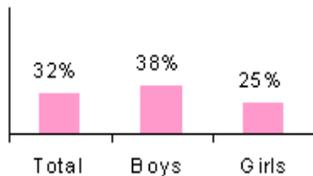


PHYSICAL ACTIVITY

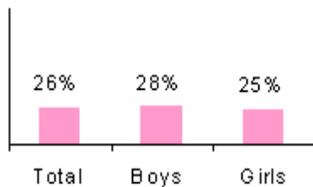
WHO'S ACTIVE IN NEBRASKA SCHOOLS?

NDE Grade 9-12 2005 Youth Risk Behavior Survey (YRBS)

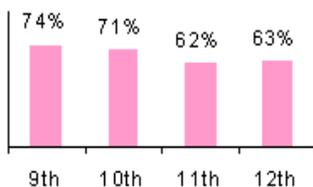
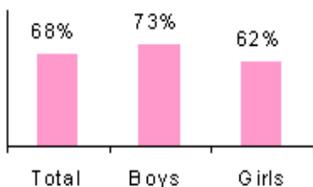
Percentage of students attending PE class daily and exercising for more than 20 minutes during an average PE class



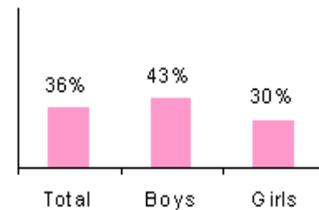
Percentage of students who engage in moderate physical activity for at least 30 or more minutes on 5 or more of the past 7 days



Percentage of students who engage in vigorous physical activity for at least 20 minutes on 3 or more of the past 7 days



Percentage of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days



WHAT'S HAPPENING IN NEBRASKA SCHOOLS?

NDE 2006 School Health Profile (SHP)
(6-12 Grade Public Schools)

TEACHING

- 77% of participating schools combine required health classes with physical education.
- 41% provide opportunities for students to participate in intramural activities or physical activity clubs.
- 100% of the participating principals in grade 6-12 schools indicate that physical education is a required course; 18% allow an exception to this requirement.
- 66% require students who fail physical education to repeat the course (schools that require PE for students).

TEACHERS

- 95% require that a newly hired physical education teacher or specialist be certified, licensed, or endorsed by the state in physical education.
- In the past two years, 21% of lead health education teachers **participated** in a staff development activity dealing with growth and development; 38% in an activity dealing with physical activity or fitness.
- 41% of the health education teachers **would like to participate** in staff development dealing with growth and development; 54% **would like** staff development dealing with physical activity or fitness.

SCREEN TIME - A MAJOR BARRIER TO PHYSICAL ACTIVITY

NDE Grade 9-12 2005 Youth Risk Behavior Survey (YRBS)

- 65% of Nebraska high school students spend two or more hours during an average school day watching television, playing video games, or using the computer (excluding homework), while 9% spend five or more hours daily.
- During an average school day, students spend approximately one hour and 44 minutes watching TV, one hour and 12 minutes using the computer, and approximately 35 minutes playing video games on a video game system.

IMPORTANCE OF THE ISSUE

- Participation in regular physical education/activity has been directly linked to academic performance, specifically in math, reading and writing scores.
- Physical education/activity reduces behavior problems in class, reduces levels of anxiety and stress, thus increasing concentration and alertness and improving self-esteem.
- Physical education/activity combined with good nutrition helps to build and maintain healthy bones and muscles, controls weight, and reduces the risks of diabetes, heart disease, and some cancers.

WHAT CAN WE DO?

- Support the implementation of your school wellness policies and model a physically active lifestyle.
- Encourage school programs and address policies to provide quality daily physical education, health education, and recess that help students develop the knowledge, attitudes, skills, behaviors, and confidence to adopt and maintain physically active lifestyles.
- Create a structural environment that makes it easy and safe for young people to walk, ride bicycles, and use close-to-home physical activity facilities.

National Objectives

By 2010 . . .

Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes, five days a week, to 35%.

✓ Nebraska 2005 YRBS 26%

Increase the proportion of adolescents who engage in vigorous physical activity for at least 20 minutes, three days a week, to 85%.

✓ Nebraska 2005 YRBS 68%

Increase the proportion of adolescents who participate in daily physical education to 50%.

✓ Nebraska 2005 YRBS 34%

Increase the proportion of adolescents who watch TV for two or fewer hours to 75%

✓ Nebraska 2005 YRBS 73%

FOR MORE INFORMATION . . .

- NDHHS - Nutrition and Activity for Health (402) 471-2101
www.dhhs.ne.gov/hew/hpe/nafh
www.neactionforhealthykids.org
- NDE
 - Nutrition Services (402) 471-3566
 - Health/Physical Education/HIV Prevention (402) 471-4352; (402) 471-2109
www.nde.state.ne.us/pehealth/index.html
- NAHPERD
www.unomaha.edu/nahperd