

bridging the gap

Research Informing Policies & Practices
for Healthy Youth

Improving Physical Activity in Schools: The Linkage among Youth Behavior, Policy, Practices and Environmental Change

Dianne C. Barker, Jamie Chriqui, Sandy Slater, Natalie Colabianchi, C.Tracy Orleans

**Society of Behavioral Medicine 33rd Annual Meeting, Symposium #13
New Orleans, LA, April 12, 2012**

Symposium Learning Objectives

- Understand how policies, practices and environmental change can improve physical activity in schools
- Critique steps to changing policies, practices and the environment in diverse communities
- Evaluate the importance of applying the socio-ecological framework to the study of obesity

Disparities in Weight

- 1 in 3 U.S. kids is overweight or obese
 - The prevalence of obesity increases as youth move into adolescence
- Racial/ethnic disparities in obesity exist among children and adolescents
 - 24.3 % of Black vs. 21.2% of Latino vs. 14 % of white youth
- Income disparities exist:
 - The prevalence of obesity is significantly higher among low- versus high-income groups; and
 - Lower-educated versus higher-educated individuals.

(Ogden et al 2012; Ogden et al. 2008)

Disparities in Youth Physical Activity

- White youth are more physically active than Latino youth
- Lower-income youth have lower levels of physical activity
- Rural youth participate less in physical activity
- Girls are less physically active than boys
- As youth move into adolescence, their participation in physical activity decreases

(Singh et al. 2008, Hanson and Chen 2007, Joens-Matre et al. 2008)

National Physical Activity Guidelines

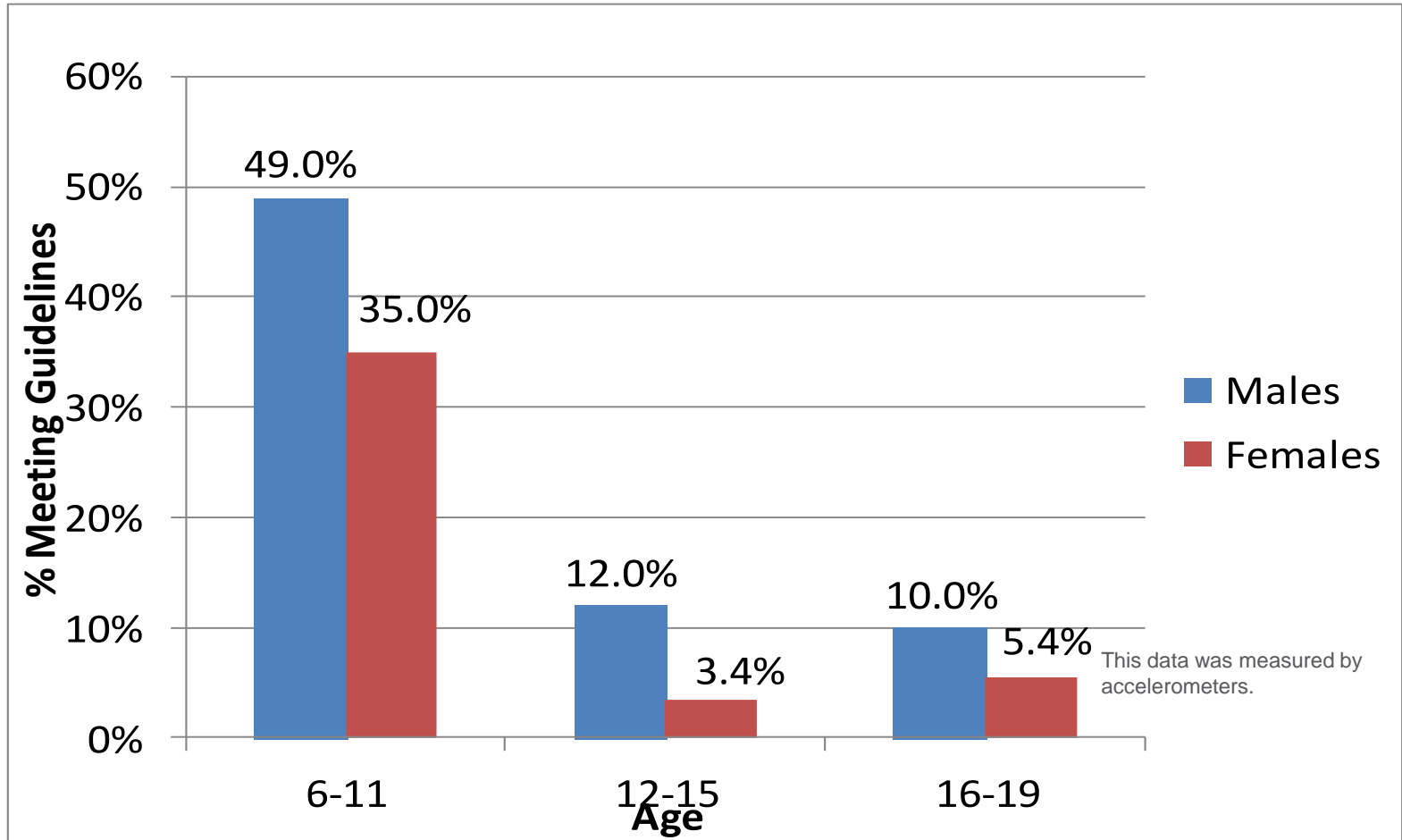
- **Healthy People 2020: Physical Activity Recommendations in Schools**

- PA-4: Increase the proportion of the Nation's public and private schools that require daily physical education for all schools
- PA-6: Increase regularly scheduled elementary school recess in the U.S.
- PA-10: Increase the proportion of the Nation's public and private schools that provide access to their physical activity spaces and facilities for all persons outside of normal school hours

- **2010 National Physical Activity Plan**

- **Congressionally-mandated School Wellness Policies**

% Youth Meeting Physical Activity Guidelines Declines with Age



Troiano R, Berrigan D, Dodd K, et al. "Physical Activity in the United States Measured by Accelerometer." *Medicine & Science in Sports & Exercise*, 40(1): 181-188, January 2008.

