strategies to help Americans be physically active and for the nation to better support walking and walkable communities for people of all ages and abilities. (U.S. Department of Health and Human Services, 2015) Community Preventive Services Task Force: Physical Activity: Recommendation on Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Designexternal icon The Community Preventive Services Task Force recommends built environment approaches that combine one or more interventions to improve pedestrian or bicycle transportation systems with one or more land use and environmental design interventions, based on evidence of effectiveness in increasing physical activity. (Community Preventive Services Task Force, December 2016) National Physical Activity Plan pdf icon[PDF – 9.4 KB]external icon This comprehensive set of policies, programs, and initiatives aims to increase physical activity in all segments of the American population. (National Physical Activity Plan Alliance, 2016) MMWR: Trends in Meeting Physical Activity Guidelines Among Urban and Rural Dwelling Adults — United States, 2008–2017 Since 2008, the prevalence of meeting physical activity guidelines increased from 19.4% to 25.3% among urban residents and from 13.3% to 19.6% among rural residents. (Morbidity and Mortality Weekly Report, June 2019) MMWR: Physical Inactivity Among Adults Aged 50 Years and Older—United States, 2014 Despite the many benefits of being physically active, approximately 1 in 4 adults 50 or older is inactive. (Morbidity and Mortality Weekly Report, September 2016) MMWR: Adults Eligible for Cardiovascular Disease Prevention Counseling and Participation in Aerobic Physical Activity—United States, 2013 One in five U.S. adults is eligible to receive intensive behavioral counseling for cardiovascular disease prevention and is not getting the recommended level of aerobic physical activity and could benefit from increasing their physical activity level. (Morbidity and Mortality Weekly Report, September 2015) Walking as an Opportunity for Cardiovascular Disease Prevention About two out of every three adults without CVD or any risk factors reported walking for leisure or transportation, and the prevalence decreases with increasing risk factors or CVD. CDC's Active People, Healthy NationSM: Creating an Active America, Togetherexternal icon Commentary describing the goals and action steps of the initiative aiming to improve physical activity among 2.5 million high school youth and 25 million adults. Maintaining a healthy lifestyle has the potential to reduce both cancer- and non-cancer-related morbidity. In particular, physical activity may reduce the risk of several types of cancer, including bladder, breast, colon, endometrium (lining of the uterus), esophagus (adenocarcinoma), kidney, and stomach. Physical activity may also lower a person's risk of other health problems such as heart disease, high blood pressure, diabetes, and osteoporosis (bone thinning). Being active may also help to prevent weight gain and obesity, which can reduce the risk of developing cancers that have been linked to excess body weight. Physical activity also improves the quality of life among cancer patients and survivors. For people with colorectal cancer, women with breast cancer, and men with prostate cancer, greater amounts of physical activity are associated with reduced risk of mortality from the original type of cancer. For people with colorectal cancer and women with breast cancer, greater amounts of physical activity are also associated with reduced risk of all-cause mortality. Several national groups offer recommendations for engaging in regular physical activity. The U.S. Department of Health and Human Services recommends at least 1 hour of physical activity every day for children and adolescents, and 2.5 hours of moderate-intensity aerobic activity, or 1 hour and 15 minutes of vigorous-intensity aerobic activity, for adults each week. Adults should also do muscle-strengthening activities on 2 or more days a week. Percentage of adults aged 18 years and older who reported no leisure-time physical activity during the past month and percentage of adults who meet both the aerobic and muscle-strengthening guidelines. Reduce the percentage of adults who engage in no leisure-time physical activity to 32.6 percent. Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity to 20.1 percent. Healthy People 2020 is a set of goals set forth by the Department of Health and Human Services. Note: Goals are indicated as blue line on Detailed Trend Graphs. Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey 1992–2018. Weight and Physical Activity

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