



Nutrition and Health

PHOTO: USDA

Improving Healthful Outcomes with Exercise

Physical inactivity and poor diet are linked to many chronic diseases and adverse health conditions, as well as to psychosocial problems. The nationwide obesity rate is approximately 20%, with some states and demographics disproportionately impacted. Since the Coronavirus pandemic, more youths reduced social and physical activity. Access to physical activity opportunities is an often-cited barrier that the Land-grant University System is addressing.

Successful examples include:

- In **Kansas**, 84% of the 5,467 participants in Walk Kansas reached the minimum goal of at least 30 minutes of physical activity five or more days per week and 82% planned to continue physical activity.
- Educators in **California** created an active recess program that encouraged collaboration, social engagement, and physical activity. The program reached 795 elementary students and is providing training to other schools.
- The participants in Let's Walk **Florida** improved their healthful outcomes, with 52% lowering their blood pressure and 29% decreasing their medications.
- **South Dakota** offers two evidence-based physical activity programs to help those living with arthritis and to reduce fall risk in older adults.
- Walk With Ease in **Delaware** also focused on those with arthritis and 86% of participants felt confident in maintaining or increasing their physical activity.
- Educators in **Louisiana** created a weekly virtual walking group to serve as an accountability partner for participants, and 66.7% said they also planned to try the nutrition tip or recipe given as part of the program.

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ABOUT LANDGRANTIMPACTS.ORG | The Land-grant University System is a uniquely American institution and has operated successfully for more than a century. The website documents the collective and individual impacts of the national system of joint teaching, research, and extension institutions.

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- **Georgia** developed a tool for identifying optimal routes for biking and walking in five counties where residents struggled to find safe routes.

Land-grant University System programs result in more physically active and healthy populations by educating and empowering residents to get fit with cost-effective and basic fitness programs.