



CHARTING THE COURSE FOR 2020

SUMMARY VERSION

2011 LOUISIANA'S REPORT CARD ON PHYSICAL ACTIVITY & HEALTH FOR CHILDREN AND YOUTH





2011 REPORT CARD SUMMARY

GOAL OF THE REPORT CARD

The primary goal of the Report Card is to assess the level of physical activity and sedentary behaviors in Louisiana's children and youth, the level of facilitators and barriers for physical activity, and their related health outcomes. The Report Card is an authoritative, evidence-based document that provides a comprehensive evaluation of the physical activity levels and the indicators influencing physical activity among children and youth in Louisiana. The Report Card is an advocacy tool and provides a level of accountability and call-to-action for adult decision makers on how we, as parents, teachers, medical professionals, and community leaders, can help implement new initiatives, programs, and policies in support of healthy environments to improve the physical activity levels and health of our children.

2011 REPORT CARD STRATEGY

The 2011 edition of Louisiana's Report Card on Physical Activity & Health for Children and Youth marks the fourth annual publication. With each successive year, the development of the Report Card cultivated new strategies and directions while still keeping its overall goal. This year, the Report Card foregoes grade assignments in order to establish baseline data to set goals, objectives, and specific targets for each of the indicators to reach by the year 2020. This year's Report Card is modeled on the goals, objectives and methodology for setting targets based on Healthy People 2020. However, the data and targets in this Report Card are specific to the population of children and youth in Louisiana. We took a more aggressive approach to setting public health targets, and established goals higher than those of Healthy People 2020. The majority of the Healthy People 2020 goals are based on 10% improvement over baseline levels – given the poor ranking of the children and youth in Louisiana, we adopted higher goals as the Research Advisory Committee decided anything less would not result in meaningful improvements in health. Thus, we are striving for 20% improvement in physical traits such as obesity and physical fitness, and 40% improvements in modifiable behaviors such as physical activity and nutrition.

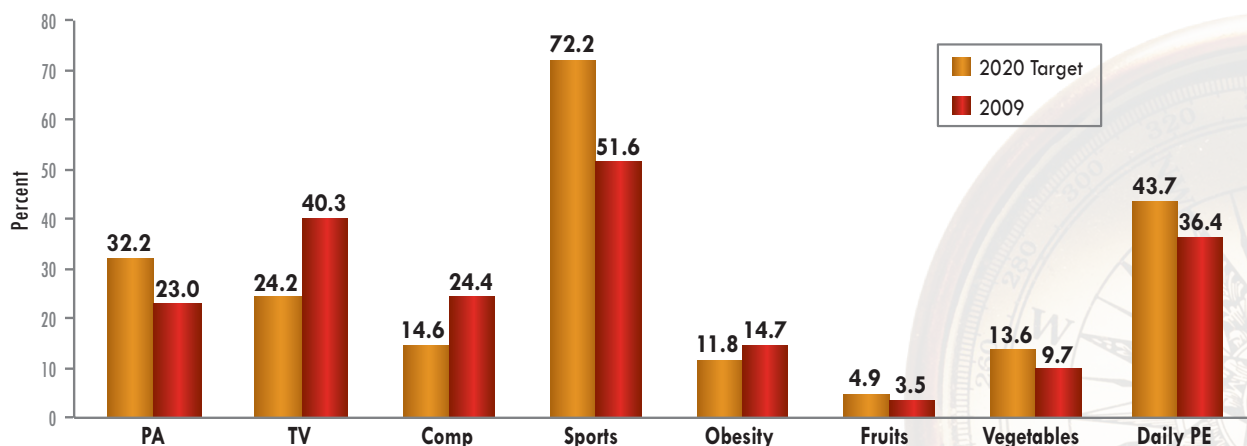
SUMMARY OF REPORT CARD GOALS, OBJECTIVES AND 2020 TARGETS

