

**PHYSICAL ACTIVITY ALLIANCE**

**MOVE WITH US**

# The 2022 United States Report Card on Physical Activity for Children and Youth Summary



# 2022 U.S. REPORT CARD OBJECTIVE AND METHODOLOGY

The 2022 United States (U.S.) Report Card is the fourth comprehensive assessment of physical activity in U.S. children and youth, updating the Report Cards released in 2014, 2016, and 2018. The primary goal of the 2022 U.S. Report Card is to assess the levels of physical activity and sedentary behaviors in American children and youth, facilitators and barriers for physical activity, and health outcomes related to physical activity. The tracking of physical activity indicators over time is an important surveillance tactic that allows for an assessment of population-level changes in behavior. The Report Card is a resource that summarizes health statistics related to physical activity levels among children and youth in the U.S. More importantly, the Report Card is an advocacy tool that provides a level of accountability and call-to-action for decision makers regarding how we, as parents, teachers, health professionals, community leaders, and policy makers, can implement new initiatives, programs, and policies in support of healthy environments to improve the physical activity levels and health of our children and youth.

## MAKING THE GRADE

The Report Card Research Advisory Committee identified the best available data from multiple nationally representative surveys to provide a comprehensive evaluation of physical activity among children and youth. The committee assigned a letter grade to each indicator based on the evidence. Each grade reflects how well the U.S. is succeeding at providing children and youth opportunities and/or support for physical activity. The table on page 2 presents the standard rubric the Committee used to determine a grade for each indicator.

# MAKING THE GRADE: OUR RUBRIC

Grade	Interpretation	Benchmark
<b>A</b>	We are succeeding with a large majority of children and youth ( $\geq 80\%$ )	A+ = 94-100% A = 87-93% A- = 80-86%
<b>B</b>	We are succeeding with well over half of children and youth (60-79%)	B+ = 74-79% B = 67-73% B- = 60-66%
<b>C</b>	We are succeeding with about half of children and youth (40-59%)	C+ = 54-59% C = 47-53% C- = 40-46%
<b>D</b>	We are succeeding with less than half but some children and youth (20-39%)	D+ = 34-39% D = 27-33% D- = 20-26%
<b>F</b>	We are succeeding with very few children and youth ( $< 20\%$ )	F = 0-19%
<b>INC</b>	Incomplete—insufficient or inadequate information to assign a grade	

## OVERALL PHYSICAL ACTIVITY: D-

- 21% of U.S. children and youth ages 6 to 17 meet the guideline of 60 minutes of physical activity every day.<sup>2019-2020 NSCH</sup>
- There is a significant drop in physical activity levels with increasing age: 42% of 6-11 year olds and 15% of 12-17 year olds meet physical activity guidelines.<sup>2017-2020 NHANES</sup>

## ACTIVE TRANSPORTATION: D-

- Among U.S. youth ages 12 to 19, 38% walk or bike at least once per week to get to and from various places in their community.<sup>2015-2016 NHANES</sup>
- Youth from high-income households report less active transportation than those from lower income households: 46% of youth ages 12 to 19 from low-income households compared to 34% of youth from high-income households report engaging in active transportation at least once in a typical week.<sup>2015-2016 NHANES</sup>
- 11% of children and youth ages 5 to 18 usually walk or bike to school.<sup>2017 NHTS</sup>

## ORGANIZED SPORT PARTICIPATION: C

- Among 6-12 year old U.S. children, rates of sport engagement at least once per year are 61% (team sport) and 53% (individual sport). However, 38% of 6-12 year old children report playing a team sport on a regular basis.<sup>2020 State of Play Report</sup>
- 44% of children from high-income households report playing a sport on a regular basis compared to 23% of children from low-income households.<sup>2020 State of Play Report</sup>

## ACTIVE PLAY: INC

- There is no benchmark or guideline related to the level of active play among U.S. children and youth.
- 10% of 6-12 year old children spend time outdoors, an important setting for children and youth to engage in active play.<sup>2003 Panel Study of Income Dynamics</sup>

## SEDENTARY BEHAVIORS: D

- 20% of U.S. children and youth ages 6 to 19 adhere to the recommendation of 2 hours or less of screen time per day.<sup>2017-2018 NHANES</sup>
- Significant age differences exist: 27% of children ages 6-11, compared to 12% of adolescents ages 12 to 19, meet screen time recommendations.<sup>2017-2018 NHANES</sup>

## SLEEP: C+

- 64% of U.S. 6-11 year olds and 68% of 12-17 year olds sleep the recommended age-appropriate hours on weeknights.<sup>2019-2020 NSCH</sup>
- Differences exist in sleep duration: Children and adolescents from the lowest income households have a higher prevalence of short sleep duration (52% of children and 3% of adolescents) compared to the highest income households (26% of children and 29% of adolescents).<sup>2016-2018 NSCH</sup>

## PHYSICAL FITNESS: C-

- 42% of 12 to 15 year old U.S. youth have adequate cardiorespiratory fitness levels, based on a treadmill exercise test.
- There are sex differences in fitness levels: 5.3% of boys and 12.1% of girls aged 15 to 19 years are in the “excellent” Health Benefit Zone for grip strength.

