

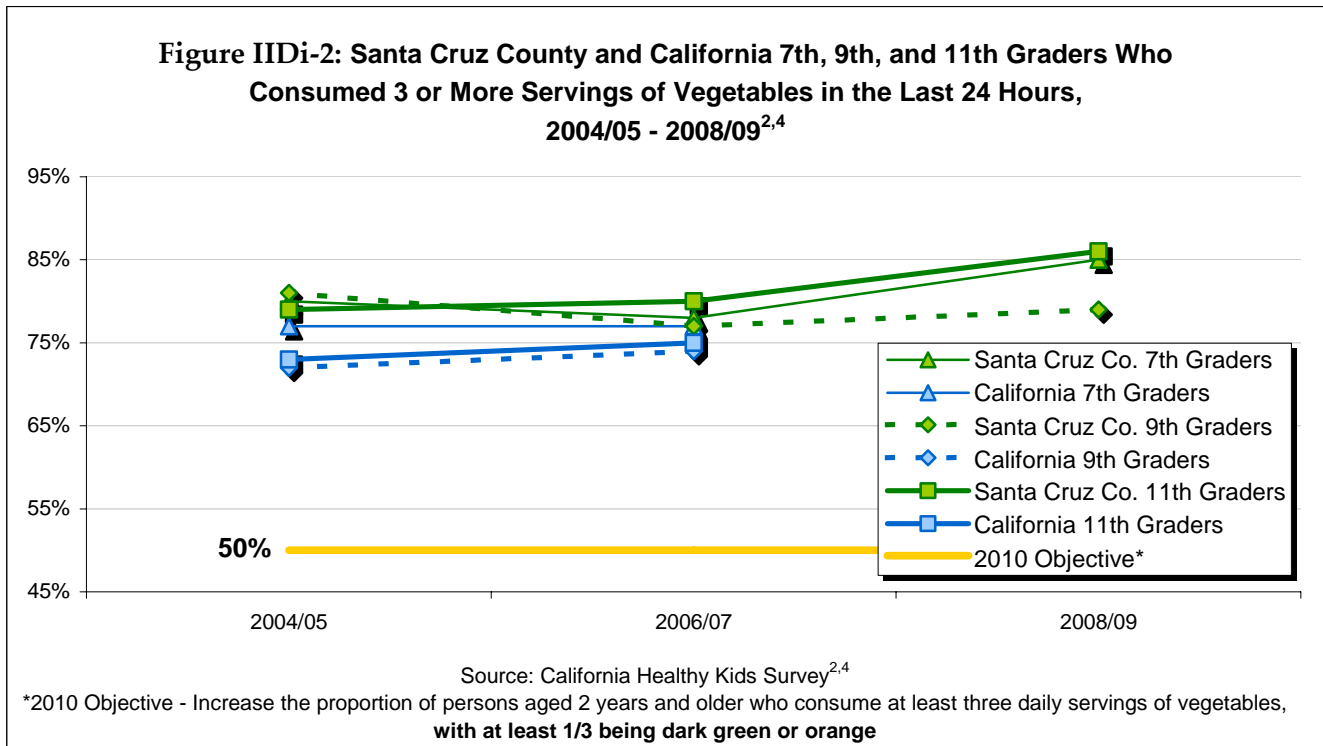
