

The 2018 U.S. Report Card on Physical Activity for Children and Youth

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NATIONAL Physical Activity Plan

The NPAP has a vision: **One day, all Americans will be physically active, and they will live, work, and play in environments that encourage and support regular physical activity.**

The first U.S. NPAP was released in 2010, and it was recently updated and re-released in 2016 with the addition of faith-based settings and sport as new societal sectors. Societal sectors are areas of opportunity for physical activity promotion that provide the infrastructure for the Plan (www.physicalactivityplan.org).

The NPAP is comprised of recommendations that are organized into nine societal sectors:

- Business and Industry
- Community Recreation, Fitness and Parks
- Education
- Faith-based Settings
- Healthcare
- Mass Media
- Public Health
- Sport
- Transportation, Land Use and Community Design

The 2018 United States Report Card on
**Physical Activity for
Children and Youth**

SUMMARY



BRIDGING THE GAP

Presented by:  **NATIONAL
Physical Activity Plan**

<http://www.physicalactivityplan.org/projects/reportcard.html>

INDICATOR
Overall Physical Activity
Sedentary Behaviors
Active Transportation
Organized Sport Participation
Active Play
Physical Fitness
Family and Peers
School
Community and Built Environment

GRADE	INTERPRETATION	BENCHMARK
A	We are succeeding with a large majority of children and youth ($\geq 80\%$)	A+ = 94-100% A = 87-93% A- = 80-86%
B	We are succeeding with well over half of children and youth (60-79%)	B+ = 74-79% B = 67-73% B- = 60-66%
C	We are succeeding with about half of children and youth (40-59%)	C+ = 54-59% C = 47-53% C- = 40-46%
D	We are succeeding with less than half but some children and youth (20-39%)	D+ = 34-39% D = 27-33% D- = 20-26%
F	We are succeeding with very few children and youth ($< 20\%$)	F = 0-19%
INC	Incomplete—insufficient or inadequate information to assign a grade	

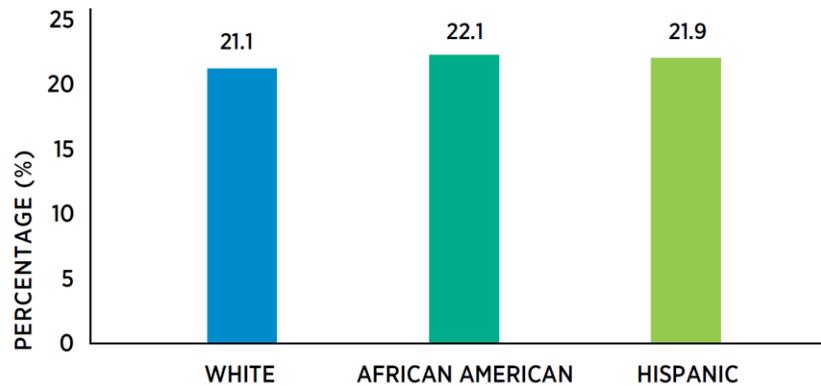


Overall Physical Activity



Figure 3 Percentage of 6-19 year old children and youth meeting physical activity recommendations, by race/ethnicity and data source.

Panel A. Percentage of 6-19 year-old children and youth engaging in at least 60 minutes of physical activity on at least 5 days per week, by race/ethnicity.



