

2007 New Orleans Youth Risk Behavioral Survey (YRBS) Results

PHYSICAL ACTIVITY

About Physical Activity

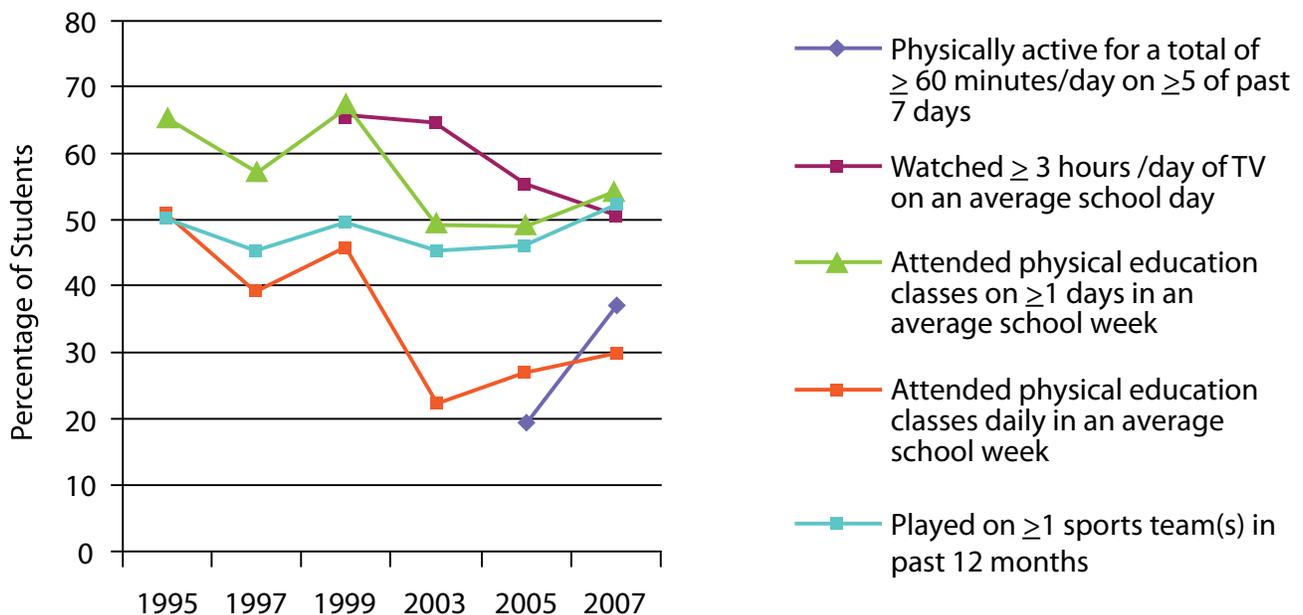
Among adults (aged 25 years or older), cardiovascular disease and cancer cause 61% of deaths. Adolescents who do not engage in enough physical activity increase their chances of developing these diseases.

New Orleans

The results of the 2007 Youth Risk Behavior Survey suggest that New Orleans high school students are getting more exercise than their predecessors did.

- In 2007, 36.4% of those surveyed report achieving the currently recommended levels of physical activity¹, compared to 19.2% in 2005.
- Fewer students are watching excessive amounts of television: in 2007, 50.5% watched three or more hours of TV on an average school day, compared to 55.0% in 2005. Unfortunately, this may be counteracted by an increase in other forms of sedentary entertainment, such as video game and other computer use.
- 54.4% of students participated in physical education on one or more days of an average week. Only 29.2% attended physical education classes daily.
- 52.4% played on at least one sports team, which is significantly higher than the 45.1% who played on a sports team in 2005.

Physical Activity Indicators



¹ Were physically active for a total of 60 minutes or more per day on five or more of the past 7 days

EVIDENCE-BASED STRATEGIES

The CDC recommends the following strategies to ensure that students participate in regular and healthy physical activity (adapted from <http://www.cdc.gov/healthyyouth/physicalactivity/guidelines/summary.htm>)

1. Policy:

Establish policies that promote enjoyable, lifelong physical activity.

- Schools should require daily physical education and comprehensive health education (including lessons on physical activity) in grades K–12.
- Schools and community organizations should provide adequate funding, equipment, and supervision for programs that meet the needs and interests of all students.

2. Environment:

Provide physical and social environments that encourage and enable young people to engage in safe and enjoyable physical activity.

- Provide access to safe spaces and facilities and implement measures to prevent activity-related injuries and illnesses.
- Provide school time, such as recess, for unstructured physical activity, such as jumping rope.
- Discourage the use or withholding of physical activity as punishment.
- Provide health promotion programs for school faculty and staff.

3. Physical Education:

Implement sequential physical education curricula and instruction in grades K–12 that:

- Emphasize enjoyable participation in lifetime physical activities such as walking and dancing, not just competitive sports.
- Help students develop the knowledge, attitudes, and skills they need to adopt and maintain a physically active lifestyle.
- Follow the National Standards for Physical Education.
- Keep students active for most of class time.

4. Health Education:

Implement health education curricula and instruction that:

- Feature active learning strategies and follow the National Health Education Standards.
- Help students develop the knowledge, attitudes, and skills they need to adopt and maintain a healthy lifestyle.

5. Extracurricular Activities:

Provide extracurricular physical activity programs that offer diverse, developmentally appropriate activities—both noncompetitive and competitive—for all students.

6. Family Involvement:

Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

7. Training:

Provide training to enable teachers, coaches, recreation and health care staff, and other school and community personnel to promote enjoyable, lifelong physical activity among young people.

8. Health Services:

Assess the physical activity patterns of young people, refer them to appropriate physical activity programs, and advocate for physical activity instruction and programs for young people.

9. Community Programs:

Provide a range of developmentally appropriate community sports and recreation programs that are attractive to all young people.

10. Evaluation:

Regularly evaluate physical activity instruction, programs, and facilities, and to include physical activity in family events.

The New Orleans Youth Risk Behavioral Survey (NOYRBS) is part of a national survey program conducted at a parish/city level by the Louisiana Public Health Institute and the City of New Orleans Health Department. The NOYRBS is a representative sample of 9th through 12th grade students in Orleans Parish public schools.

REFERENCES AND RESOURCES

CDC Information on Physical Activity: <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People: <ftp://ftp.cdc.gov/pub/Publications/mmwr/rr/rr4606.pdf>

Brochures for Parents, Teachers and Principals (in English and Spanish): <http://www.cdc.gov/healthyyouth/physicalactivity/brochures/index.htm>

Louisiana's Safe Routes to Schools Program: http://www.dotd.louisiana.gov/planning/highway_safety/safe_routes/

Youth Risk Behavior Survey: <http://www.cdc.gov/healthyyouth/yrbs/index.htm>

Steps to a Healthier US: <http://www.cdc.gov/steps/>



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