

2013 Georgia High School Student Physical Activity Sheet

Schools play a critical role in improving physical activity among adolescents.

What are the benefits of physical activity?^{1,2}

Regular physical activity can:

- Reduce risk of being obese
- Improve academic performance and grades
- Improve concentration in the classroom
- Build healthy bones and muscles
- Reduce depression and anxiety
- Reduce risk of chronic diseases like diabetes

What are the recommendations for physical activity among adolescents?

Adolescents should have 60 minutes or more of physical activity daily.³ These activities should include:

Aerobic	Muscle-strengthening	Bone-strengthening
Most of the 60 or more minutes a day should include activities of either moderate- or vigorous intensity. Aerobic physical activity should be of vigorous intensity at least 3 days a week	Part of the 60 or more minutes of daily physical activity should include muscle-strengthening. Muscle-strengthening activities should be included on at least 3 days of the week.	Part of the 60 or more minutes of daily physical activity should include bone-strengthening. Bone-strengthening activities should be included on at least 3 days of the week.

Examples of physical activity include:³

Moderate physical activities	Vigorous physical activities	Muscle-strengthening activities	Bone-strengthening activities
Active recreation such as rollerblading Brisk walking Biking (stationary bike) Dancing Yard work (mowing lawn, raking leaves) Baseball & softball Washing and waxing car	Running Biking Jumping rope Karate Vigorous dancing Sports like soccer & tennis	Push-ups Pull-ups Weight-lifting exercises Working with resistance bands Wall Climbing Sit-ups Games like tug-of-war	Hopping Skipping Jumping Running Sports like gymnastics, basketball, and tennis

What was the status of physical activity among Georgia high school students in 2013?⁴

- **Percent who met the recommendations:**

- Physical Activity (PA) \geq 60 min/day: **25%** (N = 107,932) of students
- Muscle-strengthening Exercises \geq 3 days/week: **50%** (178,158) of students
- Physical Education (PE) Attendance 5 days/week: **34%** (145,200) of students

- **Status by Grade:**

- 9th (29%; n = 37,707), 10th (27%; 30,659) and 11th (25%; 22,820) grade students were more likely to have PA \geq 60 min/day than 12th grade students (17%; 15,854).
- 9th (57%; 62,475) and 10th (52%; 50,529) grade students were more likely to do muscle strengthening exercises \geq 3 days/week than 12th grade students (43%; 31,456).
- 9th (52%; 67,910) and 10th (32%; 36,190) grade students were more likely to attend PE 5 days/week than 12th (20%; 18,412) grade students.

