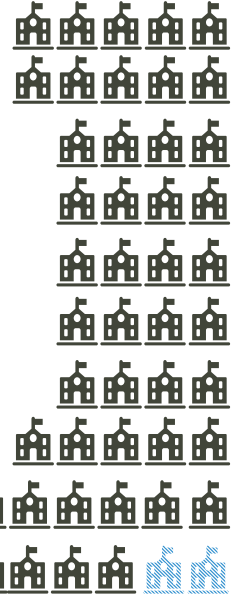
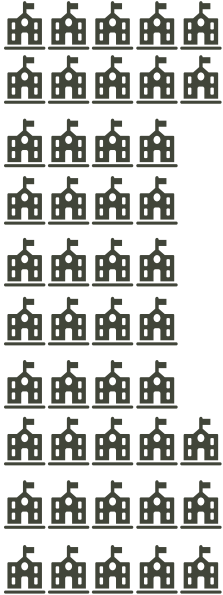


# THE 2018 CDC NYS SCHOOL HEALTH PROFILE SURVEY SHARES WHAT SCHOOL ADMINISTRATORS SAY ABOUT

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

% of NYS schools in which teachers taught about **increasing daily physical activity** in a required course for students in any of grades 6 through 12 during the current school year

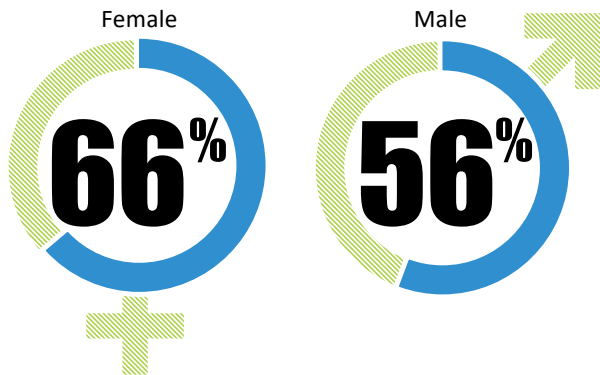


# 98%

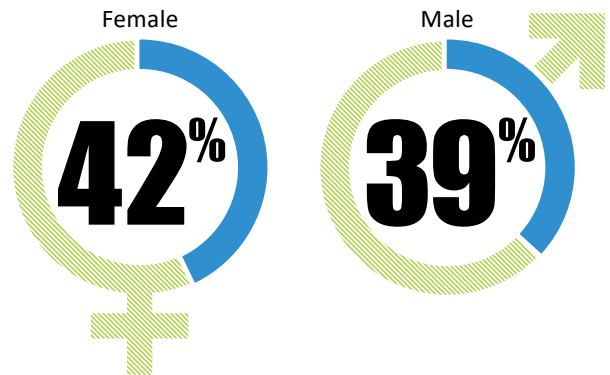
# THE 2019 CDC NYS YOUTH RISK BEHAVIOR SURVEY SHARES WHAT STUDENTS SAY ABOUT

## PHYSICAL ACTIVITY

% of students who were **not physically active** at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)



% of students who **played video or computer games** or used a computer 3 or more hours per day (playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)



The information in this infographic is obtained from two CDC surveys conducted in NYS every other year. The NYS School Health Profile Survey (SHP) provides data on school policies and practices and the NYS Youth Risk Behavior Survey (YRBS) provides data on students' health risks and behaviors. They are conducted by the NYS Center for School Health in opposite years among a representative group of New York State public schools. You can learn more about these surveys on the NYSCSH website Data Reporting Page at [www.schoolhealthny.com/shp](http://www.schoolhealthny.com/shp).

LEARN MORE: New York State Center for School Health | [WWW.SCHOOLHEALTHNY.COM](http://WWW.SCHOOLHEALTHNY.COM) | 585-617-2380



## NYS ACTION STEPS FOR PREVENTION & EDUCATION

# THE 2018 CDC NYS SCHOOL HEALTH PROFILE SURVEY SHARES WHAT SCHOOL HEALTH EDUCATORS SAY ABOUT

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

**BACKGROUND:** Children and adolescents ages 6 to 17 years should participate in 60 minutes or more of physical activity daily. Most of the 60 minutes should be either moderate or vigorous intensity aerobic physical activity. Although 98% of teachers taught students about increasing daily physical activity, 61% of students stated on the 2019 NYS YRBS that they are not physically active on at least 60 minutes a day on 5 or more days. According to the CDC, the percentage of U.S. children and adolescents affected by obesity has more than tripled since the 1970s. Data from 2015–2016 show that nearly 1 in 5 school-age children and young people aged 6 to 19 years in the United States has obesity.

**GOAL:** Provide resources that support instruction and school activities in increasing the number of students that engage in daily physical activity for at least 60 minutes to prevent obesity and other health risks.

### SCHOOL STAFF



Physical activity can help improve concentration and reduce disruptive behavior. Learn more about the benefits of physical activity in the classroom on the [CDC Healthy Schools Classroom Physical Activity](#) webpage.

Safe Routes to School (SRTS) programs improve children's health by providing opportunities for walking and biking to school. Visit the [National Center for Safe Routes to School](#) website for resources to help your school create safe walking and biking routes for your students.

Screen time reduction resources can help you to teach your students about the value of using less technology. Visit the [Commercial Free Childhood Screen-Time Reduction Resources for Parents, Teachers and Organizers](#) page to learn more.

Visit the [Harvard School of Public Health Obesity Prevention Source](#) for more information on how to teach skills that help students choose and maintain healthy lifestyles.

### STUDENTS & FAMILIES



Check out the [USDA ChooseMyPlate 10 Tips: Be an Active Family](#) to learn how being active as a family can benefit everyone.

Visit the American Heart Association's [How Can I Help My Child Be More Physically Active?](#) webpage for information on helping your child develop and grow into healthy adults.

Talk to your kids about reducing the amount of screen time. It is key for healthy development and staying active. Visit the [Healthy Kids, Healthy Future Limit Use of TV, Computers and Mobile Devices](#) page.

Physical activity is critical to preventing childhood obesity. Exercise is the most effective and more fun when it's done as a group. In addition to promoting your child's health and learning, you'll feel better too! Visit the [National PTA Make Exercise Effective and Fun](#) webpage.

SCAN TO



LEARN MORE

## PARTNERSHIPS FOR EDUCATION



Department of Health



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