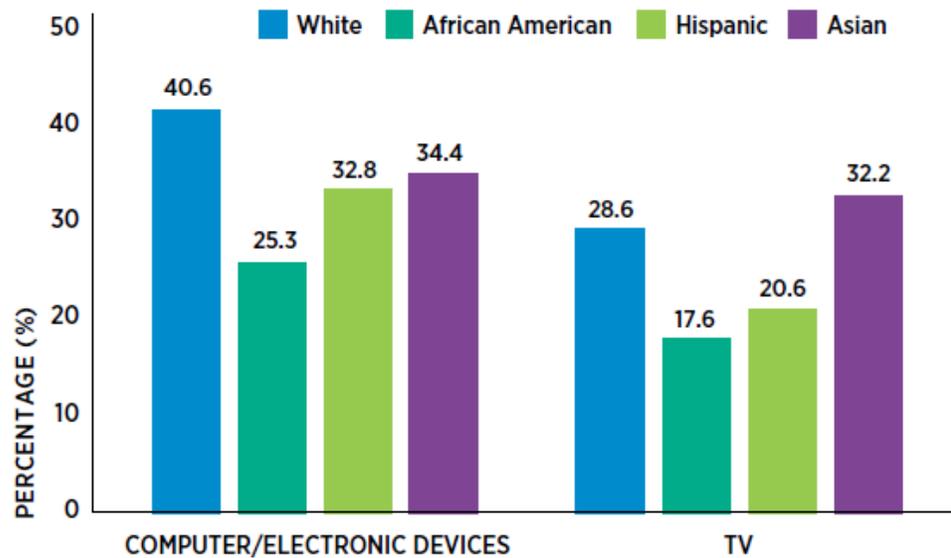
Source: 2005-06 NHANES²⁰

- **Approximately 24% of children 6 to 17 years of age** participate in 60 minutes of physical activity every day (2016 NSCH).⁸
- **A significant drop in physical activity occurs with increasing age:** 42.5%, 7.5% and 5.1% of 6-11 year olds, 12-15 year olds and 16-19 year olds meet physical activity recommendations, respectively, using objective physical activity measurement by accelerometry (2005-06 National Health and Nutrition Examination Survey; NHANES).^{2,20}

Sedentary Behaviors



Figure 5 Percentage of 6-17 year-old children engaging in less than 1 hour per day of TV or electronic device use across racial/ethnic group.



Source: 2016 NSCH⁸

- **Approximately 33% of children and youth aged 6-19 years** report engaging in 2 hours or less of screen time per day (2015-16 NHANES).²⁸
- **Younger children aged 6-11 years are more likely to meet screen time guidelines than adolescents aged 12-19 years:** 35% and 31%, respectively (2015-16 NHANES).²⁸

Active Transportation



Table 3 Percentage of U.S. youth aged 12 to 19 years reporting active transportation to and from places, by number of days per week and gender.

NUMBER OF ACTIVE TRANSPORTATION DAYS PER WEEK	TOTAL (%)	GIRLS (%)	BOYS (%)
0 days	61.6	68.3	55.3
1 day	2.5	1.0	3.9
2 days	4.7	5.5	4.0
3 days	4.6	4.8	4.3
4 days	3.5	3.0	4.0
5 days	14.9	13.5	16.2
6 days	1.8	0.6	3.0
7 days	6.3	3.3	9.3

