Welcome to the webinar!
U.S. Report Card on Physical Activity for Children, Youth

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The 2014 United States Report Card on Physical Activity for Children and Youth

Wednesday, September 10, 2014
1:00PM – 2:00PM EDT

Presented by
Physical Activity Plan
Make the Move
Today’s Speakers

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Associate Executive Director for Population and Public Health Sciences
Pennington Biomedical Research Center
Louisiana State University System

Russell Pate, Ph.D.
Professor
Director, Children’s Physical Activity Research Group
Arnold School of Public Health
University of South Carolina
Who is Participating Today?

• American Council on Exercise
• United States Air Force Academy
• Department of Veteran Affairs
• W.K. Kellogg Foundation
• YMCA
• American Heart Association
• CDC
• 35 + Colleges and Universities
• Representatives from school systems and public health departments
Overview

• Background on Physical Activity Recommendations and Benefits
• Goal of the 2014 Report Card
• Framework and Methodology
• Report Card Results
• Grade Summary
• Recommendations/Action Strategies
• Conclusions
The 2008 Physical Activity Guidelines for Americans recommends children and youth obtain...

60 MINUTES OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY EVERY DAY.

- Vigorous activities on at least 3 days per week
- Bone-strengthening activities on at least 3 days per week
- Muscle-strengthening activities on at least 3 days per week
Benefits of Daily Physical Activity

• Increased health-related fitness
• Improvements in cardiovascular and metabolic profiles
• Decreased risk of cardiovascular disease
• Decreased risk of developing type 2 diabetes
• Boosts in bone health and development
• Improvements in mental health and well-being
• Improvements in cognitive and academic performance
• Betterments in motor control and physical functioning
• ... and more!
The 2014 United States Report Card on Physical Activity for Children & Youth
Goal of the Report Card

• The primary goal of the 2014 United States Report is to assess levels of physical activity and sedentary behaviors in American children and youth, facilitators and barriers for physical activity, and related health outcomes.
Framework

• The Report Card Committee assigned letter grades to 10 different indicators to reflect how well the U.S. is succeeding in providing children and youth opportunities or support for physical activity.

• Together, the indicators provide a comprehensive assessment of physical activity of U.S. children and youth.
Report Card Indicators

OVERALL PHYSICAL ACTIVITY
SEDENTARY BEHAVIORS
ACTIVE TRANSPORTATION
ORGANIZED SPORT PARTICIPATION
ACTIVE PLAY
HEALTH-RELATED FITNESS
FAMILY and PEERS
SCHOOL
COMMUNITY and the BUILT ENVIRONMENT
GOVERNMENT STRATEGIES and INVESTMENTS
Data Sources

hbsc

NHANES

NHTS

YRBSS

SHPPS 2012

National Youth Fitness Survey

Your Data ... Your Story
www.childhealthdata.org

Data Resource Center for Child & Adolescent Health
A project of the Child and Adolescent Health Measurement Initiative

AMERICAN COLLEGE of SPORTS MEDICINE, LEADING THE WAY

Physical Activity Plan
Make the Move
# Making the Grade

<table>
<thead>
<tr>
<th>GRADE</th>
<th>DEFINITION</th>
<th>BENCHMARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>We are succeeding with a large majority of children and youth.</td>
<td>81-100%</td>
</tr>
<tr>
<td>B</td>
<td>We are succeeding with well over half of children and youth.</td>
<td>61-80%</td>
</tr>
<tr>
<td>C</td>
<td>We are succeeding with about half of children and youth.</td>
<td>41-60%</td>
</tr>
<tr>
<td>D</td>
<td>We are succeeding with less than half, but some, children and youth.</td>
<td>21-40%</td>
</tr>
<tr>
<td>F</td>
<td>We are succeeding with very few children and youth.</td>
<td>0-20%</td>
</tr>
<tr>
<td>INC</td>
<td>Incomplete. At the present time there is insufficient information available to establish a grade.</td>
<td>---</td>
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2014 Report Card Results
Overall Physical Activity

PRIMARY INDICATOR: The proportion of U.S. children and youth attaining 60 or more minutes of moderate-to-vigorous physical activity on at least 5 days per week.