Categories/Goals and Indicators	Objectives	Topics or Sub-groups	Data Source	Baseline Year	Louisiana Baseline	Target-Setting Method	2020 Target
PHYSICAL ACTIVITY/INACTIVITY: Goal = Improve health, fitness and quality of life through daily physical activity.							
Physical Activity Levels	Increase the proportion of adolescents who meet current federal physical activity guidelines for aerobic physical activity, vigorous physical activity and for muscle-strengthening activity.	Aerobic Physical Activity in grades 9-12	LA YRBS	2009	23.0%	40%↑	32.2%
		Vigorous Physical Activity in children 6-17 years	NSCH	2007	34.0%	40%↑	47.6%
		Muscle-Strengthening Activity in grades 9-12	LA YRBS	2009	44.5%	40%↑	62.3%
Screen Time	Decrease the proportion of adolescents who exceed recommended limits for screen time.	TV/videos/video games in grades 9-12	LA YRBS	2009	40.3%	40%↓	24.2%
		Computer/computer games in grades 9-12	LA YRBS	2009	24.4%	40%↓	14.6%
Sports Participation	Increase the proportion of children and adolescents who participate in after-school sports or sports teams.	Children and adolescents aged 6-17 years	NSCH	2007	51.6%	40%↑	72.2%
		Adolescents in grades 9-12	LA YRBS	2009	50.6%	40%↑	70.8%
HEALTH & HEALTH BEHAVIORS: Goal = Promote health and well-being of children and adolescents and reduce chronic disease risk by increasing physical activity and other healthful behaviors.							
Overweight and Obesity	Reduce the proportion of children and adolescents who are obese.	Children aged 2 to 5 years	PedNSS	2007	13.8%	20%↓	11.0%
		Children aged 10 to 17 years	NSCH	2007	20.7%	20%↓	16.6%
		Adolescents in grades 9-12	LA YRBS	2009	14.7%	20%↓	11.8%
		Children and adolescents 2 to 19 years	LA SBHCs	2008-2009	29.0%	20%↓	23.2%
Aerobic Fitness	Increase the proportion of children and adolescents who perform within a Minimum Fitness Standard (MFS) on the PACER sub-test of aerobic fitness.	Adolescents aged 10-18 years	HRPFA	2009-2010	39.0%	20%↑	46.8%

Categories/Goals and Indicators	Objectives	Topics or Sub-groups	Data Source	Baseline Year	Louisiana Baseline	Target-Setting Method	2020 Target
Overall Physical and Emotional Well-Being	Reduce the proportion of adolescents who have attempted suicide.	Adolescents in grades 9-12	LA YRBS	2009	10.9%	40% ↓	6.5%
Fruit and Vegetable Consumption	Increase the intake of fruits and vegetables in the diets of adolescents.	Fruits ≥ 4 times per day in grades 9-12	LA YRBS	2009	3.5%	40% ↑	4.9%
		Vegetables ≥ 3 times per day in grades 9-12	LA YRBS	2009	9.7%	40% ↑	13.6%
Tobacco Use	Reduce tobacco use by adolescents.	Tobacco products in grades 9-12	LYTS	2009	30.9%	40% ↓	18.5%
		Cigarettes in grades 9-12	LYTS	2009	15.9%	40% ↓	9.5%
		Smokeless tobacco products in grades 9-12	LYTS	2009	9.2%	40% ↓	5.5%
		Cigars in grades 9-12	LYTS	2009	10.9%	40% ↓	6.5%
FAMILY: Goal = Increase the awareness of the benefits of physical activity for all individuals, and improve family support for achieving adequate levels of physical activity.							
Family Perceptions and Roles Regarding Physical Activity	Increase the proportion of parents who attend events and activities in which their children and adolescents participate.	Children and adolescents aged 6-17 years	NSCH	2007	85.8%	16.6% ↑	100%
SCHOOL AND COMMUNITY: Goal = Promote school and neighborhood environments that provide and increase opportunities for physical activity throughout the day inclusive of all children.							
Physical Activity Programming at School	Increase the proportion of adolescents who participate in daily school physical education.	Adolescents in grades 9-12	LA YRBS	2009	36.4%	20% ↑	43.7%
Built Environment and Community Design	Increase the proportion of children and adolescents who have favorable neighborhood amenities that promote physical activity opportunities.	Sidewalks or walking paths for 0-17 year olds	NSCH	2007	62.0%	20% ↑	74.4%
		Parks or playgrounds for 0-17 year olds	NSCH	2007	65.6%	20% ↑	78.7%
POLICY AND INVESTMENTS: Goal = Increase the number of policies and investments made to improve the health of children and youth.							