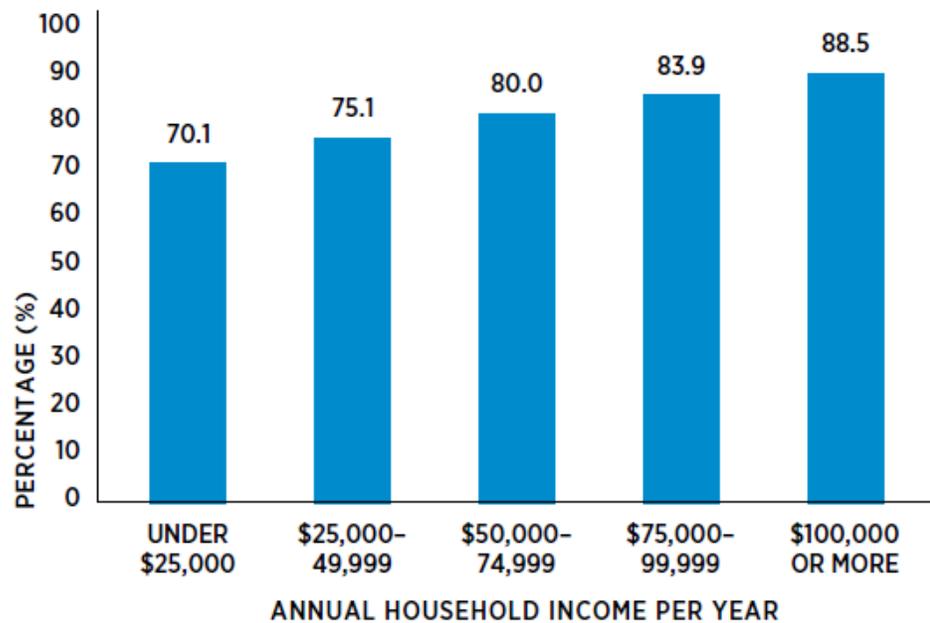
Source: 2015-16 NHANES²⁸

- **Approximately 13% of children and youth aged 5-14 years** usually walk or bike to school (2009 National Household Travel Survey; NHTS).³³
- **Approximately 38% of youth aged 12-19 years** walk or use a bicycle for at least 10 minutes continuously once or more in a typical week to get to and from places (2015-16 NHANES).²⁸

Organized Sport Participation



Figure 7 Percentage of 6-12 year old children engaging in at least some sport activity during the year by annual family income levels.



Source: 2017 State of Play Report⁴⁴

- **Approximately 56% and 50% of 6-12 year old children** report playing an organized or unorganized team or individual sport, respectively, at least once a year (2017 State of Play Report).⁴⁴
- **Approximately 54% of high school students** report playing on at least one sports team during the previous year (2017 YRBSS).⁹

Active Play

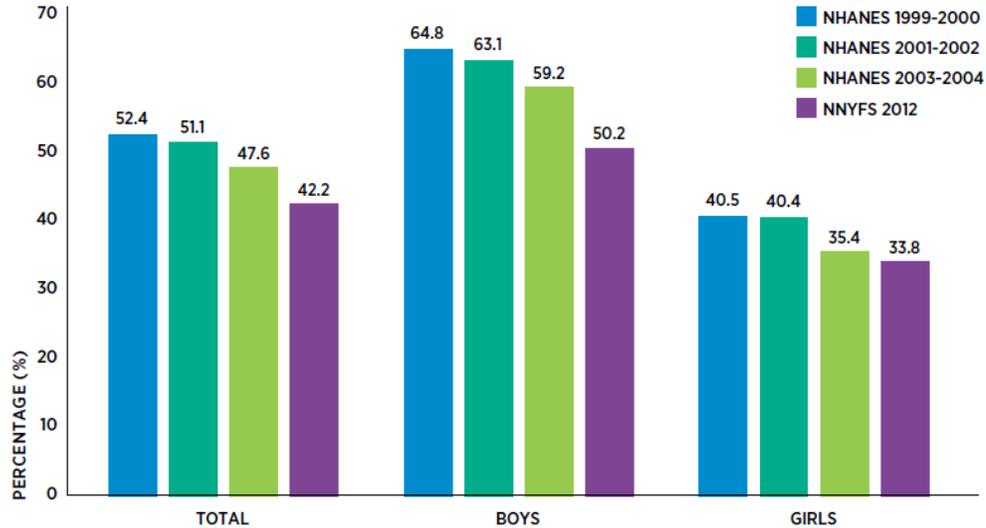


- **The percentage of 6 to 12 year old children who spent time outdoors** decreased from approximately 16% in 1997 to 10% in 2003 (Child Development Supplement to the Panel Study of Income Dynamics).⁴⁸

Physical Fitness



Figure 9 Percentage of youth aged 12 to 15 years reaching adequate levels of cardiorespiratory fitness, by gender and survey period: U.S., 1999 to 2012.