Bridging the Gap is...

- A collaborative effort to assess the impacts of policies, programs and other environmental factors on a variety of adolescent health-related behaviors
- A Robert Wood Johnson Foundation-funded initiative which was created in 1997 with a focus on adolescent alcohol, tobacco, and other drug use and related outcomes
- Expanded to include youth eating practices, physical activity, sedentary activity, and weight outcomes
- Linked to the ongoing, NIDA-funded, *Monitoring the Future* study

YES!

Youth,
Education,
& Society

University of Michigan
Lloyd Johnston, Project Director
Institute for Social Research

Monitoring the Future
(MTF)

Youth, Education and
Society (YES!)

University of Illinois at Chicago
Frank Chaloupka, Project Director
Health Policy Center

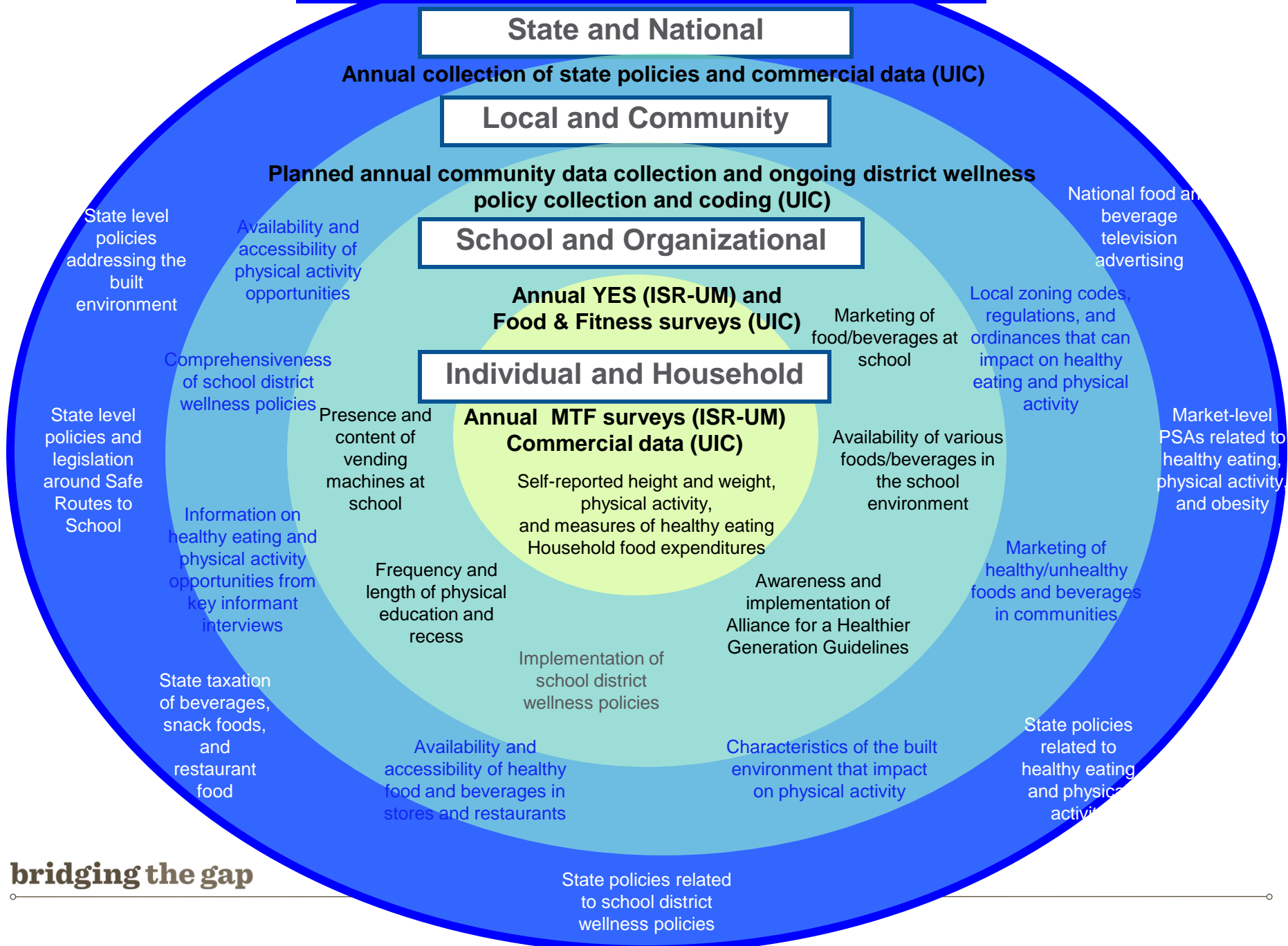
ImpacTeen

Food & Fitness



*A Policy Research Partnership
for Healthier Youth Behavior*

Bridging the Gap - Obesity



Bridging the Gap data include ...

- Monitoring the Future Surveys of adolescents
- Household food purchases (HomeScan)
- Surveys of primary and secondary school administrators
- School district wellness policies
- Community-level observations
- Community-level ordinances and regulations
- Market and national level television advertising exposure
- State-level policies and regulations
- Variety of archival data

Symposium Presenters

- Jamie Chriqui, Ph.D.
- Sandy Slater, Ph.D.
- Natalie Colabianchi, Ph.D.
- C. Tracy Orleans, Ph.D.