



# Childhood Physical Activity in Wyoming



6-11 yrs - National Survey of Children's Health (NSCH) <sup>1</sup>

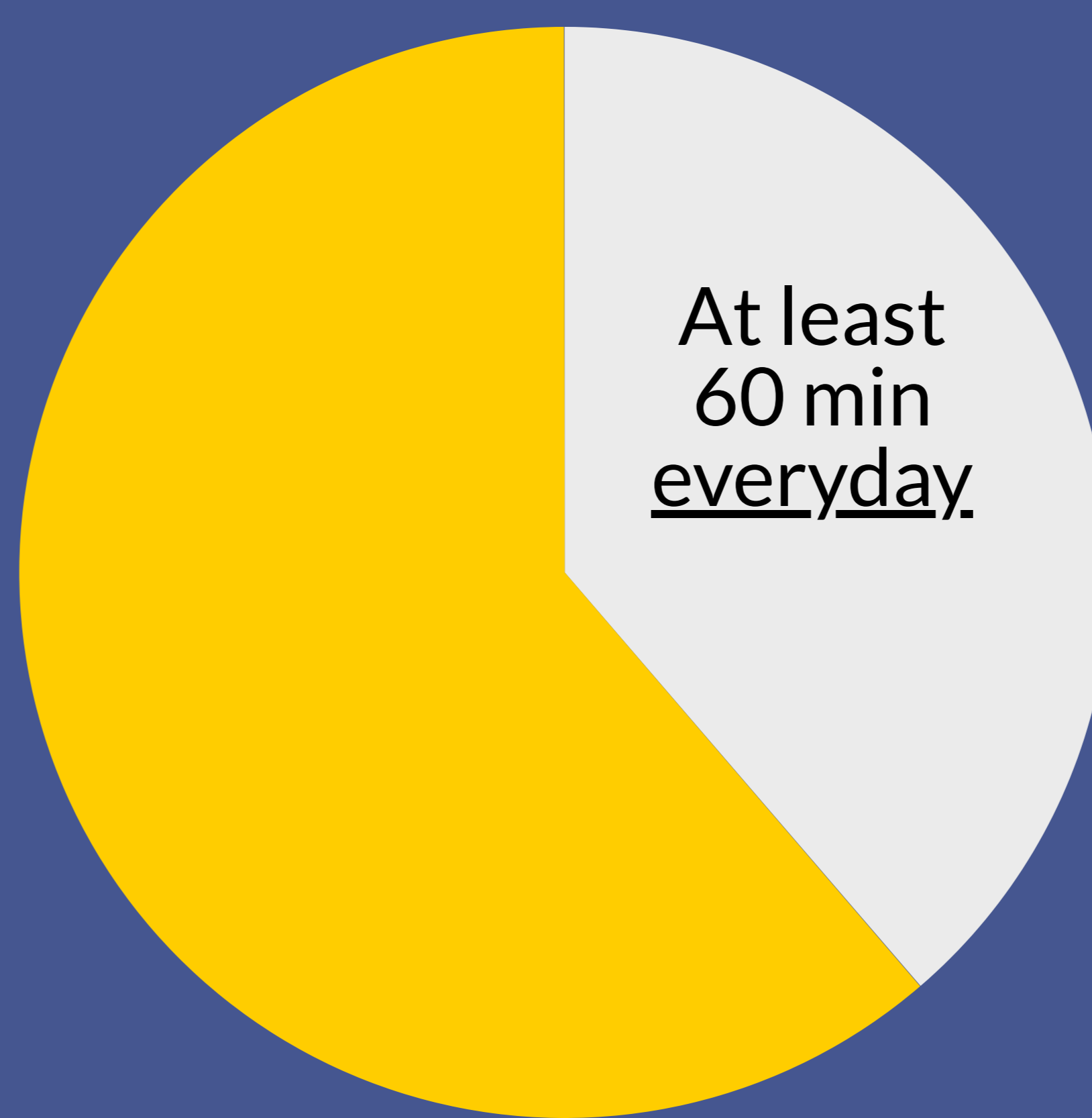
## How Much?

The CDC recommends Children 6 to 17 years should do at **least 60 minutes** of moderate-to-vigorous intensity physical activity **each day**.

