Physical Activity for Children and Youth

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Data and Evidence Subcommittee (SDDTAC)
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2018 Summary Report Card

• Overall Physical Activity                D-
• Sedentary Behaviors                      D
• Active Transportation                    D-
• Organized Sports                            C
• Active Play                                        INC
• Physical Fitness                               C-
• Family & Peers                                INC
• School                                               D
• Community & Built Environment     C
Let’s Bridge the Gap – Part 1

• 76% of American Children & youth are not getting enough physical activity

• Gender
  • 35% high-school boys
  • 18% high-school girls

• Age
  • 6-11 years – 88 minutes
  • 12-15 years – 33 minutes
Let’s Bridge the Gap – Part 2

Impact on participating in physical activity

• High crime neighborhoods
• PE requirements & PE waivers
• Age
  • 6-11 years – 88 minutes
  • 12-15 years – 33 minutes
Strategies to put PA into Action!

- Policies and standards for PA and PE reinforcement
- A Culture of Learning and Health
- Acceptance that PA adds Value
- Funding and resources often drive decisions

- SFUSD – creating a student’s individual Fit-Folio that moves with them from 5th grade to 10th grade (and beyond)