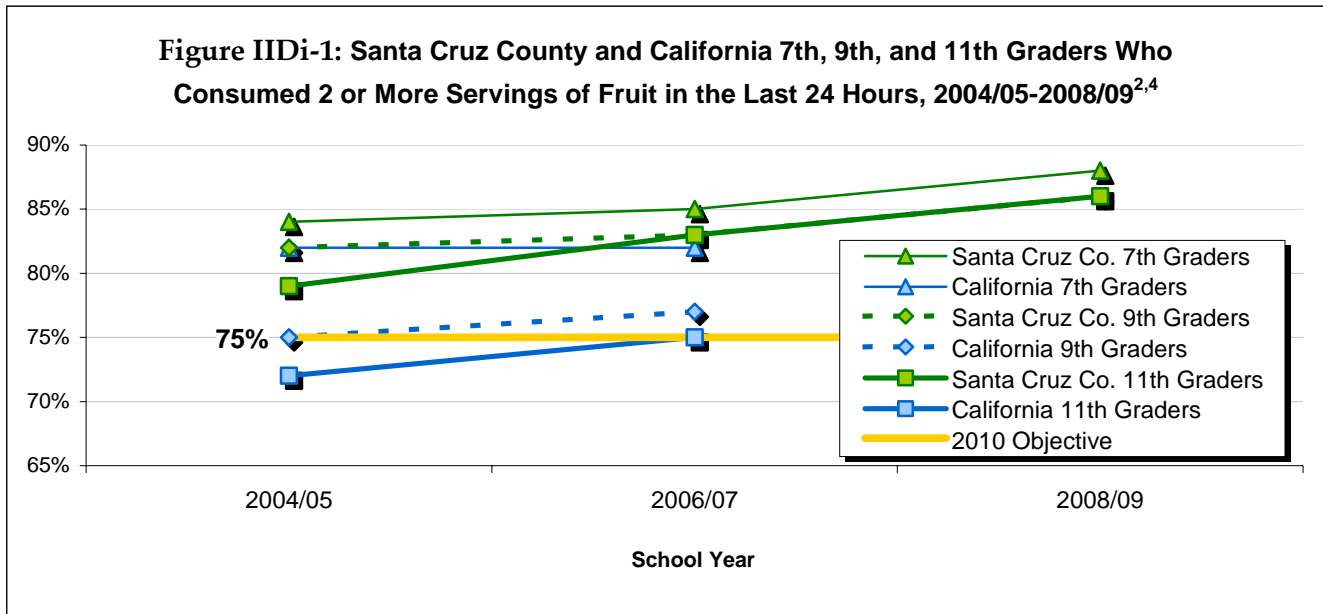
D-i,ii. DIET AND EXERCISE

