

PUT ACTIVE PLAY IN EVERY CHILD'S DAY

LOUISIANA'S REPORT CARD ON PHYSICAL ACTIVITY & HEALTH FOR CHILDREN AND YOUTH

— 2008 —



PENNINGTON BIOMEDICAL RESEARCH CENTER
LOUISIANA STATE UNIVERSITY SYSTEM

GOAL OF THE REPORT CARD

The primary goal of the Louisiana Report Card on Physical Activity and Health for Children and Youth is to assess the level of physical activity and sedentary behaviors in Louisiana children and youth, the level of facilitators and barriers of physical activity behavior, and their related health outcomes.

LOUISIANA'S OVERALL GRADE 2008: **D**

The overall grade for this first annual report card suggests a poor outlook for the health of children and youth in Louisiana. However, this first comprehensive look at the status of physical activity and health provides an important benchmark from which to provide recommendations to improve the grade and to track our progress into the future.

LOOKING AHEAD: RECOMMENDATIONS TO IMPROVE THE GRADE

1. Increase opportunities for children and youth to engage in moderate-to-vigorous physical activity through active play and structured activity.

Children and youth should accumulate at least 60 minutes, and up to a few hours, of age-appropriate physical activity every day, and should avoid extended periods of inactivity (periods of two hours or more). Governments, communities, schools and parents need to work together to provide opportunities and support for children and youth to engage in abundant amounts of physical activity where they live, learn and play.

2. Reduce ethnic and socio-economic disparities in childhood physical activity and health.

Increased access to opportunities for physical activity within schools, neighborhoods, and communities can be achieved through the incorporation of pedestrian facilities (sidewalks and crossways), bike-paths, recreational facilities, and green space in community renovation and development projects that are designed to encourage active living. Given that physical inactivity and obesity are more problematic in minority and low-income populations, programs and initiatives to improve healthy lifestyle behaviors are particularly needed in these groups.

3. Improve population assessment of physical activity and health in Louisiana.

The majority of the state-wide data used to inform the development of this report card was obtained from surveys conducted in 1997 and 2003. There is a pressing need to increase and improve the frequency, regularity and types of surveillance data collected about key indicators such as physical activity, obesity, perceived safety, family and community support, and evaluation and enforcement of health policies and legislation. There are several initiatives underway to collect up-to-date data for Louisiana and these efforts need to be encouraged, financed and sustained in order to evaluate the current state of our population's health and to monitor future progress.

MAKING THE GRADE

Grades were assigned for each indicator using the most recent and accurate data available and the consideration of recent published scientific literature and reports.

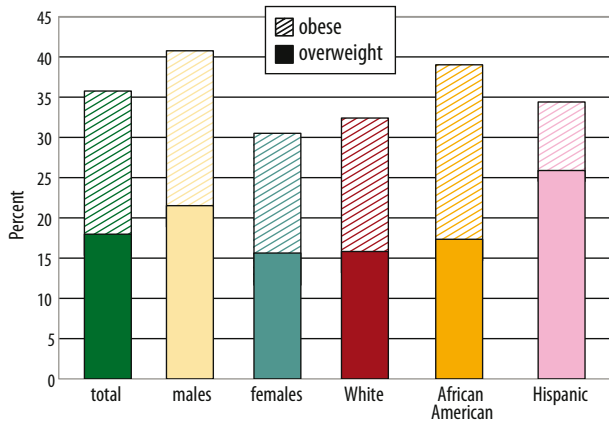
A	Louisiana's children and youth are physically active and achieving optimal health
B	Majority of Louisiana's children and youth are physically active and achieving optimal health; however, children who are obese, underserved, physically or mentally challenged may not have appropriate physical activity opportunities provided
C	Insufficient appropriate physical activity opportunities and programs available to large segments of Louisiana's children and youth
D	Insufficient appropriate physical activity opportunities and programs available to the majority of Louisiana's children and youth
F	Louisiana's children and youth have a sedentary lifestyle with insufficient opportunities for physical activity
INC	Incomplete. At the present time there is not enough data available for grading

