

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

2010



**PLUG** **i** **n** **t** **o** **PLAY**



PENNINGTON BIOMEDICAL RESEARCH CENTER  
LOUISIANA STATE UNIVERSITY SYSTEM

## GOAL OF THE REPORT CARD

This 2010 publication is the third annual release of Louisiana’s Report Card on Physical Activity & Health for Children and Youth. 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 of 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 that influence physical activity among children and youth in Louisiana. Through this effort, we are able to track these behaviors and their influences longitudinally and show progress, deficiencies, and inequities over time for each indicator that is presented in the Report Card. The Report Card is a resource for health statistics on children and youth in Louisiana, but most importantly, 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 that can support health behaviors and environments to improve the physical activity levels and health of our children.

## LOUISIANA'S OVERALL GRADE 2010: D

### MAKING THE GRADE

The grades for the 2010 Report Card were assigned for each indicator using the most recent and accurate data available and the consideration of recently published scientific literature and reports.

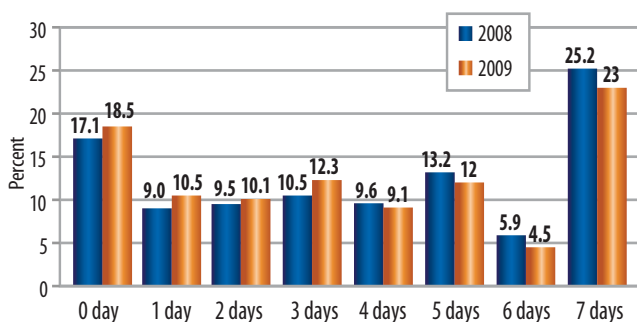
Grades	
<b>A</b>	Louisiana’s children and youth are physically active and achieving optimal health
<b>B</b>	Majority of Louisiana’s children and youth are physically active and achieving optimal health; however, children who are obese, underserved, and physically or mentally challenged may not have appropriate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

## SUMMARY OF REPORT CARD GRADES: 2008, 2009 & 2010

Categories & Indicators	2008	2009	2010	Information
<b>Physical Activity/Inactivity</b>				
Physical Activity Levels	D	D	<b>D</b>	23% of high school students in LA were physically active for at least 60 minutes every day. 45% of high school students met the recommendation for muscle-strengthening activities. Physical activity levels are similar to those presented last year; thus, there was no change in the assigned grade between 2009 and 2010.
Screen Time	D	D-	<b>D-</b>	15% of children 1-5 yrs watched TV or videos for 4 or more hours a day. 58% of high school students watched 2 or more hours of TV a day. There is not enough new data to influence a change in the grade between 2009 and 2010.
Sports Participation	C	C	<b>C</b>	Over 50% of children and youth participated in sports in Louisiana. Sports participation was higher among 12-17 year olds than 6-11 year olds. Sports participation rates among high school students have remained similar between 2008 and 2009 surveys; thus, there is no evidence to influence a grade change.
<b>Health &amp; Health Behaviors</b>				
Overweight and Obesity	F	F	<b>F</b>	Over 35 years, the rate of overweight and obese children has doubled and the rate of obesity increased 5 1/2 times in Bogalusa, LA. BMI data from a variety of sources continues to show that the percentage of children and youth who are overweight and obese is increasing, and thus the grade has not improved from last year.
Aerobic Fitness	-	-	<b>C-</b>	Only 39% of LA children and adolescents achieved the Healthy Fitness Zone on aerobic fitness. Large segments of LA children are not meeting the minimum level of aerobic fitness performance needed for good health and reduced risk of health outcomes.
Overall Physical and Emotional Well-Being	INC	C-	<b>C-</b>	31% of high school students in LA felt sad or hopeless almost every day for two weeks or more, and 9% of LA high school students reported poor physical health. 2008 and 2009 data show similar rates of physical and emotional well-being, thus; there is not enough evidence to influence a change in the grade.
Fruit and Vegetable Consumption	-	D-	<b>D-</b>	Less than 4% of high school students ate fruit 4 or more times a day, and less than 10% ate vegetables 3 or more times a day. 74% of high school students purchased snack foods or soda at school. Rates of fruit and vegetable consumption were similar between 2008 and 2009; thus, there is no change in the grade.
Tobacco Use	-	C	<b>C</b>	34% of high school students and 25% of middle school students indicated they were current tobacco users, and 18% of high school students indicated they were current cigarette smokers. Rates of tobacco use were similar in 2008 and 2009; thus, there is no change in the grade.
<b>Family</b>				
Family Perceptions and Roles Regarding Physical Activity	INC	INC	<b>INC</b>	86% of Louisiana parents usually or always attended the activities or events of their children. There is no new data on their roles regarding physical activity; thus, the grade will remain as incomplete.
<b>School and Community</b>				
Physical Activity Programming at School	D	D	<b>D</b>	36% of high school students in LA attended PE class daily, and 33% were active for more than 30 minutes during PE class. There is not enough data this year that shows physical activity programming is changing in LA schools and thus, there is no change in the grade.
Training of School Personnel in Physical Activity	C	C	<b>C</b>	All newly hired middle and high school PE teachers in Louisiana must be certified and have a college degree in physical education or a related field. Training and assistance for PE teachers were provided to implement the new Physical Education Grade-Level Expectations (GLEs). There is no new information that would change the grade.
Built Environment and Community Design	INC	D	<b>D</b>	38% of children in LA live in neighborhoods without sidewalks or walking paths. 34% of children in LA live in neighborhoods without parks or playgrounds. Neighborhood conditions and lack of amenities can increase the risk of obesity among children and youth. Data is consistent with the 2009 findings; thus, the grade is unchanged.
<b>Policy and Investments</b>				
Progress on Government Strategies and Policies	B-	B-	<b>B-</b>	9 bills have been passed since 2004 in the Louisiana Legislature relevant to physical activity or the prevention of obesity among children and youth. There is no data or information that would influence a change in the grade from 2009.
Government Investments	INC	INC	<b>INC</b>	Funding to support policies that impact physical activity and health for children is important for implementation and regulation. Insufficient information is available at this time on state funding allocated towards these policies to determine a grade.
Industry and Philanthropic Investments	INC	INC	<b>INC</b>	The largest funding sources for non-profit organizations providing health and wellness services were from state government and earned income. There is a lack of information on industry and philanthropic investments in projects and programs specifically related to physical activity and health for children. Insufficient information is available at this time to determine a grade – unchanged from last year.
<b>Overall Grade</b>	<b>D</b>	<b>D</b>	<b>D</b>	

