

Physical Activity and Wellness at the University: Who Really Cares?

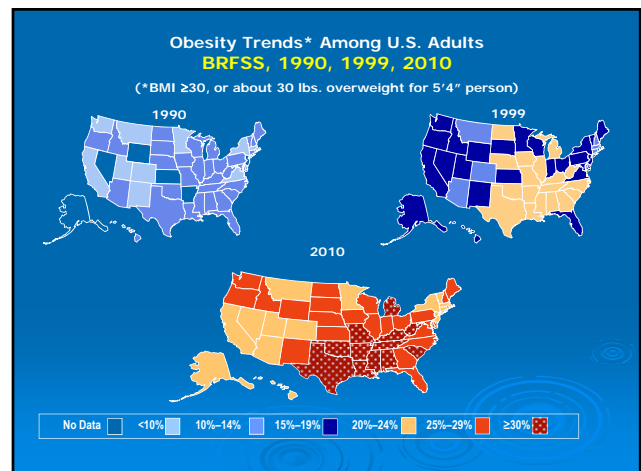
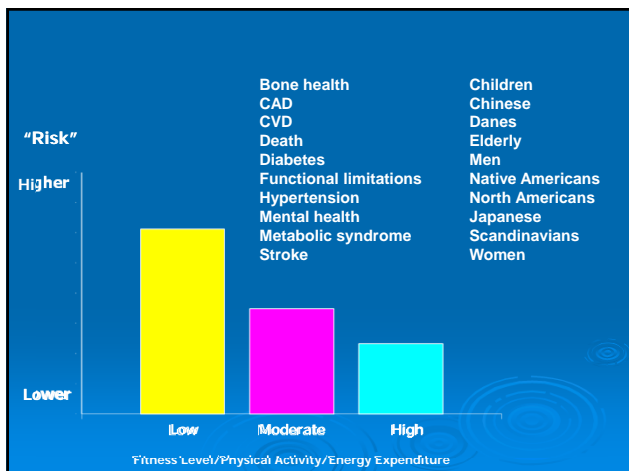
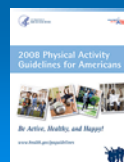
James R. Morrow, Jr.

