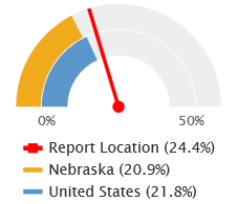


Physical Inactivity

Within the report area, 8,726 or 24.4% of adults aged 20 and older self-report no leisure time for activity, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?". This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Report Area	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity
Report Location	33,855	8,726	24.4%
Adams County, NE	22,992	5,702	23.9%
Clay County, NE	4,675	1,136	22.5%
Nuckolls County, NE	3,397	992	26.5%
Webster County, NE	2,791	896	29.4%
Nebraska	1,352,107	290,828	20.9%
United States	234,207,619	52,147,893	21.8%

Percent Population with no Leisure Time Physical Activity



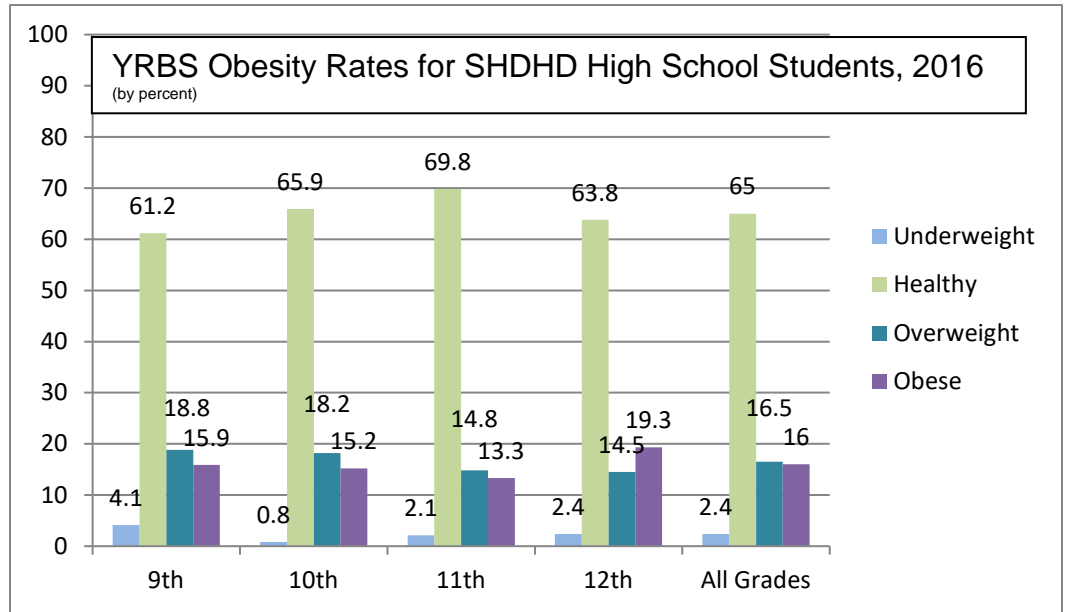
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 2013. Source geography: County → [Show more details](#)



Risk Factors

- Genetics
- Inactivity
- Unhealthy diet and eating
- Family lifestyle
- Quitting smoking
- Pregnancy
- Lack of sleep
- Age
- Certain medications
- Social and economic issues





Cost Savings To Society

By Helping A Person Go From Obesity To Healthy Weight



\$28,020

Average total societal cost savings for **20-year-old** patient going from obesity to healthy weight.



\$27,331

Average total societal cost savings for **30-year-old** patient going from obesity to healthy weight.



\$31,447

Average total societal cost savings for **40-year-old** patient going from obesity to healthy weight.



\$36,278

Average total societal cost savings for **50-year-old** patient going from obesity to healthy weight.



\$34,649

Average total societal cost savings for **60-year-old** patient going from obesity to healthy weight.



\$29,424

Average total societal cost savings for **70-year-old** patient going from obesity to healthy weight.



\$16,882

Average total societal cost savings for **80-year-old** patient going from obesity to healthy weight.