

## 1- Problem: Health Crises in the United States

- Over half the deaths in the U.S. annually are related to lifestyle [CDC]  
Over 900,000 will die annually from CVD (stroke, heart attack)  
One million more will survive heart attacks [AHA]
- Inactivity and diet cause over 300,000 deaths a year [CDC]
- \$100 billion annual economic impact
- 30% of All Americans are obese [CDC]  
-“Obesity is the most serious nutritional disease in America today.” Dr. William Dietz, Director of Clinical Nutrition at the New England Medical Center
- -“Obesity appears to lessen life expectancy markedly, especially among younger adults. [Journal of the American Medical Association (JAMA) Jan 8, 2003]  
up to 22% or 13 years in one group

## 2- Cause: Sedentary lifestyle / inactivity

- more than 60% of American adults do not get the recommended amount of physical activity
- 25% are not active at all
- 90% do not exercise with enough frequency, intensity, or duration to achieve any benefit [National Counsel on Youth Fitness and Sports, 1987]
- 12% of all deaths result from lack of regular exercise [JAMA Feb 1, 1995]
- The conclusion of Dr. Steven Blair, Director of Epidemiology at the Cooper Institute for Aerobics Research in Dallas, after review of over 100 large population-based studies in the last 30 years is, “Substantial evidence supports the hypothesis that sedentary habits increase the risk of morbidity (disease) and mortality (death) from a number of chronic diseases. The strongest evidence for a causal association is for coronary artery disease (heart attack), hypertension (stroke), colon cancer, obesity, functional capability, and non insulin-dependent diabetes mellitus. Lower risk of mortality from all causes and an increase in longevity also accompany a physically active way of life.” [Research Quarterly for Exercise and Sport 1993]

## 3- The Origins are in Childhood:

- 62% of elementary children have at least one CHD/CAD (coronary heart disease/coronary arterial disease) risk factor and 21% had three or more
- The number (15%) of obese children has tripled in the last 20 years [Washington Post, 9/30/2003]
- Almost half of the young people (ages 12-21) and more than 1/3 of high school students do not participate in vigorous activity on a regular basis [Journal of Physical Education Recreation and Dance (JOPERD) Nov-Dec 2003]
- Fewer than 25% of all children get 20 minutes of daily activity [JOPERD Nov-Dec 2003]

## 4- Solution: Daily relevant physical education endorsed by the following:

- Center for Disease Control and Prevention (CDC)
- Surgeon General of the United States
- American Academy of Pediatrics
- U.S. Public Health Service
- American Heart Association (AHA)

-Superintendent of California's Dept of Education

Unfortunately, just the opposite is happening:

Physical Education coast to coast is being squeezed out of the school day:

- In 1991 42% of all high school students attended PE classes nationwide, today that number is 29%
- One in four students receives no physical education in the U.S.
- PE has been dropped from state standards in Minnesota
- Minn Dept of Health and Minn Dept of Education [Jan 2004] Findings from the SHEPS (School Health Education Profile Survey) and PAS

(Physical Activity Survey) Surveys:

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	<b>CDC Recommended</b>	<b>MN Ave</b>	<b>Fgtn</b>
	<b>Weekly Minutes</b>		
<b>Elem</b>	<b>150</b>	<b>130</b>	<b>72</b>
<b>6<sup>th</sup> / 7<sup>th</sup></b>	<b>225</b>	<b>129</b>	<b>125</b>
<b>8<sup>th</sup> / 9<sup>th</sup></b>	<b>225</b>	<b>126</b>	<b>125</b>

## 5- Why is daily relevant physical education so important?

- Adult Health

Consider the following statistics:

-27% of overweight 1-5 year olds, 43% of overweight 3-9 year olds, and 86% of overweight 10-13 year olds become overweight adults

[American Journal of Public Health].

-mortality and morbidity is greater for adolescent overweight onset than for adult onset