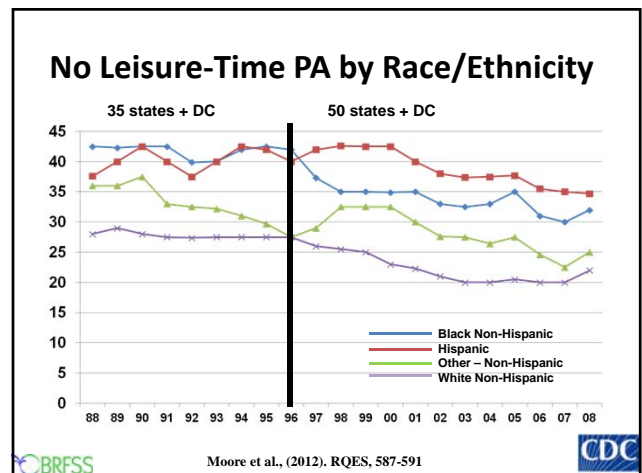
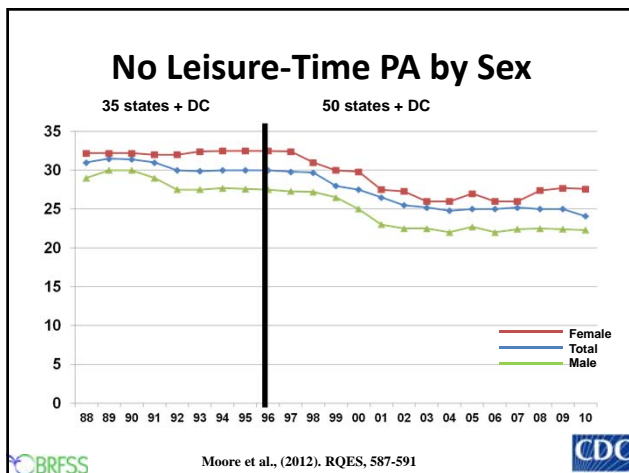
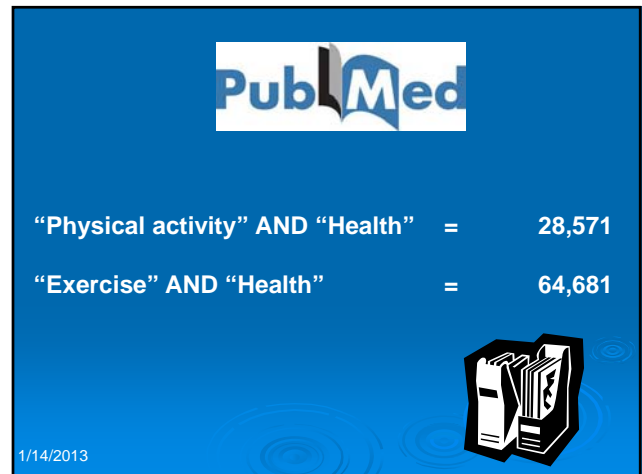
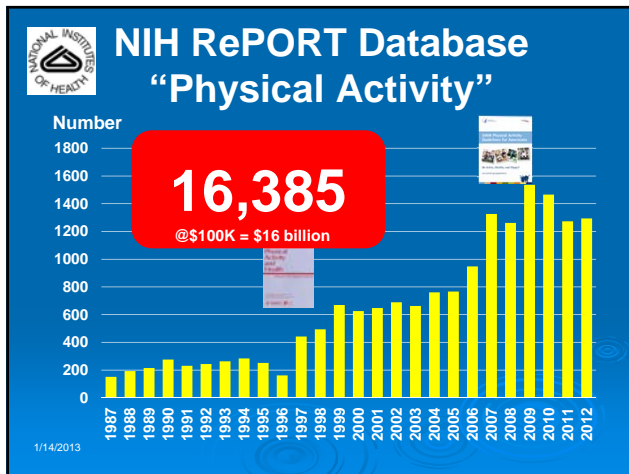


A green light to greatness.™

Is Physical Activity Important?

Special Reports
Physical Activity and Public Health: Updated Recommendation for Adults from the American College of Sports Medicine and the American Heart Association (2007)





Healthy Lifestyle Characteristics Among Adults in the United States, 2000

Percentage Meeting Healthy Lifestyle Definition

Gender	Non-smoking	Healthy Weight	Fruits and Vegetables	Regular Physical Activity	Healthy Lifestyle
Males	75	32	19	23	2
Females	77	48	28	22	4

Healthy Weight: BMI = 18.5 to 25.0
Fruits and Vegetables: 5 or more per day
Regular Physical Activity: moderate intensity for 30 minutes or more per day for 5 or more days per week
Healthy Lifestyle: Met all four individual lifestyle indicators.

Source: Reeves, M. J. & Rafferty, A. P. (2005). Archives of Internal Medicine, 165, 854-857.
Data from Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention.

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Healthy Lifestyle

2
4

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Professional Position Statements

- American Academy of Pediatrics
- American Cancer Society
- American College of Sports Medicine
- American Diabetes Association
- American Heart Association
- International Federation of Sports Medicine
- International Society and Federation of Cardiology
- National Heart Foundation of Australia
- Royal College of Physicians
- US Surgeon General
- US Centers for Disease Control and Prevention
- World Health Organization

“Schools and universities need to reintroduce daily, quality physical activity as a key component of a comprehensive education.”



Donna E. Shalala, Secretary of HHS

Physical Inactivity is a Major Public Health Problem

"Given the numerous benefits of physical activity, the hazards of being inactive are clear. Physical inactivity is a serious, nationwide problem. Its scope poses a public health challenge for reducing the national burden of unnecessary illness and premature death."

Surgeon General's Report on Physical Activity and Health

Importance of Physical Activity

"...we can team up to create a new physical activity movement in this country. In doing so, we will save precious resources, precious futures, and precious lives. The time for action - and activity - is now."

