

State-wide youth physical activity, sport & facilities overview

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Overview



- Importance of youth physical activity & sport
- State of play: youth physical activity & sport in WA*
- The role of facility access in PA & sport promotion
- Physical Activity Task Force & Other Facility-focused recommendations

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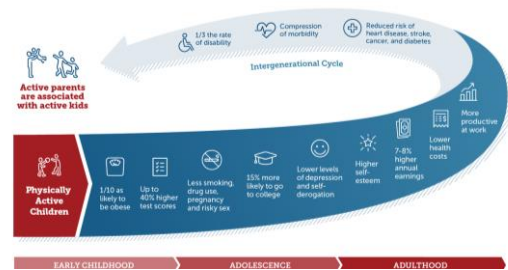


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ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits

THE ASPEN INSTITUTE
PROJECT PLAY



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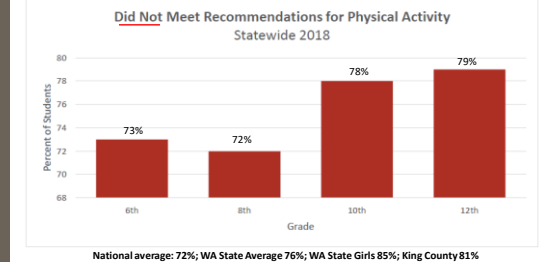
PHYSICAL ACTIVITY IS A PROVEN WAY TO IMPROVE MENTAL HEALTH

Physical activity for youth and adolescents:

- Mitigates the effects of trauma (Easterlin, 2021; Paluch, 2021)
 - For boys who experienced Adverse Childhood Experiences team sports was linked with lower odds of depression, anxiety, and depressive symptoms in adulthood
- Assists with regulation (Fedewa & Ahn, 2016)
- Promotes resiliency (Bell & Suggs, 1998)
- Is protective against anxiety and depression (Biddle et al, 2019; Checkrout et al, 2018)
 - Largest associations = "popular team sports"; 23% fewer days of "poor mental health" (Checkrout et al, 2018)

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WA Healthy Youth Survey, 2018



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PA by race/ethnicity 10th grade students in WA State

Race and Ethnicity	60 MINUTES OF PHYSICAL ACTIVITY A DAY		Total
	Fewer Than 5 Days a Week	5 or More Days	
American Indian or Alaskan Native	47.5% ±15.2% 38	52.5% ±15.2% 42	80
Asian or Asian American, Native Hawaiian, or Other Pacific Islander	59.5% ±3.7% 381	40.5% ±3.7% 259	640
Black or African American	61.8% ±8.1% 129	38.2% ±8.3% 96	225
Hispanic or Latino/Latina	53% ±3.5% 341	47% ±3.5% 302	643
White or Caucasian	46.7% ±3% 802	53.3% ±4.4% 917	1,719
More Than One Selected/Other	49.6% ±4.4% 288	50.4% ±4.4% 293	581

*"Fewer than 5 days" means that these students get 60 minutes of physical activity less than five days a week. The CDC recommends children and adolescents get 60 minutes of physical activity every day.

WA Healthy Youth Survey, 2018

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Association between PA & Depression: 10th grade students in WA State

Depression	60 MINUTES OF PHYSICAL ACTIVITY A DAY		Total
	Fewer Than 5 Days a Week	5 or More Days a Week	
No	49.1% ±2.6% 817	50.9% ±2.6% 848	1,665
Yes	56.9% ±3.4% 604	43.1% ±3.4% 458	1,062

The CDC recommends children and adolescents get 60 minutes of physical activity every day.

WA Healthy Youth Survey, 2018

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The Seattle Times found during the past decade, four of every five public schools that won state titles were schools whose population of students who receive free and reduced-price lunch was well below the state average of 43 percent. Almost all high school state championships are won by wealthier, whiter schools (Seattle Times, 2019).

