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Results from the 2009 - 2011 School Physical Activity and Nutrition (SPAN) Survey funded by DSHS Title V Maternal and Child Health Block Grant

Regional Headquarters
- Harlingen
- San Antonio
- Houston
- Tyler
- Arlington
- El Paso
- Temple
- Lubbock

Hispanic / white / other / black
- 47%
- 39%
- 14%

BMI between the 85th and 94th percentile

*Percent normal weight: 4th grade 57.2%, 8th grade 59.6%, 11th grade 64.7*

Average number of days per week of physical activity

<table>
<thead>
<tr>
<th>Grade</th>
<th>4th</th>
<th>8th</th>
<th>11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active</td>
<td>1.3</td>
<td>4.3</td>
<td>3.9</td>
</tr>
<tr>
<td>Active</td>
<td>1.9</td>
<td>4.0</td>
<td>3.4</td>
</tr>
</tbody>
</table>

Number of times ate fruit or vegetables per day

<table>
<thead>
<tr>
<th>Grade</th>
<th>4th</th>
<th>8th</th>
<th>11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>1.3</td>
<td>1.8</td>
<td>2.1</td>
</tr>
<tr>
<td>Fruits</td>
<td>2.4</td>
<td>3.1</td>
<td>3.2</td>
</tr>
</tbody>
</table>

Number of times drank a sugary drink per day

<table>
<thead>
<tr>
<th>Grade</th>
<th>4th</th>
<th>8th</th>
<th>11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodas</td>
<td>5.5</td>
<td>4.1</td>
<td>4.0</td>
</tr>
<tr>
<td>Juices</td>
<td>1.3</td>
<td>1.8</td>
<td>2.1</td>
</tr>
</tbody>
</table>

The American Academy of Pediatrics recommends parents limit their children's time spent playing video games and watching TV or movies.

According to the U.S. Department of Agriculture, per day children should consume

in moderate to vigorous physical activity

The 2008 U.S. Physical Activity Guidelines recommend children engage

How Active are Kids?

How Much Time do Kids Spend Watching Screens?

What Do Kids Eat?

NO MORE THAN 1 - 2 HOURS PER DAY

60 MINUTES PER DAY = 5 - 6 DAYS PER WEEK

4th grade

8th grade

11th grade

The goal of Live Smart Texas is to reduce childhood obesity prevalence to 10% by 2020.

The hours per day that kids play video games and watch TV or movies.