

# Physical Activity and Winnebago County High School Students

## What are the issues?

- **48.8%** 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.
- **17.4%** of students reported that on an average school day they watch 3 or more hours of TV.
- **34.2%** 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.
- **47.4%** of students reported that on average they attended physical education classes on 2 or more days in a week.

## 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 Safe & Healthy Schools Center [www.wishschools.org](http://www.wishschools.org)

### Wisconsin Department of Public Instruction

- Wisconsin Physical Education Standards <http://dpi.wi.gov/cal/physed.html>
- Health Education and Physical Activity Program [http://sspw.dpi.wi.gov/sspw\\_physicaled](http://sspw.dpi.wi.gov/sspw_physicaled)

### Wisconsin Department of Health Services

- Nutrition and Physical Activity Program  
<http://www.dhs.wisconsin.gov/physical-activity/>
- Wisconsin PE Best Practices Index  
<http://www.dhs.wisconsin.gov/physical-activity/School/PEhome/>