How Active is Delaware?

How do we stack up against the rest of the country?

- 37th Percent of Adults Participating in Any Physical Activity in the Past Month
- 37th Percent of Adults Meeting Guidelines for Substantial Physical Activity Benefits
- 39th Percent of Adults Who Regularly Bike or Walk to Work

Are our adults meeting the CDC's guidelines?

- Adult Delawareans participating in at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week: 48.5%
- Adult Delawareans participating in no leisure time physical activity: 27%

How active are our children?

- Ages 2-5: 74.3%
- Ages 6-11: 53.5%
- Ages 12-17: 39.1%

As children get older, less and less of them meet the CDC's guidelines for physical activity.

What Can Communities Do?

- Design walkable communities
- Encourage active transportation
- Promote recreational programming
- Maintain sidewalks, bike lanes, and parks

What Can Individuals Do?

- Walk or bike to work and school
- Walk to stores and local restaurants
- Find an enjoyable active leisure time activity
- Visit local parks and participate in recreational programming

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