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## 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

THE 2014 UNITED STATES REPORT CARD ON  
PHYSICAL ACTIVITY FOR CHILDREN & YOUTH

★★★★★

Presented By  
**NATIONAL Physical Activity Plan.**  
*Make the Move*



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



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# Today's Speakers



**Peter Katzmarzyk, Ph.D., FACSM, FAHA**

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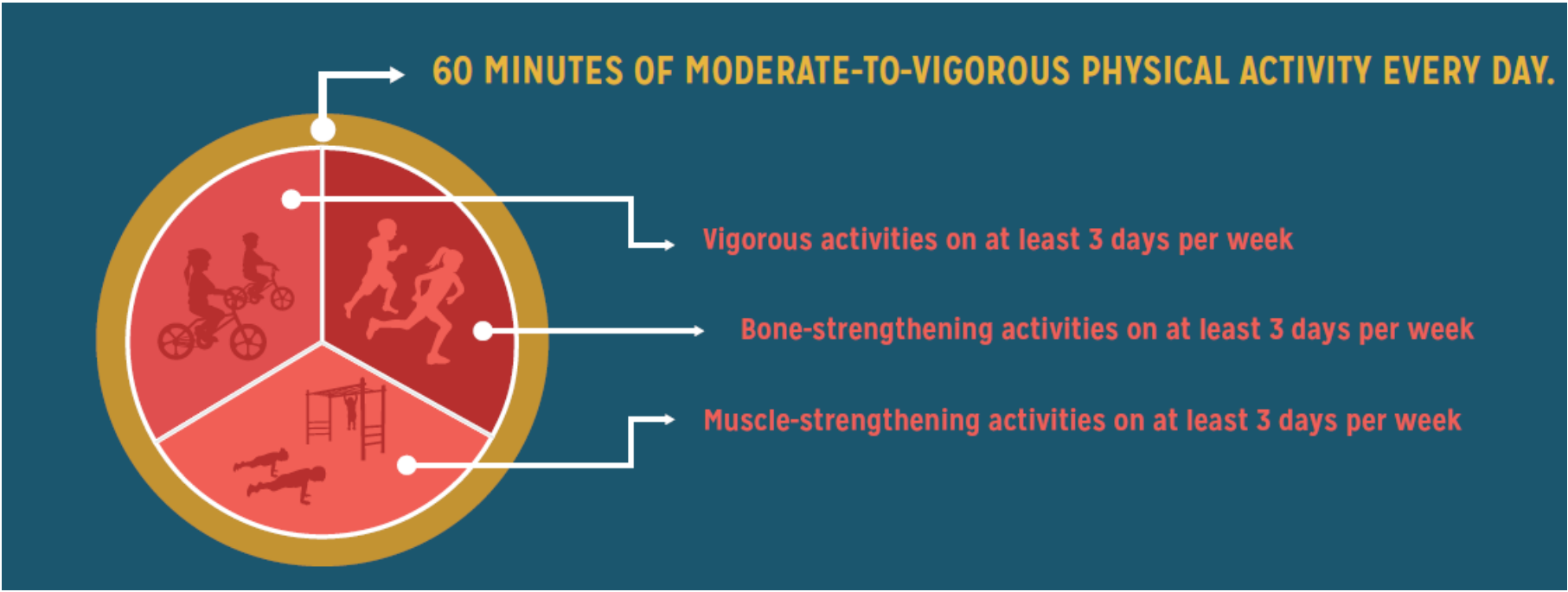
# Who is Participating Today?

