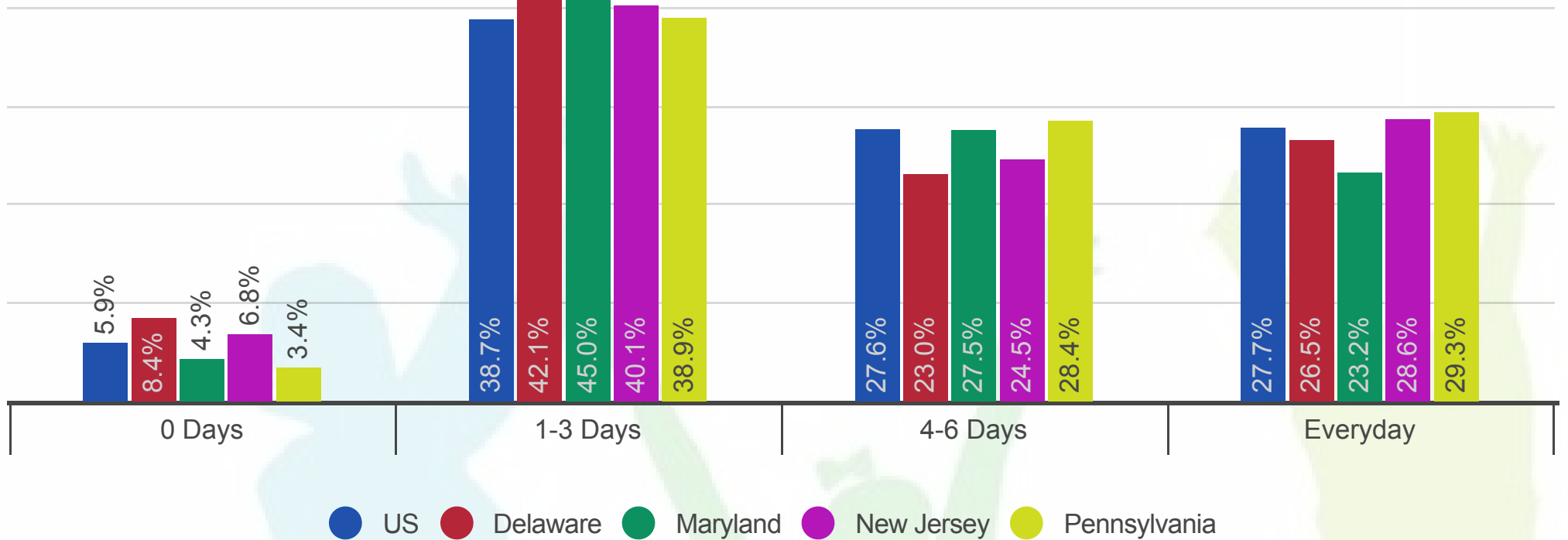


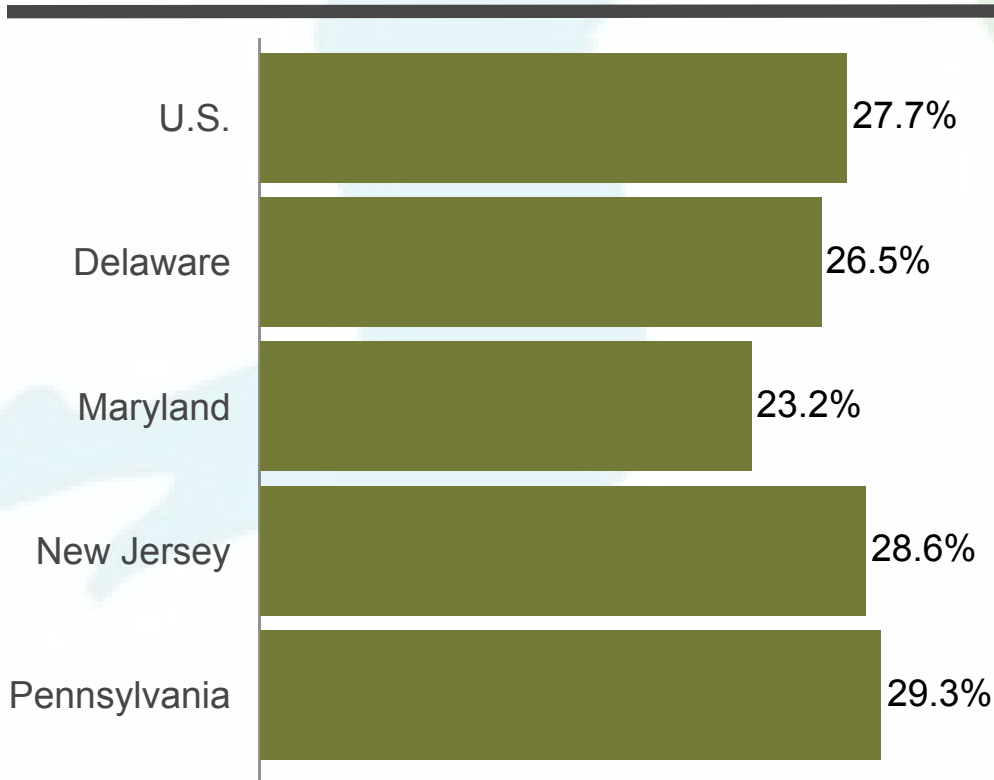
PHYSICAL ACTIVITY



CHILDREN, AGES 6-11



PERCENTAGE OF CHILDREN, AGES 6 - 11, WHO ARE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY (2017/2018 NATIONAL SURVEY OF CHILDREN'S HEALTH)



PERCENTAGE OF CHILDREN, AGES 6-11, WHO ARE PHYSICALLY ACTIVE AT LEAST 60 MINUTES EVERYDAY (2017/2018 NATIONAL SURVEY OF CHILDREN'S HEALTH)



INCREASE HEALTHY LIFESTYLE BEHAVIORS (HEALTHY EATING AND PHYSICAL ACTIVITY)