HIGHLIGHTED DATA

2009 Baseline Data and 2020 Targets for Daily PE Attendance; Fruit and Vegetable Consumption; Obesity; Sports Participation; and for Students who Meet Recommendations for Physical Activity (PA); and Screen Time for TV Use & Computer Use



Source: Centers for Disease Control and Prevention (CDC), Louisiana Department of Education, Division of Student and School Learning Support, Health and Wellness Services Section. 2009 Youth Risk Behavior Survey (YRBS).

REPORT CARD DEVELOPMENT AND DATA SOURCES

The 2011 Report Card goals, objectives, and targets were established by an interdisciplinary team of scientists and professionals, and are based on the continuity and availability of data from the following sources: the 2009-2010 Health-Related Physical Fitness Assessments, the 2009 Louisiana Youth Tobacco Survey (LYTS), the 2007 National Survey of Children's Health (NSCH), the 2009 Louisiana Youth Risk Behavior Survey (YRBS), the Pediatric Nutrition Surveillance System (PedNSS), and the Louisiana School-based Health Centers (SBHCs) Obesity Data.

The development of the 2011 Report Card was guided by a Research Advisory Committee, composed of scientists and professionals who collaborated on the indicators, goals, methods, and 2020 targets. The Research Advisory Committee (in alphabetical order) included: Brandi Bourgeois, MPH (Louisiana Department of Health & Hospitals), Lianne Brown, PhD (Louisiana Public Health Institute), Stephanie Broyles, PhD (Pennington Biomedical Research Center), Wilson Campbell, EdD (University of Louisiana at Monroe), Raegan Carter Jones, MPH, MSW (Louisiana Department of Education), Catherine Champagne, PhD, RD (Pennington Biomedical Research Center), Kara Dentre, MPH (Pennington Biomedical Research Center), Charles Duncan, PhD (University of Louisiana at Lafayette & LAHPERD), Stewart Gordon, MD (American Academy of Pediatrics, Louisiana Chapter), David Harsha, PhD (Pennington Biomedical Research Center), Peter T. Katzmarzyk, PhD, FACSM (Pennington Biomedical Research Center), Susan Moreland, CAE (North Louisiana AHEC), Robert Newton, PhD (Pennington Biomedical Research Center), Kenneth Phenow, MD (Blue Cross and Blue Shield of Louisiana Foundation), Pamela Romero, RD, LDN, CDE (Louisiana Council on Obesity Prevention and Management), Heli Roy, PhD (Pennington Biomedical Research Center), Ariane Rung, PhD (LSU School of Public Health), Melinda Sothorn, PhD (LSU Health Sciences Center), Carl Stages, Jr (BREC Foundation), Jennifer Stenhouse (Center for Planning Excellence), Ashley Stewart, MPH (Rapides Foundation), Billy Stokes, EdD, MBA (Cecil J. Picard Center for Child Development and Lifelong Learning), Samaah Sullivan, MPH (Pennington Biomedical Research Center), and Matthew Valliere, MPA (Louisiana Department of Health & Hospitals). The development of the 2011 Report Card also received assistance from Jennifer Winstead (Pennington Biomedical Research Foundation), Jessica Alleyne Erwin (Pennington Biomedical Research Foundation), and Angela W. deGravelles (deGravelles and Associates).

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 online versions of this long-form report card or a summary version, please visit www.louisianareportcard.org.

ACKNOWLEDGEMENTS:

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