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The Relationship between Youth Inactivity and Health

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Background

Advancement in technology has significantly affected the lifestyle of many young people in the United States and across the world. Studies have shown that the sedentary behavior of young people is a major risk factor for physical inactivity. Inadequate or lack of physical inactivity among the youth because of technology is becoming a global issue of concern, due to its relationship with major diseases like diabetes, obesity, and cardiovascular diseases. Increased cases of inactive youth in physical activities have increased the risk of chronic diseases like heart problems, cancer of colon, diabetes, osteoporosis, and several others. Physical activities in adolescents involve the accumulation of moderate-physical activity for at least 60 minutes daily, which helps in the attainment and maintenance of appropriate strength of bones and helps in the development of skeletal. Young adults who failed to engage in physical activity while in their adolescent age are likely to be overweight compared to those who participated in vigorous physical activities. Cases of adolescents not meeting the recommended physical activities is rising with the World Health Organization, showing that approximately 80% of adolescents do not meet the required physical activity of health. It is important to analyze how technology has decreased physical activity and replaced it with virtual activities leading to poor health for both children and adults.

The image below shows the major causes of death in New York and the United States.

Table 1:
Eight Major Causes of Death (rate per 100,000)

Disease	Central Harlem ^a	New York City ^a	United States ^b
Heart disease	226.4	219.3	192.9
Malignant neoplasms	172.0	163.1	185.9
HIV	22.5	10.2	
Diabetes mellitus	32.8	20.9	22.3
Cerebrovascular disease	16.4	19.4	41.8
Pneumonia influenza	30.2	30.1	16.2
Chronic lower respiratory disease	22.5	21.0	44.6
Accidents (unintentional injuries)	16.4	11.4	38.2

Methods

- The research relied on data collected using a literature review of scholarly reviewed journal articles.
- Data to aid in the research was collected from government websites in the form of health statistics.
- The center for disease control and prevention (CDC) and World Health Organization (WHO) provided adequate statistics on the topic of physical inactivity and its relationship to health.
- Increasing awareness of the importance of physical activities among young people will help solve health problems.

Satisfaction Rates

- Youth who spend at least an hour a day exercising have high satisfaction rates overall
- The youth prefer sitting down and playing a virtual game on the computer instead of going out to play, ride a bicycle, skate and perform other physical activities with their peers
- When exercising regularly, satisfaction increases
- Performing vigorous-intensity activity involving strengthening of muscle bones three times per week has proven to help in eliminating health complications for young people.
- Physical activity has shown to help young people develop musculoskeletal tissues, healthy cardiovascular system, neuromuscular and maintain healthy body weight.
- Studies have shown physical activities benefit the development of the brain, improve cognitive behavior and reduce symptoms like depression.

Outcomes

- The research proves the health benefits of engaging in physical exercise
- Confirmation of the existence of a relationship between physical inactivity and health of young people will provide better approaches for encouraging young people to participate in daily exercise
- The research will change the behavior of young people as they participate in daily activities, which will lead to better physical, cognitive and mental health
- The national government and New York state will increase parks and recreational centers that will attract a large percentage of youths from all neighborhoods, promoting more active lifestyles