- 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...*



# 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



# Making the Grade

GRADE	DEFINITION	BENCHMARK
<b>A</b> ★★★★★	We are succeeding with a large majority of children and youth.	81-100%
<b>B</b> ★★★★☆	We are succeeding with well over half of children and youth.	61-80%
<b>C</b> ★★★☆☆	We are succeeding with about half of children and youth.	41-60%
<b>D</b> ★★☆☆☆	We are succeeding with less than half, but some, children and youth.	21-40%
<b>F</b> ★☆☆☆☆	We are succeeding with very few children and youth.	0-20%
<b>INC</b> ☆☆☆☆☆	Incomplete. At the present time there is insufficient information available to establish a grade.	---

# 2014 Report Card Results



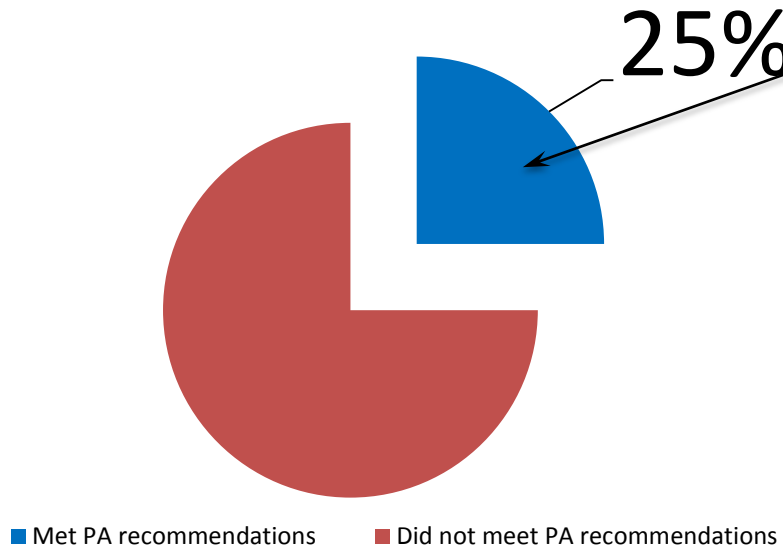
# Overall Physical Activity

GRADE

**D-**  
★★★★★

**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.<sup>1</sup>



**42%**

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

**8%**

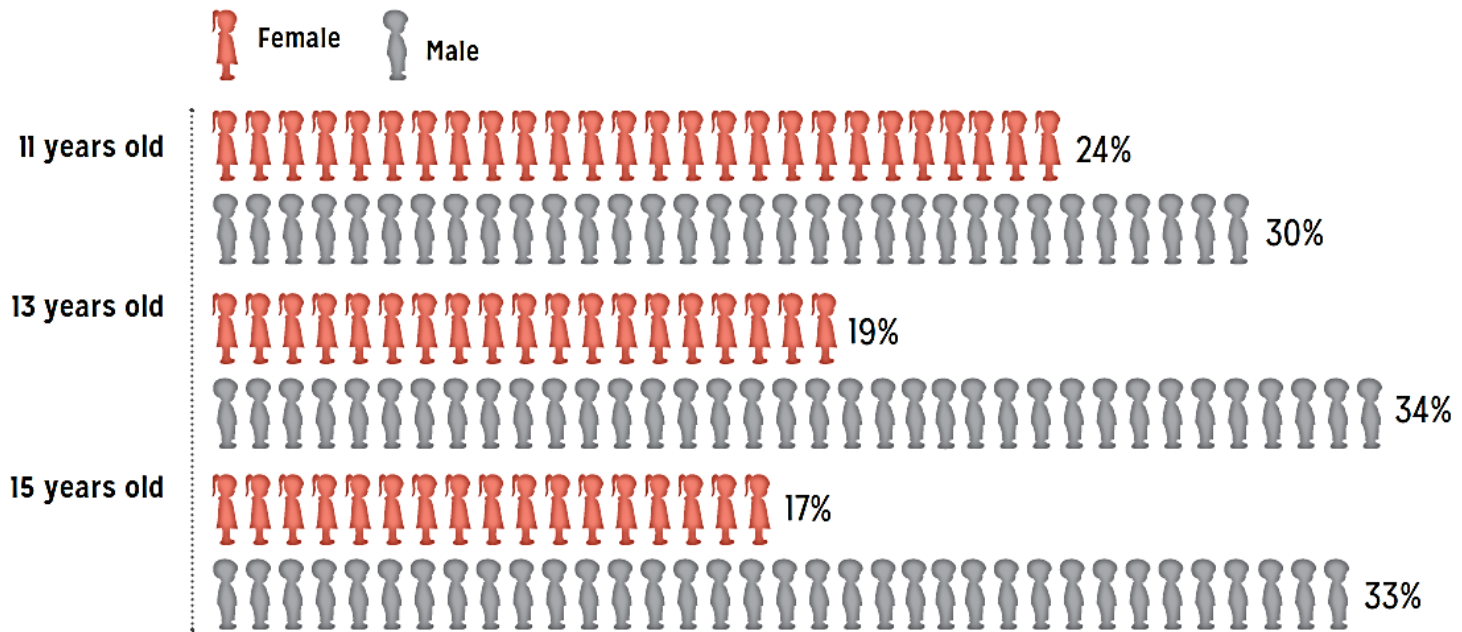
of 12- to 15- year olds meet physical activity recommendations.

