

Physical Inactivity

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WELCOME TO

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“Lack of activity destroys the good condition of every human being while movement and methodical physical exercise save it and preserve it” -**PLATO**



Introduction

- The World Health Organization recommends that children get at least 60 minutes of moderate- to vigorous-intensity activity daily and that adults get at least 150 minutes of moderate- intensity physical activity in a week.
- People who get less than these levels of activity are considered physically inactive.



Background

Problem:

- The lack of organized physical activity in our nation's schools sends a false message to young people that being active isn't important.

Issue:

- Between 1991 and 1997, the percentage of students who attended a daily physical education class dropped from 42% to 27%

Cause:

- Less sidewalks
- Emphasis on driving verses walking or bicycling
- Recess getting taken out of schools or reducing recess time



Risk Factors

- **Heart Disease**
- **Stroke**
- **Colon Cancer**
- **Diabetes**
- **Obesity**
- **High Cholesterol**
- **High Blood Pressure**
- **Death- an estimated 300,000 death each year are related to physical inactivity**



Trends in the Prevalence of Physical Activity and Sedentary Behaviors

National YRBS: 1991–2011

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	Changes from 1991–2011 ¹	Change from 2009–2011 ²
Attended physical education classes on 1 or more days in an average week (when they were in school)												
48.9 (43.3–54.6) ³	52.1 (46.7–57.5)	59.6 (47.4–70.7)	48.8 (37.9–59.8)	56.1 (48.6–63.3)	51.7 (46.9–56.4)	55.7 (48.2–63.0)	54.2 (49.2–59.0)	53.6 (47.0–60.1)	56.4 (48.9–63.6)	51.8 (46.0–57.6)	No change, 1991–2011	No change
Attended physical education daily in an average week (when they were in school)												
41.6 (36.0–47.3)	34.3 (29.5–39.4)	25.4 (16.9–36.2)	27.4 (22.1–33.5)	29.1 (20.3–39.7)	32.2 (27.4–37.4)	28.4 (22.9–34.7)	33.0 (27.8–38.6)	30.3 (25.4–35.8)	33.3 (27.7–39.3)	31.5 (26.1–37.4)	Decreased, 1991–1995 No change, 1995–2011	No change
Played on at least one sports team (run by their school or community groups during the 12 months before the survey)												
NA ⁴	NA	NA	NA	55.1 (52.7–57.4)	55.2 (53.2–57.2)	57.6 (55.4–59.8)	56.0 (53.7–58.3)	56.3 (53.7–58.9)	58.3 (55.5–61.1)	58.4 (56.0–60.7)	Increased, 1999–2011	No change
Used computers 3 or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)												
NA	NA	NA	NA	NA	NA	22.1 (19.5–24.9)	21.1 (19.7–22.6)	24.9 (22.9–27.0)	24.9 (22.9–27.0)	31.1 (29.3–32.9)	No change, 2003–2005 Increased, 2005–2011	Increased
Watched television 3 or more hours per day (on an average school day)												
NA	NA	NA	NA	42.8 (39.7–45.8)	38.3 (36.0–40.7)	38.2 (35.3–41.2)	37.2 (35.1–39.4)	35.4 (33.1–37.7)	32.8 (30.4–35.3)	32.4 (30.9–34.0)	Decreased, 1999–2011	No change

¹ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

² Based on t-test analyses, $p < 0.05$.

³ 95% confidence interval.

⁴ Not available.

Health Effects

- Being active reduces stress.
- Physical activity feeds the brain
- About half of people age 12-21 do not regularly engage in vigorous physical activity.
- Even though it is better to establish good exercise and nutrition habits early, it is never too late to change one's habits.
- Physical inactive children are more likely to become physical inactive adults.

