

# WE ARE what we build



**LOUISIANA'S**  
REPORT CARD ON PHYSICAL ACTIVITY  
& HEALTH FOR CHILDREN & YOUTH  
— 2012 —

 **PENNINGTON  
BIOMEDICAL  
RESEARCH CENTER**  
*Louisiana State University System*



# Key Survey Findings

**"95% of Louisiana parents think it is very important that children are physically active."**



**"19% of Louisiana parents have heard of the 2008 Physical Activity Guidelines for Americans."**



**"50% of Louisiana parents believe childhood obesity is worse in Louisiana than in other states while 40% of parents think childhood obesity is the same here compared to other states."**



## What is the Built Environment & Why is it Important?

"Built environment" refers to human-made features of the community built to facilitate daily life, including everyday things such as streets, shops, restaurants, and parks. These community and neighborhood features impact our children's health. For example, neighborhood access to parks, playgrounds, and sidewalks are all associated with higher levels of physical activity among children.

The National Survey of Children's Health<sup>1</sup> assesses a neighborhood's propensity for encouraging good health among its children using 4 comprehensive indicators:

- 1 Neighborhood Amenities
- 2 Neighborhood Conditions
- 3 Supportive Neighborhoods
- 4 Safety of Child in Neighborhood

*Louisiana ranks worse than the NATIONAL AVERAGE in all 4 of these categories.*

<sup>1</sup> Child and Adolescent Health Measurement Initiative, Maternal and Child Health Bureau. 2007 National Survey of Children's Health (NSCH), Data Resource Center for Child and Adolescent Health Website. Available at: [www.nschdata.org](http://www.nschdata.org). Accessed August 2012.







# 2012 Louisiana's Report Card on Physical Activity & Health for Children & 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 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 that influence physical activity among children and youth in Louisiana. The Report Card is an advocacy tool that 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.

This year the Report Card presents the grades for each indicator as determined by the Research Advisory Committee. An exciting new addition presented in this year's report is data from our Physical Activity and Nutrition Guidelines Knowledge survey. The survey was developed by the Research Advisory Committee and implemented by the Louisiana State University Public Policy Research Lab. It includes information from approximately 750 parents from around the state of Louisiana. The survey asks questions related to parents' perceptions of childhood obesity in Louisiana and also their knowledge of guidelines for children related to physical activity, fruit and vegetable consumption, and screen time.

## Making the Grade

The grades for the 2012 Report Card were assigned by the Research Advisory Committee using the most recent and accurate data available with consideration of recent published scientific literature and reports. The following table presents a general rubric for assigning grades based on indicators of physical activity. These definitions were modified based on other indicators in the Report Card.

| GRADES  |   |
|---|---|
|  | Louisiana's children and youth are physically active and achieving optimal health.  |
|  | 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. |
|  | Insufficient appropriate physical activity opportunities and programs available to large segments of Louisiana's children and youth.  |
|  | Insufficient appropriate physical activity opportunities and programs available to the majority of Louisiana's children and youth.  |
|  | Louisiana's children and youth have a sedentary lifestyle with insufficient opportunities for physical activity.  |
|  | Incomplete. At the present time there is not enough information available for grading.  |

LOUISIANA'S OVERALL GRADE

2012:



