

Kick It Up...

BETTER HEALTH FOR **ALL** CHILDREN



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

2009



PENNINGTON BIOMEDICAL RESEARCH CENTER
LOUISIANA STATE UNIVERSITY SYSTEM

LOUISIANA'S REPORT CARD ON PHYSICAL ACTIVITY & HEALTH FOR CHILDREN AND YOUTH 2009

GOAL OF THE REPORT CARD

This is the second year that Louisiana's Report Card on Physical Activity & Health for Children and Youth has been released. 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 advocacy tool designed to increase awareness of the health concerns associated with physical inactivity and to highlight the growing problem of physical inactivity among children and youth in Louisiana. The main target audience for the Report Card is adult decision makers, and through this effort we hope to provide a level of accountability on behalf of the children and youth in the state of Louisiana. The Report Card has galvanized the research community around the topic of childhood health and has pooled resources state-wide to produce an evidence-based document.

LOUISIANA'S OVERALL GRADE 2009: **D**

A LOOK AHEAD: 2009 RECOMMENDATIONS

Parents

Spend time with your children in healthy outdoor activities such as biking, walking, swimming, and tennis. Parents are important physical activity role models for their children.

Establish household rules for television and computer use, and set reasonable limits. The American Academy of Pediatrics recommends that children and youth watch no more than 2 hours of quality television programming each day.

Teachers and School Administrators

Incorporate and promote physical activity breaks during and between classes. Try 5 minutes of an activity such as marching in place, stretching - anything to get kids moving. Play some music and make it fun!

Encourage and promote active commuting to school. Establish safe and accessible walking/cycling routes to and from the school and provide sufficient space for bicycle and helmet storage in the school or classroom.

Policy Makers

Provide tax credits to parents whose children participate in physical activity programs (for fees, equipment, uniforms etc.).

Increase opportunities for active transportation by legislating that appropriate levels of traffic safety are provided for pedestrians and cyclists.

Physicians and Health Care Providers

Become familiar with, and keep information on hand, with respect to the 2008 Physical Activity Guidelines for Americans.

Encourage parents to participate in physical activity with their children. Set physical activity goals, such as family biking on weekends or walking after dinner.

Researchers

Continue to advocate for better population surveillance of physical activity and associated health behaviors among children and youth in Louisiana.

Continue to conduct research to determine the best strategies to increase physical activity and improve health in children and youth.

For the complete list of recommendations, please refer to the long form version of *Louisiana's Report Card on Physical Activity & Health for Children and Youth - 2009* at www.louisianareportcard.org.

MAKING THE GRADE

The grades for the 2009 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.

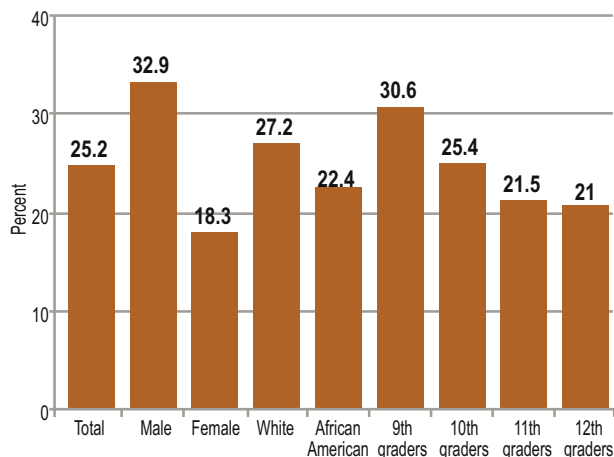
A	Louisiana's children and youth are physically active and achieving optimal health
B	Majority of Louisiana's children and youth are physically active and achieving optimal health; however, children who are obese, underserved, and physically or mentally challenged may not have appropriate physical activity 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 information available for grading