INDICATORS AND GRADES

PHYSICAL ACTIVITY / INACTIVITY	D	PHYSICAL ACTIVITY LEVELS	Less than 30% of LA youth get vigorous physical activity every day. Yet, males are more active than females and activity decreases with age. Physical inactivity is related to poor cardiovascular, metabolic and psychosocial health in children and youth.
	D	SCREEN TIME	In LA, 53% of youth spend more than 2 hours a day watching TV or playing video games. Furthermore, African American children and youth have higher levels of TV viewing than White and Hispanic children and youth. The odds of being overweight increase with higher levels of TV viewing in youth.
	C	SPORTS PARTICIPATION	Over half (53%) of LA children and youth play after-school sports, however more males participate than females. White children and youth play more after-school sports than African American or Hispanic children and youth.
HEALTH	F	OVERWEIGHT AND OBESITY	Over one-third (36%) of LA children and youth are overweight or obese. Also, more males are overweight or obese compared to females and more African American children and youth are overweight or obese compared to White and Hispanic children and youth. There are increasing numbers of overweight and obese children and youth across the country.
	INC	OVERALL PHYSICAL AND PSYCHOSOCIAL WELL-BEING	Physical inactivity in teens is associated with engaging in risky behaviors, low self-esteem, poor academic performance, and poor future adult health. Between 35 and 40% of LA children and youth reported depressive symptoms. However, there is insufficient information available for children and youth in LA to grade this indicator.
POLICY AND INVESTMENTS	B-	PROGRESS ON GOVERNMENT STRATEGIES AND POLICIES	LA has a state-created Council on Obesity Prevention and Management. Several laws have been passed recently that promote active living in children and youth, including the requirement of daily physical activity in elementary school.
	INC	GOVERNMENT INVESTMENTS	Government investment (\$) is a key component of enacting and enforcing policies that impact public health. Insufficient information is available on state-specific resources allocated to physical activity and/or healthy community design at this time.
	INC	INDUSTRY AND PHILANTHROPIC INVESTMENTS	There is growing awareness and concern about childhood physical inactivity and obesity among corporate and philanthropic organizations. Limited information is available in the section. However, it is critical for future versions of the report card.
FAMILY	INC	FAMILY PERCEPTIONS AND ROLES REGARDING PHYSICAL ACTIVITY	Parental modeling, monitoring and family cohesion are associated with more physical activity and less TV viewing. Over 80% of LA parents usually or always attend the extracurricular activities or events of their children; however, there is insufficient information available specific to physical activity to provide a grade this year.
SCHOOL AND COMMUNITY	D	PHYSICAL ACTIVITY PROGRAMMING AT SCHOOL	In LA, 46% of LA high school students report going to physical education class five days per week. However, there were drastic declines from 9th (64%) to 12th (26%) grade. The most recent data available are from 1997, highlighting the importance of updating information on physical education participation in children and youth.
	C	TRAINING OF SCHOOL PERSONNEL IN PHYSICAL ACTIVITY	LA requires that newly-hired middle school and high school physical education teachers have a college degree in physical education or a related field and several types of continuing education opportunities are offered to LA physical education teachers. However, limited information is available regarding physical activity training for other school personnel.
	INC	COMMUNITY INFRASTRUCTURE, FACILITIES, AND PROGRAMS	There is a relationship between the existence of parks and recreation facilities and levels of physical activity. Further, aspects of the built environment such as the walkability of neighborhoods and the amount of green space have also been associated with levels of physical activity and obesity. Very little information is available on this topic for LA.

HIGHLIGHTED FINDINGS

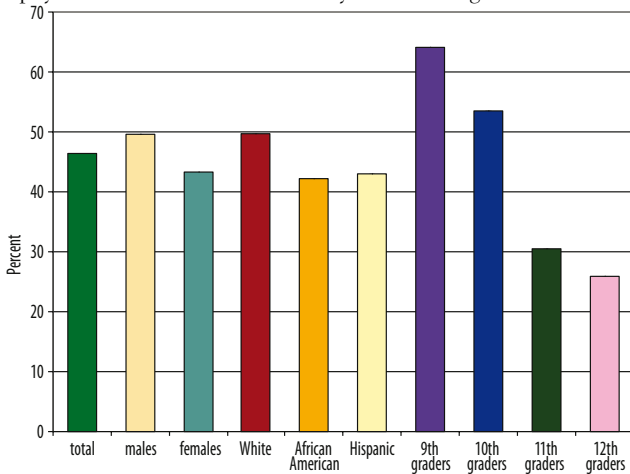
Percent of Louisiana Youth (10-17 years) in 2003 That Were Overweight and Obese



Overweight is defined as a body mass index (BMI) between the 85th and 95th percentile while obesity is greater than or equal to the 95th percentile of children the same age. Over one-third of LA children and youth are overweight or obese with males having higher rates than females and African American children and youth having higher rates than White and Hispanic children and youth.

