

Developing a Regional Physical Activity Profile to Inform Surveillance Opportunities: Lessons Learned from Kansas City

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National Physical Activity Plan (NPAP)

NPAP Report Card

- Characterize current US physical activity
- Reported every 2 years

The 2018 United States Report Card on

Physical Activity for Children and Youth

INDICATOR	GRADE
Overall Physical Activity	D-
Sedentary Behaviors	D
Active Transportation	D-
Organized Sport Participation	C
Active Play	INC
Physical Fitness	C-
Family and Peers	INC
School	D-
Community and Built Environment	C

Kansas City regional physical activity profile

Current Project:

- Characterize current physical activity rates in Kansas City region
- Establish ongoing local surveillance



Process

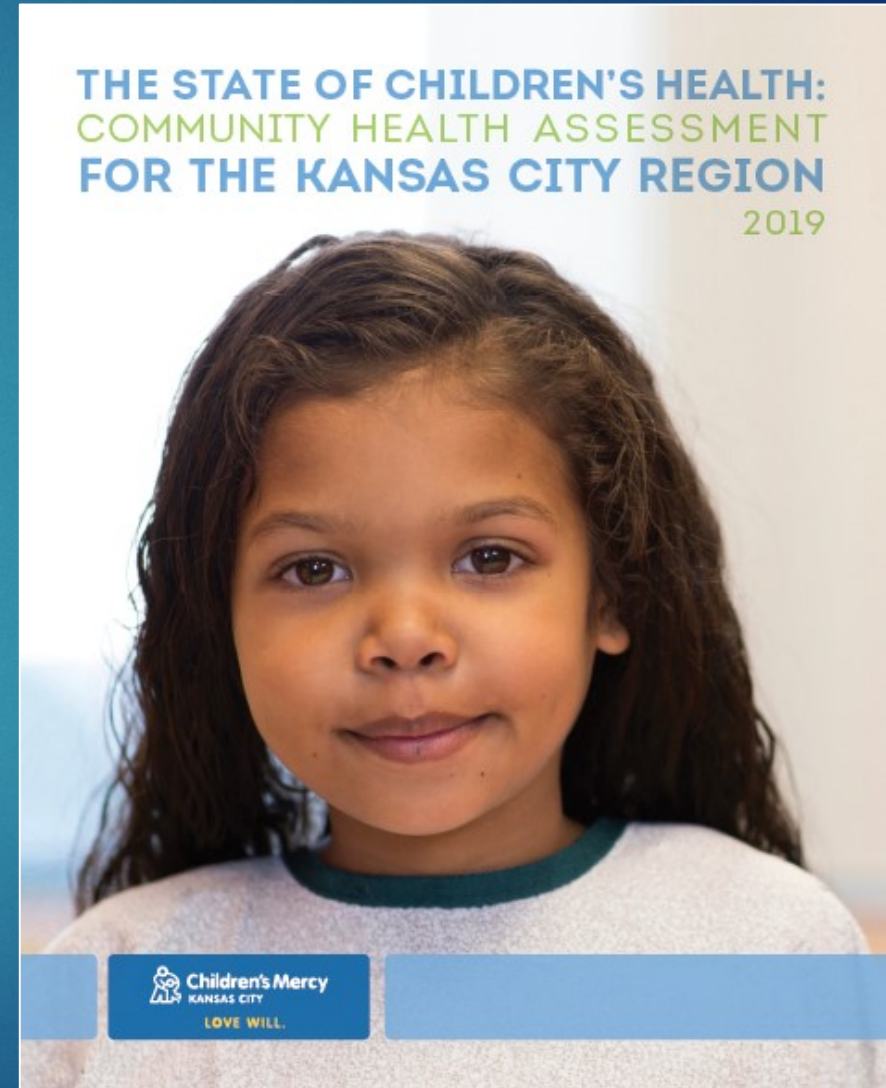


Data Sources

Source	Indicator	Level
National Study of Neighborhood Parks	Community and Built Environment	National
National Health and Nutrition Examination Survey (NHANES)	Overall Physical Activity, Sedentary Behaviors, Physical Fitness	National
NNYFS (NHANES 2012 National Youth Fitness Survey)	Physical Fitness	National
NPAP Walking Report Card	Community and Built Environment	National, State
National Survey of Children's Health (NSCH)	Overall Physical Activity, Organized Sport Participation, Community and Built Environment	National, State
School Health Policies and Practices Study (SHPPS)	School, Active Play	National, State
State of Play Report	Overall Physical Activity, Organized Sport Participation	National
Youth Risk Behavior Surveillance System (YRBSS)	Sedentary Behaviors, Organized Sport Participation, School	National, State
State Indicator Report on Physical Activity, 2014	Overall PA, Active Transportation	State
The 2018 United States Report Card on Physical Activity for Children and Youth (NPAP)	School, Community and Built Environment	National, State
Behavioral Risk Factors Surveillance System (BRFSS)	Overall PA	National, State
State of Obesity: 2018	School	State
School Health Profiles 2016	School	State
Shape of the Nation 2016	School	State