## HIGHLIGHTED FINDINGS

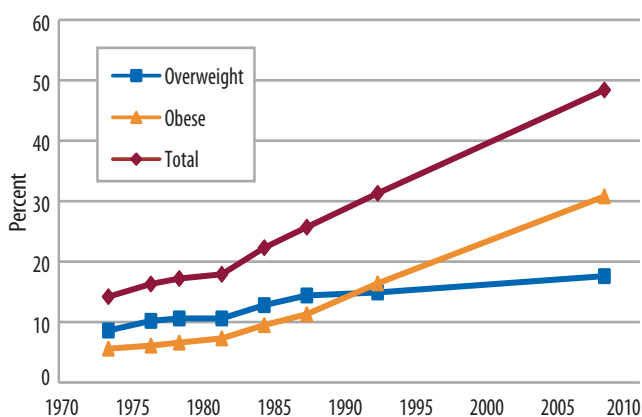
In 2008 & 2009, Percentage of High School Students in Louisiana who were Physically Active for at Least 60 Minutes per Day During the 7 Days Before the Survey



Source: Centers for Disease Control and Prevention (CDC), Louisiana Department of Education, Division of Student and School Learning Support, Health and Wellness Services Section, 2008 & 2009 Youth Risk Behavior Survey (YRBS).

Results from the 2009 YRBS showed that 23% of high school students reported that they engaged in at least 60 minutes of physical activity every day, similar to 25% reported in 2008. In 2009, 19% of students did not achieve 60 minutes or more of physical activity on any of the seven days before the survey, compared to 17% in 2008.

### Prevalence of Overweight & Obese Children and Adolescents (5-17 yrs) in Bogalusa, Louisiana from 1973-2009

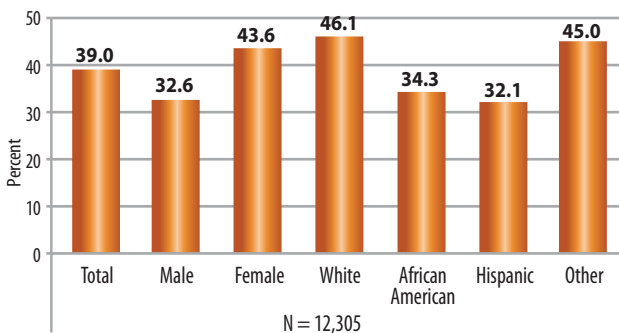


Source: Broyles S, Katzmarzyk PT, Srinivasan SR, et al. The pediatric obesity epidemic continues unabated in Bogalusa, Louisiana. *Pediatrics*. 2010;125(5):900-905.

Data from seven cross-sectional surveys of the Bogalusa Heart Study and from the Bogalusa school-based health clinics showed that between 1973-1974 and 2008-2009, the rate of overweight children and adolescents doubled (8.6% to 17.6%), and the rate of obesity increased five and one-half times (5.6% to 30.8%). In 2009, the rate of overweight or obese children and adolescents reached 48%.

