

Health Disparities in the Medi-Cal Population

Adolescent Physical Activity



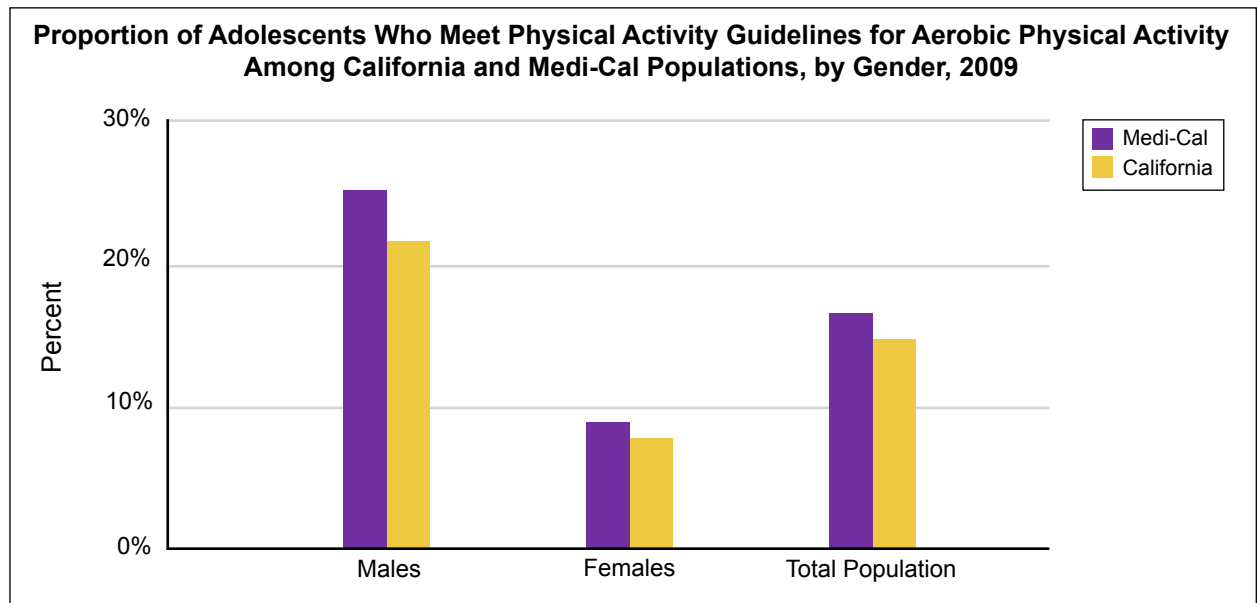
In the *2008 Physical Activity Guidelines for Americans*, the United States Department of Health and Human Services recommended that children and adolescents engage in at least one hour of moderate or vigorous physical activity each day.¹ In fact, there is strong evidence that physical activity reduces the risk of chronic diseases (diabetes, cardiovascular disease, obesity, etc.), depression, and anxiety, and leads to favorable body composition in children and adolescents. Meeting this recommendation can lead to better health outcomes.¹

Among California adolescents, males were more likely to meet the physical activity guidelines for aerobic physical activity of at least one hour of moderate or vigorous physical activity each day compared to females (see Figure).

In the Medi-Cal population, there was a similar pattern with males being more likely to meet the physical activity guidelines for aerobic physical activity compared to females. Regardless of gender, the Medi-Cal population reported higher rates of physical activity than California adolescents as a whole.



Figure



Source: AskCHIS, California Health Interview Survey, 2009.

1. US Department of Health and Human Services. *Physical activity guidelines for Americans*, 2008. Washington, DC: US Department of Health and Human Services; 2008