

## **NPM 12: PHYSICAL ACTIVITY**

### **GOAL**

To increase the percent of children who are physically active.

### **SIGNIFICANCE**

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Physical activity in children improves bone health, weight status, cardiorespiratory and cardiometabolic health, and brain health, including improved cognition and reduced depressive symptoms. Physical activity reduces the risk of early life risk factors for cardiovascular disease, hypertension, Type II diabetes, and osteoporosis. In addition to aerobic and muscle-strengthening activities, bone-strengthening activities are especially important for children and young adolescents because the majority of peak bone mass is obtained by the end of adolescence.<sup>1</sup>

### **DEFINITION**

**Numerator:** Number of children, ages 6 through 11, who are reported by a parent to be physically active at least 60 minutes per day in the past week.

**Denominator:** Number of children, ages 6 through 11.

### **HEALTHY PEOPLE 2030 OBJECTIVE**

Related to Physical Activity Objective 09: Increase the proportion of children who meet the current aerobic physical activity guideline. (Baseline: 25.9 percent of children aged 6 to 13 years met the current aerobic physical activity guideline in 2016-17, Target: 30.4 percent).

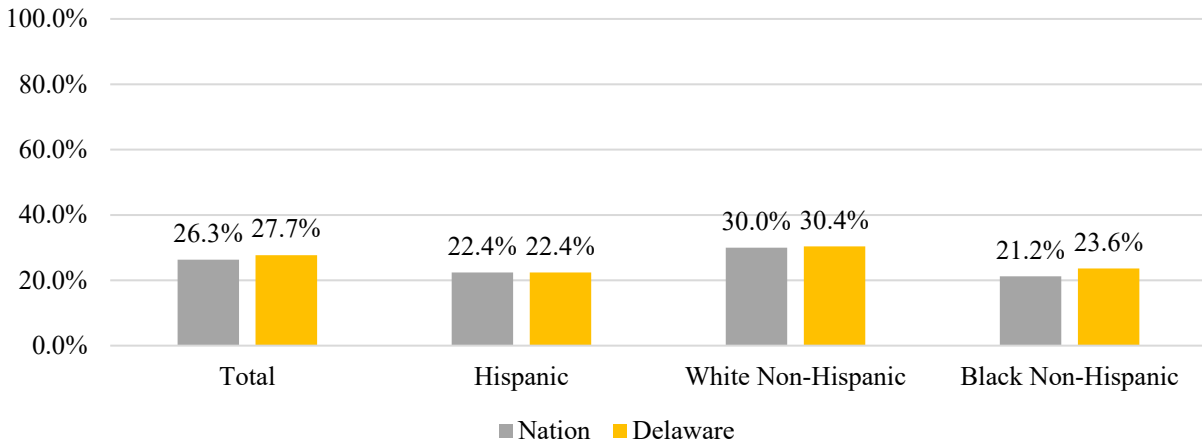
### **STATUS**

The percentages of Hispanic and Black non-Hispanic children who were reportedly physically active were lower than that of White non-Hispanic children (Figure 1). In addition, Medicaid had a slightly higher percentage of children who were physically active as compared to children covered by private insurance (Figure 2).

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<sup>1</sup> U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

**Figure 1. Percentage of Children Who Are Reportedly Physically Active, by Selected Race/Ethnicities, NSCH 2021-2022.**



**Figure 2. Percentage of Children Who Are Reportedly Physically Active, by Health Care Coverage, NSCH 2021-2022.**

