

PHYSICAL ACTIVITY

FIFTH
GRADE
HEALTH
SURVEY



CHILD & ADOLESCENT HEALTH SURVEILLANCE

AMONG FIFTH GRADE STUDENTS IN OKLAHOMA:



77%

HAD A TV, COMPUTER, OR ACCESS TO OTHER ELECTRONIC DEVICES IN THEIR BEDROOM



43%

SPENT 2 OR MORE HOURS WITH COMPUTERS, CELL PHONES, OR VIDEO GAMES PER AVERAGE SCHOOL DAY DOING THINGS NOT RELATED TO SCHOOL WORK



45%

SPENT 2 OR MORE HOURS IN FRONT OF A TV, WATCHING TV, OR WATCHING VIDEOS NOT RELATED TO SCHOOL WORK PER AVERAGE SCHOOL DAY



27%

WERE PHYSICALLY ACTIVE FOR AT LEAST 60 MINUTES PER DAY

GET MOVING

Encourage our youth to be active & healthy!



AT SCHOOL

- Offer students a variety of activities to find something they will enjoy
- Encourage students to get at least 60 minutes of moderate to vigorous intensity physical activity everyday—more than 60 minutes for additional health benefits
- Include vigorous intensity activity on at least 3 days per week
- Encourage students to walk or bike to school
- Incorporate physical activity before, during and after school



AT HOME

- Be a good role model- your kids are more likely to be physically active if they see you doing it
- Reduce your family's screen time. Instead, use that time for family physical activity time
- Have your family establish goals that everyone can achieve together
- Schedule time to incorporate physical activity into your family's day
- If something comes up during physical activity time, reschedule instead of canceling