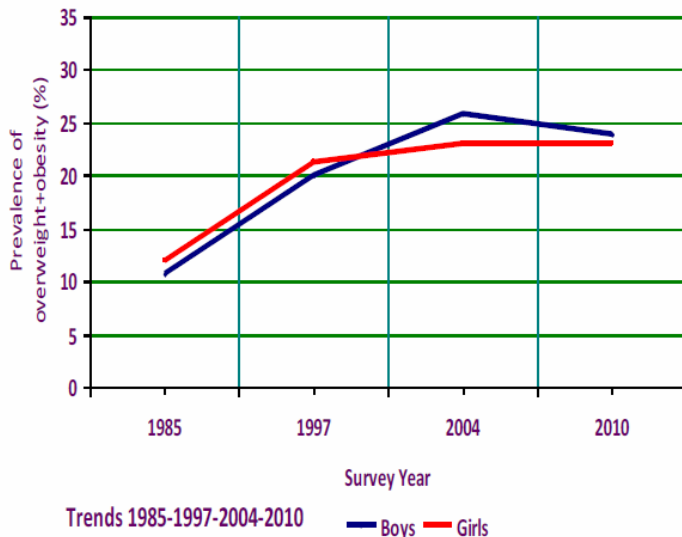


Schools Physical Activity and Nutrition Survey 2010

The **Schools Physical Activity and Nutrition Survey 2010** results were released on Monday 21st Nov, 2011. Please find following a summary of the main points that may be of interest to primary school teachers.

- The survey included over 8 thousand students from years K,2,4,6,8 and 10
- **Good news, the prevalence of overweight and obesity combined has stabilised at 22.8%.**

Combined overweight & obesity 1985-1997-2004-2010 (%)



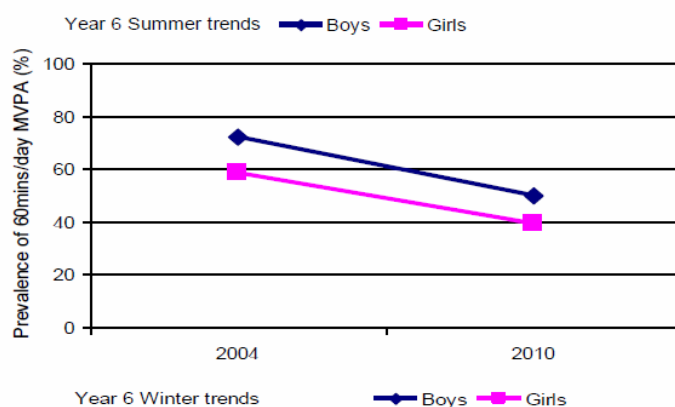
This is in contrast to the rising trend in previous surveys (last SPANS was 2004). It's still a disturbingly high figure but may indicate that recent efforts are halting the rate increase.

- 1 in 6 children enter the school system already overweight or obese

KINDERGARTEN - BMI-2004-2010 (%)

Boys	Overweight	Obese	Combined overweight & Obese
2004	8.3	6.3	14.5
2010	11.4	4.7	16.1
Girls			
2004	15.7	4.4	20.1
2010	15.8	6.2	22.0

- prevalence of overweight and obese is higher in lower socio-economic groups and groups of Middle Eastern cultural background
- Most students in Years K, 2, 4 and 6 consumed the recommended amount of fruit each day, but too few consumed the recommended amount of vegetables.
- Many students consumed too much soft drink, while milk consumption was generally low. Most students consumed confectionery, ice cream and snack foods, especially fried potato products, too often each week.
- Milk drinkers are still drinking whole milk rather than reduced fat
- the use of food as a reward for good behaviour is still prevalent among parents and carers
- less than half the children in years K, 2 and 4 meet the guideline for children of one hour of vigorous physical activity per day. Less than two thirds of children in yr 6 meet the guideline



**Trends 04-10
Year 6
meeting
guideline**

- Results for fundamental movement skills were mixed. The significant improvement in FMS mastery observed between the 1997 and 2004 surveys was not maintained for the 2010 survey. Since 2004, some skills (sprint run, side gallop and catch) showed small improvement in the prevalence of mastery, while mastery of the vertical jump, over-arm throw and leap declined.

- fitness among boys has improved significantly since 2004. Two thirds of primary students were classified as adequately fit (unfortunately this means there is still a large proportion who were not)

-More than half of primary students exceed the recommended maximum of 2 hours per day small screen recreation outside of school.

-About 70% of primary students are meeting the requirement of 120 minutes per week of scheduled physical activity during class time. About 20% offer more than 150 mins per week

SPANS 2010 Recommendations regarding Schools are;

-Continue to support the Fresh Tastes @ School program

-Increase opportunities for incidental physical activity at school e.g. active break times

-Provide at least the minimum 120 mins per week of physical activity during class time

-Continue to promote the importance of PDHPE and support teachers in providing quality physical activity at school (Big tick for our Network!)

-Implement evidence based programs to support schools to increase physical activity for students

For all the detail you can access the SPANS full report at

http://www.health.nsw.gov.au/pubs/2011/spans_full.html

or the SPANS short report at

http://www.health.nsw.gov.au/pubs/2011/spans_short.html

Jeff Smith

Central Coast Primary Teacher PDHPE Network Coordinator

Health Promotion Officer

Central Coast Area Health Service