

Cooper Institute
FITNESSGRAM® Data Results
Texas School Children, 2009
Overview

Visit www.ourkidshealth.org for these results and county-by-county data.

Baseline Data – Released July 1, 2008

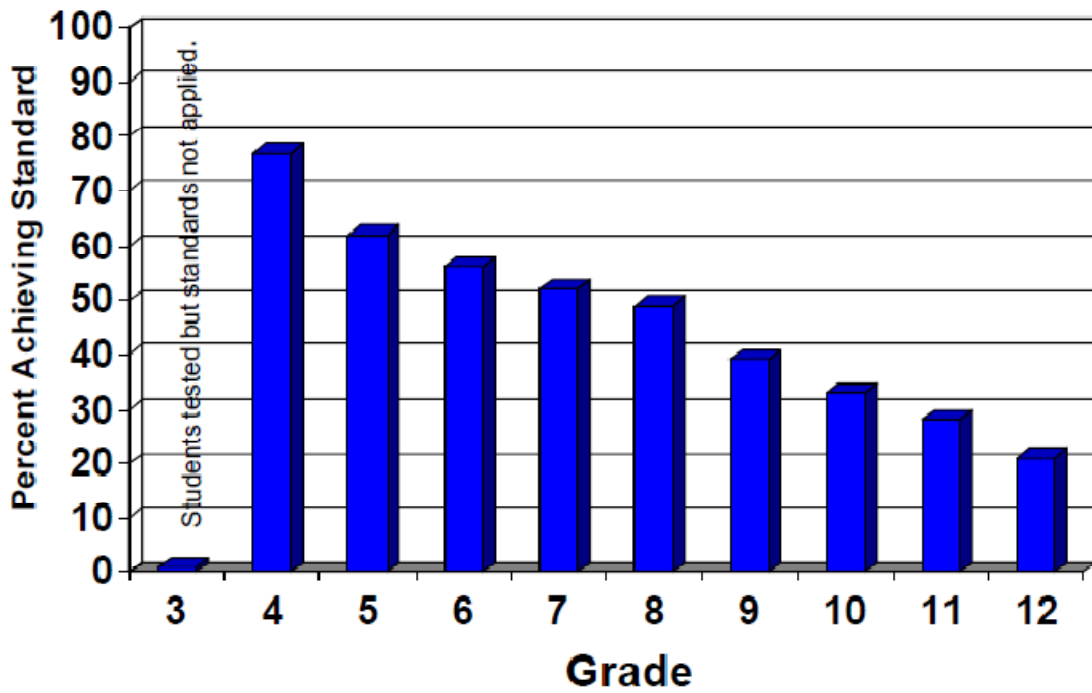
- More than 2.59 million (of nearly 3.4 million) public school students in grades 3-12 were tested using FITNESSGRAM in spring 2008.
- An estimated 84 percent of schools districts completed the physical fitness assessments.
- Results showed that elementary-age children were the most physically fit. Fitness levels declined with each passing grade level, corresponding with decreasing emphasis on physical education in upper grades.
- Approximately 32 percent of third-grade girls and 28 percent of boys reached the “Healthy Fitness Zone” in all six tests. By seventh grade, only 21 percent of the girls and 17 percent of the boys met this achievement level. By 12th grade, just 8 percent of girls and boys met the health standards in all six tests (see chart for full results).

Correlation Data – Released March 9, 2009

- Data records are of more than 2.44 million students—from 6,532 schools representing 75 percent of the state’s public schools.
- The data results were adjusted to remove the influence of a school’s social economic status (SES), minority status and size.
- Approximately 78 percent of fourth graders achieving the “healthy fitness zone” for cardiovascular fitness, and fitness levels decline with each passing grade. Twelfth graders are the least fit with 20 percent achieving the “healthy fitness zone.” This is measured through walking or running tests and adjusted for age and gender.
- Approximately 70 percent of students in each of the grades 3 – 12 achieved the “healthy fitness zone” for Body Mass Index (BMI) measured by a height to weight ratio, adjusted for age and gender. Conversely, an estimated 30 percent are either overweight or obese.
- **Significant** associations were consistently found between physical fitness and various indicators of academic achievement, specifically:
 - Academic Performance (TAKS) – Higher levels of fitness are associated with better academic performance.
 - School Attendance – Higher levels of fitness are associated with better school attendance.
 - School Incidents – Higher levels of fitness are associated with fewer negative school incidents.
- When schools are stratified by the state rating system (exemplary, recognized, acceptable and unacceptable), the school with highest and lowest levels of academic performance are the schools that also have the highest and lowest levels of cardiovascular fitness.
- Counties with low or high levels of achievement in cardiovascular fitness or BMI also tended to have corresponding low or high levels of achievement on TAKS.
- According to the Texas Education Agency, reducing absenteeism by 10 percent would earn public schools approximately \$237 million in state funding.