Physical activity in adolescents reduces the risk of early life risk factors for cardiovascular disease, hypertension, type II diabetes, and osteoporosis.



DELAWARE GOALS

Increase the percent of children, 6 through 11 years old, who are physically active at least 60 minutes per day.

Increase healthy lifestyle behaviors (healthy eating and physical activity).



DELAWARE'S ACTIVE MEASURES

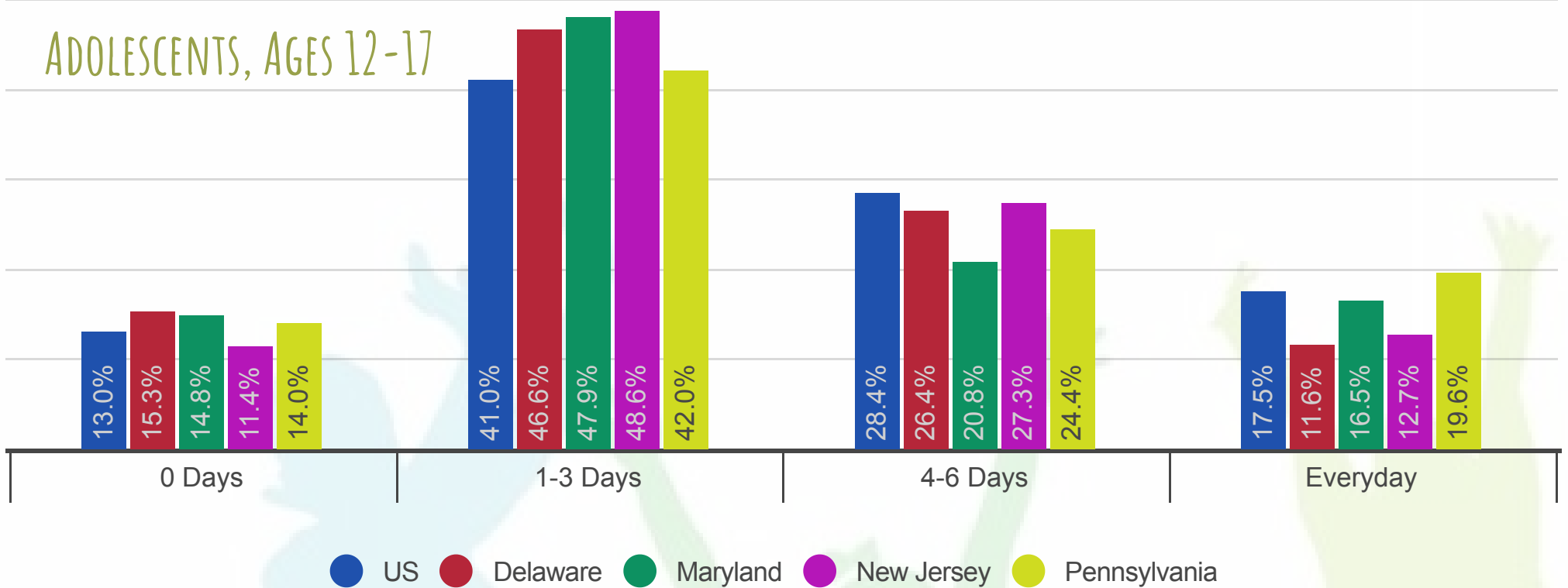
Healthy Lifestyles is one of Delaware's currently selected National Performance Measures (NPM) for the 2020 fiscal year.