Percent of Louisiana High-School Students in 1997 Who Went to PE Five Days in an Average School Week

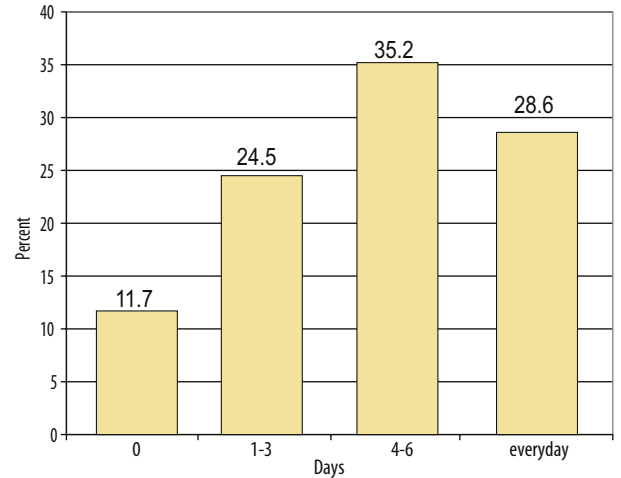
Data from the 1997 Youth Risk Behavior Surveillance System reported that 46% of high-school students in Louisiana went to physical education classes five days in an average school week.



Furthermore, there was a significant decline in participation with each successive grade.

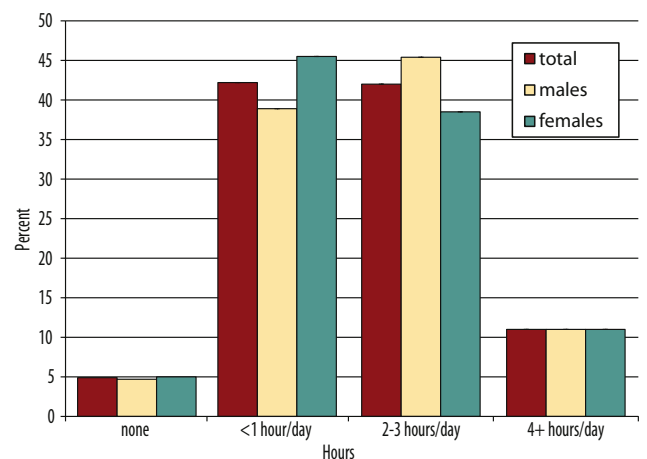
HIGHLIGHTED FINDINGS

Number of Days During the Past Week That Children/Youth in Louisiana Engaged in Vigorous Physical Activity in 2003



The National Survey of Children's Health was conducted with parents in Louisiana in 2003 and asked the number of days in the past week in which children and youth engaged in physical activity that made them sweat or breathe hard for at least 20 minutes. Results show less than 30% of Louisiana children and youth are vigorously active every day.

Hours of Daily TV Watching and Playing Video Games in Louisiana Children Aged 6-17 years in 2003



In Louisiana, according to the 2003 National Survey of Children's Health, nearly 45% of children used computers for more than one hour per day for non-school purposes and 53% watched television or played video games for over two hours a day.

REPORT CARD DEVELOPMENT AND DATA SOURCES

The grade assignments were based on analyses of the most recently available information from various sources, including the 2006 Caring Communities Youth Survey, 2006 LA Health research study, Louisiana Association for Health, Physical Education, Recreation, and Dance, Louisiana Department of Culture, Recreation, and Tourism, Louisiana Department of Education, Louisiana Department of Transportation and Development, National Park Service, 2003 National Survey of Children's Health, 2006 School Health Policy and Program Study, and the 1997 Youth Risk Behavior Surveillance System.

The development of this report card was guided by a Research Advisory Committee, composed of scientists and professionals who collaborated on the selection of indicators and the assignment of grades including (in alphabetical order) Lisanne Brown (Louisiana Public Health Institute), Stephanie T. Broyles (Pennington Biomedical Research Center), Stewart T. Gordon (American Academy of Pediatrics, Louisiana Chapter), David Harsha (Pennington Biomedical Research Center), Kathy Hill (LSU-Kinesiology & LAHPERD), Bennett Hilley (Center for Planning Excellence), Peter T. Katzmarzyk (Pennington Biomedical Research Center), Nikki Lawhorn (Louisiana Public Health Institute), Lilian Levitan (Pennington Biomedical Research Center), Leanne Redman (Pennington Biomedical Research Center), Pamela Romero (Louisiana Council on Obesity Prevention and Management), Heli Roy (Pennington Biomedical Research Center & LA Cooperative Extension), Ariane Rung (LSU School of Public Health), Susan B. Sisson (Pennington Biomedical Research Center), Melinda Sothorn (LSU Health Sciences Center), and Mark Tremblay (Children's Hospital of Eastern Ontario, Canada).

Louisiana's Report Card on Physical Activity & Health for Children and Youth is based on a similar initiative developed by Active Healthy Kids Canada (www.activehealthykids.ca).

For more information and details on the development and grading of *Louisiana's Report Card on Physical Activity & Health for Children and Youth* please refer to the more detailed (long form) version on-line at www.louisianareportcard.org



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