American Fitness Index from ACSM	Active Transportation	County
County Health Rankings	Overall PA, Active Transportation, Community & Built Environment	County
EPA Walkability Data	Community & Built Environment	Census Block
Children's Mercy Community Health Needs Assessment (CMH CHNA)	Overall PA, Sedentary Behavior, Active Transportation, Community & Built Environment	Metro

Children's Mercy Health Needs Assessment

- Health Needs Assessment
 - Affordable Care Act mandate for all nonprofit hospitals
- Children's Mercy Hospital, 2019 assessment
 - 1002 parents
 - Weighted & representative
 - Faculty could request questions to be added to the survey
 - Harmonized questions with the format of national surveillance systems



Indicator grades

GRADE	INTERPRETATION	BENCHMARK
A	We are succeeding with a large majority of children and youth	A+ = 94-100% A = 87-93% A- = 80-86%
B	We are succeeding with well over half of children and youth	B+ = 74-79% B= 67-73% B- = 60-66%
C	We are succeeding with about half of children and youth	C+ = 54-59% C= 47-53% C- = 40-46%
D	We are succeeding with less than half but some children and youth	D+ = 34-39% D = 27-33% D- = 20-26%
F	We are succeeding with very few children and youth	F = 0-19%
INC	Incomplete-insufficient or inadequate information to assign a grade	

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Data quality grades

GRADE	INTERPRETATION
A	Data meet all 5 standards*
B	Data meet 4 out of 5 standards*
C	Data meet 3 out of 5 standards*
D	Data meet 2 out of 5 standards*
F	Data meet 1 or 0 standards*
INC	Incomplete-data unavailable

- Reported at the local level (i.e., KC metro region or county-by-county)
- Recently reported (e.g., <3 years)
- Sufficient sample size
- Representative sample
- Publicly available (i.e., free and easily accessible via public websites)

Rate Indicators

INDICATOR	GRADE	DATA QUALITY GRADE
Overall Physical Activity	C-	A
Sedentary Behaviors	C	A
Active Transportation	F	A
Organized Sport Participation	B-	A
Active Play	INC	INC
Physical Fitness	INC	INC
Family and Peers	INC	INC
School*	F	F
Community and Built Environment	C	A