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| <p>Importance</p> | <p>Regular physical activity and eating a healthy diet are key to maintaining and improving one's health, and preventing and controlling chronic diseases. Both efforts substantially reduce the risk of dying from coronary heart disease, decrease the risk for stroke, colon cancer, diabetes, and high blood pressure, and help prevent overweight and obesity. Physical activity also contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.</p> |
| <p>Highlights</p> | <ul style="list-style-type: none"> ▪ Santa Cruz County teens meet and exceed HP 2010 goals for percentage of persons consuming enough servings of fruits and vegetables.¹ ▪ Santa Cruz County adults met the HP 2010 goal of 50% of all adults participating in a moderate activity at least 5 days per week in 2005 and held that accomplishment in 2007.² |
| <p>Healthy People 2010 Objectives</p> | <p>Nutrition</p> <ul style="list-style-type: none"> ▪ Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit to 75% ▪ Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least 1/3 being dark green or orange, to 50% <p>Physical Activity</p> <ul style="list-style-type: none"> ▪ Minimum percentage of adults who participate in moderate activity 5 or more days per week is 50% ▪ Minimum percentage of teens who participate in vigorous physical activity at least 3 days per week is 85% |

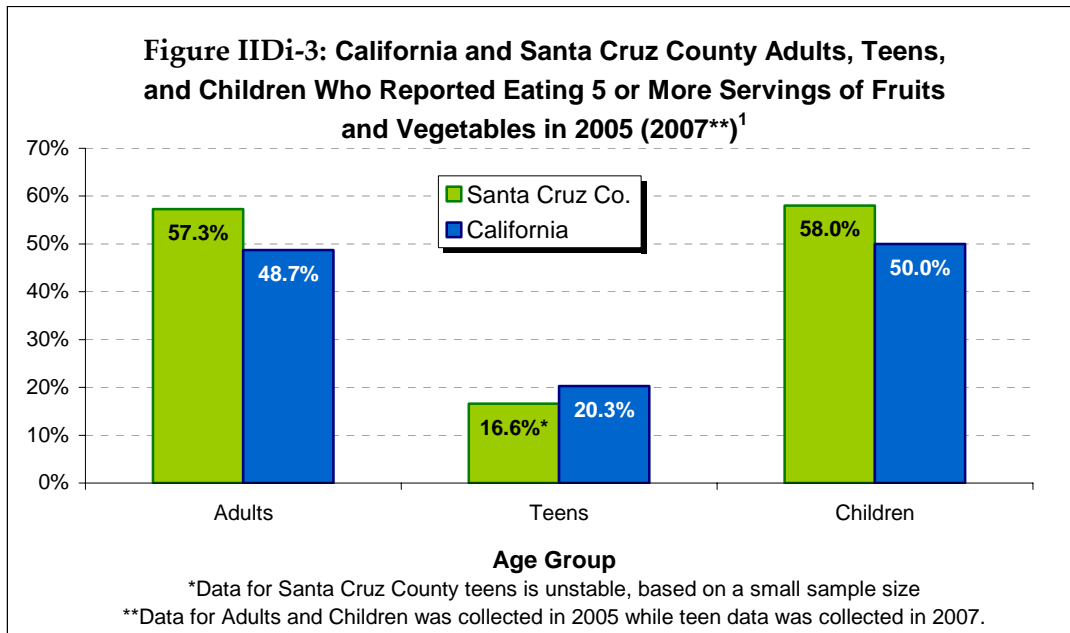
i. NUTRITION

A balanced diet is necessary for proper growth and development of children as well as for maintaining a healthy body and preventing chronic disease in everyone. According to NHANES, in 2004, 40% of Americans consumed at least 2 servings of fruit in the last 24 hours and only 4% of Americans consumed at least 3 servings of vegetables in the last 24 hours.³ Based on California Healthy Kids Survey results, Santa Cruz County teens surpass both of the Healthy People 2010 Objectives for eating 2 or more servings of fruit and 3 or more servings of vegetables.^{2,4} Additionally, consistently higher percentages of Santa Cruz County teens than California teens reported eating the recommended servings of fruit and vegetables (see Figure IIDi-1 and Figure IIDi-2).^{2,4}

i. NUTRITION (CONT.)



A separate survey conducted in California, the California Health Interview Survey, focused on whether respondents consumed 5 servings of fruits and vegetables.¹ Results from the 2005 survey showed that more Santa Cruz County adults (57.3%) than California adults (48.7%) ate the recommended 5 fruits and vegetables in the last 24 hours.¹ In the same 2005 survey, 58% of Santa Cruz County children (under 12) and 50% of California children ate the recommended 5 servings of fruits and vegetables; these numbers were not significantly different from one another (Figure IIDi-3).¹



ii. PHYSICAL ACTIVITY

Regular physical activity reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes, helps maintain healthy bones, muscles and joints, helps control weight, can help reduce blood pressure in some people with hypertension, reduces symptoms of anxiety and depression, and fosters improvements in mood and feelings of well-being.⁵ While vigorous activity is recommended for a healthy cardiovascular system, an inactive person can benefit from even a small increase of physical activity.⁶

Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to attain health benefits.⁷ Additionally, 25.4% of American adults had no leisure-time physical activity in 2008, slightly more than California, where 23.5% of adults had no leisure-time physical activity.⁸

Santa Cruz County adults met the 2010 national objective in 2005, with 50% of adults engaging in moderate physical activity for at least 5 days per week. California adults were better at 53%, but the nation overall was much lower at 30% (see Figure IIDii-1).^{3,9}

