

Physical Activity and Winnebago County High School Students

What are the issues?

- **47.5%** of students reported that they were physically active for a total of at least 60 minutes per day on 5 or more of the last 7 days.
- **22.3%** of students reported that on an average school day they watch 3 or more hours of TV.
- **27.0%** of students reported that on an average school day they play video or computer games or use a computer for something that is not school work for 3 or more hours.
- **54.5%** of students reported that on average they attended physical education classes on 3 or more days in a week.
- **46.9%** of students report trying to lose weight.

What are the solutions?

K-12 skill-based health education
Parent and family involvement
Use the Wisconsin Physical Education Standards
Trained staff
Comprehensive school wellness policies

What are some resources to help address the problem?

- Wisconsin Partnership for Childhood Fitness <http://www.fitness.pediatrics.wisc.edu/>
- CDC - Healthy Youth and Physical Activity
<http://www.cdc.gov/HealthyYouth/physicalactivity/>
- National Association for Health, Physical Education, Recreation and Dance Guidelines
<http://www.aahperd.org/letsmoveinschool/index.cfm?cid=00041>

Wisconsin Department of Public Instruction

- Wisconsin Physical Education Standards <http://dpi.wi.gov/cal/physed.html>
- Health Education and Physical Activity Program
<http://www.dpi.wi.gov/sspw/healtheducation.html>
- CESA Safe & Healthy Schools Programs www.cesa6.org

Wisconsin Department of Health Services

- Nutrition and Physical Activity Program
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/School/School.htm>
- Wisconsin PE Best Practices Index
<http://dhs.wisconsin.gov/health/physicalactivity/PEhome/>