Cardiovascular Fitness by Grade

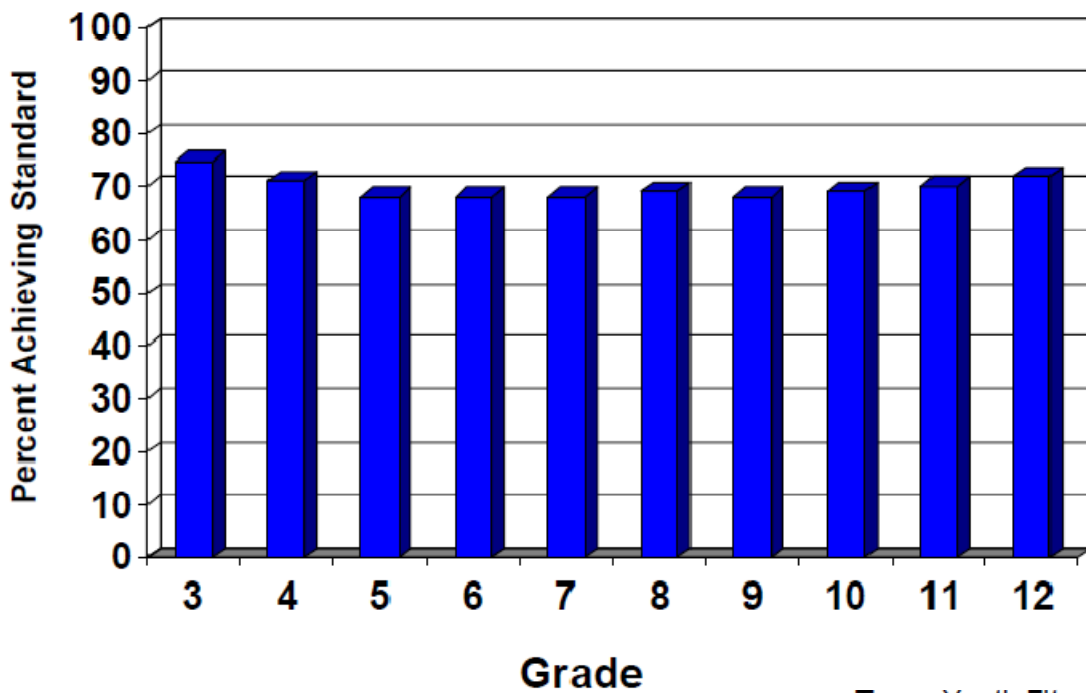
% Achieving "Healthy Fitness Zone"