# Overall Physical Activity

GRADE



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.<sup>1</sup>



1. Troiano RP, Berrigan D, Dodd KW, Masse LC, Tilert T, Mcdowell M. Physical activity in the United States measured by accelerometer. Med Sci Sports Exerc 2008;40:181-8.



# Sedentary Behaviors

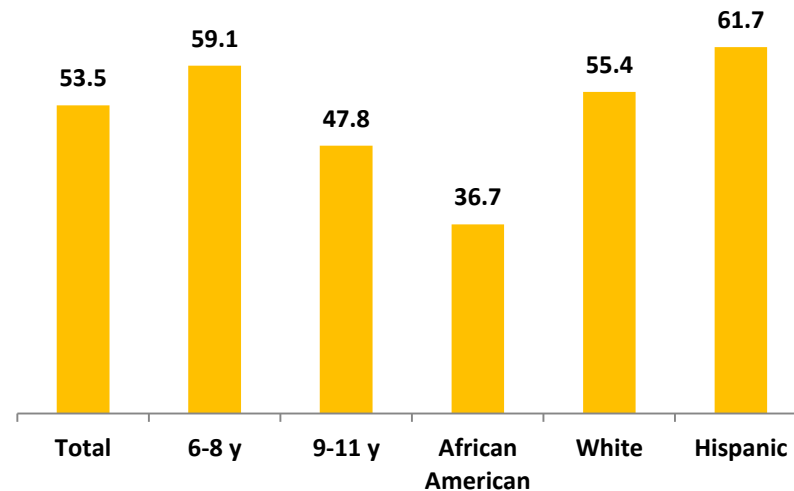
GRADE

D



**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.<sup>2</sup>



# Sedentary Behaviors

GRADE

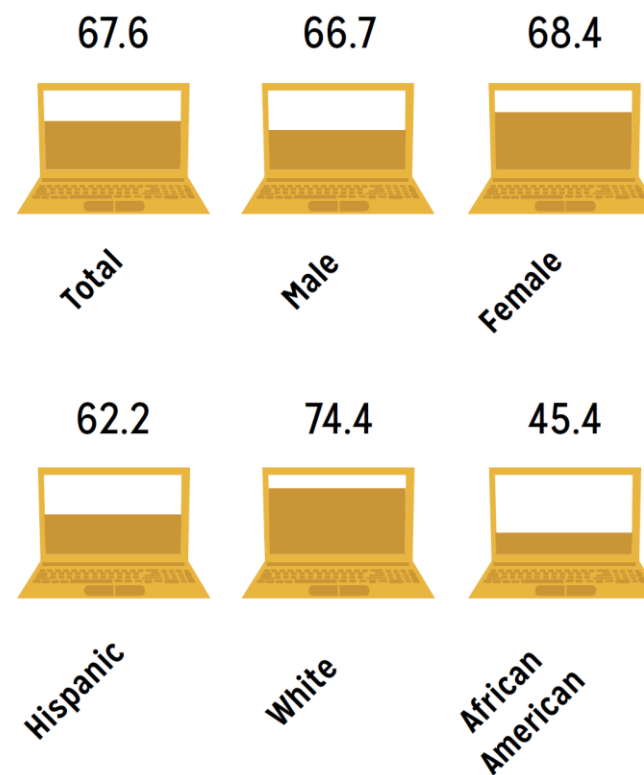
D



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



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



# Active Transportation

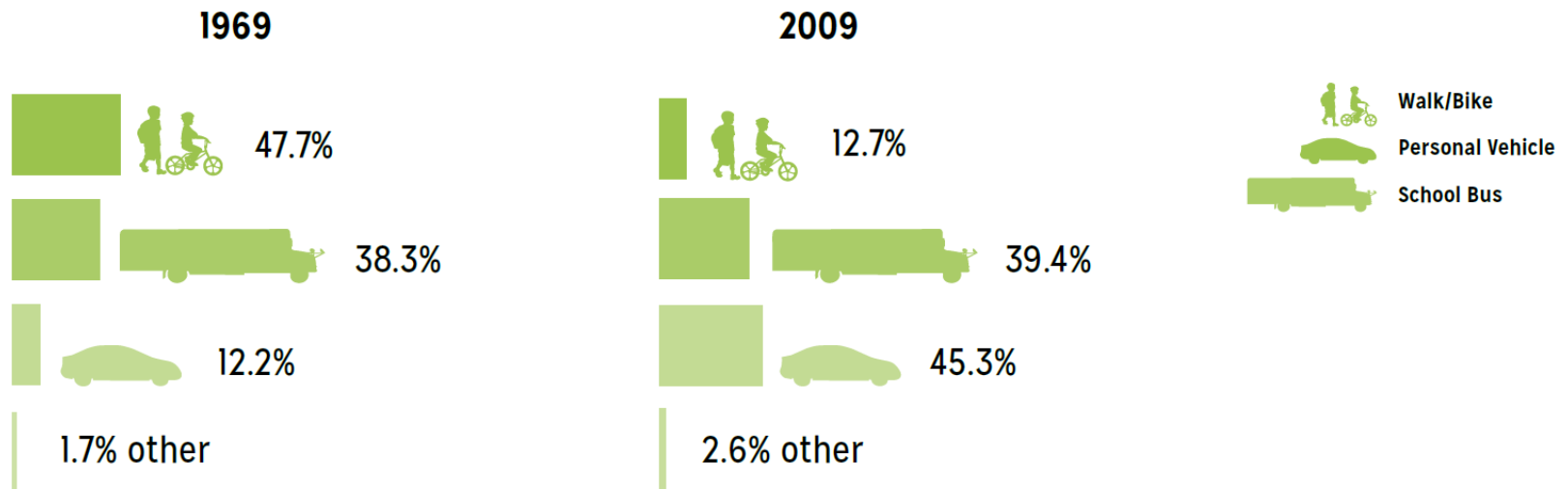
GRADE

F



**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 .<sup>4</sup>



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4. McDonald NC, Brown AL, Marchetti LM, Pedroso MS. U.S. school travel, 2009 an assessment of trends. Am J Prev Med 2011;41:146-51.