Source: Adapted from Gahche et al.⁶⁰

- **Approximately 42% of 12 to 15 year old youth** have adequate cardiorespiratory fitness levels (2012 NHANES National Youth Fitness Survey; NNYFS).⁵⁵
- **Approximately 52% of children aged 6 to 15 years** have adequate muscular endurance, based on the number of pull-ups performed (2012 NNYFS).⁵⁵

Family and Peers



- INDICATORS:**
- % of family members (e.g., parents, guardians) who facilitate physical activity and sport opportunities for their children (e.g., volunteering, coaching, driving, paying for membership fees and equipment).
 - % of family members (e.g., parents, guardians) who are physically active with their kids.
 - % of children and youth with friends and peers who encourage and support them to be physically active.

KEY FINDINGS

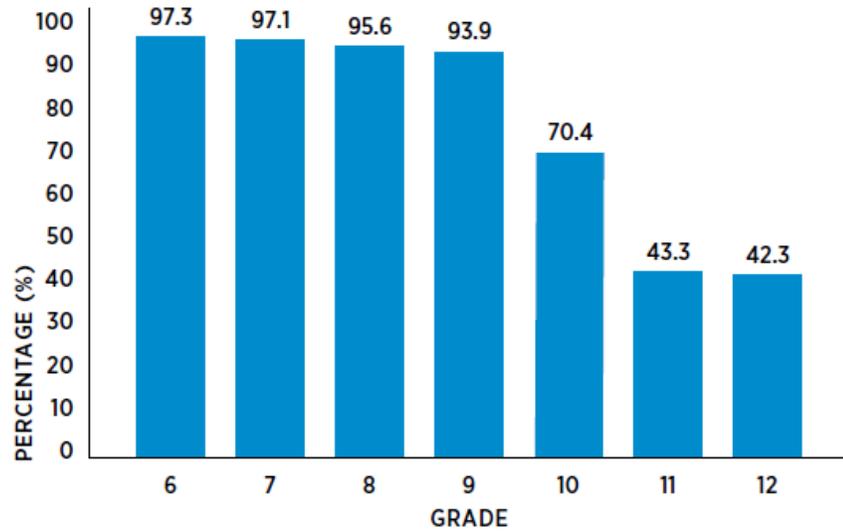
- There are no nationally representative data or benchmarks for this indicator.

School



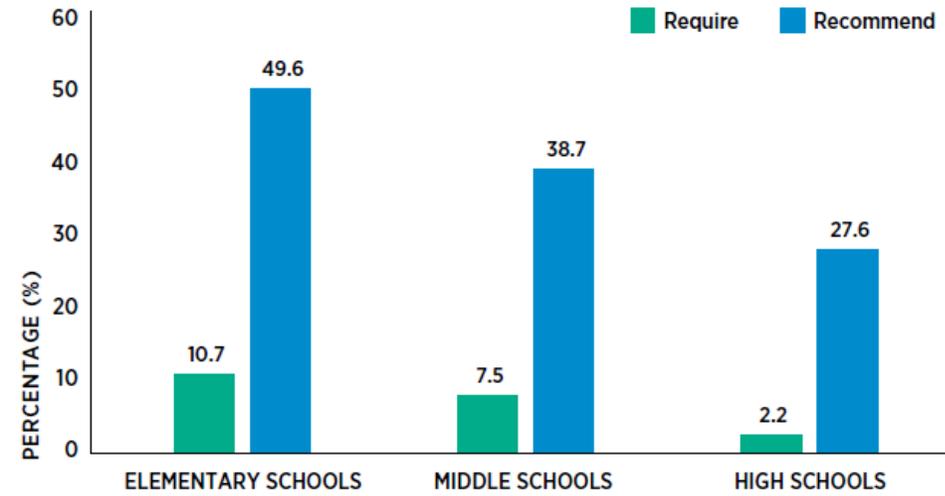
- **Approximately 3.0% of secondary schools** established and implemented a Comprehensive School Physical Activity Program (2016 School Health Profiles).¹⁹

Figure 13 Percentage of U.S. schools providing a required PE class, by grade.



Source: 2016 School Health Profiles¹⁹

Figure 8 Percentage of U.S. school districts that require or recommend schools provide regular classroom physical activity breaks.



