

# The Health of Our Children Fact Sheet

## UTLA PE Campaign Nov. 28, 2007 (page 1)

### Childhood Obesity

- The rate of childhood obesity has more than tripled for children between the ages of 6 and 11 and also increased for children of other ages over the same period. (GAO report 2005)
- 39.6% of LAUSD students in grades 5, 7, and 9 are at risk or are overweight, 80% are unfit
- Four in 10 Mexican-American and African-American youth age 6 to 19 are overweight or at risk of being overweight.
- Children and adolescents who are over weight by the age of 8 are 80 percent more likely to become over-weight or obese adults.
- According to the General Accounting Office of the United States, between 1979 and 1999, obesity-associated hospital costs for children between the ages of 6 and 17 more than tripled, from \$35 million to \$127 million.
- In 2003 the Center for Disease Control declared obesity the most serious public health issue in the United States
- In 2006 only 19.7% of LAUSD 5<sup>th</sup> graders passed 6 of 6 fitness standards, 19.7% of the LAUSD 7<sup>th</sup> graders passed 6 of 6 fitness standards and 17.7% of 9<sup>th</sup> grade students passed 6 of 6 fitness standards. A student must pass all 6 fitness standards to be considered healthy. (Board informative November 16, 2006)

### Childhood Diabetes and Heart Risks

- Approximately 60 percent of obese children ages 5 to 10 years have at least one cardiovascular disease risk factor, such as elevated total cholesterol, triglycerides, insulin, or blood pressure, and 25 percent have two or more risk factors.
- New study suggests 25% of overweight children are already showing signs of type II diabetes
- Between 8% - 45% of newly diagnosed cases of childhood diabetes are type II, associated with obesity
- Out of every 100 boys born in 2000, 33 will develop diabetes (45 if Latino) (source: Centers for Disease Control and Prevention)
- Out of every 100 girls born in 2000, 39 will develop diabetes (53 if Latino) (source: Centers for Disease Control and Prevention)

### Benefits of Physical Activity

- Children in daily physical activity have shown superior academic performance and attitude toward school. Exercise has been shown to improve scores on short-term memory, reaction time and creativity; and young persons who exercised daily outperformed other students on exams. (California State Board of Education)
- There is a strong positive relationship between physical fitness and academic achievement. When California State *FITNESSGRAM* scores are compared to reading and math.
- Experts recommend that children should get 30 to 60 minutes of at least moderate physical activity every day, the reality is that the average third-grader gets just 25 minutes of such exercise during school hours per week. (Childhood Obesity, Kaiser Permanente, UCLA, UCSF, New York Times January 2006)

### Class size

- The average class size for the five largest classes in LAUSD middle schools is 98
- The average class size for the five largest physical education classes in LAUSD schools is 93
- The largest class in LAUSD was 124 students
- The average class size of all LAUSD physical education classes is 49.2
- The average class size of physical education classes in California is 42

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- The average class size of physical education classes in the United States outside of California is 25

**The National Association for Sport and Physical Education (NASPE) recommends that the size of physical education class be consistent with those of other subject areas (e.g. maximum 1:25 for ES, 1:30 for MS, and 1:35 for HS) for safe and effective instruction.**

### A Sampling of States with class size limits:

<b>Alabama</b> All districts average physical education class size is 40 students to one credentialed teacher. (200 contact hours per day K-8)	(30 to 1) 5-6 / (33 to 1) 7-8 / (45 to 1) 9-12
<b>Arkansas</b> (30 to 1) K-6	<b>Montana</b> (20 to 1) K-2 / (28 to 1) 3-4 (30 to 1) 5-12
<b>Colorado Springs</b> (30 to 1) K-12	<b>New Hampshire</b> (30 to 1) K-12
<b>District of Columbia</b> (25 to 1) K-5 (30 to 1) Middle and High School	<b>New York City</b> 1000 contacts per week 40 average per class
<b>Maine</b> (25 to 1) K-5 (30 to 1) Middle and High School	<b>North Carolina</b> 25 to 1 or 50 to 2
<b>Mississippi</b> (25 to 1) K-2 / (27 to 1) 3-4	<b>Tennessee</b> (35 to 1) K- 6 (40 to 1) 7-12

### California

#### Union negotiated Class Size for Physical Education

- Fresno 44 to 1 average
- Long Beach 54 students per class cap
- Santa Ana 55 to 1
- Sweetwater Union High School district 28 to 1
- Santa Monica Malibu 50 to 1
- San Diego – the first semester the PE class can go above the capacity of 50 but must be under 50 in the second semester
- Escondido Union HS – Ave of 40 or 200 contact hours per day (maximum of 200 students per day)
- San Diego has 100 credentialed elementary physical education teachers for 135 elementary schools