Improving Physical Activity in Schools: The Linkage among Youth Behavior, Policy, Practices and Environmental Change

Dianne C. Barker, Jamie Chriqui, Sandy Slater, Natalie Colabianchi, C.Tracy Orleans

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Symposium Learning Objectives

• Understand how policies, practices and environmental change can improve physical activity in schools

• Critique steps to changing policies, practices and the environment in diverse communities

• Evaluate the importance of applying the socio-ecological framework to the study of obesity
Disparities in Weight

- 1 in 3 U.S. kids is overweight or obese
  - The prevalence of obesity increases as youth move into adolescence

- Racial/ethnic disparities in obesity exist among children and adolescents
  - 24.3% of Black vs. 21.2% of Latino vs. 14% of white youth

- Income disparities exist:
  - The prevalence of obesity is significantly higher among low- versus high-income groups; and
  - Lower-educated versus higher-educated individuals.

(Ogden et al. 2012; Ogden et al. 2008)
Disparities in Youth Physical Activity

- White youth are more physically active than Latino youth
- Lower-income youth have lower levels of physical activity
- Rural youth participate less in physical activity
- Girls are less physically active than boys
- As youth move into adolescence, their participation in physical activity decreases

(Singh et al. 2008, Hanson and Chen 2007, Joens-Matre et al. 2008)
National Physical Activity Guidelines

• Healthy People 2020: Physical Activity Recommendations in Schools
  - PA-4: Increase the proportion of the Nation’s public and private schools that require daily physical education for all schools
  - PA-6: Increase regularly scheduled elementary school recess in the U.S.
  - PA-10: Increase the proportion of the Nation’s public and private schools that provide access to their physical activity spaces and facilities for all persons outside of normal school hours

• 2010 National Physical Activity Plan

• Congressionally-mandated School Wellness Policies
Youth Meeting Physical Activity Guidelines Declines with Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Males</th>
<th>Females</th>
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</thead>
<tbody>
<tr>
<td>6-11</td>
<td>49.0%</td>
<td>35.0%</td>
</tr>
<tr>
<td>12-15</td>
<td>12.0%</td>
<td>3.4%</td>
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<tr>
<td>16-19</td>
<td>10.0%</td>
<td>5.4%</td>
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</tbody>
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This data was measured by accelerometers.

Bridging the Gap is...

- A collaborative effort to assess the impacts of policies, programs and other environmental factors on a variety of adolescent health-related behaviors

- A Robert Wood Johnson Foundation-funded initiative which was created in 1997 with a focus on adolescent alcohol, tobacco, and other drug use and related outcomes

- Expanded to include youth eating practices, physical activity, sedentary activity, and weight outcomes

- Linked to the ongoing, NIDA-funded, *Monitoring the Future* study
University of Michigan
Lloyd Johnston, Project Director
Institute for Social Research

Monitoring the Future (MTF)

University of Illinois at Chicago
Frank Chaloupka, Project Director
Health Policy Center

ImpacTeen

Food & Fitness

Youth, Education and Society (YES!)

bridging the gap

www.bridgingthegapresearch.org
Bridging the Gap data include ...

• Monitoring the Future Surveys of adolescents
• Household food purchases (HomeScan)
• Surveys of primary and secondary school administrators
• School district wellness policies
• Community-level observations
• Community-level ordinances and regulations
• Market and national level television advertising exposure
• State-level policies and regulations
• Variety of archival data
Symposium Presenters

• Jamie Chriqui, Ph.D.
• Sandy Slater, Ph.D.
• Natalie Colabianchi, Ph.D.
• C. Tracy Orleans, Ph.D.