Figure 1. Prevalence of U.S. children and youth 6-15 y of age were at least moderately active for 60 minutes per day. ¹

- **25%** Met PA recommendations
- **75%** Did not meet PA recommendations

42% of 6- to 11-year olds in the U.S. were at least moderately active for 60 minutes per day.

8% of 12- to 15-year olds meet physical activity recommendations.

Overall Physical Activity

Figure 2. Percentages of 11, 13, and 15 year old U.S. youth reporting at least 1 hour of moderate-to-vigorous physical activity daily.¹

Sedentary Behaviors

PRIMARY INDICATOR: The proportion of U.S. youth engaging in 2 hours or less of screen time per day.

Figure 3. Prevalence of children reporting meeting screen time recommendations.²
Sedentary Behaviors

Figure 4. Prevalence of U.S. high school students reporting meeting screen time guidelines for television.³

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Television</td>
<td>68.9</td>
<td>64.7</td>
<td>73.4</td>
</tr>
<tr>
<td>Hispanic</td>
<td>67.6</td>
<td>71.9</td>
<td>61.9</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>African American</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

Figure 5. Prevalence of U.S. high school students reporting meeting screen time guidelines for computers.³

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer</td>
<td>67.6</td>
<td>66.7</td>
<td>68.4</td>
</tr>
<tr>
<td>Hispanic</td>
<td>62.2</td>
<td>74.4</td>
<td>45.4</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>African American</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Active Transportation

PRIMARY INDICATOR: The percentage of U.S. children and youth who usually walk or bike to school.

Figure 6. Usual mode of transportation to school among U.S. children and youth. 4

<table>
<thead>
<tr>
<th></th>
<th>1969</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk/Bike</td>
<td>47.7%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Personal Vehicle</td>
<td>38.3%</td>
<td>39.4%</td>
</tr>
<tr>
<td>School Bus</td>
<td>12.2%</td>
<td>45.3%</td>
</tr>
<tr>
<td>Other</td>
<td>1.7%</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

Organized Sport Participation

PRIMARY INDICATOR: The proportion of U.S. high school students participating on at least 1 school or community sports team.

Figure 7. Percentages of U.S. high school students who participated on at least 1 community or school sports team.°

Active Play

PRIMARY INDICATOR: The proportion of U.S. children and youth participating in daily unstructured, unorganized active play.

Figure 8. Percentages of U.S. school districts requiring elementary schools to provide regularly scheduled recess.6

Health-Related Fitness

PRIMARY INDICATOR: The proportion of U.S. youth meeting physical fitness standards.

Figure 9. Bouchard and Shephard model of health-related fitness.⁷

METABOLIC
- Glucose tolerance
- Insulin sensitivity
- Lipid metabolism
- Substrate oxidation characteristics

MORPHOLOGICAL
- BMI
- Body composition
- Subcutaneous fat distribution
- Abdominal visceral fat
- Bone density
- Flexibility

CARDIORESPIRATORY
- Submaximal exercise capacity
- Maximal aerobic power
- Heart functions
- Lung functions
- Blood pressure

MOTOR
- Agility
- Balance
- Coordination
- Speed of movement

MUSCULAR
- Power
- Strength
- Endurance

Family and Peers

**PRIMARY INDICATOR:** None.

Figure 10. Prevalence of adult support for physical activity among U.S. high school students.⁸

<table>
<thead>
<tr>
<th>ADULT SUPPORT FOR PHYSICAL ACTIVITY (≥ 1 TIME/WEEK)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encourage the adolescent to participate in PA or play sports?</td>
<td>73.9%</td>
</tr>
<tr>
<td>Do PA or plays sports with the adolescent?</td>
<td>48.5%</td>
</tr>
<tr>
<td>Provide transportation to PA or sports adolescent participants in?</td>
<td>67.8%</td>
</tr>
<tr>
<td>Watch the adolescent do PA or play sports?</td>
<td>61.8%</td>
</tr>
</tbody>
</table>

PA: Physical Activity

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PRIMARY INDICATOR: The proportion of U.S. high school students attending at least one physical education (PE) class in an average week.