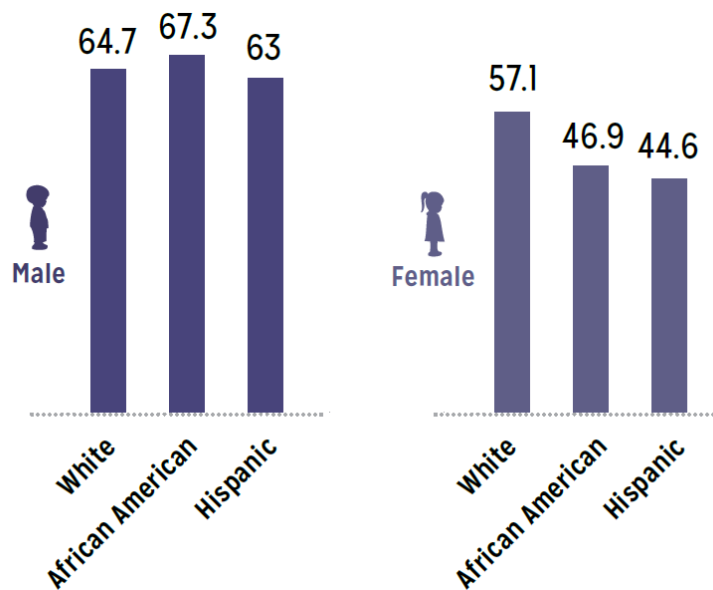
# Organized Sport Participation

GRADE

C-  
★★★★★

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

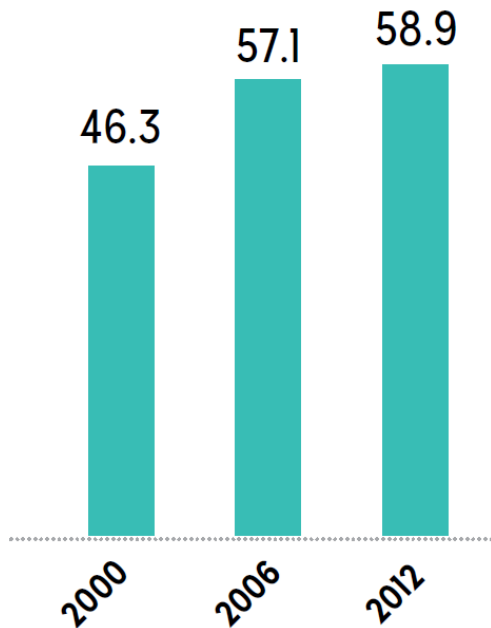
Figure 7. Percentages of U.S. high school students who participated on at least 1 community or school sports team.<sup>5</sup>



# 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.<sup>6</sup>



6. 2012 *School Health Policies and Practices*. Centers for Disease Control and Prevention., *School Health Policies and Practices Study 2012: Results from the School Health Policies and Practices Study 2012*. 2013, U.S. Department of Health and Human Services.: Atlanta [54]. Source: 2006 *School Health Policies and Practices*. Centers for Disease Control and Prevention., *School Health Policies and Programs Study: Changes Between 2000 and 2006*. Atlanta: U.S. Department of Health and Human Services, 2007.

