

Get to Know

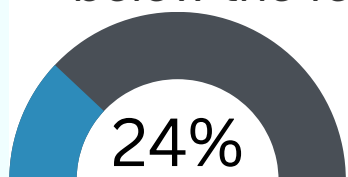


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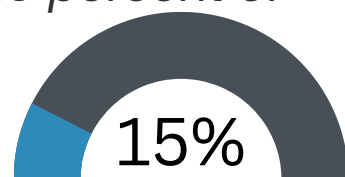
Exercise & Poverty for American Indians/Alaskan Natives (AI/AN)

DID YOU KNOW?

In 2021, more than 24 percent of AI/AN households were below the federal poverty line, compared to 15 percent of the U.S. population as a whole.



VS

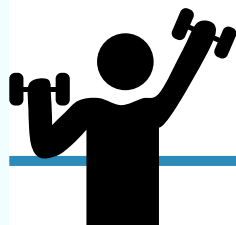


Per the Kids Count Data Center and Census Bureau, in 2021, more than 55 percent of AI/AN children were living below 200% of the federal poverty level.

It is anticipated that over 55% of AI/AN adults are also living below 200% of the federal poverty level.

Adults with a family income of **less than 200% of the federal poverty level were far less likely to meet minimum physical activity recommendations.**

This encompasses the majority of AI/AN households as of 2021, predisposing AI/AN adults and children to poor health outcomes.



Higher poverty creates barriers to exercise, such as:

- Less access to safe places to exercise;
- Living in less walkable areas;
- The need to work longer hours to make ends meet, reducing the amount of free time available for exercise;
- Higher rates of preventable diseases and health problems, which can impede the ability to exercise;
- Less money for extracurricular activities for children;
- Less money for purchasing exercise equipment;
- An increase in multi-generational households, with less space available for "at-home" exercising;
- Less access to more expensive, healthy and nutritious food options that can help the body recover from exercise, such as adequate protein and micronutrients;
- Schools in low-income areas having fewer facilities for physical activity and a lower diversity of intramural activities than those in high-income areas;
- More responsibilities, such as being the sole caregivers for aging parents and children, when funds and resources for assistance are not available, resulting in less time for exercise;
- And many more exercise barriers!

References

Census Bureau, Kids Count Data Center, and
<https://datacenter.kidscount.org/data/tables/6726-children-below-200-poverty-by-race-and-ethnicity#detailed/1/any/false/2048,1729,37,871,870,573,869,36,868,867/10,11,9,12,1185,13/13819,13820>



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