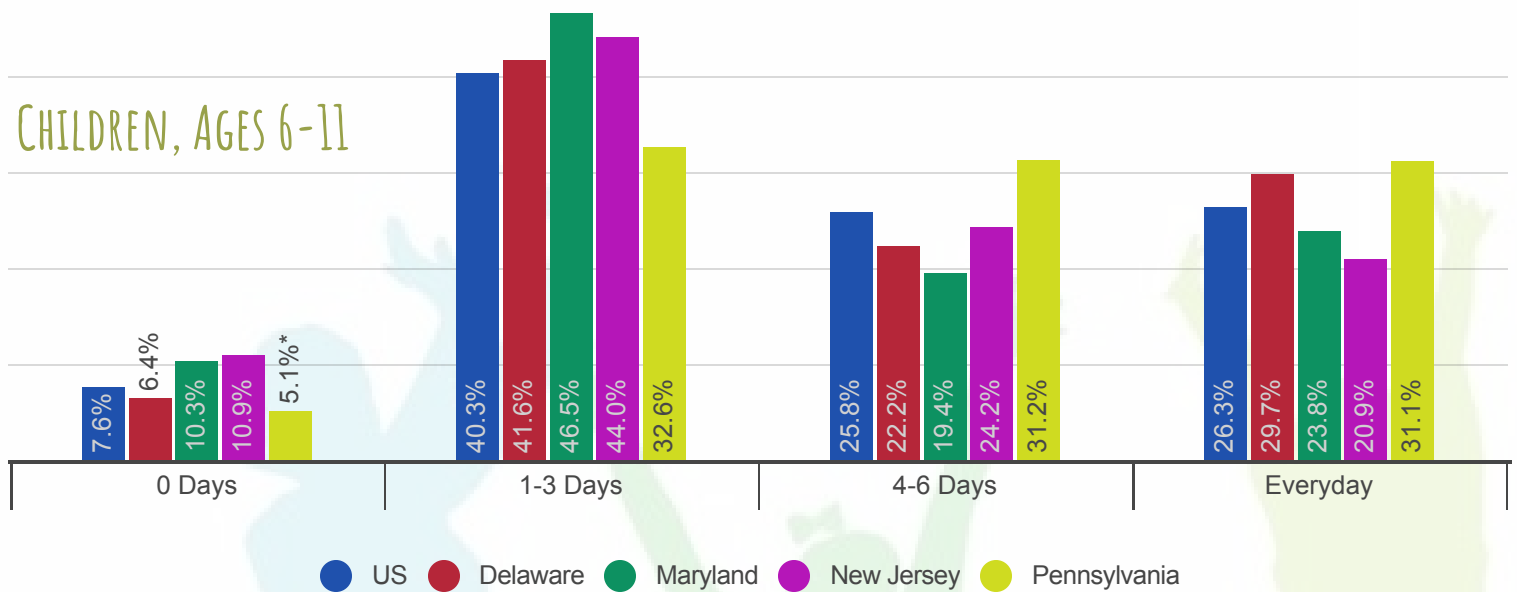


PHYSICAL ACTIVITY

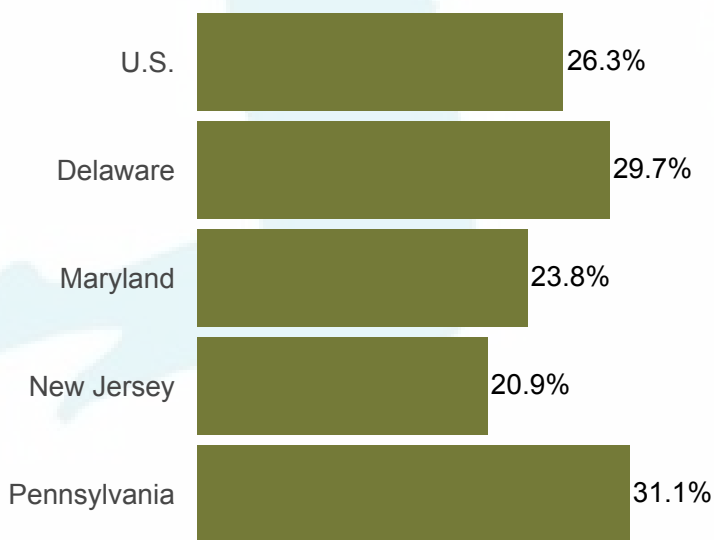


CHILDREN, AGES 6-11



PERCENTAGE OF CHILDREN, AGES 6 - 11, WHO ARE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY (2020/2021 NATIONAL SURVEY OF CHILDREN'S HEALTH)

*Estimate has a 95% confidence interval width exceeding 20 percentage points or 1.2 times the estimate and may not be reliable.



PERCENTAGE OF CHILDREN, AGES 6-11, WHO ARE PHYSICALLY ACTIVE AT LEAST 60 MINUTES EVERYDAY (2020/2021 NATIONAL SURVEY OF CHILDREN'S HEALTH)



INCREASE HEALTHY LIFESTYLE BEHAVIORS (HEALTHY EATING AND PHYSICAL ACTIVITY)

Physical activity in adolescents reduces the risk of early life risk factors for cardiovascular disease, hypertension, type II diabetes, and osteoporosis.



