Even in Boulder County, our children aren’t getting enough physical activity.

Lack of physical activity can cause health problems:
- Stroke
- Type 2 diabetes
- High blood pressure
- Cardiovascular diseases
- High blood cholesterol

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Support a culture of physical activity:
- Improve access to active transportation
- Increase access to places to be physically active
- Promote walking and biking for transportation and recreation

The built environment impacts physical activity:
- People who live in neighborhoods with sidewalks are more likely to walk than those without sidewalks.
- Lack of physical activity can cause health problems:
  - Helps control anxiety and depression
  - Helps build self-confidence
  - Leads to better school performance
  - Makes drug and alcohol use less likely
  - Helps build self-confidence
  - Maintains a healthy weight
  - Healthy bones, muscles, and joints
  - Healthy heart and lungs
  - Healthy coordination and movement control
  - Healthy heart and lungs
  - Healthy coordination and movement control

In Boulder County, only 46% of our children aged 1-14 are exercising daily. It is recommended that children be active for at least 60 minutes every day.

Increase access to places to be physically active

When residents have access to places to be active regardless of physical ability, income, or language, fewer people have high blood pressure or diabetes, or are obese.

Promote walking and biking for transportation and recreation

Over 50% of Boulder County high school students report that they could walk or bike to school daily, but only 17% do. Fewer than 14% of commuters to Boulder County walk, bike, or bus to work.

Source: Colorado Child Health Survey 2011, 2012


Source: 2011 Boulder County Youth Risk Behavior Survey