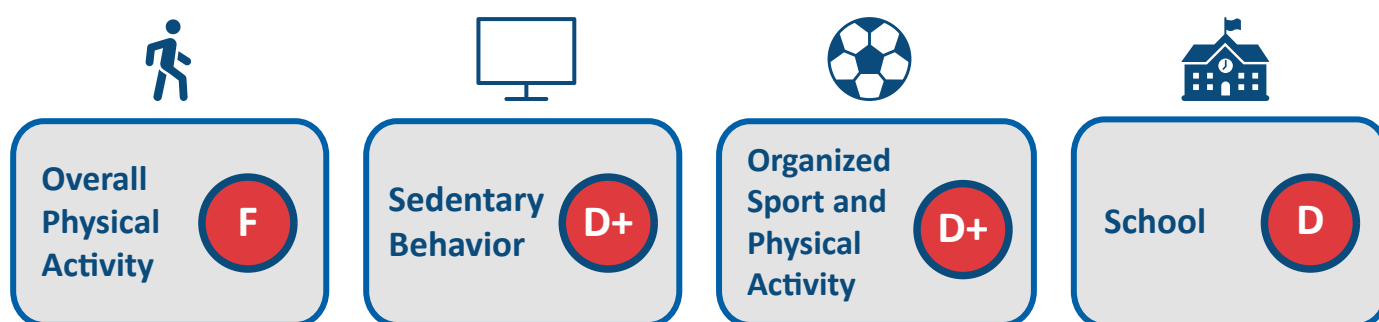


U.S. Physical Activity Para Report Card for Children and Adolescents With Disabilities

Overview:

- The Physical Activity Alliance publishes the U.S. Report Card every two years, assessing physical activity levels of children aged 6–17.
- 2023 introduced the first Para Report Card, focusing on children and youth with disabilities.
- Each indicator is assigned a letter grade based on available data.
- Physical activity levels have declined since 2014, with the overall grade at **D-** since 2018.



Indicator Grades



Key Highlights

- <20% meet 60-min daily activity goal
- 23.8% of children and 16.6% of adolescents meet U.S. guidelines
- 32.4% of children with Down syndrome meet activity recommendations
- 33.7% of children and 40.8% of adolescents participate in sports
- <40% limit screen time to <2 hours/day
- 47.6% of physical education teachers use inclusive instruction
- 3.6% of schools have comprehensive physical activity programs

Key Takeaways

-  Low participation in physical activity and organized sports.
-  High screen time and limited school programs for disability inclusion.

Reference:

Stanish H, Ross SM, Lai B, Haegele JA, Yun J, Healy S. U.S. Physical Activity Para Report Card for Children and Adolescents With Disabilities. *Adapt Phys Activ Q.* 2023 Feb 6;40(3):560-567. doi: 10.1123/apaq.2022-0054. PMID: 36746151.