Figure 11. Percentages of U.S. high school students who attended a PE class in an average school week.³
PRIMARY INDICATOR: The proportion of children and youth living in neighborhoods with at least 1 park or playground area.

Figure 12. Percentages of U.S. children and youth who reported living in neighborhoods with at least 1 park or playground area.¹

PRIMARY INDICATOR: Strategies, policies, and investments made by the U.S. federal government toward increasing physical activity levels and developing guidelines recommending healthful amounts of physical activity among American children and youth.

The 2008 Physical Activity Guidelines for Americans

Community Transformation Grant Program

Federal Safe Routes to School Program

Let’s Move!

NHANES National Youth Fitness Survey

The President’s Council on Fitness, Sports, and Nutrition
<table>
<thead>
<tr>
<th>GRADE</th>
<th>INDICATOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>D−</td>
<td>OVERALL PHYSICAL ACTIVITY</td>
</tr>
<tr>
<td>D</td>
<td>SEDENTARY BEHAVIORS</td>
</tr>
<tr>
<td>F</td>
<td>ACTIVE TRANSPORTATION</td>
</tr>
<tr>
<td>C−</td>
<td>ORGANIZED SPORT PARTICIPATION</td>
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<td>INC</td>
<td>HEALTH-RELATED FITNESS</td>
</tr>
<tr>
<td>INC</td>
<td>FAMILY &amp; PEERS</td>
</tr>
<tr>
<td>C−</td>
<td>SCHOOL</td>
</tr>
<tr>
<td>B−</td>
<td>COMMUNITY &amp; THE BUILT ENVIRONMENT</td>
</tr>
<tr>
<td>INC</td>
<td>GOVERNMENT STRATEGIES &amp; INVESTMENTS</td>
</tr>
</tbody>
</table>
Recommendations & Action Strategies

The National Physical Activity Plan

Designed to Move
The National Physical Activity Plan has a vision...

One day, all Americans will be physically active and they will live, work, and play in environments that facilitate regular physical activity.

www.physicalactivityplan.org
Recommendations for 8 Sectors

- Public Health
- Health Care
- Education
- Transportation, Land Use, and Community Design
- Parks, Recreation, Fitness, and Sports
- Business and Industry
- Volunteer and Non-Profit Organizations
- Mass Media

www.physicalactivityplan.org
Overarching Strategies

**Strategy 1:** Launch a grassroots advocacy effort to mobilize public support for strategies and tactics in the National Physical Activity Plan (NPAP).

**Strategy 2:** Mount a national physical activity education program to educate Americans about effective behavioral strategies for increasing physical activity. Integrate the program’s design with other national health promotion and disease prevention education campaigns.

**Strategy 3:** Disseminate best practice physical activity models, programs, and policies to the widest extent practicable to ensure Americans can access strategies that will enable them to meet federal physical activity guidelines.

**Strategy 4:** Create a national resource center to disseminate effective tools for physical activity promotion.

**Strategy 5:** Establish a center for physical activity policy development and research across all sectors of the NPAP.
It’s Time for Action: *Designed to Move*

**DESIGNED TO MOVE**

A Physical Activity Action Agenda

www.designedtomove.org
Designed to Move: Ask 1

CREATE EARLY POSITIVE EXPERIENCES FOR CHILDREN

www.designedtomove.org
Designed to Move: Ask 2

INTEGRATE PHYSICAL ACTIVITY INTO EVERYDAY LIFE
Conclusions

Physical activity  Sedentary behavior
Download the Report Card

About the National Physical Activity Plan Alliance

The Report Card on Physical Activity for Children and Youth was developed under the auspices of the National Physical Activity Plan Alliance (NPAPA), a national coalition of organizations committed to promoting physical activity within the U.S. population. In 2010, the NPAPA developed and released the first large-scale, comprehensive strategic plan for promoting physical activity in the United States.

The National Physical Activity Plan includes more than 250 strategies and tactics that, when implemented, would help increase physical activity in children and youth. The plan serves as a framework for ways we can change our communities so that children, youth and adults will lead more physically active lives.

http://physicalactivityplan.org/theplan.php
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*Speaker on today’s webinar
And thank you for your participation!

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Email us at:
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Thank you for attending!

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