Texas Youth Fitness Study

Body Mass Index (BMI) by Grade

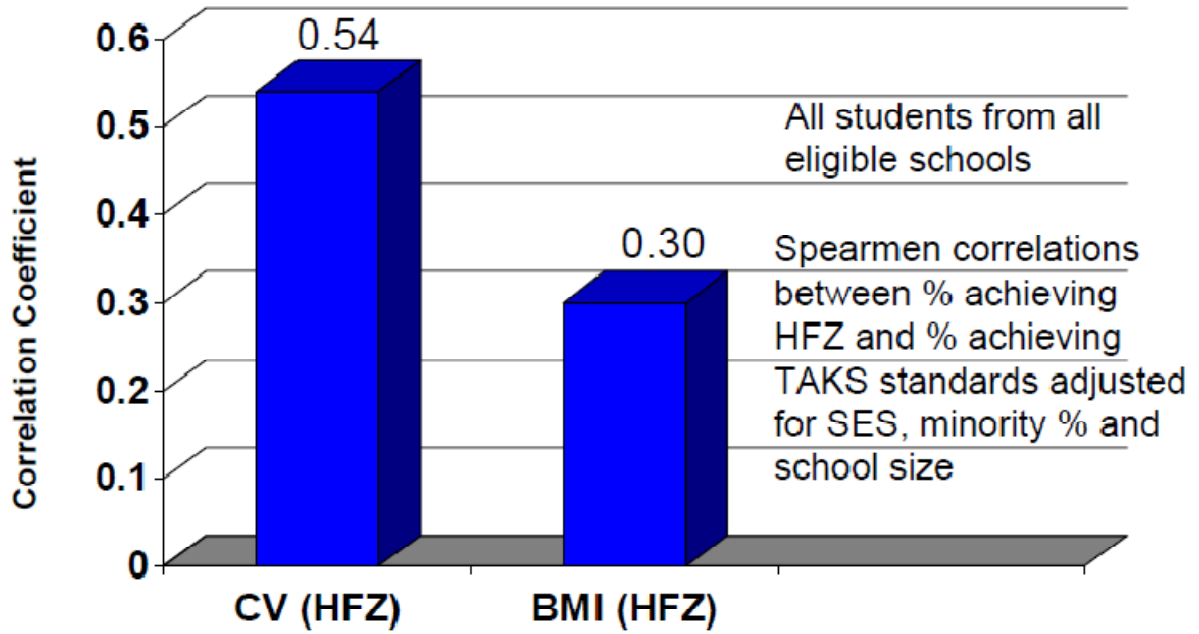
% Achieving Healthy Fitness Zone



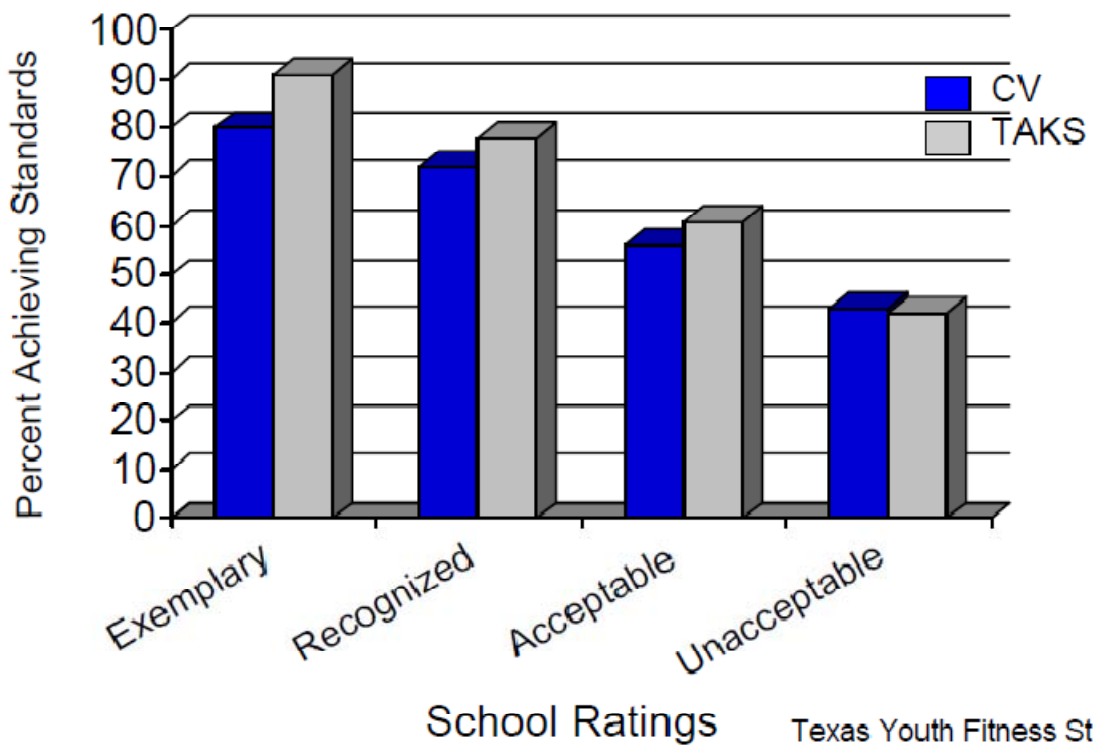
Texas Youth Fitness Study

Association Between Fitness and Academic Performance (TAKS)

