

# STATE OF PLAY

## SEATTLE-KING COUNTY

### AN ANALYSIS OF YOUTH PARTICIPATION IN SPORT, PHYSICAL ACTIVITY, AND OUTDOOR RECREATION IN KING COUNTY

#### ON THE WHOLE, FEW YOUTH ARE ACTIVE ENOUGH

- Only **22% of boys** and **16% of girls** meet the CDC's recommendation of 60 minutes of physical activity daily.

*Nationally, 35% of boys and 18% of girls meet the CDC recommendation for physical activity.*

- Youth who meet the CDC's recommendation of 60 minutes of physical activity daily spend less time on screens and have better mental health.

*Statistically significant finding controlling for grade*



#### BENEFITS OF PHYSICAL ACTIVITY AND OUTDOOR RECREATION FOR YOUTH INCLUDE:

- Improved physical health
- Higher grades & school attendance
- Decreased symptoms of anxiety & depression
- Better cognitive skills

#### ACCESS TO BENEFITS OF PHYSICAL ACTIVITY IS INEQUITABLY DISTRIBUTED IN KING COUNTY

- 11% of youth who don't speak English at home meet CDC physical activity guidelines
- 75% of youth from lower income households have participated in organized sport vs. 95% of more affluent peers
- Youth of color are less likely than white youth to participate in organized sports
- Youth with disabilities don't have enough programming/community to support physical activity



#### FIELDS, FACILITIES, TRANSPORTATION, AND OTHER INFRASTRUCTURE ARE NOT MEETING THE DEMAND TO SUPPORT EQUITABLE ACCESS TO PHYSICAL ACTIVITY

- Youth in south King County, youth of color, and youth who don't speak English at home have less access to nearby parks and/or spend less time at them

## WHAT'S NEXT?

A new group, the King County Play Equity Coalition will spearhead actionable, game-changing solutions as described in *State of Play: Seattle-King County*.

## OUR GOAL:

Increase rates of King County youth meeting the CDC's Physical Activity Guidelines through policies, programs, research, and information-sharing so that all youth have access to the mental and physical benefits of movement through play, sport, and outdoor recreation.

Solutions include:

- Empower schools to be a hub for physical activity
- Develop creative transportation solutions
- Create a public health campaign focused on youth physical activity
- Produce an equity toolkit for youth physical activity programs and policymakers
- Build a quality rating portal for youth physical activity programs

King County Parks will use the *State of Play: Seattle-King County* report to inform Youth Sports Grants.

**Get involved:** [uwcla.uw.edu/StateofPlayKC](http://uwcla.uw.edu/StateofPlayKC)



## TAKE ACTION IN SEATTLE-KING COUNTY:

Here are some things you can do if you're....

### **A leader of a community recreation group...**

Offer youth and teen pickup games or redevelop beginner-oriented programming for outdoor recreation

### **A civic leader or policy maker...**

Invest in innovative efforts to connect urban youth to nature, like green schoolyards

### **In education...**

Support professional development for teachers to incorporate physical activity in the classroom

### **Part of national sports organization or professional teams....**

Host multi-sport camps to promote sport sampling or coach trainings on equity and inclusion

### **A parent...**

Choose programs for your child with trained coaches, and encourage your child's school to support physical activity during the school day