Moderate intensity is breathing hard but still being able to talk <sup>2</sup>



Prevalence of children 6-11 year, in WY meeting the recommended amount of at least 60 min of physical activity every day (NSCH, 2019/2020)



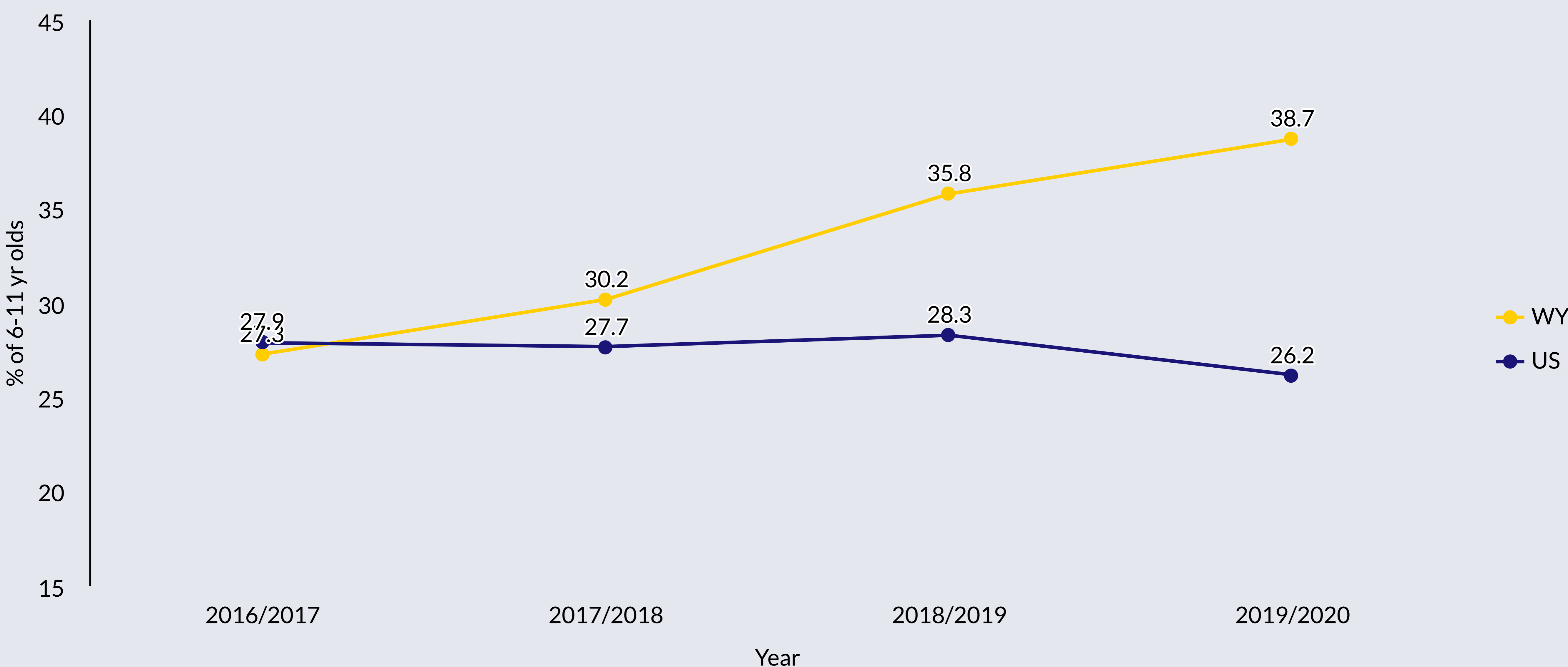
Just over one third (38.7%) of children, 6-11 years in Wyoming met the recommended amount of physical activity everyday.

Legend: ■ Everyday (38.7%) ■ Less than everyday (61.3%)

Most of the physical activity should be aerobic activity, such as **running** or **brisk walking**, or anything that makes their heart beat faster.

It should also include muscle strengthening activities, such as **climbing** or **push-ups**, as well as bone strengthening activities, such as **jumping** or **running**.

