

CHILDHOOD PHYSICAL ACTIVITY

WYOMING 2015

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

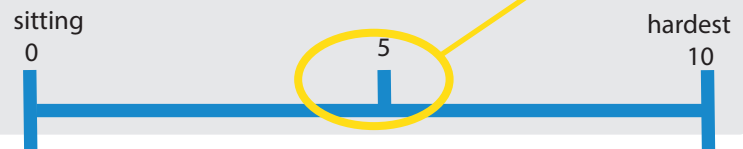
How much physical activity should children be getting?

- 60 minutes of moderate-vigorous physical activity daily with at least 3 days of 20min vigorous

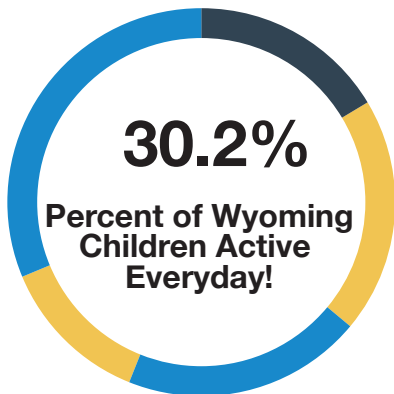
- Most of the physical activity should be muscle and bone strengthening activities such as:

*jumping rope
jogging
climbing
soccer
basketball*

moderate intensity is breathing hard but still being able to talk



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

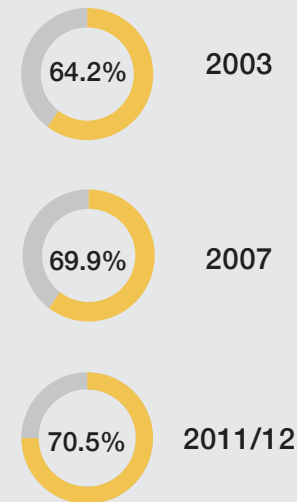


Percentage of children in Wyoming who are vigorously active 4 or more days a week

Ages	WY	US
6-11yrs	73.4%	71.7%
12-17yrs	66.2%	58.9%
6-17yrs	70.5%	65.8%

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

Children in Wyoming Active Most Days of the Week



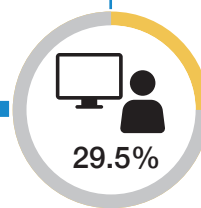
Active Children

Inactive Children



Lower physical activity levels are seen in:

- Girls
- Hispanic ethnicity
- Lower income



Not Getting The Recommended Physical Activity In Children Is Associated With

Individual

- ↑ Electronic device usage
- ↑ Screen time
- ↑ Participation in organized activities

Family

- ↑ Not eating meals together
- ↑ Medicaid enrollment
- ↑ No preventive medical visits
- ↓ Adverse childhood experiences

School

- ↓ School engagement
- ↑ Safety issues at school

Community

- ↑ Detracting elements in neighborhood
- ↑ Perceived low support of child safety in community