Health Disparities in the Medi-Cal Population

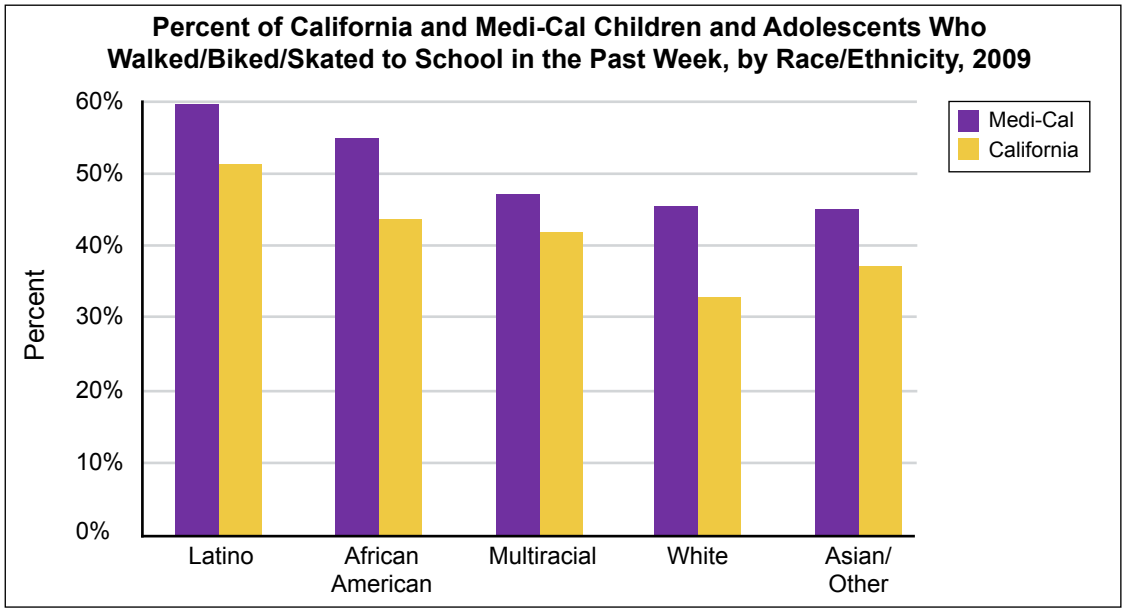
Walking, Biking, and Skating to School

In the 2008 *Physical Activity Guidelines for Americans*, the United States Department of Health and Human Services recommended that children and adolescents engage in at least one hour of moderate or vigorous physical activity each day. Decreased physical activity and an increased sedentary lifestyle have led to increased obesity and chronic diseases (e.g., diabetes and hypertension) among youth. Walking and biking to and from school is one way for children and adolescents to meet this recommendation, and if followed, can lead to better health outcomes.[1]

Among California youth, Latinos and African Americans were most likely to walk, bike, or skate to and from school in the past week, while Whites and Asians/Others were the least likely (see Figure).

In the Medi-Cal population, there was a similar pattern with Latino and African American youth being most likely to walk, bike, or skate to and from school in the past week as compared to Multiracial, White, and Asian/Other youth. Regardless of race/ethnicity, the Medi-Cal population reported higher rates of physical activity than the California youth population.

Figure



Source: AskCHIS, California Health Interview Survey, 2009.

1. US Department of Health and Human Services. Physical activity guidelines for Americans, 2008. Washington, DC: US Department of Health and Human Services; 2008.

Link to Data Sources and Methods