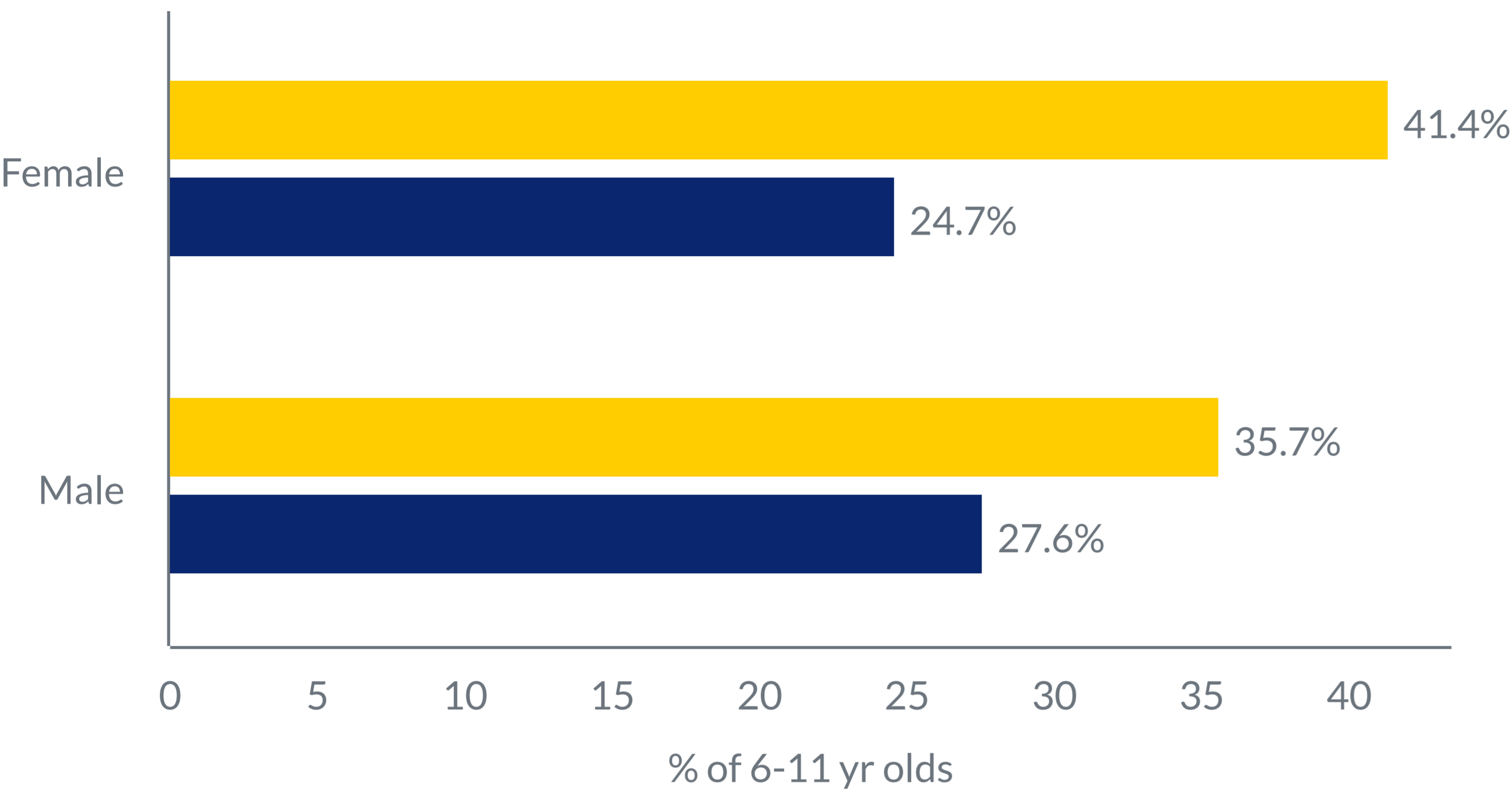
## Prevalence of Children 6-11 year olds, meeting the recommended amount of at least 60 min of physical activity everyday in Wyoming and the U.S. (NSCH)



A significantly larger percent of Wyoming children, 6-11 years, met the recommended amount of at least 60 minutes of physical activity everyday, compared to the U.S. in 2018/2019 and 2019/2020.

Prevalence of 6-11 years olds meeting the recommended amount of physical activity everyday by Sex (NSCH, 2019/2020)

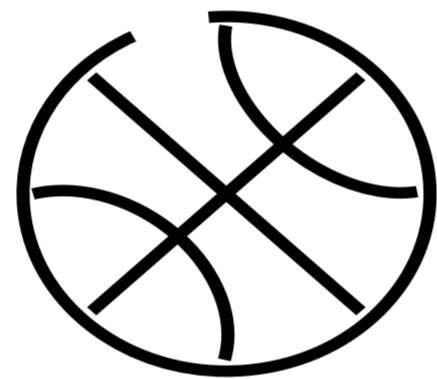
■ WY ■ US



**In Wyoming, the prevalence of females (age 6-11 yr) meeting the recommended amount of physical activity is higher than males.**