Donna E. Shalala, Secretary of Health and Human Services, 1996

Dr. Audrey F. Manley Acting Surgeon General

"... the [SG] report is more than a summary of science - it is a national call to action. We must get serious about improving the health of the nation by affirming our commitment to healthy physical activity levels . . ."



Dr. David Satcher, Director of the Centers for Disease Control and Prevention and U.S. Surgeon General Nominee

"Increasing physical activity is a formidable public health challenge that we must hasten to meet. The stakes are high, and the potential rewards are momentous: preventing premature death, unnecessary illness, and disability; controlling health care costs and maintaining a high quality of life into old age."

Remarks Before the Joint Economic Committee
United States Congress

“Our commitment to disease prevention through healthy eating, physical activity, and avoiding risk is one our entire society must be prepared to make in order for it to be effective.”

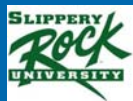
Richard H. Carmona, “Reshaping
America’s Health Care for the Future”,
Oct 1, 2003

Remarks Before the Joint Economic Committee
United States Congress

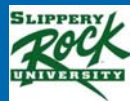
“School-based programs that focus on physical activity offer one of our best opportunities to improve children’s health — today and in the future.”

Richard H. Carmona, Reshaping
America’s Health Care for the Future”,
Oct 1, 2003

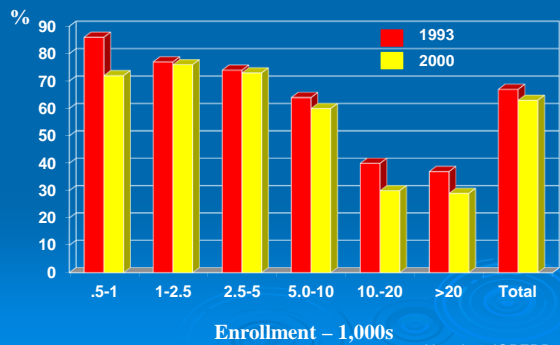
What about YOUR university?



Should Physical Education/Activity
be required at the College Level?



Changes 1993 – 2000



Hensley, JOPERD, 2000

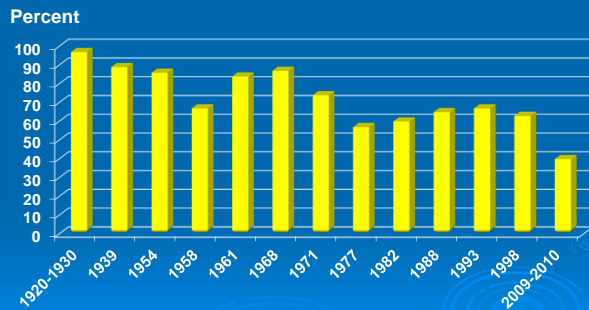
Research Quarterly for Exercise and Sport
©2012 by the American Alliance for Health,
Physical Education, Recreation and Dance
Vol. 83, No. 4, pp. 503–512

Historical Perspective and Current Status of the Physical Education Graduation Requirement at American 4-Year Colleges and Universities

Bradley J. Cardinal, Spencer D. Sorensen, and Marita K. Cardinal



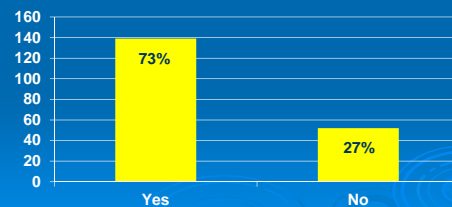
Required PE in American Colleges and Universities



Cardinal et al. RQES, 2012.

Does your institution have a basic instruction program?

Answer	Response	%
Yes	139	73%
No	52	27%
Total	191	100%



Fall 2011

Who cares at YOUR university?

