

# Fit and Healthy Make the Mind Wealthy

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## Key Findings from F as in Fat, 2007

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- Approximately 25 million children are obese or overweight.
- The rate of childhood obesity more than tripled from 1980 to 2004.
- 14.8% of youth ages 10-17 are overweight. (National Survey on Children)
- 13.1% of high school students are overweight. (Youth Risk Behavior Surveillance System)

# Key Findings from F as in Fat, 2007

Ranking	States	Percentage of Overweight 10 to 17 Year Olds
1	D.C.	22.8%
2	West Virginia	20.9%
3	Kentucky	20.6%
4	Tennessee	20.0%
5	North Carolina	19.3%
6	Texas	19.1%
7	South Carolina	18.9%
8	Mississippi	17.8%
9	Louisiana	17.2%
10	New Mexico	16.8%

Source: 2003-04 National Survey of Children's Health

# Key Findings from F as in Fat, 2007

- ❑ Only approximately 70 percent of high school students participated in CDC's recommended minimum level of activity for youth.
- ❑ Thirty years ago, two-thirds of American children walked to school each day; today less than one-in-five walk or bike to school.
- ❑ Only 54 percent of high school students had physical education class at least once a week, and only 33 percent had daily physical education.

# Public Opinion Survey on Obesity: Key Findings

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- ❑ More than two-thirds of Americans believe children do not participate in adequate amounts of physical activity during the school day or outside of school
- ❑ More than 70% of Americans rated proposals to increase physical education in schools as an 8 or higher on a 10 point scale

## Recommendations for PE and PA for Children

- ❑ The CDC: 60 minutes or more of activity per day on five or more days per week (“Healthy Youth! Youth Online: Comprehensive Results)
- ❑ The National Association for Sports and Physical Education and the American Heart Association: 150 minutes of PE instruction during each school week for elementary school children and 225 minutes per week for middle school students

# Physical Education & Physical Activity in Schools

- ❑ CDC's School Health and Policies and Programs Study (SHPPS) 2006 is the largest, most comprehensive assessment of school health programs in the U.S.
- ❑ It was also conducted in 2000 and 1994 and is planned again for 2012.
- ❑ It assesses school health policies and programs at the state, district, school and classroom levels.

Source: SHPPS 2006 Overview Fact Sheet

# SHPPS Key Findings: Physical Education

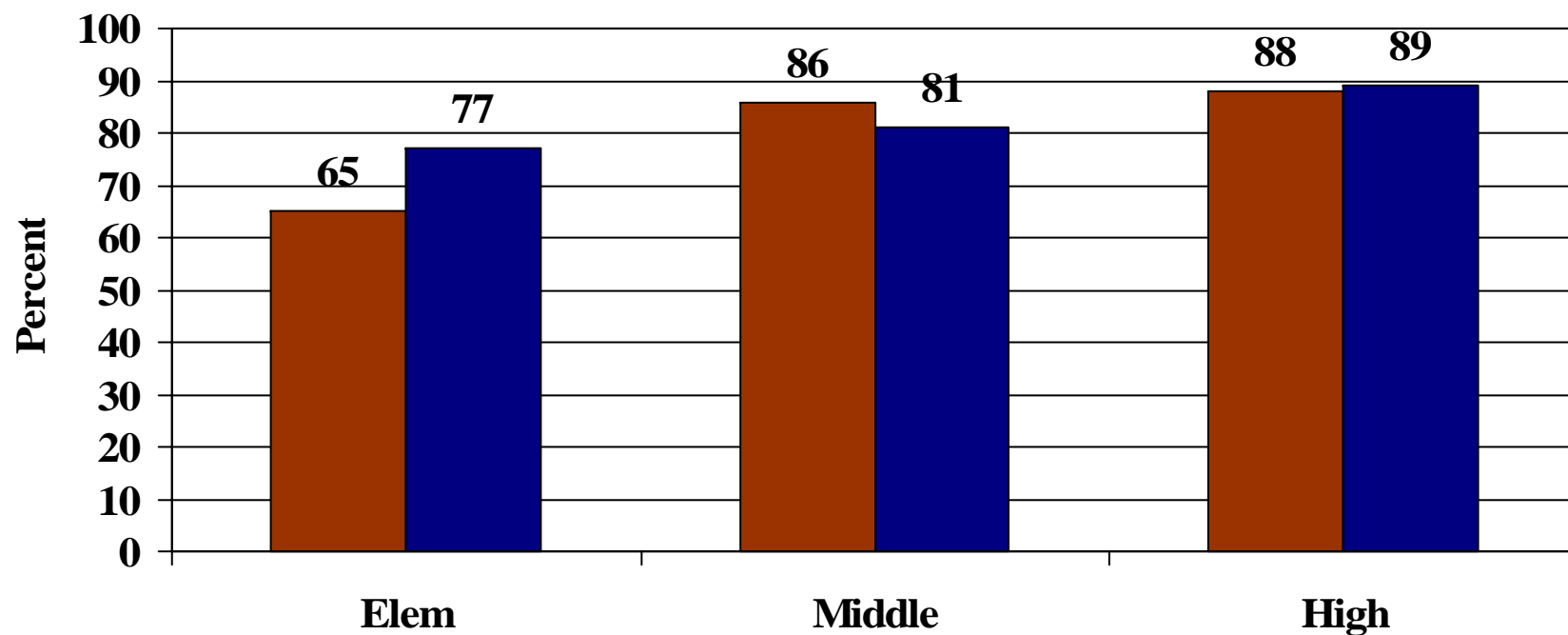
- The percentage of districts requiring elementary schools to teach PE increased from 82.6% in 2000 to 93.3% in 2006.
- The percentage of states requiring or encouraging districts or schools to follow standards or guidelines based on the National Standards for Physical Education increased from 59% in 2000 to 76% in 2006.
- Only 4% of elementary schools, 8% of middle schools and 2% of high schools provided daily PE or its equivalent for the entire school year for students in all grades.
- The total amount of active time in PE courses was 35.6 minutes among all classes/courses.
- Overall, 22% of schools did not require students to take *any* physical education.

Source: SHPPS 2006 Physical Education Fact Sheet



# SHPPS Key Findings: Physical Education

Percentage of States and Districts Requiring Newly Hired Staff to Have Undergraduate or Graduate Training in PE



Source: SHPPS 2006, CDC

■ States ■ Districts

## SHPPS Key Findings: Physical Activity

- ❑ 67.8% of elementary schools provided daily recess for students in all grades.
- ❑ 44% of elementary schools, 67% of middle schools and 22% of high schools offer PA breaks.
- ❑ 44% of all schools supported or promoted walk/bike to school.
- ❑ 14% of states and 18% of districts adopted a policy encouraging districts or schools to support or promote walk/bike to school.

Source: SHPPS 2006, CDC

# Conclusion

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- Schools are a major venue for changing the culture of inactivity – and we have data to show that this change *can* occur.
- Physical education and physical activity still far less than recommended levels.
  - “Requirements” often below recommended levels
  - Implementation of requirements limited by costs and pressures to perform on standardized tests.