

ACTIVE CHILDREN

physical activity in rural
oregon elementary schools



Oregon State
UNIVERSITY

Extension Service

PHYSICAL ACTIVITY RECOMMENDATION FOR CHILDREN



60 

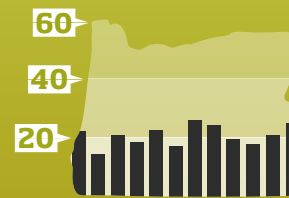
minutes or more
daily physical activity at moderate
to vigorous intensity

HEALTH STATUS OF RURAL OREGON CHILDREN



3 in 5

children currently at a weight
healthy for their age



20 minutes

average amount of moderate to
vigorous physical activity performed
during the school day

ACTIVE CHILDREN DO BETTER



more likely
to graduate
from higher
education



better test
results



more likely to
have higher
quality of
life



better school
attendance

WE CAN HELP CHILDREN DO BETTER



kids should have
opportunities to
move and play
during recess and
throughout the
school day



try quick and
easy BEPA Toolkit
activities to keep
kids moving in
school and at
home

REFERENCES + RESOURCES + MORE INFORMATION... EXTENSION.OREGONSTATE.EDU/GROWHKC

Statistics generated from data collected 2013-2014 by the GROW Healthy Kids & Communities study, supported by USDA NIFA, grant number 2011-68001-30020