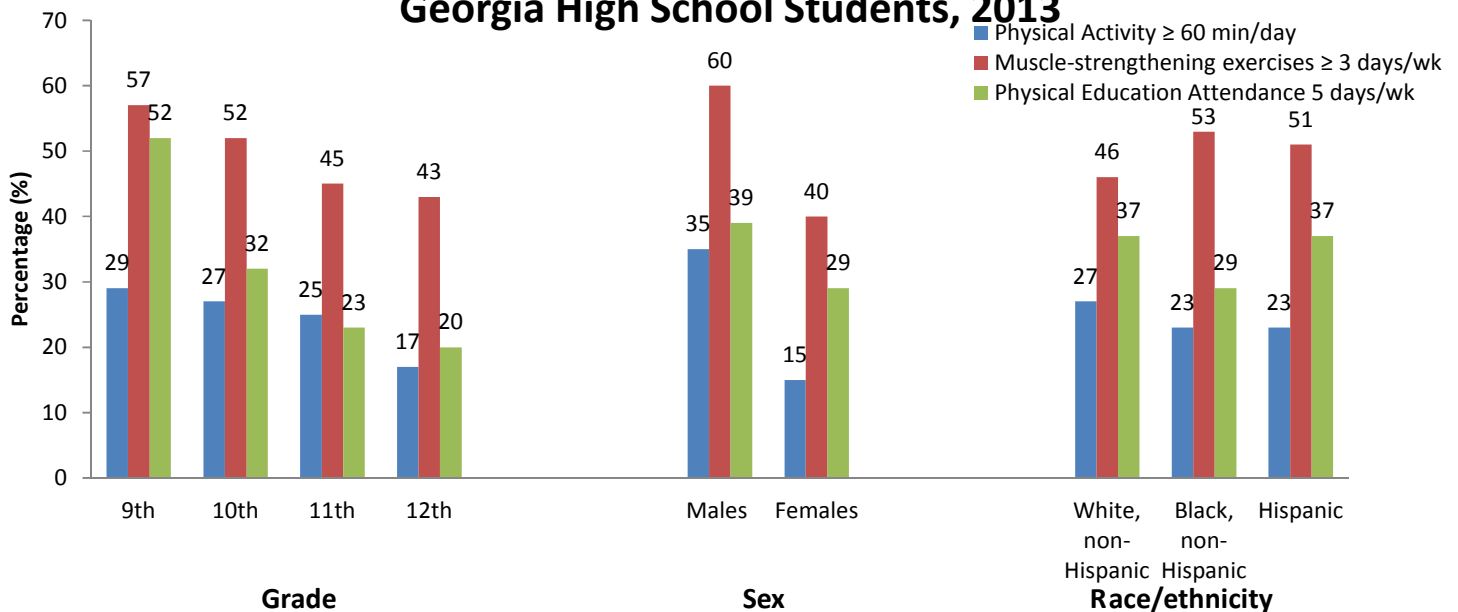
- **Status by Sex:**

- Male students (35%; 75,508) were more likely to have PA \geq 60 min/day than female students (15%; 32,423).
- Male students (60%; 106,755) were more likely to do strengthening exercises \geq 3 days/week than female students (40%; 70,916).
- Male students (39%; 71,206) were more likely to attend PE 5 days/week than female students (29%; 46,556).

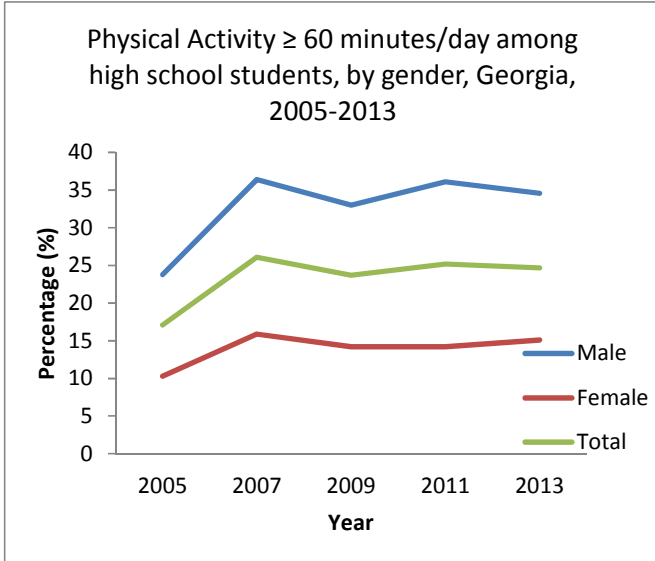
- **Status by Race:**

- There were no differences in PA \geq 60 min/day, strengthening exercises \geq 3 days/week or PE 5 days/week by race/ethnicity.

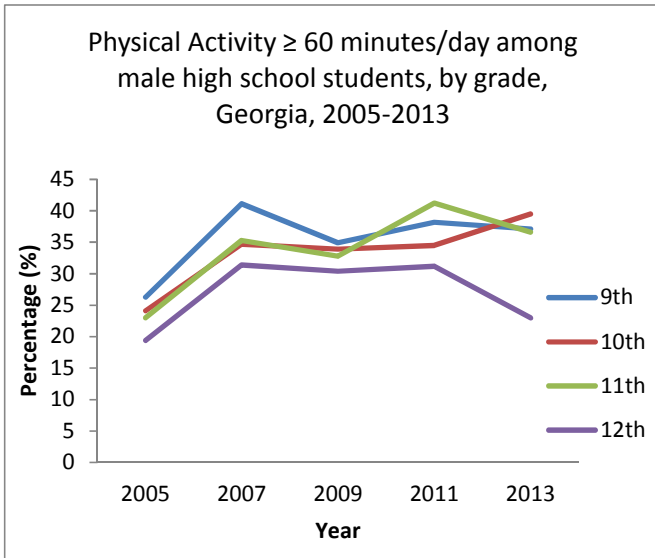
Physical Activity and Physical Education Attendance by Grade, Sex, and Race/ethnicity among Georgia High School Students, 2013



