

Physical Activity for Children and Youth

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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 & Bulit 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)