GET MOVING
OR DIE (SOONER)

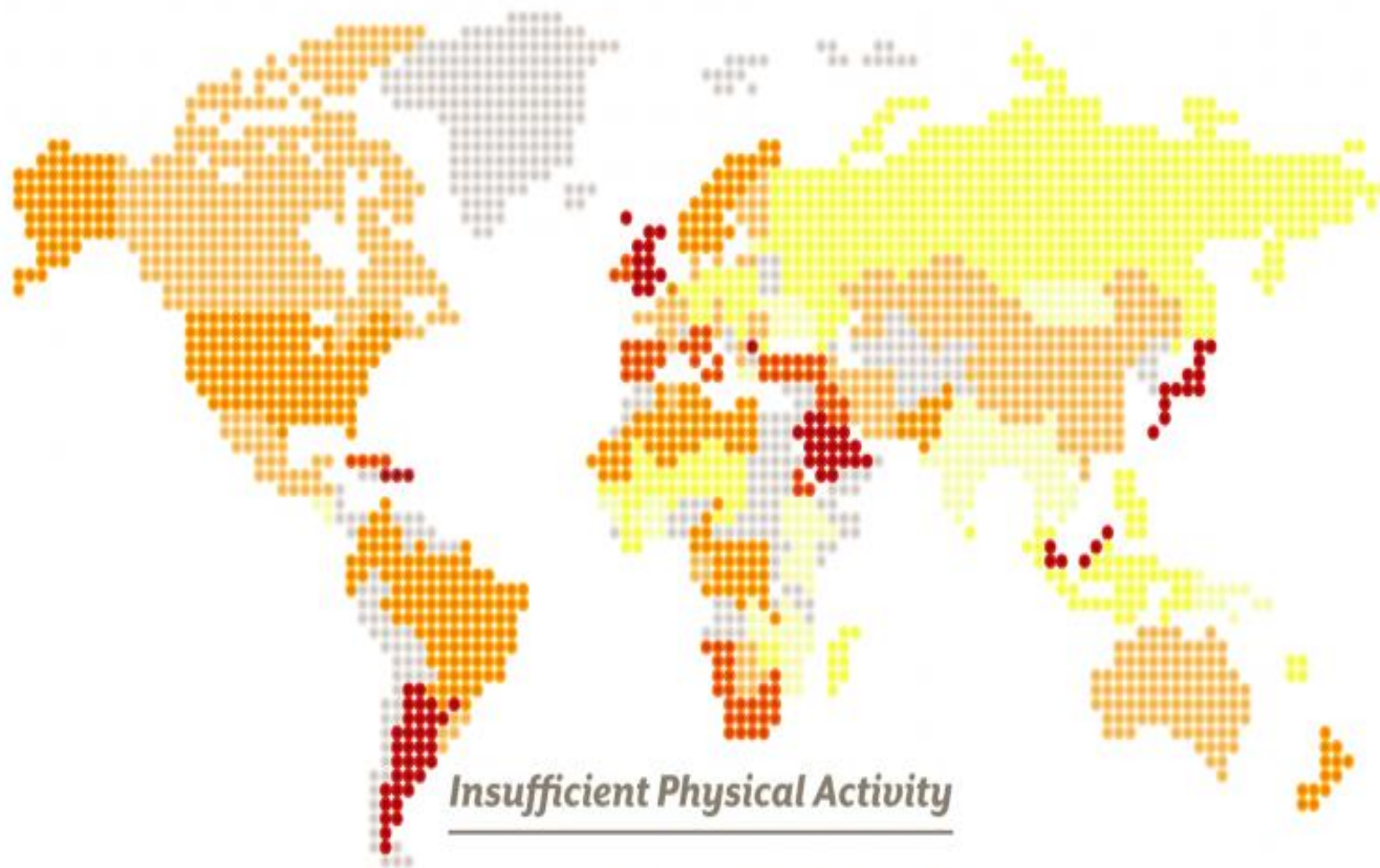
Physical inactivity has been named the biggest public health crisis of the 21st century. And many doctors are now diagnosing it as a disease. Inactivity is the most easily prevented and curable disease you can get, so why is it also one of the deadliest?