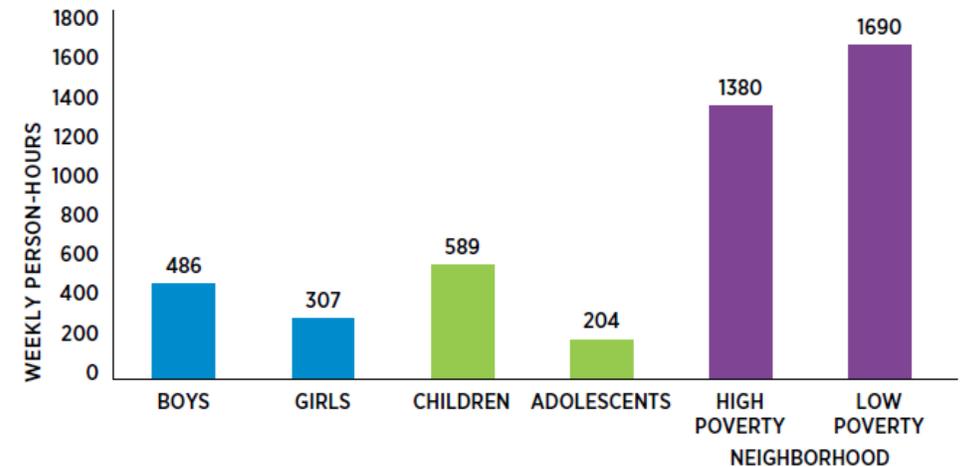
Source: 2016 SHPPS¹⁷

Community and Built Environment

- **Approximately 75% of 6 to 17 year old children** live in a neighborhood with sidewalks or walking paths (2016 NSCH)⁸
- **Approximately 77% of 6 to 17 year old children** live in a neighborhood with a park or playground area (2016 NSCH)⁸
- **Approximately 64% of 6 to 17 year old children** live in a safe environment; however, there are disparities in this indicator: 72% of White children, 53% of African American children and 54% of Hispanic children live in safe environments (2016 NSCH)⁸



Figure 15 Average weekly park use by gender, age group, and community socioeconomic status for US parks.



Source: National Study of Neighborhood Parks²⁷

Note: Person-hours for the high and low poverty groups included children and adults.

How is your state doing?

INDICATOR	OVERALL PHYSICAL ACTIVITY Active on ≥ 5 days ⁹	SEDENTARY BEHAVIORS Watched TV ≥ 3 h/d ⁹	SEDENTARY BEHAVIORS Video Game/Computer Use ≥ 3 h/d ⁹
U.S. (Total)	46.5	20.7	43
Kansas	52.6	14.5	34.4
Missouri	46.2	21.1	42.3

INDICATOR	SPORTS PARTICIPATION Played on ≥ 1 sports team/y ⁹	FITNESS Overweight or Obese ⁸	SCHOOL Attended PE class 5 days/week ⁹
U.S. (Total)	54.3	31.2	29.9
Kansas	58.3	30.9	24.6
Missouri	—	29.4	28.6

INDICATOR	SCHOOL Comprehensive School Physical Activity Plan ¹⁹	COMMUNITY & BUILT ENVIRONMENT Sidewalks/Walking Paths ⁸	COMMUNITY & BUILT ENVIRONMENT Park or Playground ⁸
U.S. (Total)	3.0	74.9	76.5
Kansas	0.8	73.0	77.3
Missouri	3.1	68.2	71.2

INDICATOR	GRADE
Overall Physical Activity Levels	D-
Sedentary Behaviors	D-
Active Transportation	F
Organized Sport Participation	C-
Active Play	INC
Health-related Fitness	D
Family and Peers	INC
School	D+
Community and Built Environment	B-

INDICATOR	GRADE
Overall Physical Activity	D-
Sedentary Behaviors	D
Active Transportation	D-
Organized Sport Participation	C
Active Play	INC
Physical Fitness	C-
Family and Peers	INC
School	D-
Community and Built Environment	C



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This is the Summary Report. To download the full (long-version) of the Report Card, please visit www.physicalactivityplan.org.