

Physical Well Being in the SKCC Catchment Area

The Physical Activity Guidelines for Americans: For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity physical activity (CDC.gov)

16%

of residents in the SKCC Catchment Area are meeting the CDC recommended level of physical activity - residents 65 years of age or greater were most likely to meet the guideline



35%

of college graduates have been on a biking or walking trail a few times within the past month while

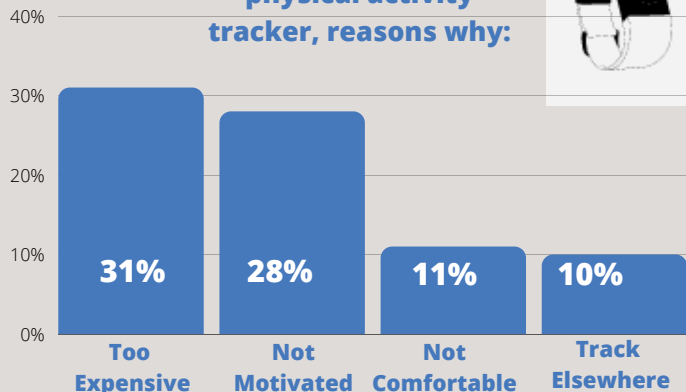


15%

of high school graduates have done the same

73%

do not use a wearable physical activity tracker, reasons why:



19%

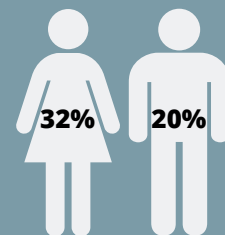
are NOT meeting the CDC recommended level of physical activity - females were more likely than males to NOT meet this guideline



26%

of those asked have participated in a Weight Management Program

Females are more likely than males to participate



The Cancer Support and Welcome Center offers free support groups, classes, counseling and more for patients, caregivers and anyone touched by the disease.

To learn more or get involved , please contact:

**Cancer Support and
Welcome Center at SKCC**
215-955-1000

CancerSupportCenter@Jefferson.edu