

Get to Know



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE

Exercise – Why it Matters

DID YOU KNOW?

Fewer than **1 in 4 adults (24.2%)**, over the age of 18, meet minimum Physical Activity Guidelines for both aerobic and muscle-strengthening exercise.



46.3% OF ADULTS, OVER THE AGE OF 18, FAILED TO MEET ANY OF THE PHYSICAL ACTIVITY GUIDELINES



Fewer women than men met the physical activity guidelines. (20.4% of women and 28.3% of men)

Non-white individuals, including American Indians and Alaskan Natives (AI/AN), were less likely to meet the Physical Activity Guidelines, emphasizing disparities.

WHY IT MATTERS

Physical inactivity has been linked to being a risk factor for severe COVID-19 and other respiratory illnesses.

Individuals with COVID-19, who are inactive, have been found to have a:

- **2.26 times greater risk of hospitalization**
- **1.73 times greater risk of admission to the Intensive Care Unit (ICU)**
- **2.49 times greater risk of death**

Source: <https://bjsm.bmj.com/content/bjsports/55/19/1099.full.pdf>

Physical inactivity also makes other health conditions worse. These conditions, such as diabetes, obesity, hypertension and coronary artery disease, are known to lead to poor outcomes with COVID-19 illness, such as hospitalization or death.

- By being physically active, you can reduce your risk of severe COVID-19 illness, and also help improve other health conditions you may have.

The percentages of both men and women who met Physical Activity Guidelines decreased with age.

Risk of severe illness and death from COVID, the Flu, and RSV also goes up with age, making the protective factor of physical activity all the more important.

Data collected in 2020 by the National Center for Health Statistics:

<https://www.cdc.gov/nchs/data/databriefs/db443.pdf>



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