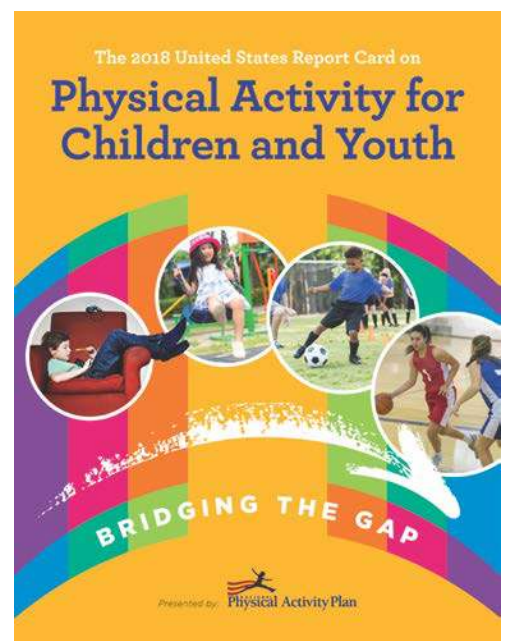


# The 2018 U.S. Report Card on Physical Activity for Children and Youth

**Peter T. Katzmarzyk, Kara D. Denstel, Kim Beals, Jordan Carlson, Scott E. Crouter, Thom L. McKenzie, Russ Pate, Amanda Staiano, Susan Sisson, Dianne Ward, Melicia Whitt-Glover & Carly Wright**



**Introduction:** The 2018 United States (U.S.) Report Card on Physical Activity for Children and Youth provides a comprehensive evaluation of physical activity levels and factors influencing physical activity among children and youth.

**Methods:** A Report Card Research Advisory Committee was assembled under the auspices of the National Physical Activity Plan Alliance. The Committee reviewed the evidence and assigned grades to 10 indicators using data from nationally representative studies and surveys. The indicators included: 1) overall physical activity, 2) sedentary behavior, 3) active transportation, 4) organized sport participation, 5) active play, 6) physical fitness, 7) family and peers, 8) school, 9) community and the built environment, and 10) government strategies and investments.

**Results:** Sufficient data were available to assign grades for 7 of the 10 indicators. The assigned grades ranged from C to D- (see Table below). Due to insufficient data being available, grades of incomplete (INC) were assigned to active play, family and peers, and government strategies and investments.

Table of Report Card Indicators and Grades	
Indicator	2018 Grade
Overall Physical Activity	D-
Sedentary Behaviors	D
Active Transportation	D-
Organized Sport Participation	C
Active Play	INC
Physical Fitness	C-
Family and Peers	INC
School	D-
Community and Built Environment	C

**Conclusions and Recommendations:** The poor grades on the report card indicate that children and youth in the U.S. are insufficiently active, and that additional work is required to provide opportunities for children to lead active lifestyles. Adult decision-makers, including parents, teachers, school administrators, health care providers, and policymakers are encouraged to make additional efforts to facilitate opportunities for physical activity for children and youth.