

# Healthy People 2020 Leading Health Indicators: Nutrition, Physical Activity, and Obesity

## Overview

Good nutrition, adequate physical activity, and a healthy body weight are essential parts of a person's overall health and well-being. Together, they can help decrease a person's risk of developing serious health conditions such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cancer. A healthful diet, regular physical activity, and achieving and maintaining a healthy weight also are critical to managing existing health conditions to improve quality of life.

## Progress in Numbers\*



Target met<sup>1</sup>



Improving<sup>2</sup>



Little or no detectable change<sup>3</sup>



Getting worse<sup>4</sup>

Status	Leading Health Topic and Indicator: Nutrition, Physical Activity, and Obesity	Baseline (Year)	Most Recent (Year)	Target	Progress Toward Target <sup>5</sup>	Movement Away From Baseline <sup>6</sup>
	PA-2.4 Adults meeting physical activity and muscle-strengthening Federal guidelines (age adjusted, percent, 18+ years)	18.2% (2008)	20.6% (2012)	20.1%	126.3%	—
	NWS-9 Obesity among adults (age adjusted, percent, 20+ years)	33.9% (2005–08)	35.3% (2009–12)	30.5%	—	4.1%
	NWS-10.4 Obesity among children and adolescents (percent, 2–19 years)	16.1% (2005–08)	16.9% (2009–12)	14.5%	—	5.0%
	NWS-15.1 Mean daily intake of total vegetables (age adjusted, cup equivalents per 1,000 calories, 2+ years)	0.8 (2001–04)	0.8 (2007–10)	1.1	0.0%	—

## Progress in Words

### PA-2.4: Adults meeting physical activity and muscle-strengthening guidelines

- Between 2008 and 2012, the rate of meeting physical activity guidelines for aerobic physical activity and muscle strengthening for adults aged 18 and older increased by about 13 percent, from 18.2 percent (age adjusted) to 20.6 percent, exceeding the Healthy People 2020 target of 20.1 percent.

### NWS-9: Obesity among adults

- During the past 20 years, there has been a dramatic increase in obesity in the United States and, although there has been some leveling off in recent years, rates remain at historically high levels.
- Between 2005–2008 and 2009–2012, the obesity rate among adults aged 20 and older increased about 4 percent, from 33.9 percent to 35.3 percent (age adjusted), moving away from the Healthy People 2020 target of 30.5 percent; however, this change is not statistically significant.

### NWS-10.4: Obesity among children and adolescents

- Between 2005–2008 and 2009–2012, the obesity rate among children and adolescents aged 2 to 19 increased about 5 percent, from 16.1 percent to 16.9 percent, moving away from the Healthy People 2020 target of 14.5 percent; however, this change is not statistically significant.

### NWS-15.1: Mean daily intake of total vegetables

- Between 2001–2004 and 2007–2010, the mean daily intake by persons aged 2 and older was unchanged at 0.8 cup equivalents of total vegetables per 1,000 calories (age adjusted).
- The Healthy People 2020 target is 1.1 cup equivalents per 1,000 calories.

\* Discrepancies between healthypeople.gov and data in this report may exist due to the timing of data uploads. Data for the measures shown in this report are current as of May 2014.



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## Progress in Pictures

Many Americans do not eat a healthy diet and are not physically active at levels recommended to maintain proper health. This has contributed to an increase in adult and childhood obesity, which is particularly troubling as obesity puts individuals at increased risk for heart disease, stroke, and diabetes, all of which are among the leading causes of death.

### Adult Physical Activity by Education, 2012

Adults who meet the guidelines for aerobic physical activity and for muscle-strengthening activity in 2012 increased as education level increased (age adjusted).

7.5% Less than high school

12.3% High school

18.5% Some college

21.8% Associate degree

28.7% 4 year college degree

30.9% Advanced degree

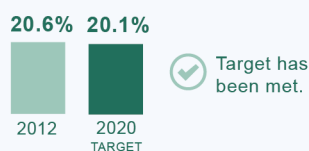


Data source: National Health Interview Survey (NHIS), CDC/NCHS.

### HEALTHY PEOPLE 2020 TARGETS

#### Physical Activity

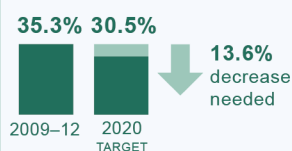
In 2012, 20.6% of adults aged 18 years and older met the current Federal physical activity guidelines for aerobic physical activity and muscle-strengthening activity (age adjusted).



Data source: National Health Interview Survey (NHIS), CDC/NCHS.

#### Adult Obesity

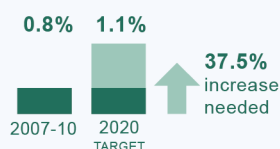
35.3% of adults aged 20 years and older were obese (age adjusted) in 2009–12.



Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

#### Daily Vegetable Intake

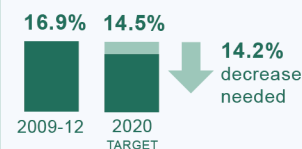
0.8 cup equivalents of total vegetables per 1,000 calories for persons 2 years and older was the mean daily intake (age adjusted) in 2007–10.



Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

#### Obesity in Children and Adolescents

16.9% of children and adolescents aged 2 to 19 years were considered obese in 2009–12.



Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

### NOTES (from page 1)

<sup>1</sup> Target met or exceeded

<sup>2</sup> Movement is *toward* the target and is:

- Statistically significant when measures of variability are available\*\* – OR –
- 10% or more of the targeted change when measures of variability are unavailable\*\*

<sup>3</sup> Objective demonstrates little or no detectable change, because either:

- Movement toward/away from the target is not statistically significant when measures of variability are available\*\* – OR –
- Movement is toward the target but the objective has achieved less than 10% of the targeted change when measures of variability are unavailable\*\* – OR –
- Movement is away from the target but the objective has moved less than 10% relative to its baseline when measures of variability are unavailable\*\* – OR –
- No change between baseline and most recent data point

<sup>4</sup> Movement is *away from* the target and is:

- Statistically significant when measures of variability are available\*\* – OR –
- 10% or more relative to the baseline when measures of variability are unavailable\*\*

<sup>5</sup> For objectives moving toward their targets, progress is measured as the percent of targeted change achieved, quantified as follows:

$$\text{Percent of targeted change achieved} = \frac{\text{Most recent value} - \text{Baseline value}}{\text{HP2020 target} - \text{Baseline value}} \times 100.$$

<sup>6</sup> For objectives moving away from their baselines (and, therefore, their targets), progress is measured as the magnitude of the percent change from baseline, quantified as follows:

$$\text{Magnitude of percent change from baseline} = \frac{|\text{Most recent value} - \text{Baseline value}|}{\text{Baseline value}} \times 100.$$

\*\* When measures of variability are available, statistical significance of the percent of targeted change achieved or the magnitude of the percent change from baseline is assessed at the 0.05 level using a one-sided test. When measures of variability are unavailable, the percent of targeted change achieved and the percent change from baseline are assessed only for their magnitude (e.g., <10% or ≥10%).

### DATA SOURCES

PA-2.4	National Health Interview Survey (NHIS), CDC/NCHS
NWS-9	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
NWS-10.4	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS
NWS-15.1	National Health and Nutrition Examination Survey (NHANES), CDC/NCHS



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