

# Physical Activity & Nutrition



GEORGIA CAMPAIGN FOR  
ADOLESCENT POWER & POTENTIAL  
Education • Prevention • Action  
For Adolescent Health

*Empowering 360,000 youth by 2025*

Research shows that the consistent lack of nutrition can have serious negative impacts on children's well-being. Children without enough to eat tend to be sick more often, recover from illness more slowly, and be hospitalized more frequently. They also often experience developmental delays, poor educational outcomes, and mental health concerns more frequently. Similarly, on average, kids are sitting nearly 85% of their waking hours, further contributing to negative outcomes in their overall health and wellness.

GCAPP's **PowerMoves!** program helps to address complex issues that stem from poor nutrition, physical inactivity, food insecurity, and unhealthy eating habits.



## RESEARCH SHOWS:

**75%** of teens in Georgia aren't getting the recommended daily exercise.

Female students reported less physical activity than their male counterparts,  
**35% Compared to 57%.**

Physical activity declined steadily in Georgia from **9th to 12th grade**  
for both males and females

**22%** of Georgia's children, 6-17 years old, are physically active at least **60 minutes** every day.

**15%** of youth in Georgia are obese.

The direct relationship between race and socioeconomic status and the risk for obesity in Georgia is evident:

**19%** of children in Georgia **younger than 18 years old live in households below the poverty threshold.**

Black and Latino high school students have a higher burden of obesity than their white counterparts;  
**14.5% and 16.7%,** respectively, compared with **10.9%**

Sources: Georgia Department of Public Health. Georgia Shape. University of Georgia College of Public Health. Feed America. Robert Wood Johnson Foundation. Centers for Disease Control and Prevention. USDA-United States Department of Agriculture. Children's Defense Fund.

*For more information visit [gcapp.org](http://gcapp.org)*