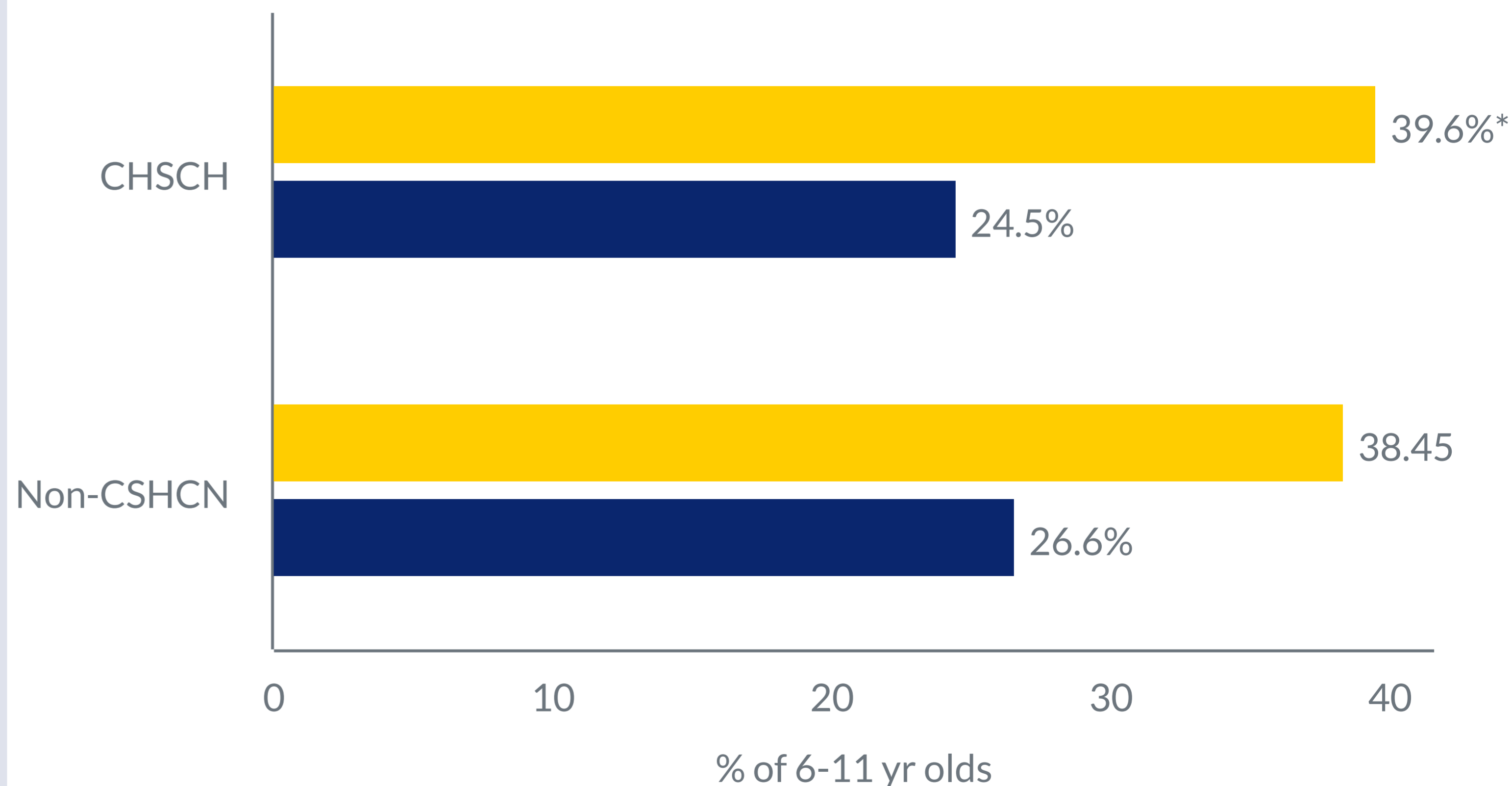
**Nationally, prevalence of males (age 6-11 yr) meeting the recommended amount of physical activity is higher than females.**

**The prevalence of females, (age 6-11 yr) meeting the recommendation in Wyoming is significantly higher than females in the U.S.**



Prevalence of 6-11 years olds meeting the recommended amount of physical activity everyday by Special Health Care Needs (CHSCN) Status (NSCH, 2019/2020)

