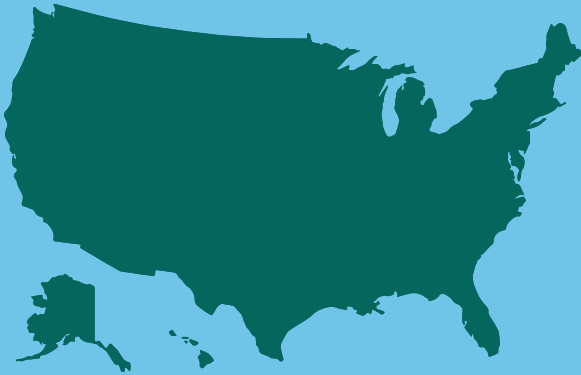


# How Active is Delaware?

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

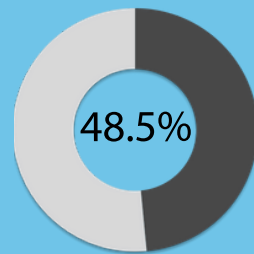
Percent of Adults Meeting Guidelines for Substantial Physical Activity Benefits

39th

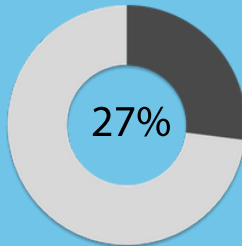
Percent of Adults Who Regularly Bike or Walk to Work

## Are our adults meeting the CDC's guidelines?

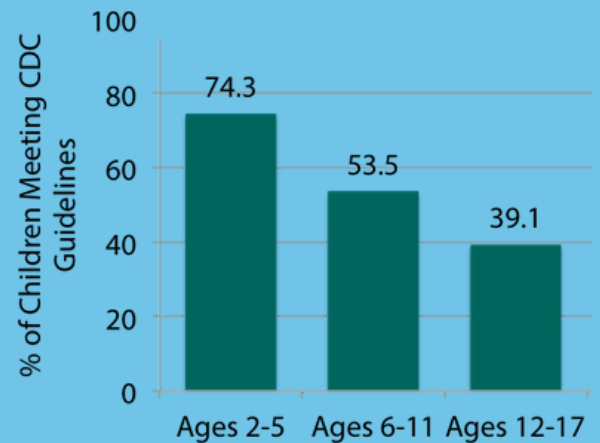
Adult Delawareans participating in at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week:



Adult Delawareans participating in no leisure time physical activity:



## How active are our children?



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