

# National Priority Area: Physical Activity for Children

National performance measure: Percentage of children ages 6 through 11 years who are physically active at least 60 minutes per day.

## Title V MCH Block Grant in Oregon

The Title V Maternal and Child Health (MCH) Block Grant is a federal program that provides funding to states to improve the health of all women, children, adolescents, and families, including children with special health care needs (CYSHCN). Oregon’s Title V MCH priorities for 2016-2020 include: well woman care, breastfeeding, physical activity for children, adolescent well care visits, oral health, smoking, toxic stress and trauma, nutrition and food insecurity, culturally and linguistically responsive services, and medical homes and services for the transition to adulthood for children and youth with special health care needs.

More information about each of the above priorities is available at: <http://Healthoregon.org/titlev>.

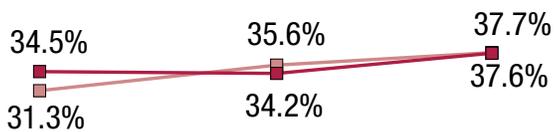
## Significance of the issue

Physical activity contributes to achieving and maintaining a healthy weight, promotes emotional health and self-esteem, reduces anxiety and stress, supports the development of social skills, promotes good sleep, promotes the ability to learn, and builds and maintains strong bones muscles and joints. 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. It also reduces the risk 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 in order to build peak bone mass.

## Health Status Data

Percent of children ages 6-11 years who are physically active at least 20 minutes per day, 2003-2011/12

Source: National Survey of Children’s Health



2003                      2007                      2011/12

Oregon —■— US —■—

Note: NSCH reports 20 minutes of physical activity, and racial/ethnic stratification not available

Percent of 8th graders who report exercising for at least 60 minutes everyday, 2009-2013

Source: Oregon Healthy Teens



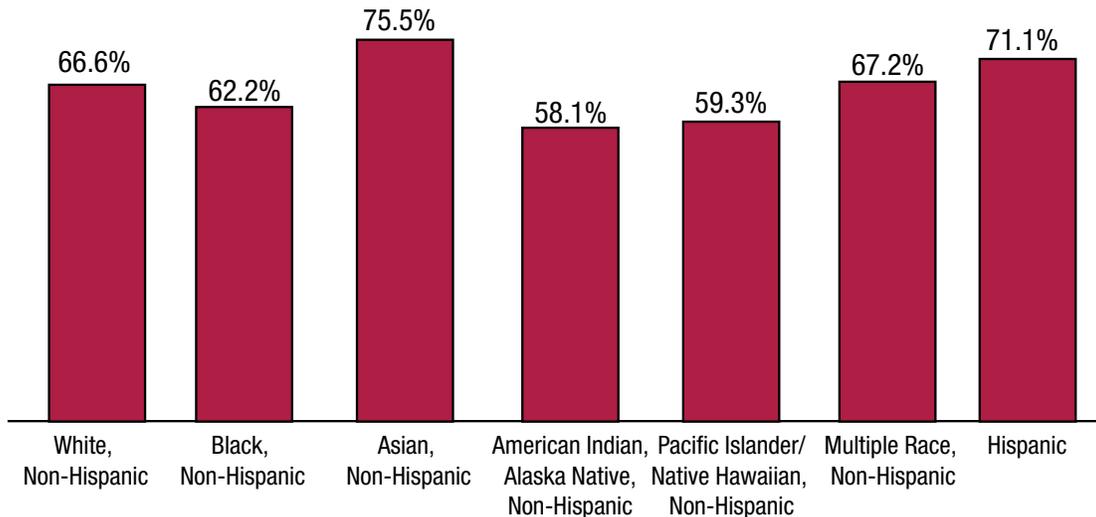
2009                      2011                      2013

Note: US data not available for 8th graders

## National Priority Area: Child Physical Activity

Percentage of 8th graders who report exercising for at least 60 minutes a day, by race/ethnicity, Oregon, 2013

Source: Oregon Healthy Teens



### Context for the Issue in Oregon

Children spend a significant portion of their day in school, making schools a critical setting for increasing physical activity. In 2007, the Oregon Legislature passed physical education standards for public schools, specifying that all K-5 students receive 150 minutes per week of physical education and that students in grades 6-8 receive 225 minutes per week by 2017. According to the February 2015 Physical Education Legislative Report, few schools offered the required amount of instruction to all students all year long, and the average minutes per week of physical education instruction for all grades remains significantly below the levels outlined in HB3141.

There are many initiatives and partners around the state promoting comprehensive approaches to increase physical activity throughout the day, including implementation of the Comprehensive School Physical Activity Program (CSPAP). CSPAP includes activity before and after school (e.g. Walk and Bike to School), during school (recess) and physical education. Finally, physical activity habits learned early in life influence lifelong health and success in learning. Child care settings offer critical opportunities to support the promotion of healthy behaviors like physical activity.

### Work in progress

- Increasing opportunities for physical activity is a key strategy to slow the increase of obesity in Oregon's State Health Improvement Plan as well as the Public Health Division's Strategic Plan.
- Diabetes measures, which are directly related to physical activity, are both incentive and performance measures for Oregon CCOs.
- Physical activity priority areas are identified in CCO Community Health Improvement Plans (CHIPs).
- Physical activity is a primary focus of a current CDC grant held by the Center for Prevention and Health Promotion in the Public Health Division.
- Promoting and increasing physical activity are among the health and safety standards promoted in Oregon's Quality Rating Improvement System (QRIS) for child care facilities.