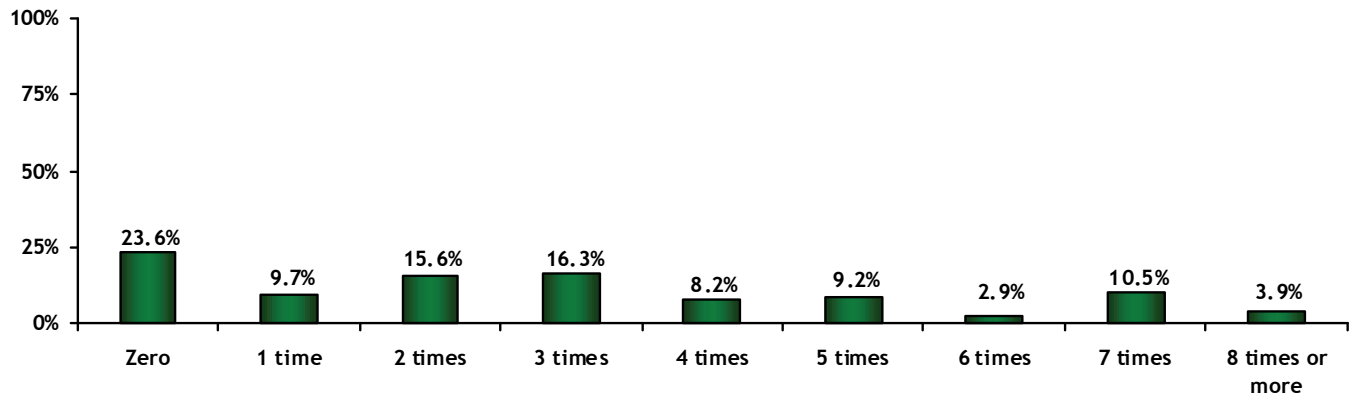


Physical Activity

Why It Is Important

According to the Centers for Disease Control and Prevention (CDC), “Regular physical activity substantially reduces the risk of dying of coronary heart disease (the nation’s leading cause of death), and decreases the risk for stroke, colon cancer, diabetes and high blood pressure. It also helps to control weight, contributes to healthy bones, muscles and joints, reduces falls among older adults, helps to relieve the pain of arthritis, reduces symptoms of anxiety and depression and is associated with fewer hospitalizations, physician visits and medications.”³⁷ According to the CDC, people are classified as active at the minimum recommended level if they report moderate-intensity activity at least 30 minutes per day, five or more days per week, or vigorous-intensity activity at least 20 minutes per day, three or more days per week.

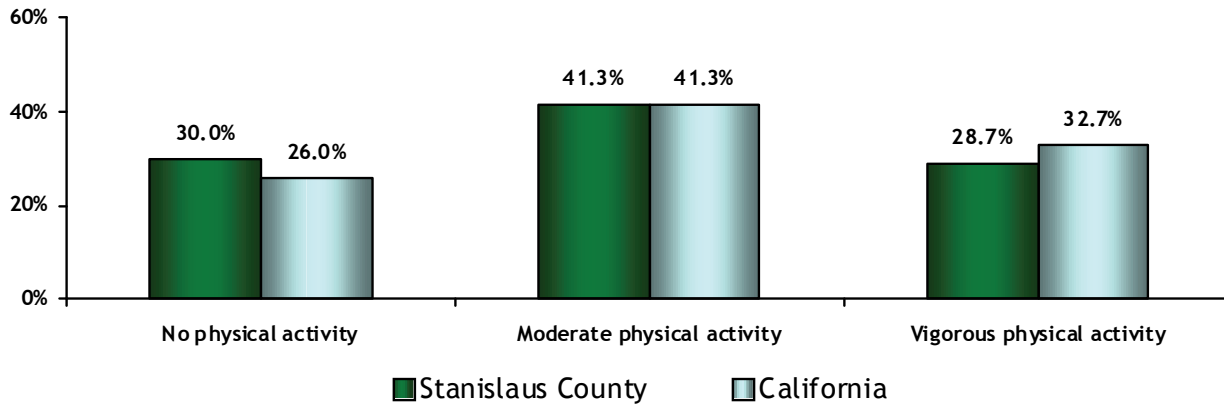
Figure 100: In the Past 7 Days How Many Times Did You Exercise or Participate in Vigorous Physical Activity for at Least 20 Minutes? 2008



Source: Applied Survey Research, *Stanislaus County Community Health Assessment Survey, 2008*.
 N=2,650

³⁷ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity, *The Importance of Physical Activity*, 2004.

Figure 101:  **Level of Physical Activity of Adults, 2005**



Source: 2005 California Health Interview Survey.
 Stanislaus County N: 155,000.
 California N: 11,425,000.

 **New data not available**

Data Summary

Twenty-four percent (24%) of Stanislaus County Community Health Assessment Survey respondents reported that they did not exercise at all during the past seven days. Forty-two (42%) of respondents exercised one to three times, 20% exercised four to six times, and 14% exercised seven or more times within the past seven days.