# Health-Related Fitness

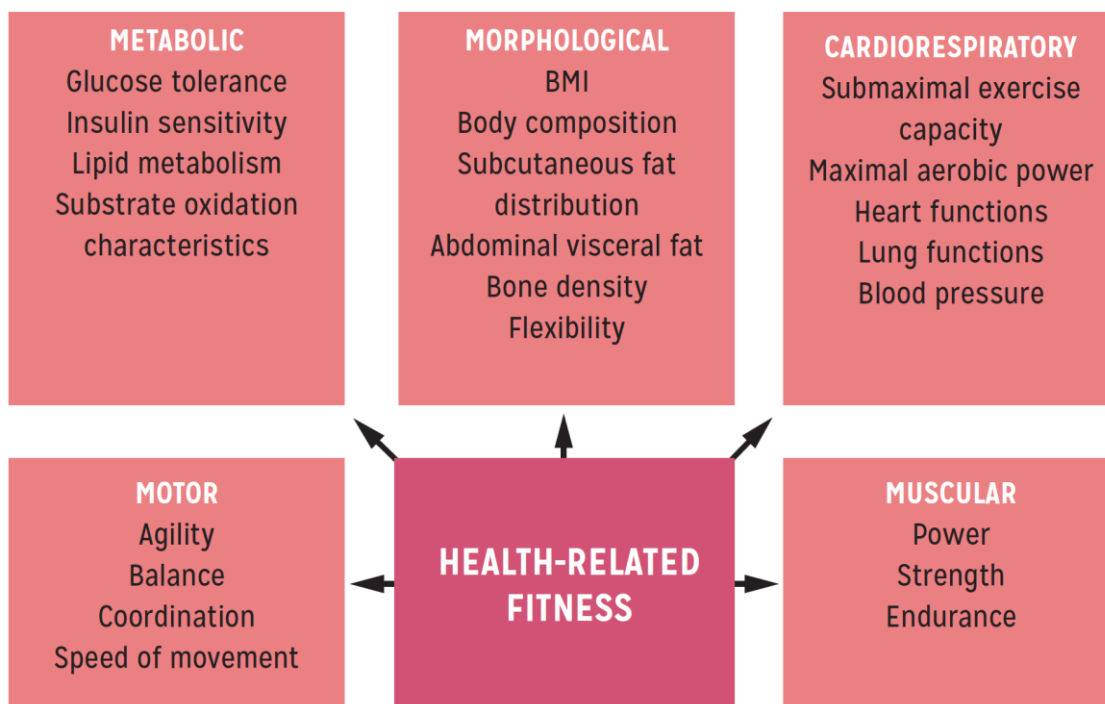
GRADE

INC



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

Figure 9. Bouchard and Shephard model of health-related fitness.<sup>7</sup>



# Family and Peers

GRADE



**PRIMARY INDICATOR: None.**

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

ADULT SUPPORT FOR PHYSICAL ACTIVITY ( $\geq 1$ TIME/WEEK)	
How often does the adult in the household...	%
Encourage the adolescent to participate in PA or play sports?	73.9%
Do PA or plays sports with the adolescent?	48.5%
Provide transportation to PA or sports adolescent participants in?	67.8%
Watch the adolescent do PA or play sports?	61.8%

PA: Physical Activity



8. 2010 National Youth Physical Activity and Nutrition Study. Lowry, R., et al., *Obesity and other correlates of physical activity and sedentary behaviors among US high school students*. J Obes, 2013. 2013: p. 276318.

