# COSTS OF PHYSICAL INACTIVITY



#### INACTIVITY & DISEASE

Physical inactivity is one of the top 10 risk factors contributing to disease in Australia<sup>2</sup>, contributing to 2.5% of the total burden of disease and is the 5th highest behavioural risk factor, behind tobacco use, diet, alcohol and illicit drug use.

Physical inactivity contributes up to 20% of the disease burden for:





People in the lowest socioeconomic group are affected by disease due to physical inactivity nearly **TWICE** as much as those in the highest socio-economic group



Girls aged 10-16 who walk or cycle to school are up to 10 TIMES more likely to be considered aerobically fit<sup>4</sup>



Boys aged 10-16 who walk or cycle to school are up to **3 TIMES** more likely to be considered aerobically fit<sup>4</sup>

## HEALTH **BENEFITS OF** WALKING & CYCLING





52%

ris





People who ride to work have a **lower risk** of dying prematurely compared to those who commute by car or public transport<sup>6</sup>



Regular walkers have a lower risk of developing heart disease and of dying from it<sup>8</sup>



Light physical activity, such as walking and cycling, improves people's health mentally and physically. It:



Cycling and Walking Australia and New Zealand (CWANZ) is the Australasian lead reference group for walking and bike riding on transport and recreation networks. Members include senior and executive level leaders from all Australian state and territory transport agencies, New Zealand Transport Agency, local government representatives and leading representative organisations for walking, cycling, health and mobility.



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## HEALTH **BENEFITS OF** WALKING & CYCLING



### REFERENCES

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<sup>5</sup>AIHW (2017) Impact of physical inactivity as a risk factor for chronic conditions: Australian Burden of Disease. Canberra, ACT.

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<sup>8</sup> Ibid.

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<sup>10</sup> Laird, Y., Kelly, P., Brage, S., Woodcock, J. (2018) Cycling and walking for individual and population health benefits: A rapid evidence review for health and care system decision-makers. London, UK. <sup>11</sup> AIHW (2018)

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<sup>16</sup>Erickson, K.I., Weinstein, A.M. and Lopez, O.L. (2012) 'Physical Activity, Brain Plasticity, and Alzheimer's Disease' Archives of Medical Research 43(8): 615-21.

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