Additionally, income level is positively related to physical activity.¹⁰

Physical activity is a key factor for children and adolescents to maintain a healthy weight and develop healthy habits that will help prevent chronic disease as they become adults. Children and adolescents aged 6 to 17 years should do at least one hour a day of aerobic physical activity of moderate or vigorous intensity. Three of those days should be vigorous intensity physical activity.¹ The HP 2010 goal for teens is for 85% of adolescents to participate in 20 minutes of vigorous activity three days a week. Consistently, only 60-61% of Santa Cruz teens achieved this level of activity, while California and U.S. teens have improved slightly to 65% and 64% in 2007 (see Figure IIDii-2).^{1,11} Additionally, the CDC recommends that adolescents participate in muscle-strengthening activities and bone-strengthening activities three days a week for each activity type.¹

Figure IIDii-1: Adults Participating in 30 Minutes of Moderate Activity 5 or More Days per Week^{3,9}

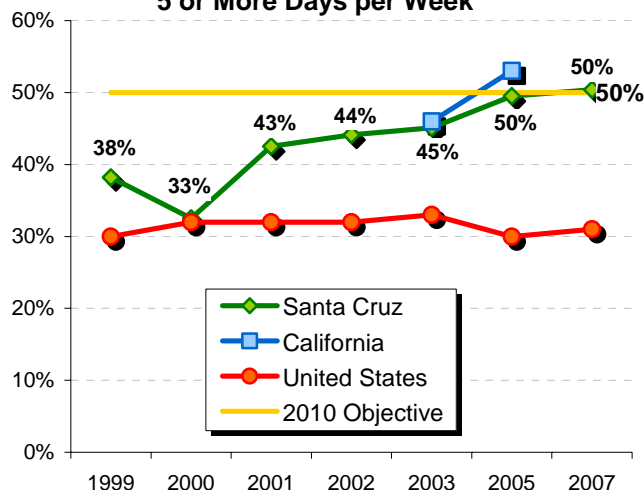
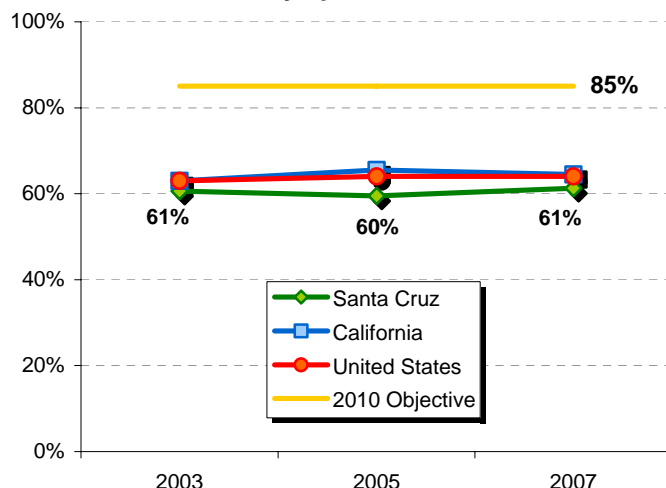


Figure IIDii-2: Teens Participating in 20 Minutes of Vigorous Activity 3 Days per Week^{1,11}



Primary Prevention Activities

- The Santa Cruz Public Health Department is a partner in the **Go For Health Collaborative**, a local childhood obesity prevention coalition focusing on the Pajaro Valley. http://www.unitedwaysc.org/Go_for_Health.php
- **Nutrition and Fitness Collaborative of the Central Coast**, a regional coalition, focuses on reducing childhood obesity, increasing physical activity levels, and increasing access to affordable, nutritious food. <http://www.co.monterey.ca.us/health/CommunityHealth/Nutrition/Collaborative.htm>
- **Superstar Nutrition for Kids** (ended June 2009) was a program to promote healthy eating and physical activity in communities throughout Santa Cruz County, through schools and youth organizations and participation in the above-mentioned coalitions.

Sources

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