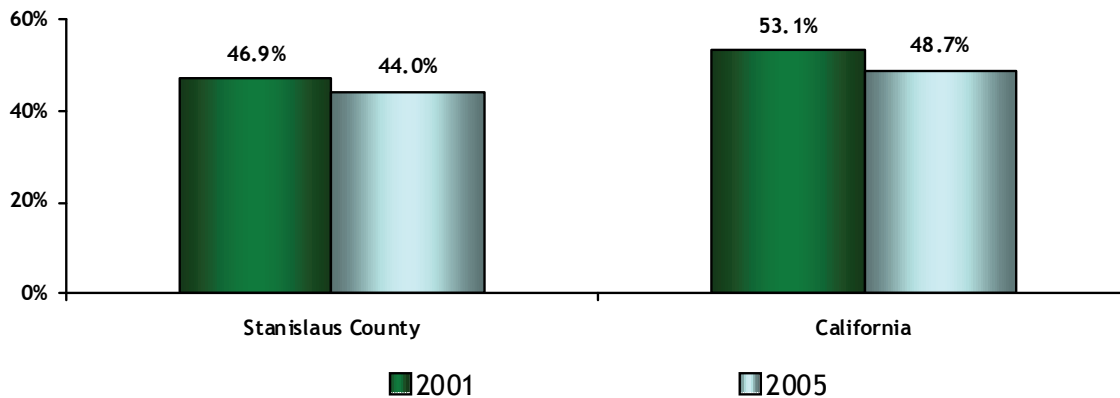
In 2005, based on CHIS survey data, Stanislaus County residents were slightly less physically active than California residents on the whole. Thirty percent (30%) of Stanislaus County residents got no physical exercise in 2005 in comparison to 26% in California. However, 41% of Stanislaus County residents got “moderate” physical exercise and 29% got “vigorous” physical exercise.

Nutrition

Why It Is Important

Poor nutrition and lack of physical activity contribute to obesity and chronic diseases. Fruits and vegetables provide vitamins, minerals, fiber and other nutrients important to good health. Diets rich in fruits and vegetables may even help reduce the risk of cancer.³⁸ The United States Department of Agriculture (USDA), the National Academy of Sciences, the American Cancer Society and the National Cancer Institute recommend that people consume between 5 to 9 servings of fruits and vegetables each day to help maintain good health and reduce the risk of cancer and heart disease.³⁹ Unfortunately, despite the benefits of proper nutrition, the average American diet falls far short. In 2005, one in three adults ate fruit two or more times per day and one in four adults ate vegetables three or more times per day.⁴⁰ In addition, a recent study published in the Journal of Food Composition and Analysis revealed that the average American is receiving a third of their daily caloric intake from junk foods such as soft drinks, sweets, desserts, salty snacks, and alcoholic beverages.

Figure 102:  **Percentage of Adults, Ages 18 and Older, Who Eat Five or More Servings of Fruits or Vegetables Daily**



Source: 2001 and 2005 California Health Interview Survey.
 Stanislaus County 2001 N: 303,000; 2005 N: 343,000.
 California 2001 N: 23,884,000; 2005 N: 26,174,000.
 Note: Comparable data for 2003 are not available.

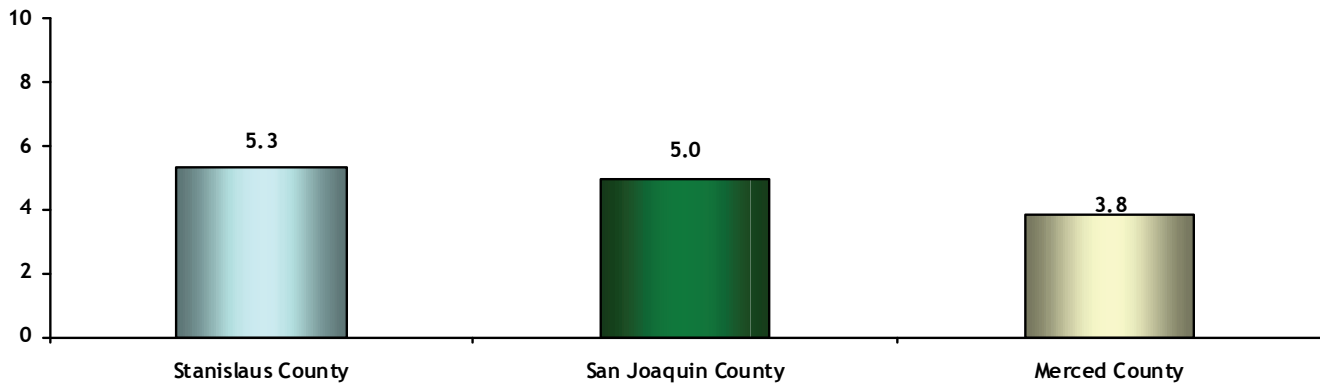
 **New data not available**

³⁸ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity, *5 a Day*, 2004.

³⁹ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, *5 a Day Frequently Asked Questions*, 2004.

⁴⁰ Center for Disease Control and Proper Nutrition, *Physical Activity and Good Nutrition: Essential Elements to Prevent Chronic Diseases and Obesity*, 2008.

Figure 103: Number of Fast Food Restaurants per 10,000 Residents, by County, 2007



Source: California Department of Public Health, Network for a Healthy California, GIS Map Viewer, 2008. California Department of Finance, Demographic Research Unit, E-4 Population Estimates for Cities, Counties, and State, 2001-2008 with 2000 Benchmark, 2008.

Note: Includes quick service restaurants, restaurants where the primary product is pizza, and restaurants with six or more units where the primary product of the restaurant is a sandwich-type food.

Data Summary

When adults ages 18 and older were asked by CHIS if they eat five or more servings of fruits or vegetables daily, 44% of adults in Stanislaus County reported doing so in 2005, a decrease from 47% in 2001. Statewide, the percentage of adults ages 18 and older who reported eating five or more servings of fruits or vegetables daily decreased from 53% in 2001 to 49% in 2005. These statewide percentages were higher than the Countywide percentages for both years.

Overall, in Stanislaus County, there were over 5 fast food restaurants per 10,000 residents in 2007. This was higher than Stanislaus’ neighboring counties of San Joaquin (5 per 10,000 residents) and Merced (4 per 10,000 residents).