Students
Faculty
Administrators
Alumni
Health care providers
Tax payers



They get PA “elsewhere”

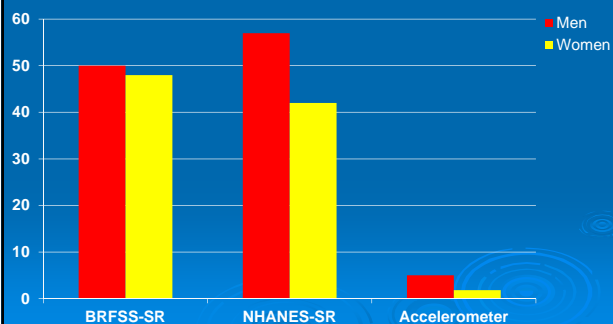


Recreational
Sports



Data say
otherwise

Physical Activity in American Adults % meeting PAG



Troiano et al, MSSE, 2008.

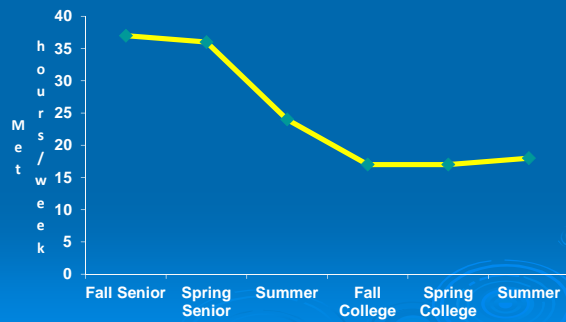
MVPA – Ages 12-19 (N = 2,761)

Self-Report	Median \pm sd (MVPA min)	% meeting 60-min Guideline
All	42 \pm 103	38
Boys	57 \pm 111	46
Girls	32 \pm 91	30
Accelerometer	Median \pm sd (MVPA min)	% meeting 60-min Guideline
All	15 \pm 20	2
Boys	23 \pm 22	4
Girls	9 \pm 13	1



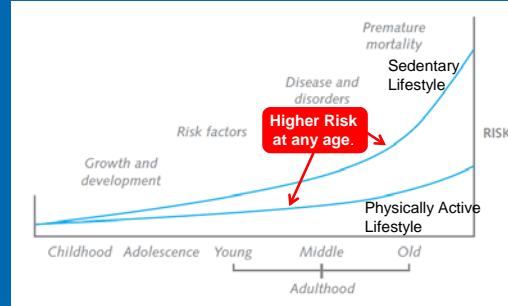
LeBlanc & Janssen. (2010). PES, 22:523-534.

College Freshman Women PA – Transition to College



Oklahoma Univ.

Han, 2008, Am Journ Health Ed.



Key stages of disease development throughout the life course

Source: Department of Health (2004) *At least five a week: Evidence on the impact of physical activity and its relationship to health.* A report from the Chief Medical Officer. In *Start Active, Stay Active: A report on physical activity for health the four home countries' Chief Medical Officers* (2011).

National Health Expenditures (\$ Billions)



Who cares at YOUR university?



Obesity on campus

4 → 2 → 3 → 0

LINCOLN UNIVERSITY
Of the Commonwealth of Pennsylvania



The University of Texas
at Arlington

VPAA Comments

VPAA shared "A student under age 25 years inquired if physical activities required for the program." not."

VPAA: "discrimination" Activities confidential announcement late in the afternoon.

**No.....
Discussion
Debate
Evidence
Opportunity**

Does PA belong?



[Kinesiology faculty and university administrators]. . . "both . agreed that having a physical activity instructional program within an academic unit was incompatible with the mission of a Research I institution."

Smoll & Berryman, Quest, 1999, 5, p. 2

Required for whom?

- Some colleges
 - Why not others?
- Less than age 25
 - Discrimination suit
- Military veterans
 - Guard and Reserve?



Points to Ponder

- University Mission
- Required for whom?
- Who supports?
- What types of classes?
- Who comes to your defense?
- National reputation is important, local visibility/reputation is ESSENTIAL.



Future Trends

- Continued increase in fitness-related activities
- Increased prevalence of chronic disease
- Wellness programs becoming more prevalent
- BIP under scrutiny – cut back or eliminated



Hensley, NASPE BIP Survey, 1993

Other things to include



Additional groups to include



Physical Activity and
Wellness at the University:
Who Really Cares?

EVERYONE should!

Thank you!