Texas children are falling behind in physical activity

The Department of Health and Human Services recommends 60 minutes or more of daily moderate-to-vigorous physical activity for youth aged 6-17.

Texas children **do not** meet guidelines of 60 minutes (or more) of physical activity.

78.4% of youth do not meet 60+ minutes of physical activity at least 5 days per week.

Classroom teacher-led physical activity breaks occur in 47.1% of elementary schools, 28.6% of middle schools, and 13.3% of high schools.

25.3% of Texas high school students meet 60 minutes per day of physical activity; though 31.2% are in daily PE classes.

Texas children are not exercising. A lack of adequate physical activity has adverse lifetime consequences.

- Obesity
- Social isolation
- Reduced cognitive abilities
- Chronic diseases

% of students meeting guidelines of 60+ minutes of moderate-to-vigorous physical activity 7 days a week

How we can improve Texas children’s physical activity

- Promote active commuting (biking, walking) for students
- Daily structured PE classes using an evidence-based program like CATCH
- Daily recess for K-5 of at least 30 minutes
- Encourage classroom physical activity breaks
- Quality training for physical education and classroom teachers
Current Physical Activity Guidelines

The Department of Health and Human Services recommends 60 minutes or more of daily moderate-to-vigorous physical activity for youth aged 6-17. Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week. Adolescents should include muscle-strengthening and bone-strengthening physical activity on at least 3 days a week.

Texas Administrative code requires PE be offered to all K-12 students, but this varies by grade level. Grades K-6 are required to have 30 minutes of physical activity every day which can be structured (PE) or unstructured (recess). In grades 6-8, 30 minutes per day is required for 4 out of the 6 semesters. For grades 9-12, the requirement for graduation is 1 semester of PE.

References


2. School Physical Activity and Nutrition (SPAN) Project. Michael & Susan Dell Center for Healthy Living. SPAN project details available online at go.uth.edu/SPAN.


11. CATCHinfo.org


About the Texas Child Health Status Report

This project is funded by the Michael & Susan Dell Foundation. These reports utilize state-level data from the School Physical Activity and Nutrition (SPAN) Project to provide an accurate representation of Texas child health.

Learn more at go.uth.edu/TexasChildHealth