*Grade is provided at the state level due to lack of local data

Indicator: Overall Physical Activity

Provisional Grade: C -
Data Quality Grade: A

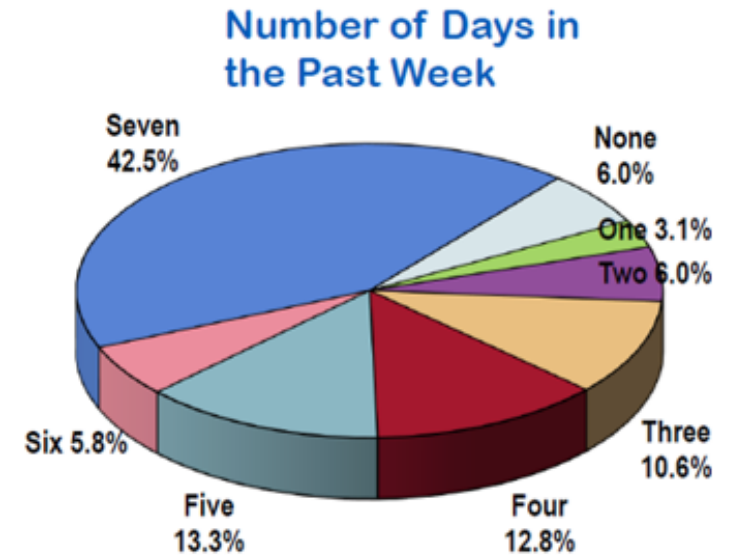
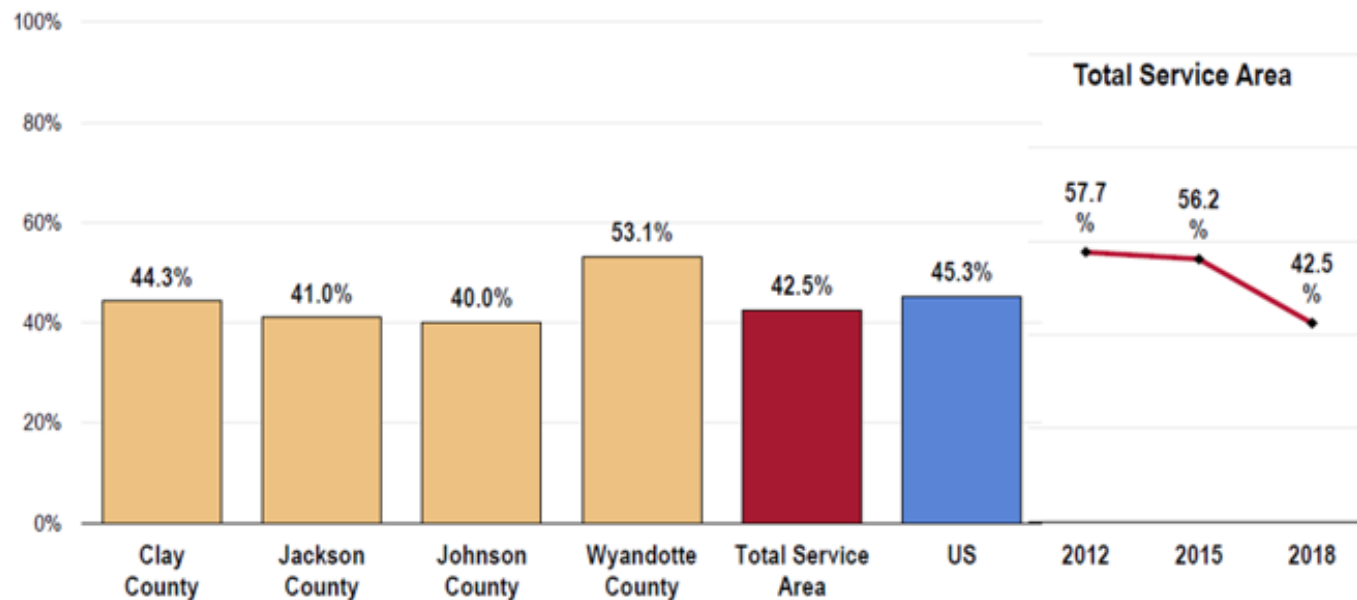
Criteria	Data
<p>Primary Criteria: Percentage of children and youth who meet the <i>Physical Activity Guidelines for Americans</i>, which recommend that children and youth accumulate at least 60 minutes of daily moderate-to-vigorous physical activity.</p>	<p>42.5% of children 2-17 in the 4-county area were active 60+ minutes on every day of the past week; teens were the least active (Children's Mercy Health Needs Assessment, 2019)</p>

