

The Center For

Kids FIRST

In

Sports, Health, & Education



**Physical Education is Critical:
Important New Research Confirms
What Parents and Children Think**

**5.3 million children and adolescents
between the ages of 6-17
are overweight or obese.**

The Troubling Facts

64% of Americans are overweight and obese – 120 million people
31% - 59 million adults are obese
33% of adult women are obese
28% of adult men are obese
50% of black women are obese
40% of Mexican-American women are obese

The results of surveys conducted for the National Association For Sport and Physical Education (NASPE) polled parents and teenagers about their views on physical activity and physical education.

Parents

- 99% of adults believe it is important for children to be physically fit
- 64% think physical education helps children become healthy, active adults.
- 81% want their children to receive mandatory daily physical education
- 91% believe PE classes do not interfere with academic needs
- 73% believe that PE supports learning in science, math, and reading
- 73% say that PE will improve academic performance

- 76% believe more PE will help fight childhood obesity

Teenagers

- 95% say they like PE
- 92% say that quality daily PE should be offered at school
- 71% believe that PE helps them in school
- 54% say PE will help them become active and healthy adults

Obese is defined as 30 or more pounds overweight. Overweight is 10-30 pounds over desired weight