Why is being physically active important for children?

Physical Activity in Children Helps With
- Controlling weight
- Lower risk of diabetes as a child and adult
- Lower risk of cancer as an adult
- Lower risk of cardiovascular disease and high blood pressure as an adult
- Higher self-confidence and self-esteem
- Less symptoms of anxiety and depression
- Higher academic performance

How much physical activity should children be getting?

- 60 minutes of moderate-vigorous physical activity daily with at least 3 days of 20min vigorous
- Most of the physical activity should be muscle and bone strengthening activities such as:
  - jumping rope
  - jogging
  - climbing
  - soccer
  - basketball

Children Should be Getting At Least 60 Minutes of Moderate-Vigorous Physical Activity Each Day!

Percentage of children in Wyoming who are vigorously active 4 or more days a week

<table>
<thead>
<tr>
<th>Ages</th>
<th>WY</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-11yrs</td>
<td>73.4%</td>
<td>71.7%</td>
</tr>
<tr>
<td>12-17yrs</td>
<td>66.2%</td>
<td>58.9%</td>
</tr>
<tr>
<td>6-17yrs</td>
<td>70.5%</td>
<td>65.8%</td>
</tr>
</tbody>
</table>

Data from 2011/12 National Survey of Children’s Health

Children in Wyoming Active Most Days of the Week

- 2003: 64.2%
- 2007: 69.9%
- 2011/12: 70.5%

Not Getting The Recommended Physical Activity In Children Is Associated With

- Electronic device usage
- Screen time
- Participation in organized activities
- Not eating meals together
- Medicaid enrollment
- No preventive medical visits
- Adverse childhood experiences
- School engagement
- Safety issues at school
- Detracting elements in neighborhood
- Perceived low support of child safety in community

Lower physical activity levels are seen in:
- Girls
- Hispanic ethnicity
- Lower income

30.2%

Percent of Wyoming Children Active Everyday!