Indicator: Overall Physical Activity

Provisional Grade: C -
Data Quality Grade: A

Child Was Physically Active for One Hour or Longer on Every Day of the Past Week

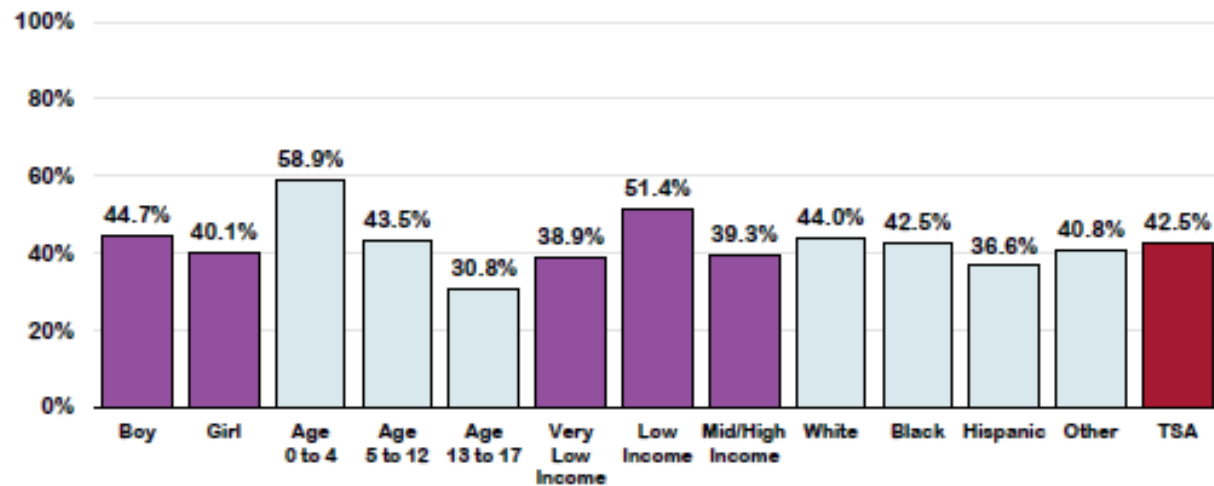
(Total Service Area Children Age 2-17, 2018)



Indicator: Overall Physical Activity

Provisional Grade: C -
Data Quality Grade: A

Child Was Physically Active for One Hour or Longer on Every Day of the Past Week (Total Service Area Children Age 2-17, 2018)