Summary of Report Card Grades: 2008 & 2009

Categories	2008 Grades	2009 Grades	Indicators	Information
Physical Activity/ Inactivity	D	D	Physical Activity Levels	Only 25% of high school students met the recommendations for physical activity. There were lower levels of physical activity among females and African Americans, and physical activity levels decreased with increasing age.
	D	D-	Screen Time	In 2008, 57% of high school students in LA watched TV for 2 or more hours per day. Over 70% of children and youth in Louisiana had a television in their bedroom. Children who have a TV in their bedroom are more likely to be overweight.
	C	C	Sports Participation	Over 50% of high school students in LA played after-school sports. However, sports participation declined with increasing grade level, and families who lived below the federal poverty level had lower sports participation.
Health and Health Behaviors	F	F	Overweight and Obesity	In LA, one-third of adolescents are overweight and obese. Children who are obese are more likely to become obese adults.
	INC	C-	Overall Physical and Emotional Well-Being	Over 30% of Louisiana children and youth in grades 6-12 had depressive symptoms and 12% had two or more chronic health conditions. Adolescents who engage in physical activity are less likely to have low self-esteem and engage in risky behaviors.
	—	D-	Fruit and Vegetable Consumption	In LA, 27% of high school students did not drink 100% fruit juice and less than 4% ate fruit four or more times per day. High school students had a low frequency of vegetable consumption.
	—	C	Smoking Status	Nearly 18% of high school students in LA smoke cigarettes. There was a higher prevalence among males compared to females and among Whites compared to African Americans.
Family	INC	INC	Family Perceptions and Roles Regarding Physical Activity	Almost 86% of LA parents usually or always attended the activities or events of their children. Adolescents who play sports or exercise with their parents are less likely to engage in adverse health risk behaviors. There is insufficient information available on family perceptions and roles regarding PA to provide a grade again this year.
School and Community	D	D	Physical Activity Programming at School	Less than 50% of high school students in LA attended physical education classes five days per week. Only 6% of high school students in Louisiana walked or biked to school.
	C	C	Training of School Personnel in Physical Activity	LA requires newly hired middle and high school physical education teachers to have a college degree in physical education or a related field. Several types of continuing education opportunities are offered to LA physical education teachers.
	INC	D	Built Environment and Community Design	In LA, 38% of children and youth lived in neighborhoods without sidewalks or walking paths. Children who lived below the poverty level had less access to parks or playgrounds in their neighborhoods.
Policy and Investments	B-	B-	Progress on Government Strategies and Policies	The Louisiana Council on Obesity Prevention and Management maintains a prominent presence that helps guide legislation related to physical activity, healthy eating, and obesity. In the 2009 State Legislature, 6 bills were enacted relevant to physical activity, healthy eating, and obesity.
	INC	INC	Government Investments	Resource allocations to support policies that impact public health are important for enforcement and implementation. Insufficient information is available to determine a grade at this time.
	INC	INC	Industry and Philanthropic Investment	Rising rates of physical activity and obesity among children and youth have gained the attention and concern of corporate and philanthropic organizations. However, limited information is available at this time with respect to investments.
Overall Grade	D	D		

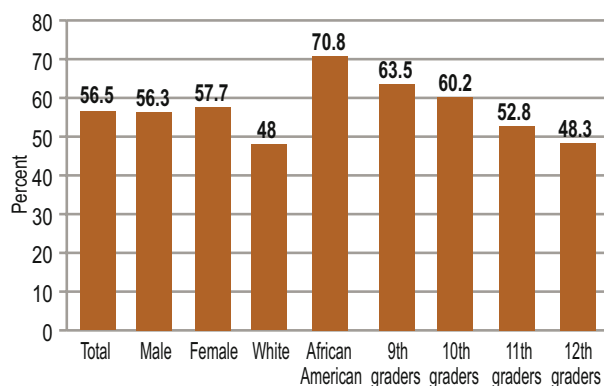
HIGHLIGHTED FINDINGS

In 2008, Percentage of High School Students in Louisiana who Met Recommendations for Physical Activity (60 minutes every day)



According to the 2008 Youth Risk Behavior Survey for Louisiana, 25% of high school students met recommendations for physical activity. There was a higher rate of physical activity (60 minutes every day) among males compared to females and among White students compared to African American Students. Physical activity rates declined with increasing grade level.