## FAMILY AND PEERS: INC

- There are no nationally representative data or benchmarks for the impact of family and peers on U.S. children and youth physical activity.

## SCHOOL: D-

- 3.6% of U.S. secondary schools established and are implementing a Comprehensive School Physical Activity Program.<sup>2018 School Health Profiles</sup>
- Among high school students, 26% attend PE classes 5 days a week, while 52% attend PE classes 1 day a week.<sup>2019 YRBSS</sup>
- Laws exist to require provisions for a certain amount of physical activity during the school day in elementary (21 states), middle (13 states), and high schools (9 states).<sup>CLASS</sup>

## COMMUNITY AND BUILT ENVIRONMENT: C

- 75% of 6 to 17 year old U.S. children live in a neighborhood with a park or playground.<sup>2019-2020 NSCH</sup>
- 65% of 6 to 17 year old children live in a safe environment. However, there are disparities in this indicator: 72% of white children, 57% of Black children, and 56% of Hispanic children live in safe environments.<sup>2019-2020 NSCH</sup>
- 70% of states have adopted a Complete Streets policy or policies.<sup>2020 Safe Routes Partnership Report Card</sup>

**Abbreviations:** **CLASS:** Classification of Laws Associated with School Students; **NHANES:** National Health and Nutrition Examination Survey; **NHTS:** National Household Travel Survey; **NNYFS:** NHANES National Youth Fitness Survey; **NSCH:** National Survey of Children’s Health; **YRBSS:** Youth Risk Behavior Surveillance System

# ABOUT THE PHYSICAL ACTIVITY ALLIANCE

The U.S. Report Card Research Advisory Committee responsible for developing this report is a sub-committee of the Physical Activity Alliance (PAA), a 501(c)(3) nonprofit organization. The PAA is committed to leading efforts to create, support, and advocate policy and system changes that enable all Americans to enjoy physically active lives. Three national organizations (the National Physical Activity Plan Alliance, the National Physical Activity Society, and the National Coalition for Promoting Physical Activity) merged as the foundation for the PAA, which promotes policies and systems to help make the active choice the easy choice. To this end, the PAA and its partners are responsible for the development and dissemination of the National Physical Activity Plan. A Board of Directors, composed of representatives of organizational partners, governs the Physical Activity Alliance and at-large experts on physical activity and public health (see the website link below for a complete list of partners).

The National Physical Activity Plan (NPAP) is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. It is the product of a private-public sector collaborative. Hundreds of organizations are working together to change communities in ways that will enable every American to be sufficiently physically active. With the NPAP, the PAA aims to create a national culture that supports physically active lifestyles. Its ultimate purpose is to improve health, prevent disease and disability, and enhance quality of life.

The NPAP has a vision: **One day, all Americans will be physically active, and they will live, work, and play in environments that encourage and support regular physical activity.**

The first U.S. NPAP was released in 2010 and it was recently updated and re-released in 2016 with the addition of faith-based settings and sport as new societal sectors. The newest societal sector, military settings, was added in 2022. Societal sectors are areas of opportunity for physical activity promotion that provide the infrastructure for the Plan (<https://paamovewithus.org/national-physical-activity-plan/>).

The NPAP is comprised of recommendations organized into ten societal sectors: (1) Business and Industry, (2) Community Recreation, Fitness and Parks, (3) Education, (4) Faith-based Settings, (5) Healthcare, (6) Mass Media, (7) Public Health, (8) Sport, (9) Transportation, Land Use and Community Design, and (10) Military Settings. Each sector presents strategies for promoting physical activity. Each strategy outlines specific tactics that communities, organizations, agencies, and individuals can use. Recognizing that some strategies encompass multiple sectors, the NPAP has several overarching priorities focusing on initiatives that aim to increase physical activity. For more information on the PAA and the National Physical Activity Plan, visit <https://paamovewithus.org/>.

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This is the Summary Report. To download the full (long-version) of the Report Card, please visit <https://paamovewithus.org/>.

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