

# Physical Inactivity Fact Sheet

## What is physical inactivity?

Physical inactivity is when a person is not physically active other than at their regular job.<sup>1</sup>

In 2023, **24.7% of U.S. adults** reported no physical activity or exercise other than their regular job in the past 30 days. That's almost **1 in 4 U.S. adults**.<sup>1</sup>



## Physical Activity in Nebraska

In 2020, **21.5% of Nebraska adults** reported no free-time physical activity within the past 30 days, or **1 in 5 adults**.<sup>2</sup>



Only **20.9% of Nebraska adults, or 1 in 5**, met the U.S. **physical activity guidelines** (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days.<sup>1</sup>



Physical inactivity is associated with an increased risk of heart disease like high blood pressure and stroke, diabetes, obesity, and several cancers.<sup>3</sup>



Physical activity helps maintain a healthy body weight and improves mental health, quality of life, and well-being. It can include all types of movement like walking, sports, bike riding, gardening, and other activities.<sup>3</sup>

Check with your insurance company about physical activity benefits such as reduced-cost gym memberships!

## More Information

For more information about physical inactivity, visit CDC's website at: <https://www.cdc.gov/physical-activity/php/data-research/index.html>

<sup>1</sup>United Health Foundation, (2023). America's Health Rankings: Nebraska.

<sup>2</sup>Nebraska Public Health Atlas, (2020). Nebraska Behavioral Risk Factor Surveillance System (BRFSS) Dashboard.

<sup>3</sup>World Health Organization, (2024). Physical Activity.