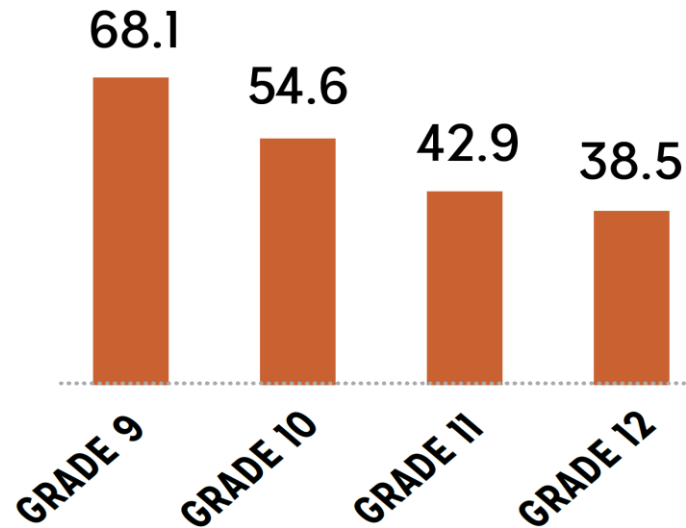
# School

GRADE



**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.<sup>3</sup>





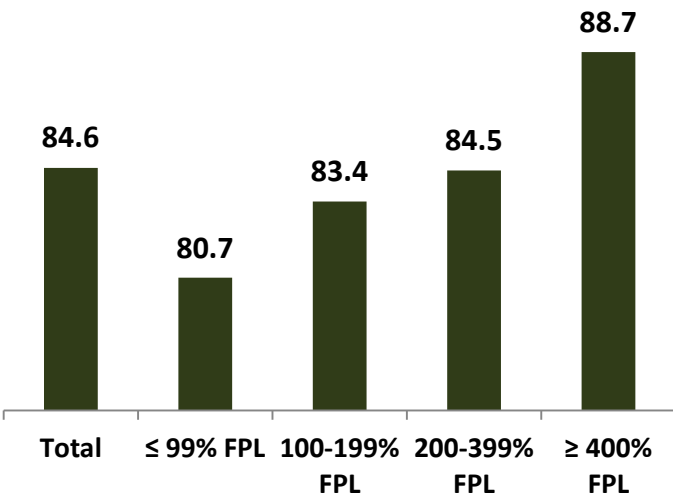
# Community & the Built Environment

GRADE



**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.<sup>9</sup>



9. National Survey of Children's Health. NSCH 2011/12. Data query from the Child and Adolescent Health Measurement Initiative. Data Resource Center for Child and Adolescent Health website. Available from: [www.childhealthdata.org](http://www.childhealthdata.org).

# Government Strategies & Investments

GRADE