## HIGHLIGHTED FINDINGS

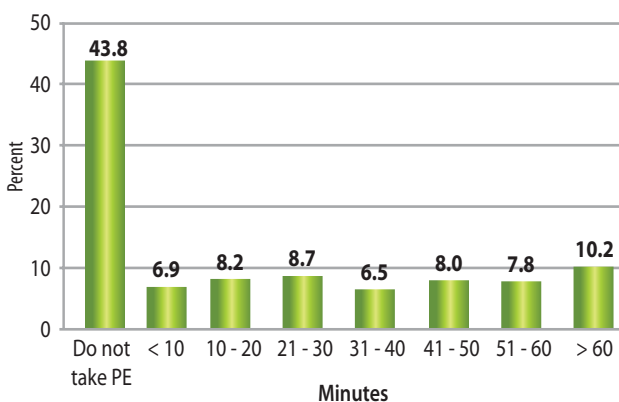
In 2009-2010, Percentage of Children & Youth (ages 10-18 yrs.) who Participated in Fitness Assessments that Performed within the Healthy Fitness Zone (HFZ) on the PACER Sub-Test by Gender and Race/Ethnicity



Source: Cecil J. Picard Center for Child Development and Lifelong Learning, 2009-2010 Health-Related Physical Fitness Assessments.

Overall, 39% of the children and youth who completed 2009-2010 Health-Related Fitness Assessments performed within the Healthy Fitness Zone (HFZ) on the Progressive Aerobic Cardiovascular Run (PACER), which is used to measure aerobic fitness. The HFZ is the minimum level of fitness performance needed for good health and reduced risk of health outcomes. A higher rate of performance within the HFZ for the PACER was achieved by female students (44%) compared to males (33%) and among White students (46%) compared to African Americans (34%), Hispanics (32%), or students other than White, African American or Hispanic (45%).

In 2009, Percentage of High School Students in Louisiana who Spent Time Actually Exercising or Playing Sports during an Average Physical Education Class



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).

When high school students were asked in the 2009 YRBS about the time they spent actually exercising or playing sports during PE class, 33% reported that they were active for more than 30 minutes. Twenty-four percent of students reported they were active in PE class for less than 30 minutes.

## REPORT CARD DEVELOPMENT AND DATA SOURCES

The 2010 Report Card grade assignments were based on the analysis of the most recently available information for Louisiana from the following sources: Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD), Louisiana Department of Culture, Recreation, and Tourism (CRT), Louisiana Department of Education (DOE), the 2008 and 2009 Louisiana Youth Tobacco Survey (LYTS), the 2003 and 2007 National Survey of Children's Health (NSCH), the 2006 School Health Policies and Programs Study (SHPPS), and the 2008 and 2009 Louisiana Youth Risk Behavior Survey (YRBS).

The development of the 2010 Report Card was guided by two committees: an Advisory Committee, composed of stakeholders from across Louisiana, who guided the selection of indicators and gave input on the start-up and development of the Report Card and a Research Committee, composed of scientists and researchers from Louisiana, who gathered data and content for the Report Card and were also responsible for the grade assignments. The 2010 Advisory Committee (in alphabetical order) included: Wilson Campbell (ULL-Kinesiology), Michael Comeaux (Louisiana Department of Education), David Harsha (Pennington Biomedical Research Center), Kathy Hill (LSU-Kinesiology & LAHPERD), Jiji Jonas (LAHPERD), Peter T. Katzmarzyk (Pennington Biomedical Research Center), John LaCour (Cecil J. Picard Center for Child Development and Lifelong Learning), Susan Moreland (North Louisiana AHEC), Julie C. Morial (Blue Cross/Blue Shield), Jayne Nussbaum (Louisiana Public Health Institute), Pamela Romero (Louisiana Council on Obesity Prevention and Management), Heli Roy (Pennington Biomedical Research Center), Jennifer Stenhouse (Center for Planning Excellence), Ashley Stewart (Rapides Foundation), Samaah M. Sullivan (Pennington Biomedical Research Center), and Matthew Valliere, (Louisiana Department of Health & Hospitals) The 2010 Research Committee included: Brandi Bourgeois (Louisiana Department of Health and Hospitals), Stephanie Broyles (Pennington Biomedical Research Center), Raegan Carter Jones (Louisiana Department of Education), Catherine Champagne (Pennington Biomedical Research Center), Stewart T. Gordon (American Academy of Pediatrics, Louisiana Chapter), Holly Howat (Cecil J. Picard Center for Child Development and Lifelong Learning), Peter T. Katzmarzyk (Pennington Biomedical Research Center), Robert Newton (Pennington Biomedical Research Center), Ariane Rung (LSU School of Public Health), Melinda Sothorn (LSU Health Sciences Center), and Samaah M. Sullivan (Pennington Biomedical Research Center). The development of the 2010 Report Card also received assistance from Jennifer Winstead (Pennington Biomedical Research Foundation), Jessica Alleyne (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](http://www.activehealthykids.ca)).

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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](http://www.louisianareportcard.org).

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