



Announcement

June 1, 2010

CDC Report Highlights States' Abilities to Support Physical Activity

CDC (May 25, 2010)- Many states do not have the policy or environmental measures in place to help their residents meet the recommended levels of physical activity to promote health, according to a report released today by the Centers for Disease Control and Prevention.

The State Indicator Report on Physical Activity 2010 includes data about individual behaviors related to physical activity, as well as the presence or absence of physical features and policies that can make being physically active either easy or hard to do.

The report looks at community access to parks or playgrounds, community centers, and sidewalks or walking paths in neighborhoods. The data showed substantial limits to the number of parks and other areas where physical activity would be convenient.

According to the report, only 20 percent of blocks have parks within a half mile of their boundaries, and only 17 percent of blocks have a fitness or recreation center within that distance. [Read More](#)

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