INC



**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



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# Summary of Report Card Indicators & Grades

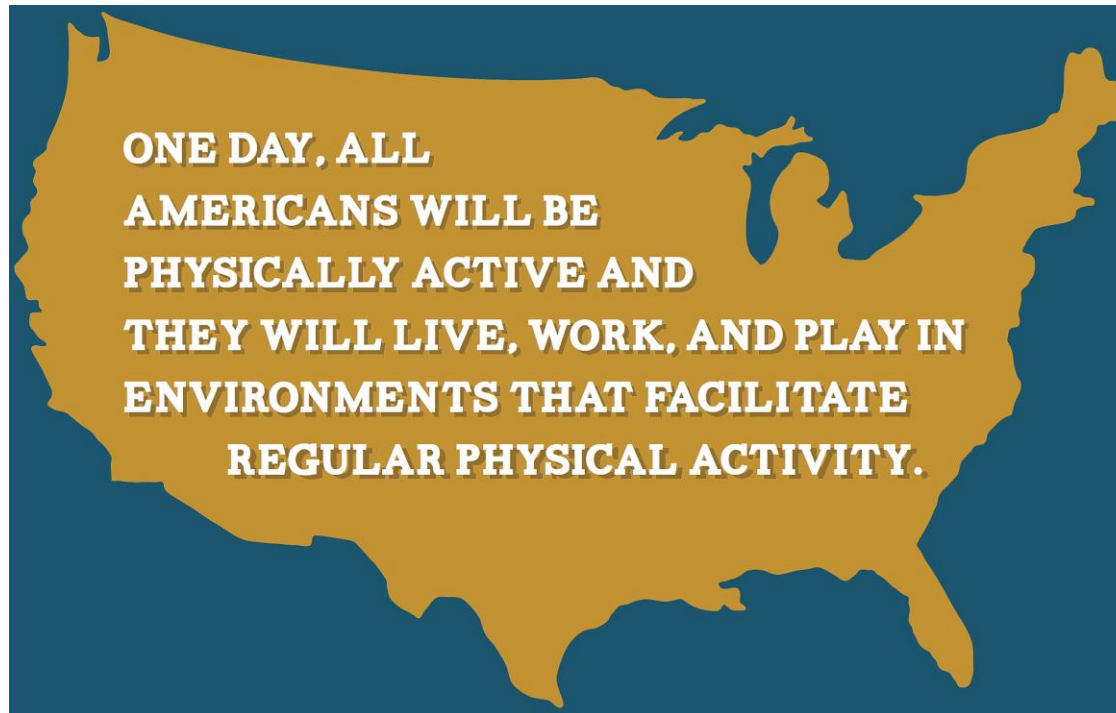
GRADE	INDICATOR
D- ★ ★ ★ ★ ★	OVERALL PHYSICAL ACTIVITY
D ★ ★ ★ ★ ★	SEDENTARY BEHAVIORS
F ★ ★ ★ ★ ★	ACTIVE TRANSPORTATION
C- ★ ★ ★ ★ ★	ORGANIZED SPORT PARTICIPATION
INC ★ ★ ★ ★ ★	ACTIVE PLAY
INC ★ ★ ★ ★ ★	HEALTH-RELATED FITNESS
INC ★ ★ ★ ★ ★	FAMILY & PEERS
C- ★ ★ ★ ★ ★	SCHOOL
B- ★ ★ ★ ★ ★	COMMUNITY & THE BUILT ENVIRONMENT
INC ★ ★ ★ ★ ★	GOVERNMENT STRATEGIES & INVESTMENTS

