Communities are designed for cars, not walking, biking or public transportation.

- Sedentary lifestyles at home and work contribute to higher rates of obesity.
- Public policies that discourage daily physical activity
- An abundance of inexpensive, unhealthy foods
- A lack of facilities and infrastructure to support and encourage physical activity

The latest study based on a nationally representative sample of U.S. adults estimates that about 112,000 deaths are associated with obesity each year in the United States.

112,000

RECOMMENDED DAILY PHYSICAL ACTIVITY:

- **30 Minutes** for Adults
- **60 Minutes** for Youth

Only 45% of Missouri adults and 26% of youth meet these recommendation.

Take Action:

ENDORSE POLICIES THAT ENCOURAGE ACTIVE LIFESTYLES

- Support National Safe Routes to School initiatives.
- Encourage and reward healthy community design development.
- Encourage mixed-use destinations.
- Encourage active travel with pedestrian, bike and transit networks.
- Engineer to improve safety.

MOCAN fosters and supports healthy eating and active living through policy and environmental changes to measurably improve the health and quality of life of Missouri residents.

Gyms aren’t enough...activity needs to be incorporated into daily life.