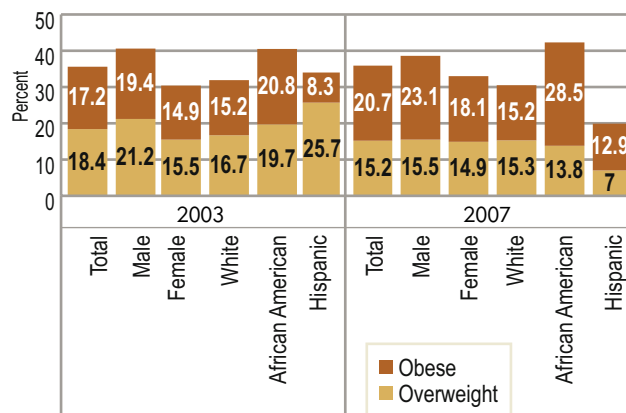
In 2008, Percentage of High School Students in Louisiana who Watched TV for 2 or More Hours Per Day on an Average School Day



In Louisiana, 57% of high school students watched TV for two or more hours per day on an average school day, exceeding the American Academy of Pediatrics recommendations for screen time, according to results from the 2008 Youth Risk Behavior Survey for Louisiana.

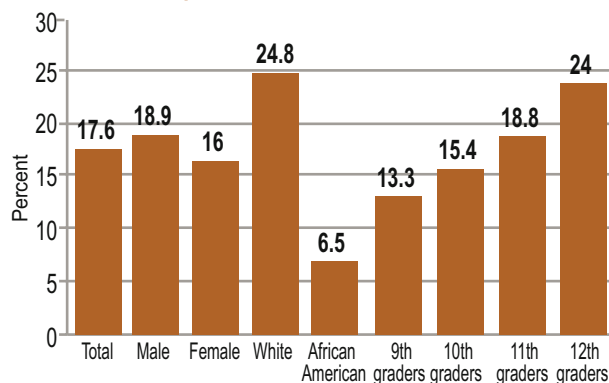
HIGHLIGHTED FINDINGS

In 2003 and 2007, Percentage of Louisiana Children and Youth (ages 10-17) who were Overweight and Obese



In Louisiana, 36% of 10-17 year olds were overweight and obese, according to results from the 2007 National Survey of Children's Health. Data shows that from 2003 to 2007, a larger proportion of children and youth moved into the obese category.

In 2008, Percentage of High School Students in Louisiana who Smoked Cigarettes on One or More of the Past 30 Days



Results from the 2008 Youth Risk Behavior Survey for Louisiana show that almost 18% of high school students reported that they smoked cigarettes on one or more days during the 30 days before the survey. There was a higher rate of cigarette smoking among males and among White students. Smoking rates increased with increasing grade level.

REPORT CARD DEVELOPMENT AND DATA SOURCES

The grade assignments were based on the analysis of the most recently available information for Louisiana from the following sources: the 2006 & 2008 Caring Communities Youth Surveys, 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, 2003 & 2007 National Survey of Children's Health, National Park Service, School Health Policies and Programs Study, 2007 Youth Risk Behavior Survey, and the 2008 Youth Risk Behavior Survey for Louisiana.

The development of the 2009 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) Lianne Brown (Louisiana Public Health Institute), Stephanie T. Broyles (Pennington Biomedical Research Center), Catherine Champagne (Pennington Biomedical Research Center), Stewart T. Gordon (American Academy of Pediatrics, Louisiana Chapter), David Harsha (Pennington Biomedical Research Center), Kathy Hill (LSU-Kinesiology & LAHPERD), Raegan Carter Jones (Louisiana Department of Education), Peter T. Katzmarzyk (Pennington Biomedical Research Center), Pamela Romero (Louisiana Council on Obesity Prevention and Management), Heli Roy (Pennington Biomedical Research Center), Arian Rung (LSU School of Public Health), Melinda Sothorn (LSU Health Sciences Center), Kathleen L. Spencer (Center for Planning Excellence), and Samaah M. Sullivan (Pennington Biomedical Research Center). The development of the 2009 Report Card also received assistance from Jennifer Winstead (Pennington Biomedical Research Foundation), Glen Duncan (Pennington Biomedical Research Center), Melissa Bell (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 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 version on-line at www.louisianareportcard.org.

This report card was produced by the Pennington Biomedical Research Center and the Pennington Biomedical Research Foundation with the generous support of the following sponsors.

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