Texas Youth Fitness Study

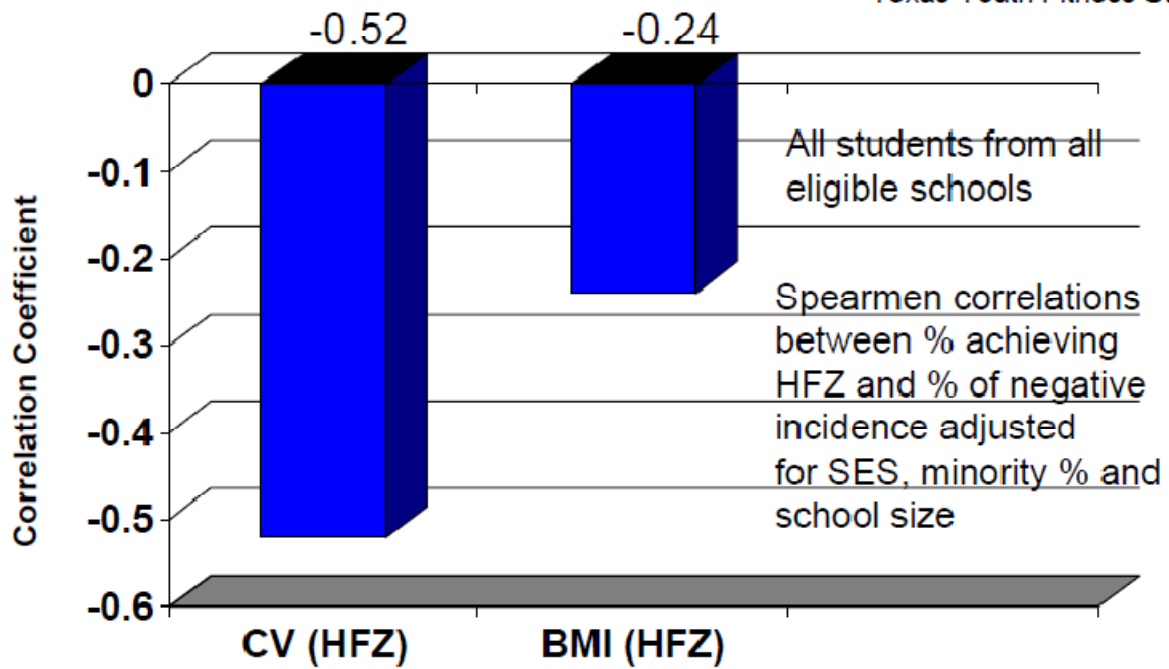


CV Fitness Corresponds with Academic Performance when Schools Stratified by State Rating System



Association Between Fitness and School Incidence Rates

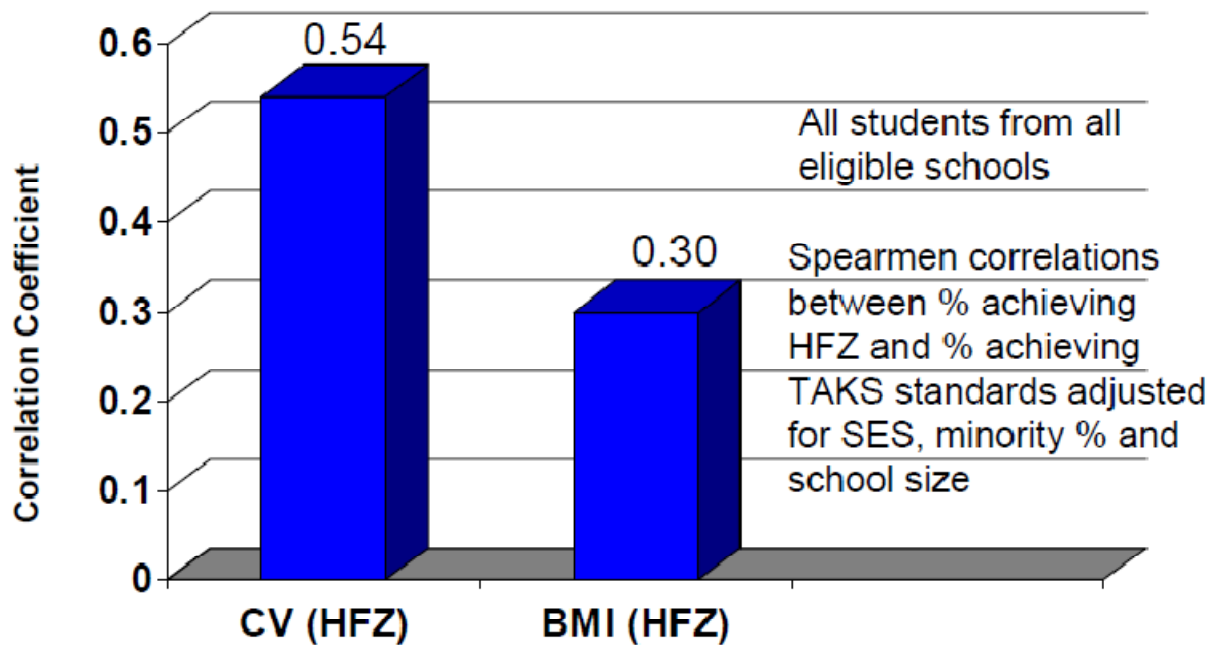
Texas Youth Fitness Study



Higher Levels of Fitness Associated with Fewer Negative School Incidents

Association Between Fitness and Academic Performance (TAKS)

Texas Youth Fitness Study



Higher Levels of Fitness Associated with Better Academic Performance