

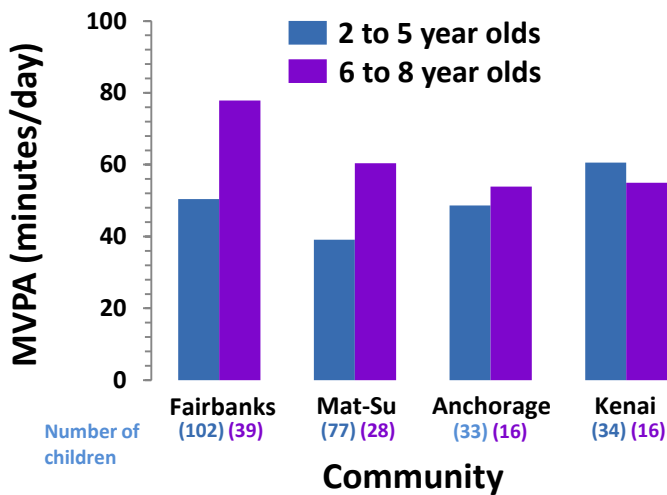


PHYSICAL ACTIVITY PROFILE OF 2 to 8 YEAR OLD CHILDREN IN FOUR REGIONS IN ALASKA: Baseline findings from the Children's Healthy Living Program

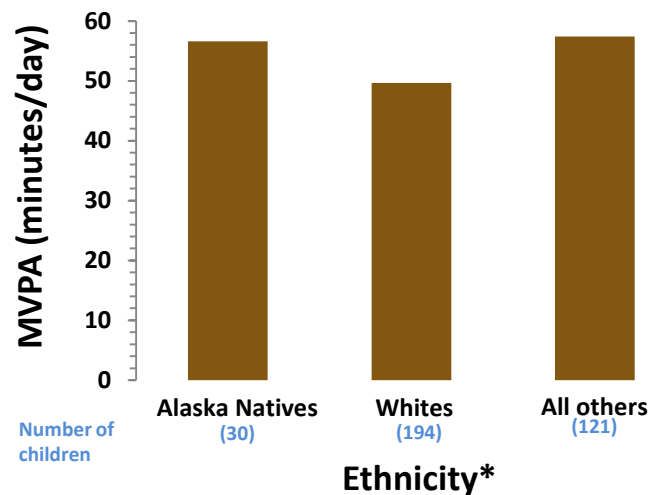
Who participated in our study and what did we measure?

- Between 2012-14 CHL measured the physical activity levels of 345 children in four regions of Alaska: Fairbanks, the Matanuska-Susitna valley (Mat-Su), Anchorage, and communities throughout the Kenai Peninsula.
- Children wore wrist band accelerometers that recorded movement every second for approximately 6 days.
- We classified moderate and vigorous physical activity (MVPA) based on the energy expenditure of each activity¹.

Time spent in MVPA, by community



Time spent in MVPA, by ethnicity

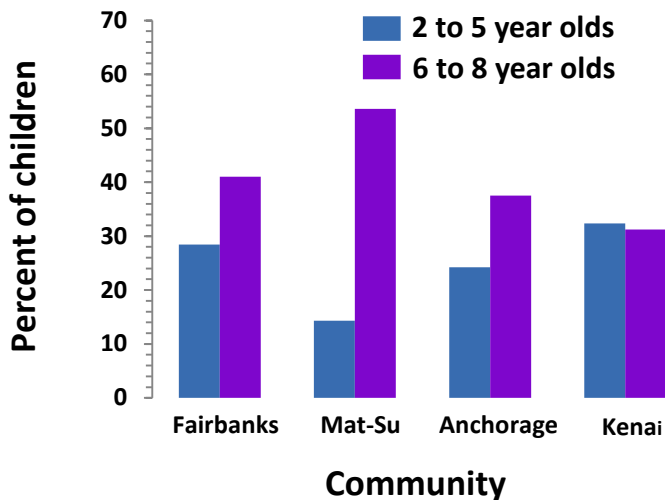


In the CHL Program:

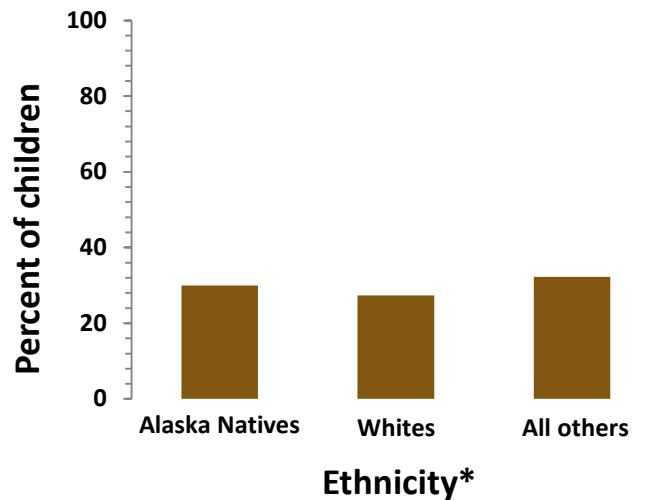
- 2 to 8 year olds averaged 52 minutes of MVPA per day.
- 42% of 6 to 8 year olds met the recommendation of 60 minutes or more of MVPA per day.

Nationally, 6 to 11 year old children average 88 minutes of MVPA each day² and 42% spend at least 60 minutes a day in MVPA³.

Percent of children spending at least 60 minutes per day in MVPA, by community



Percent of children spending at least 60 minutes per day in MVPA, ethnicity



*Participants were classified as Alaska Native or White only if they self identified as this and no other race was reported.

Physical Activity Recommendations^{4,5}

6 to 17
years old

At least 60 minutes per day of moderate or vigorous physical activity

Less than 6
years old

Play actively several times each day in an age appropriate manner.

There is no recommendation for MVPA for this age group.

Physically active children are more likely to be healthy adults and physical activity has many positive health effects^{4,6,7}, including:

- Helping children achieve a healthy weight
- Improving cardiovascular and muscular fitness
- Increasing bone health
- reducing the lifetime risk of heart disease and other illnesses such as type II diabetes and colon cancer
- reducing symptoms of depression
- Increasing a child's sense of well-being
- Improving academic performance

What can individuals and communities do to promote physical activity in Alaskan Children?

Make time for physical activity: Keeping active is not always a natural part of modern lifestyles so we need to plan to incorporate physical activity into a child's day.

Incorporate small bits of activity throughout your day. For example:

- Plan on spending a few extra minutes at the school playground when picking up your child or stop by a local play park for a few minutes when you are near one.
- Walk to and from the bus stop, school, or other places when possible and play outside together before heading inside.

Limit screen time to reduce sedentary behavior

Be active with your child: Choose to do something you both enjoy such as walking, skiing, riding bikes, kicking a ball, sledding, gardening, playing tag, or many others; this is a great way to be active and spend meaningful time with your child.

Look for opportunities to be physically active: Staying active, especially in the winter, can be hard. In the cold winter months try taking kids to a local pool, gym, skating rink, indoor climbing facility, or other appropriate location. Plan on participating in a fun run or walk for with your child or go for a walk on some of the local trails in your area.

Advocate for physical activity in your community: Work with community leaders to improve play parks in your area, support physical education in your school, or help lead an afterschool club for things like running, skiing, or playing games in the school gym.

1. World Health Organization. Retrieved from http://www.who.int/dietphysicalactivity/physical_activity_intensity/en/
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3. Toriano RP, D Berrigan, KW Dodd, LC Masse, T Tilert, and M McDowell. 2008. Medicine and Science in Sports and Exercise.
4. United States Department of Health and Social Services. Retrieved from <https://health.gov/paguidelines/>
5. American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. Retrieved from <http://nrckids.org>.
6. Jansen I, and A LeBlanc. 2010. International Journal of Behavioral Nutrition and Physical Activity.
7. Kohl III HW, and HD Cook (Eds). 2013. Retrieved from <https://www.nap.edu>