**INACTIVITY IS
KILLING US**



Scope

- Globally:
 - 31% adults ages 15+ were inactive in 2008
 - 3.2 million deaths each year are attributed to physical inactivity.
 - <https://www.youtube.com/watch?v=rCtMKI38r00>



Insufficient Physical Activity





CSHP: Health Education

- Hands on learning in all of the other core curriculum classes; in the health classes, have students create projects related to physical activity (i.e. looking up a sport/the history of a sport and then demonstrating to the class; same can be done with favorite hobbies).
- Field trips if the county/school budget allows to places that promote physical activity



CSHP: Physical Education & Physical Activity

- Increase the time that students are to take a PE-related course, also increase the actual time spent in these classes.
- Allow recess to be available sometime during the day. Academics are important, but so is our children's health. They spend their days at a desk staring at pencils, paper, and/or a computer screen for 8 hours a day - allow a break.
- We also want more PE instructors that have a love and enthusiasm for physical activity and getting hands on with students. Offer other physical activity courses: yoga, Pilates, swimming, dance, etc.
- *possibly begin the day with morning stretches prior to the start of first period



CSHP: Nutrition Environment & Services

- The school will work very closely with the Nutritional Services as an effort to help curve physical inactivity. Because the school will be more active, we would want to provide more nutrient dense foods.
- School vending machines will consist of water, 100% fruit juices, and sports drinks to help replenish the electrolytes lost.
- In addition to the beverages that will be available, protein bars and other healthy snacks will be made available.
- Fruit and salad bar will be available during lunch.
- A dieticians will be on site as well.



CSHP: Health Services

- An adequate nurses office will be made available to the students.
- Pedometers will also be available to keep track of their steps and increase physical activity.
- Every semester a health fair will be at the school to allow for blood sugar to be checked as well as heart rate, bone density, and a more in depth BMI screenings.
- BMI will also be available year long.



CSHP: Counseling, Psychological & Social Services

- Although bullying is not accepted nor tolerated, we will have special counseling services for those students who feel they are being targeted.
- Help students feel better about their body images.
- The school will have positive messages around the campus to better boost morale.



CSHP: Social/Emotional Climate

- As mentioned previously, the school will have positive messages around the campus to better boost morale.
- Social Norm Posters will have pictures of individuals with all body types and shapes.
- School will have a Healthy Eating, Healthy Living week once during the school year.
- Fitness Fridays - lessons will be taught outside and there will be multiple opportunities to be physically active.



CSHP: Physical Environment

- Appropriate gym for employees as well as students.
- Good balance of colors to help students become more engaged and excited to be physically active.
- Posters of all body types present in the school.



CSHP: Employee Wellness

- Employees will have the same resources to use as far as the health services; blood pressure being taken and diabetes testing.
- Employees will have their own gym will equipment as well as incentives for being physically active during the workday or at home.
- Raffles will be held to help boost morale and show appreciation and encouragement to the staff.



CSHP: Family Engagement

- Different workshops to get parents/guardians involved and informed about the physical activity and the benefits; spirit nights at the local skating rink; Zumba nights at the school as well as line dancing at the school.



CSHP: **Community Involvement**

- Community Field Day; have local sponsors help out with the various games; World Day of Play - as seen with the Let's Move! Campaign by First Lady Michelle Obama



Summary

- **INFORM** viewers they can get numerous health benefits from regular physical activity.
- **ENCOURAGE** people to look for a variety of ways to be physically active every day: competitive (sports, games) or noncompetitive (hiking, dancing, walking).
- **REMIND** viewers that healthy habits are developed during childhood and can last a lifetime.
- <https://www.youtube.com/watch?v=vVbF2HKsA44>



Bibliography

- Walk This Way
 - <http://www.safekids.org/walk-way>
- *Let's Move!*
 - <http://www.letsmove.gov/about>
- Be Active
 - <http://www.beactive.wa.gov.au/index.php?id=1009>
- Get Set 4 Life
 - <http://www.healthyactive.gov.au>
- VERB it's what you do
 - <http://www.cdc.gov/youthcampaign/>



Annotated Resource List:

- http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/
- <http://www.cdc.gov/healthcommunication/ToolsTemplates/EntertainmentEd/Tips/PhysicalInactivity.html>
- <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>
- http://www.worldobesity.org/site_media/uploads/Factsheet_Physical_activity.pdf
- [http://pathwahttp://healthylivingandyou.com.ng/physical-inactivity-lifes-death-trap/](http://pathwahttp://healthylivingandyou.com.ng/physical-inactivity-lifes-death-trap/ystofamilywellness.org/Children-s-Health-Wellness/why-kids-need-recess.html)
- ystofamilywellness.org/Children-s-Health-Wellness/why-kids-need-recess.html