Indicator: Sedentary Behavior

Provisional Grade: C

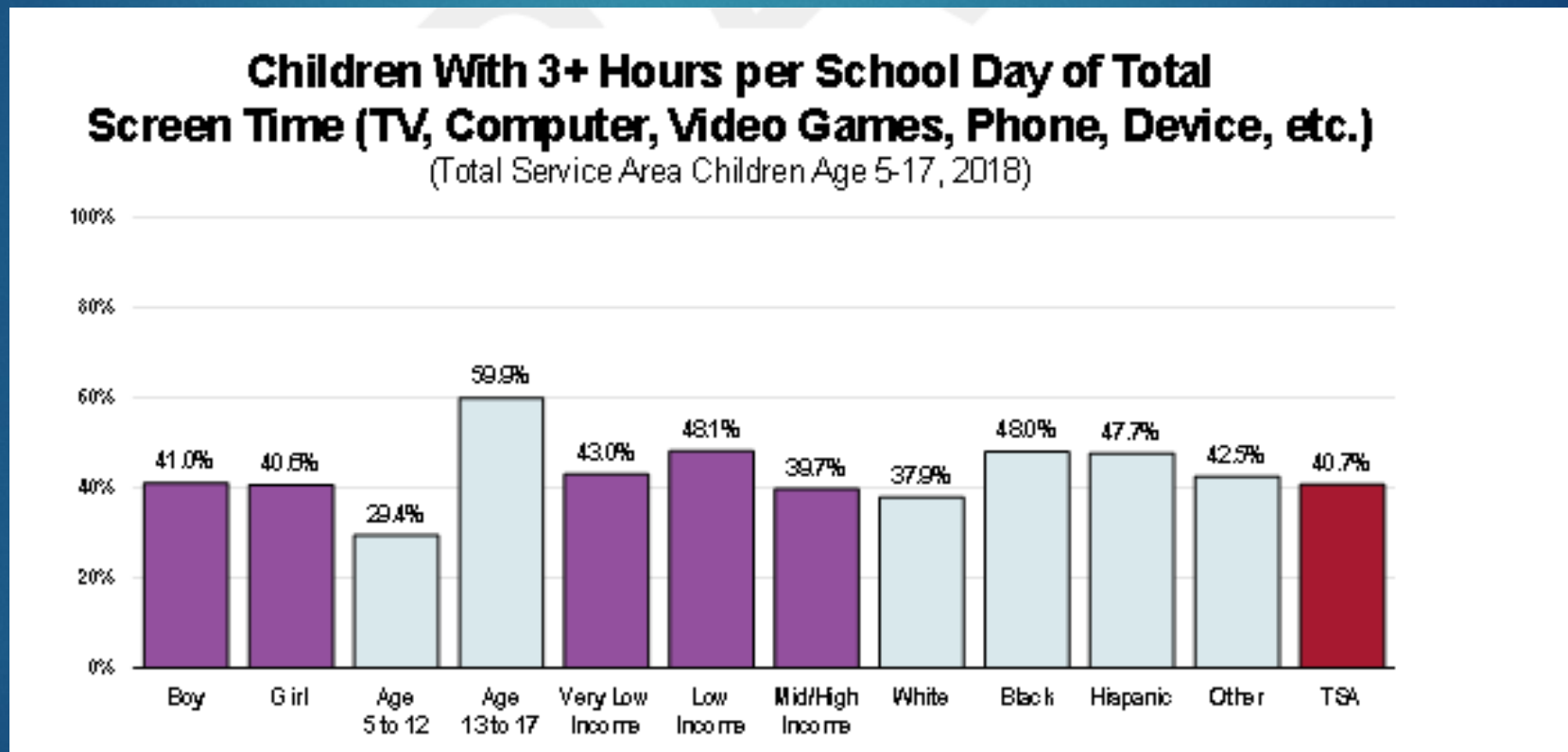
Data Quality Grade: A

Criteria	Data
Primary Criteria: Percentage of children and youth engaging in 2 hours or less of screen time per day.	40.7% of children 5-17 in the 4-county area had 3+ hours per school day of device time (computer, video games, phone, device, etc.) (Children's Mercy Health Needs Assessment, 2019)

Indicator: Sedentary Behavior

Provisional Grade: C

Data Quality Grade: A



Lessons Learned

- National & State Level Data is too broad
 - Large national surveys \neq representative local data
 - 2017 Youth Risk Behavior Surveillance System:
 - 1,273 - 51,087 participants per state (median: 2,139)
 - KS, MO: 2,412 – 1,864 participants per state
 - Unknown sample size in KC region

Lessons Learned

- Local Level Data is ideal
 - More accurate estimates of physical activity
 - Challenge: very few local data sources
 - Best source: Local health needs assessment
 - Harmonized some questions with national surveys

Future efforts

- Development of local, systematic PA surveillance
- Harmonizing questions from local surveillance surveys with national surveillance surveys is key
 - Children's Mercy Health Needs Assessment
 - Local Health Departments
 - Other organizations?