# Summary of Report Card Indicators & Grades

| Categories /Goals & Indicators   | Topics or Subgroups                               | Data source*      | Percentage | Grade |
|--|---|-------------------|------------|-------|
| Physical Activity/Inactivity: Goal = Improve health, fitness and quality of life through daily physical activity.  |   |                   |            |       |
| Physical Activity Levels   | Aerobic Physical Activity in grades 9-12          | 2011 LA YRBS      | 24.2%      | D     |
|  | Vigorous Physical Activity in children 6-17 years | 2007 NSCH         | 34.0%      |       |
|  | Muscle-Strengthening Activity in grades 9-12      | 2011 LA YRBS      | 40.8%      |       |
| Screen Time  | TV/videos in grades 9-12                          | 2011 LA YRBS      | 41.1%      | D-    |
|  | Computer/Computer games in grades 9-12            | 2011 LA YRBS      | 34.5%      |       |
| Sports Participation   | Children and adolescents aged 6-17 years          | 2007 NSCH         | 51.6%      | C     |
|  | Adolescents in grades 9-12                        | 2011 LA YRBS      | 51.3%      |       |
| 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 & Obesity   | Children aged 2 to 5 years                        | 2010 PedNSS       | 12.9%      | F     |
|  | Children aged 10 to 17 years                      | 2007 NSCH         | 20.7%      |       |
|  | Adolescents in grades 9-12                        | 2011 LA YRBS      | 16.1%      |       |
|  | Children and adolescents 2 to 19 years            | 2010-2011 LA SBHC | 27.1%      |       |
| Aerobic Fitness  | Adolescents aged 10-18 years                      | 2011-2012 HRPFA   | 43.8%      | C-    |
| Overall Physical & Emotional Well-Being  | Adolescents in grades 9-12                        | 2011 LA YRBS      | 10.6%      | C-    |
| Fruit & Vegetable Consumption  | Fruits ≥ 4 times per day in grades 9-12           | 2011 LA YRBS      | 5.9%       | D-    |
|  | Vegetables ≥ 3 times per day in grades 9-12       | 2011 LA YRBS      | 11.7%      |       |
| Tobacco Use  | Tobacco products in grades 6-12                   | 2011 LYTS         | 27.4%      | C     |
|  | Cigarettes in grades 6-12                         | 2011 LYTS         | 16.2%      |       |
|  | Smokeless tobacco products in grades 6-12         | 2011 LYTS         | 8.4%       |       |
|  | Cigars in grades 6-12                             | 2011 LYTS         | 11.0%      |       |
| 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 & Roles Regarding Physical Activity   | -----   | -----             | -----      | INC   |
| School & 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  | Adolescents in grades 9-12                        | 2011 LA YRBS      | 42.5%      | D     |
| Training of School Personnel in Physical Activity  | Middle and high school public school teachers     | SHPPS             | ----**     | C     |
| Built Environment & Community Design   | Sidewalks or walking paths for 0-17 year olds     | 2007 NSCH         | 62.0%      | D     |
|  | Parks or playgrounds for 0-17 year olds           | 2007 NSCH         | 65.6%      |       |

\*See 2012 Report Card Development and Data Sources for an explanation of the data sources.

\*\*Grade based on qualitative data presented in the Report Card.

# Report Card Development & Data Sources

The 2012 Report Card grades 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 2011-2012 Health-Related Physical Fitness Assessments, the 2011 Louisiana Youth Tobacco Survey (LYTS), the 2007 National Survey of Children's Health (NSCH), the 2011 Louisiana Youth Risk Behavior Survey (YRBS), the 2010 Pediatric Nutrition Surveillance System (PedNSS), and the 2010-2011 Louisiana School-based Health Centers (SBHCs) Obesity Data.

The development of the 2012 Report Card was guided by a Research Advisory Committee, composed of scientists and professionals who collaborated on the indicators, methods, and grades. The Research Advisory Committee (in alphabetical order) included: Lisanne Brown, PhD (Louisiana Public Health Institute), Stephanie Broyles, PhD (Pennington Biomedical Research Center), Wilson Campbell, EdD (University of Louisiana at Monroe), Catherine Champagne, PhD, RD (Pennington Biomedical Research Center), Michael Comeaux, MS, MHSA (Louisiana Department of Education), Kara Dentre, MPH (Pennington Biomedical Research Center), Charles Duncan, PhD (LAHPRD and University of Louisiana at Lafayette), Stewart Gordon, MD (President, Louisiana Chapter American Academy of Pediatrics), Nkenge Jones-Jack, MPH (LSU Health Sciences Center), Peter T. Katzmarzyk, PhD, FACSM (Pennington Biomedical Research Center), Joan Landry, PhD, CHES (Cecil J. Picard Center for Child Development), Robert Newton, PhD (Pennington Biomedical Research Center), Kenneth Phenow, MD, MPH (Blue Cross and Blue Shield of Louisiana), Randy Richard (Episcopal High School), Iben Ricket, MPH (LSU School of Public Health), Pamela Romero, RD, LDN, CDE (Louisiana Department of Health and Hospitals), Heli Roy, PhD (Pennington Biomedical Research Center), Ariane Rung, PhD (LSU School of Public Health), Melinda Sothorn, PhD (LSU Health Sciences Center), Carl H. 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), Luke Thomas, PhD (University of Louisiana at Monroe), Matthew Valliere, MPA (Louisiana Department of Health and Hospitals). The development of the 2012 Report Card also received assistance from: Jennifer Winstead (Pennington Biomedical Research Foundation), Jessica Alleyne Erwin (Pennington Biomedical Research Foundation), Timothy Nguyen (Pennington Biomedical Research Center), Cindy Nguyen (Pennington Biomedical Research Center), Patrick Hodges (Pennington Biomedical Research Center), and Dione Milauskas (Pennington Biomedical Research Center).

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)).

For online versions of this short-form report card or the detailed (long form) version, please visit [www.louisianareportcard.org](http://www.louisianareportcard.org) or email [reportcard@pbrc.edu](mailto:reportcard@pbrc.edu)

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