# Recommendations & Action Strategies

*The National Physical Activity Plan*

*Designed to Move*

# ***The National Physical Activity Plan has a vision...***



[www.physicalactivityplan.org](http://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](http://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.



[www.physicalactivityplan.org](http://www.physicalactivityplan.org)



# It's Time for Action: *Designed to Move*

## DESIGNED TO MOVE

A Physical Activity Action Agenda

[www.designedtomove.org](http://www.designedtomove.org)



# *Designed to Move: Ask 1*

**CREATE EARLY POSITIVE EXPERIENCES FOR CHILDREN**



# *Designed to Move: Ask 2*

**INTEGRATE PHYSICAL ACTIVITY INTO EVERYDAY LIFE**



# Conclusions

Physical activity



Sedentary behavior



# Download the Report Card

To download PDFs of the long and summary edition 2014 U.S. Report Card, visit: <http://www.physicalactivityplan.org/reportcard.php>



The banner features a green field with silhouettes of children playing various sports: a basketball player, a soccer player, a runner, and a person doing a handstand. In the background, there are trees and a city skyline. Social media icons for email, Facebook, and Twitter are visible in the top right corner.

2014 US Report Card on Physical Activity  
for Children and Youth

The Goal      Committee      Contact Us

Download the Report:      Full Report      Executive Summary

# 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>



# Thanks to Our Research Advisory Committee

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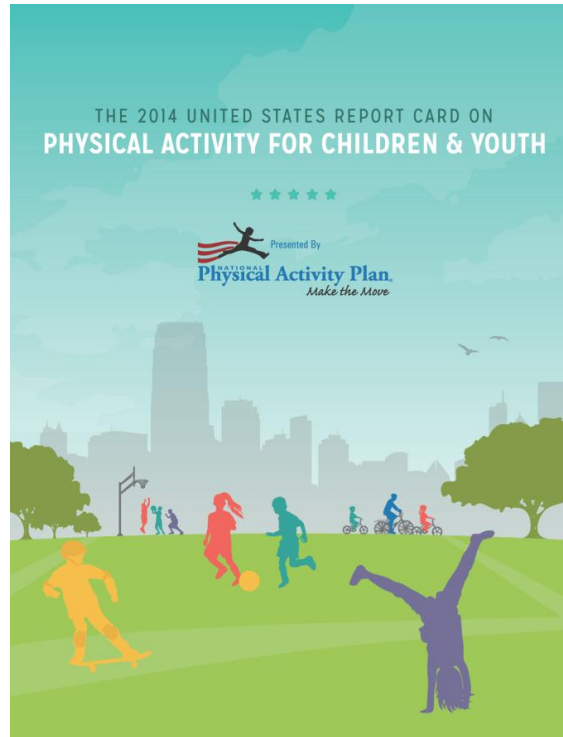
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# And thank you for your participation!



## Contact Us

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# Thank you for attending!

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