

## OUR CHALLENGE

# 168,000 Children

ages 10-17 years in Washington are **overweight or obese.**

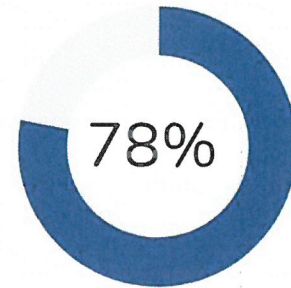
That's **more than**

**25.5%** of our young people who exceed BMI-for-age standards

"...For the first time in our history, this generation is not expected to live as long as the previous generation. This should be unacceptable to us. We need to make the next generation the healthiest generation in the history of our state".

- Governor Jay Inslee, 2014 State of the State Address

Physical Activity, Grade 10, Pierce County






In 2016, 78% of students did not meet the CDC recommendations for 60 minutes of physical activity for 7 days a week

## OUR SOLUTION

The **Comprehensive School Physical Activity Program Campaign** aims to decrease health and education disparities among our students by removing barriers to high quality physical education and physical activity programs.

Our goal is to

-  Remove barriers to physical education
-  Foster healthy, active, educated youth
-  Promote academic and health equality

## WHY PHYSICAL EDUCATION?

Physical Education improves:



Physical Health



Behavioral Health



Mental Health

An investment in Pierce County physical education is a **long-term investment in the overall health of Pierce County.**



**SOUND ALLIANCE**  
Organizing for the Common Good.



For more information, contact Amy Yam (amy.m.yam@gmail.com) or Dana Henry (danahenrylgv@gmail.com)