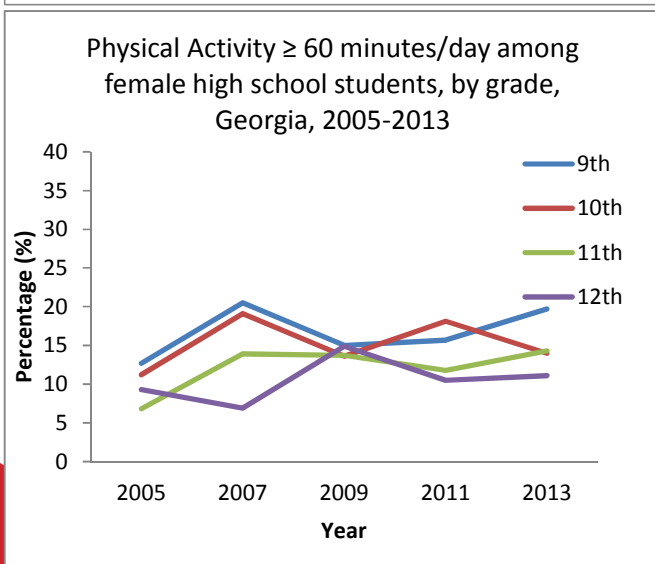
How has physical activity among Georgia high school students changed in the past decade?



From 2005 to 2013, male high school students were more likely to be physically active \geq 60 min/day than female students. From 2005 to 2013, physical activity increased and then remained steady for both males and females.



In 2013, 9th, 10th, and 11th grade males were more likely to be physically active \geq 60 min/day than 12th grade males. From 2007 to 2013, PA \geq 60 min/day remained stable over the years for 9th, 10th, 11th, and 12th grade males.



In 2013, 9th grade females were more likely to be physically active \geq 60 min/day than 12th grade females. PA \geq 60 min/day remained stable over the years for 9th, 10th, and 11th grade females. The prevalence of 12th grade females who reported having \geq 60 min/day of physical activity ranged from 7% 2007 to 15% in 2009.

What physical activity policies or practices were implemented in Georgia high schools in 2013?⁵

- **39%** of schools offered opportunities for students to participate in PA before the school day through organized physical activities or access to facilities or equipment for PA.
- **49%** of schools provided parents and families with health information designed to increase parent and family knowledge of PA.
- **70%** of schools had a school health council, committee, or team that assessed the availability of PA opportunities for students
- **65%** of schools had a joint use agreement for shared use of school or community PA facilities.
- **19%** of schools had students participate in PA breaks in classrooms during the school day outside of PE class
- **59%** of schools offered opportunities for all students to participate in intramural sports programs or PA clubs
- **60%** of schools prohibited staff from excluding students from PE or PA to punish them for bad behavior or failure to complete class work in another class.
- **Principal response: 89%** of high schools had physical education teachers or specialists receive professional development training or courses on PE or PA during the past year.
- **Health education teacher response: 45%** of high schools had lead health education teachers receive professional development on physical activity and fitness.

Schools are an ideal setting for teaching youth how to adopt and maintain a healthy, active lifestyle. Schools can help youth learn how to be physically active for a lifetime.

What can high schools do to improve physical activity among students?^{6,7}

- Have policies that provide time for organized PA and free play.
- Provide information to parents about the benefits of PA through e-mails, website postings, newsletters articles, or at school events.
- Encourage staff and school leadership to be role models for students by being more physically active.
- Encourage families and local community groups to be involved in school-based physical activities and events (e.g., family physical activity nights, school health councils)
- Provide safe spaces, facilities, and equipment for PA in the school (e.g., a school gym).
- Provide a more comprehensive school-based PA program that includes the following:
 - Quality physical education
 - *Example of a policy recommendation: Require daily PE for students in all grades for a total of at least 225 minutes per week.*
 - Physical activity breaks
 - *Example: Daily school-wide PA during morning announcements.*
 - Classroom-based physical activity
 - *Example: Taking a walk outside as part of science class.*
 - Intramural sports
 - *Example: Incorporate lifetime physical activities such as track and tennis.*
 - Interscholastic sports
 - *Example: Promote teamwork and healthy competition.*
 - Walk- and Bike-to-School Program
 - *Example: Engage your school in Georgia's Safe-Routes-to-School Program.⁶*
- Hire physical education teachers who are certified and appropriately prepared to deliver quality instruction, programs, and practices.

References:

1. U.S. Department of Health and Human Services. Physical Activity Guidelines Advisory Committee report. Washington, DC: U.S. Department of Health and Human Services, 2008.
2. CDC. The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
3. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008.
4. Georgia Youth Risk Behavior Survey, 2013.
5. Georgia School Health Profiles, 2014.
6. CDC. Youth Physical Activity Guidelines Toolkit. <http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>
7. CDC. Comprehensive School Physical Activity Program. <http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm>
8. Georgia Department of Transportation. <http://www.saferoutesga.org/content/about-georgia-safe-routes-school>