The average daily caloric intake in the US has not significantly changed over the last 2 decades. Fewer Americans are engaging in leisure-time physical activity. While Americans are eating basically the same number of calories, the incidence of abdominal obesity is increasing, especially in younger women.

For most Americans, physical activity can protect against weight gain and lowers the health related risks associated with obesity and abdominal obesity. Daily Caloric Intake

Fewer Americans are engaging in leisure-time physical activity.

Abdominal obesity is defined as waist circumference greater than 34 inches for women and 40 inches for men. 

The Facts

The average waist circumference decreased in both women and men when they increased their physical activity by 100 minutes per week. 

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