■ WY ■ US



**In Wyoming and nationally, the prevalence of CHSCN (age 6-11 yr) meeting the recommended amount of physical activity is similar to Non-CSHCN.**

**The prevalence of Non-CSHCN meeting the recommended amount of physical activity in Wyoming is significantly higher than the U.S.**

\*intrepret with catuion due to small numbers

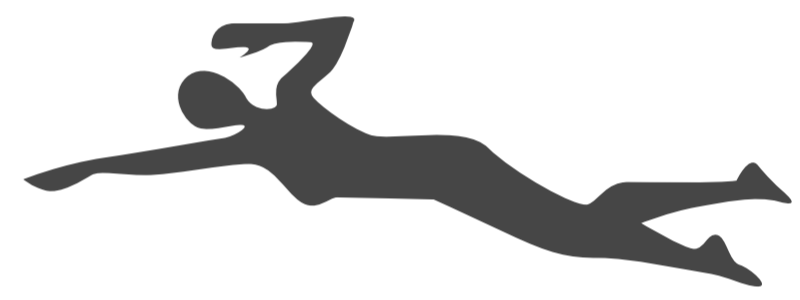
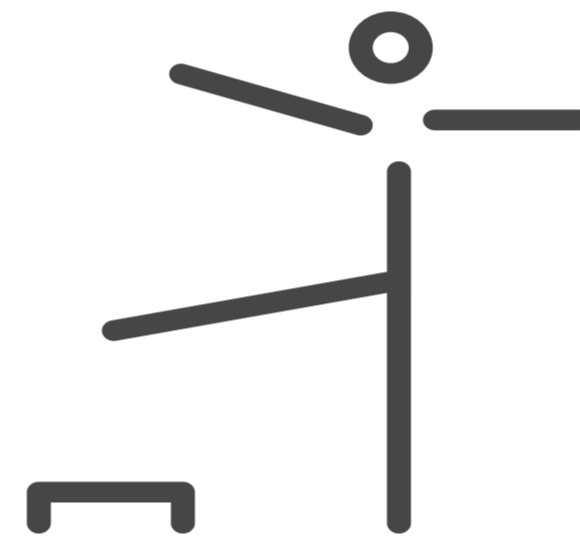
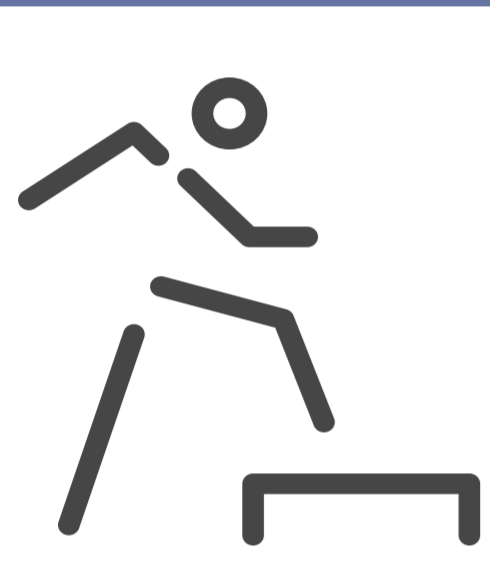
# Importance of Children Being Physically Active<sup>2</sup>

## Physical Activity is Important to:

- Maintain a healthy weight
- Strengthen muscles and bones
- Lower the risk of diabetes in childhood as well as an adult
- Lower the risk of cardiovascular disease and cancers as an adult

## The Benefits of Physical Activity for Children Include:

- Reduces risk of depression
- Improves aerobic fitness
- Improves muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and some measures of academic performance (with school physical activity programs)



## Current Efforts ...

Wyoming MCH Unit's Child Health Program is focusing the promotion of physical activity in children as part of its chosen priority to promote healthy and safe children.

MCH Epidemiology will continue to monitor data on childhood physical activity in Wyoming, including any disparities seen between different demographics of children, and work with the program to make data driven decisions as this work progresses.

More about the the Child Health Program's efforts on can be found on the program's website: <https://health.wyo.gov/publichealth/mch/child-health-program-2/>.

The NSCH used nested z-tests to determine statistical significance with a 0.05 significance level. 95% confidence intervals are displayed by two grey bars on either side of the estimates in the bar graphs.

## References:

1. National Survey of Children's Health (NSCH) <https://www.childhealthdata.org/learn-about-the-nsch/NSCH>
2. Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/physicalactivity/basics/index.htm>