A Snapshot of the Physical Activity Guidelines for Americans, 2nd Edition
Background

- HHS Secretary, Sylvia Matthews Burwell commissioned the update of the guidelines
- 17 physical activity experts met with HHS personnel over two years and created the new guidelines
  - They graded the research on the quality and consistency of the findings
- Theme(s):
  - Regular physical activity over months and years produces long term benefits
Why is Physical Inactivity and Issue?

- Children and adults spend 7.7 hours/day; 55% of time being inactive
- This has led to health problems such as:
  - Obesity
    - Making sports stadiums?
  - Diabetes
    - Rates are up
  - High blood pressure

- Regular physical activity is known to:
  - Improve insulin sensitivity
  - Helps with sleep
  - Decreases anxiety
Academic performance

- Physically active students tend to:
  - Earn better grades
  - Have more regular attendance
  - Perform better cognitively
  - Stay on task better, pay attention for longer time periods
  - Exhibit better classroom behavior
  - Better plan, organize and initiate tasks
  - Control emotions better

- More physical education associated with:
  - Better standardized test scores
    - Not a guarantee, but an association
  - Higher reading literature scores
  - Math fluency
How Much Physical Activity do Children and Adolescents Need?

- Ages 6-17 years need at least 60 minutes per day
  - Does not need to be in bouts that last at least 10 minutes (change from 2008).
    - Can get a part of it by walking or biking to school
  - Aerobic well as strength
    - Aerobic:
      - Can help manage weight
      - Manage BP
      - Help control/prevent Type II diabetes

- Can improve mood
- Increase HDL cholesterol
- Prevent certain cancers
- Prevent heart disease
- **Adults needs:**
  - 150 minutes of moderately intense or 75 minutes of intense PA
  - Over at least three days
    - All activity counts:
      - Take the stairs
      - Park at the back of the parking lot
    - In general people do not need to consult with a health professional before beginning a physical activity regimen (change from 1986)

- **Schools Policies/Practices:**
  - Provide professional development to school staff on the importance of PA and its connection with learning
  - Provide an effective PE program, CCSD appears to have one!
  - Recess for elementary students
  - Classroom PA breaks
  - Extra curricular activities
    - Running club
Schools (continued)

- Allow access to school facilities
  - Tennis & basketball courts at a minimum
  - Get rid of those fences and locks!!
- Support Active Transport to School! (Traci)
  - Safe Routes to School (SRTs)
  - A smaller % of elementary children walk to school now than in the 1960’s
    - Two studies at CCSD schools - ___%
- Remember:
  - All PA is good
  - The human body is designed to be active, modern life has made it possible to do almost no activity
    - We should create policies and provide opportunities for people to be active