Results from the 2019-2020 School Physical Activity and Nutrition (SPAN) Survey funded by DSHS Title V Maternal and Child Health Block Grant

Texas Health Service Region:
- Harlingen
- San Antonio
- Houston
- Tyler
- Arlington
- El Paso
- Temple
- Lubbock

Hispanic / White / Other
- BMI between the 85th and 94th percentile
- 22.3% 6th grade
- 26.5% 8th grade
- 24.5% 10th grade
- 24.6% 12th grade
- Percent overweight
- 52% 6th grade
- 35% 8th grade
- 13% 10th grade

Average number of days per week of physical activity:
- 3.5 days 11th grade
- 3.7 days 10th grade
- 4.0 days 9th grade
- 4.4 days 8th grade

Number of times drank a sugary drink per day:
- 3.7 3rd grade
- 3.8 4th grade
- 2.9 5th grade

Number of times consumed yesterday:
- 3.7 4th grade
- 3.2 8th grade
- 2.9 11th grade

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:

Goals & Recommendations:

- 2019-2020 SPAN

- **How Active are Kids?**
  - 8th grade >20 minutes
  - 11th grade >20 minutes
  - 4th grade >30 minutes

- **How Much Time do Kids Spend Watching Screens?**
  - 0.8 3rd grade
  - 2.1 4th grade
  - 2.2 5th grade
  - 2.0 6th grade
  - 2.3 7th grade
  - 1.5 8th grade
  - 2.3 9th grade
  - 2.0 10th grade
  - 1.8 11th grade

- **What Do Kids Eat?**
  - Teenagers (16-19 years old):
    - 3.7 days
  - 4th grade:
    - 3.1
    - 2.5

The 2008 U.S. Physical Activity Guidelines recommend children engage in moderate to vigorous physical activity.

The Texas Health and Human Services Commission, on behalf of the Texas Health and Human Services Department, is working to create an environment in which children are provided with opportunities to increase physical activity and live healthy lifestyles.