DELAWARE'S COMMUNITY VOICE

"Roles with wives and partners were shared when it comes to safe play and physical activity. However, the majority of fathers felt they had the greatest input in regard to physical activity."

“

According to the Centers for Disease Control and Prevention (CDC), children and adolescents need one hour or more of physical activity each day, for five or more days a week.

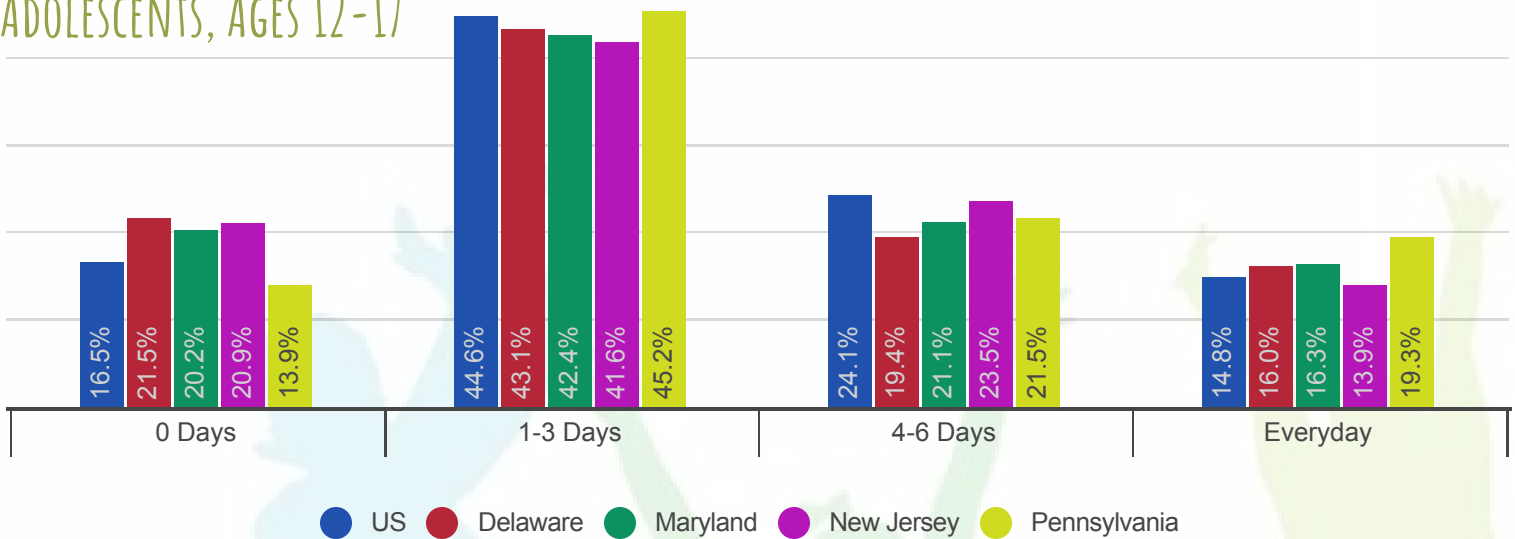
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PHYSICAL ACTIVITY

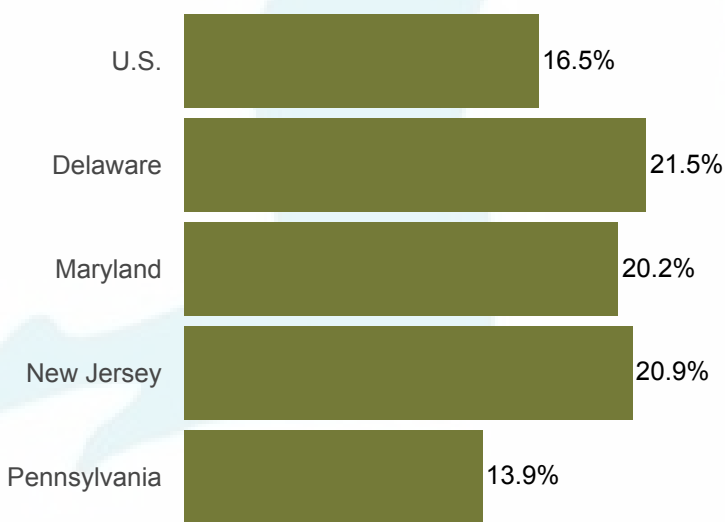


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ADOLESCENTS, AGES 12-17



PERCENTAGE OF ADOLESCENTS, AGES 12 - 17, WHO ARE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY (2020/2021 NATIONAL SURVEY OF CHILDREN'S HEALTH)



PERCENTAGE OF CHILDREN, AGES 12-17, WHO ARE PHYSICALLY ACTIVE ZERO DAYS PER WEEK (2020/2021 NATIONAL SURVEY OF CHILDREN'S HEALTH)



HOW ARE WE DOING?

A majority of Delaware adolescents, ages 12 through 17, (43.1%) exercise only 1-3 days per week and 21.5% do not exercise at all.



DELAWARE'S ACTIVE MEASURES

Empowering adolescents to adopt healthy behaviors is one of Delaware's currently selected National Performance Measures (NPM) for the upcoming fiscal year.



DELAWARE GOALS

Increase the percent of adolescent students, ages 12 through 17, who are physically active at least 60 minutes a day.