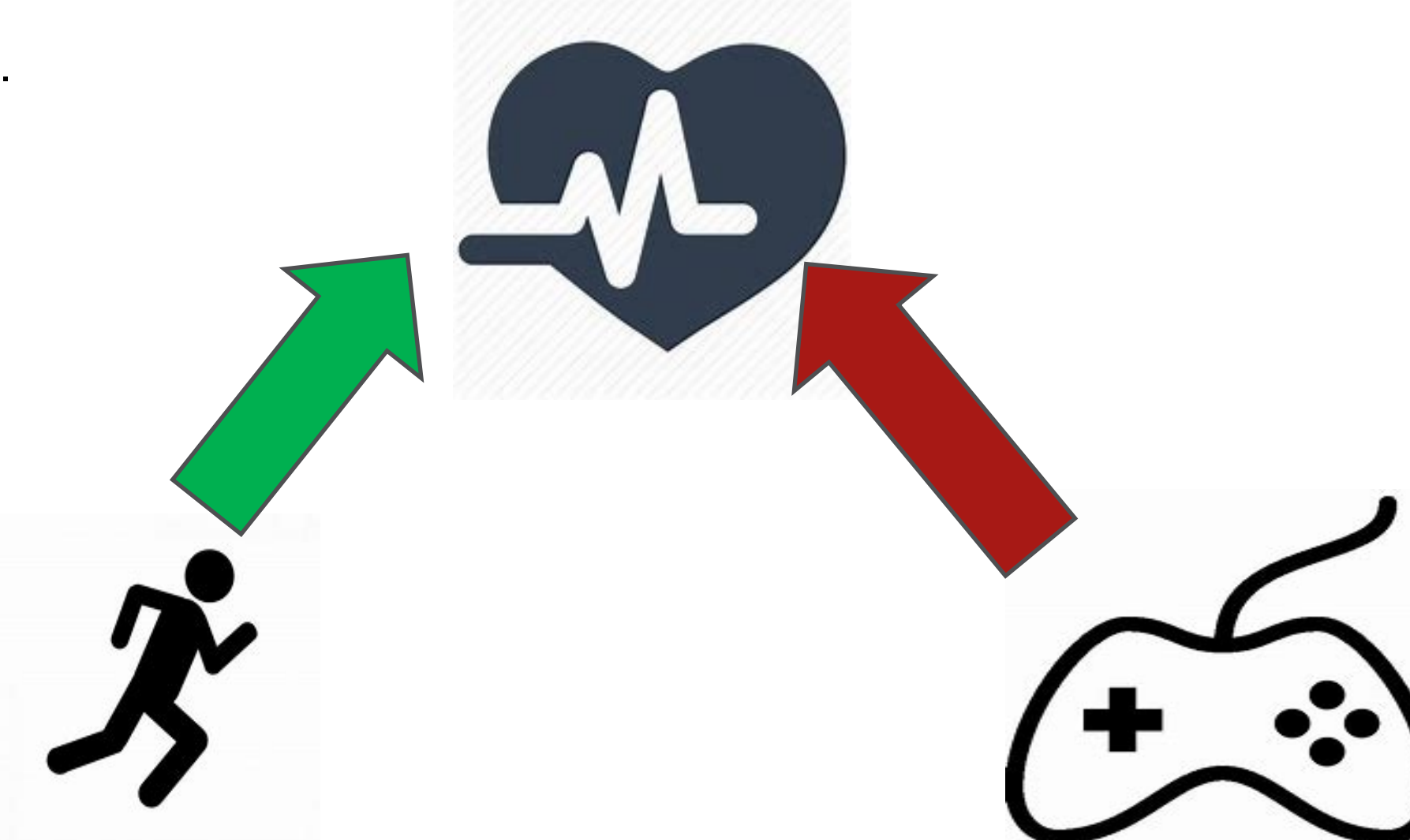
Cost Effectiveness

- Understanding the link between youth inactivity and health be cost effective in that the health risks will be known and thus avoidable.
- The cost of managing cardiovascular illnesses, diabetes and obesity are higher since it involves life-long treatment
- The New York state ranks second among states with adult obesity-related medical expenditure with annual spending of approximately \$7.6 billion
- Across the world, physical inactivity is rising to 1.5–3.0% of total direct healthcare costs.

Conclusion

The sources came to the conclusion that there is a strong relationship between youth inactivity and health. The information supported the hypothesis that advancement in technology has changed the behavior of youths since many have moved into the sedentary lifestyle of no longer participating in physical activity; a behavior that has led to increased health issues. Young people who perform a moderate-physical activity for at least 60 minutes daily have a minimal rate of health complications like obesity and cardiovascular illnesses. The researchers conclude that inactive behavior, such as playing computer and video games has made the youth inactive, resulting to health complications like cardiovascular diseases, obesity, depression and type 2 diabetes. When young people engage in daily physical activities, they reveal benefits like improved muscles and cardiovascular fitness, improved bones, reduced risk of hypertension and cardiovascular illnesses, fundamental to energy balance and several others.

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Moving Forward

- Various authors hope to continue researching on the topic of the relationship between physical inactivity of young people and health
- Further research will determine the reason for increased cases of physical inactivity among young people in the North Country region and how technology is contributing to inactive behavior
- Continuing research aims at investigating whether playing virtual computer games encourages adolescents to participate in physical activities



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