



2014 Move For Health Day

Move for Health Day: Physical Activity Fact Sheet

- Thirty-nine percent of British Columbians are physically inactive (they get very little or no exercise).
- Forty-seven percent of British Columbians are not active enough to achieve the health benefits of regular physical activity.
- In BC, 58% of youth aged 12-19 and 48% of children and youth aged 5-17 were not active enough for optimal growth and development. The level of physical activity required for optimal growth and development is equivalent to 60 minutes of physical activity throughout the day.
- The Action Schools! BC pilot (grades four-six) of 10 Lower Mainland schools found 37% of boys and 24% of girls were overweight or obese, as well as 45% of children were not meeting health guidelines for physical activity (60 min/day or 10,000 steps/day) and 55% had at least one cardiovascular disease risk factor.
- Both physical inactivity and poor eating habits are contributing to high rates of overweight and obesity among children and adults. Research data shows obesity and over weight in adolescents (12-17 years) has more than doubled and the obesity rate has tripled in the past 25 years.
- About 70% of obese adolescents will be obese as adults putting them at risk for diseases such as type-2 diabetes, coronary heart disease, hypertension, gall bladder disease, and some forms of cancer.
- In 2003, 59% of adult British Columbians were overweight or obese, according to measured data taken in 2004. The actual rate when weight and height are measured is much higher at 55%, and it has increased by 10% since 1989.
- Diseases for which physical inactivity is a risk factor, such as cardiovascular disease (CVD), diabetes mellitus, cancer, chronic respiratory disorders, and musculoskeletal diseases like osteoporosis and arthritis account for almost three quarters of the overall burden of disease – two-thirds of the deaths in BC.
- The economic burden of physical inactivity in BC (in direct and indirect costs related to health care and productivity losses) is conservatively estimated at \$573 million.
- The economic burden of obesity in BC (in direct and indirect costs related to health care and productivity) is estimated between \$730-\$830 million per year or 0.8% of the province's Gross Domestic Product.

Regular physical activity is crucial for mental, physical and social health and development. Move for Health Day is aimed at promoting awareness of the importance of physical activity, not only on May 10 but throughout the year and from year to year.

Source: Ministry of Health, March 2005



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