PHYSICAL ACTIVITY

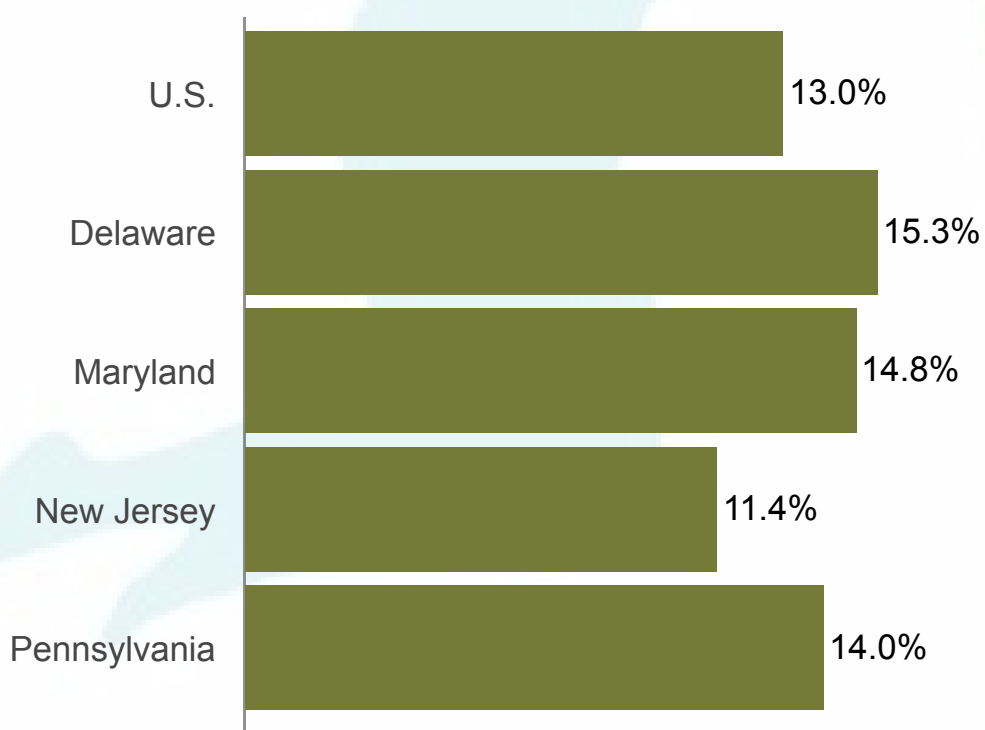


<https://dethrives.com/title-v>

ADOLESCENTS, AGES 12-17



PERCENTAGE OF ADOLESCENTS, AGES 12 - 17, WHO ARE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY (2017/2018 NATIONAL SURVEY OF CHILDREN'S HEALTH)



PERCENTAGE OF CHILDREN, AGES 12-17, WHO ARE PHYSICALLY ACTIVE ZERO DAYS PER WEEK (2017/2018 NATIONAL SURVEY OF CHILDREN'S HEALTH)



HOW ARE WE DOING?

A majority of Delaware adolescents, ages 12 through 17, (46.6%) exercise only 1-3 days per week and 15.3% do not exercise at all.



DELAWARE'S COMMUNITY VOICE

"Roles with wives and partners were shared when it comes to safe play and physical activity. However, the majority of fathers felt they had the greatest input in regard to physical activity."



According to the Centers for Disease Control and Prevention (CDC), children and adolescents need 1 hour or more of physical activity each day, for 5 or more days a week.