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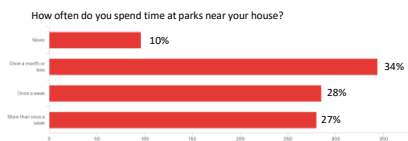
WA State Parks Access Data - Various Sources

Access is defined as a 10-minute walk to a park

- Wenatchee, 72% of kids have access (TPL, 2020).
- Federal Way, 61% of kids have access (TPL, 2020).
- South King County, 44% of the population has park access (Wilderness Society, 2019).
- Spokane, 87% of residents have access to a park
 - Residents in neighborhoods that are majority people of color have access to 22% less park space per person than the city median and 70% less than those in white neighborhoods (TPL, 2020).

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King County Youth Survey Local Parks Findings



- Youth of color spend significantly less time at the parks near them than their white peers.
- Youth who do not speak English at home spend less time at the parks near them than those who do speak English at home.
- Less affluent youth spend less time at parks than more affluent youth.
- 39% of youth would like to spend more time at parks.

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Facility Access: Importance & Disparities

- "People are more physically active when they have access to safe, affordable, high-quality space for play, exercise and recreation" (ChangeLab Solutions, 2018).
 - However, because recreational space and programming is not equitably distributed, not everyone has an equitable opportunity to be active.
 - Communities of color have access to 44% less park space than majority white communities (TPL).
 - Further, even when physical activity resources are geographically close and appear accessible, some residents may encounter barriers, which may limit the use of these resources
 - neighborhood safety concerns
 - lack of transportation
 - expenses related to the facility
 - lack of universally accessible facilities for users with physical disabilities & assistive devices
 - over scheduled
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Washington State Facilities Information

- Sources:
- 2015 WA State Shared Use Report
 - 2019 State of Play: Seattle-King County
 - 2021 King County Play Equity Coalition Facilities Action Team
 - 2022 Physical Activity Task Force Report
 - 18 state-wide interviews

2022 State-wide inventory of sports fields

Facility	Total	Percent Turf or Synthetic Surfaces	Percent with Lights
Multipurpose	541	45%	47%
Football	112	24%	50%
Baseball	706	9%	20%
Softball	1,655	5%	15%
Baseball/Softball	216	1%	15%
Soccer	358	29%	20%
Practice*	2,228	1%	1%

*Practice fields are usable, unmarked fields suitable for practices but not official competition.

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BARRIERS

COST

- Need to reserve facilities
- High transfer ownership costs
- No youth programs
- Poorly maintained
- Recreational facilities charge additional costs
- Higher expenses with funding restrictions
- High fee structures
- Limited maintenance
- Charge for fee waivers subject to traditional fees

TRANSPORTATION

- Limited transit options
- Inequitably impact growth in poverty
- Fewer school districts provide activity buses to transport youth after practice
- Many parks are not accessible via public transportation, sidewalks, or bike lanes

INFRASTRUCTURE & POLICY

- Finding & securing lands for organized sports
- School Use / Legacy use & Lease-Back Agreements not common
- Geographic distribution of facilities is uneven quality contributing to disparities of access

PRACTICES & PROCEDURES

- Limited & inconsistent reservation processes difficult to navigate
- Lack of demographic data collected on existing user groups
- These fields available in response to park & recreation reservations only

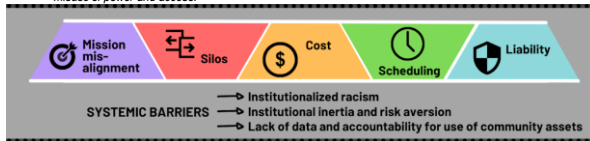
2022 King County Play Equity Coalition-Facilities Action Team

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JOINT USE: ONE SOLUTION

- Physical Activity Task Force (Fall 21-Winter 22) was convened to look specifically at this topic
- 95% of school districts report having shared use agreements
 - Widespread agreement amongst end user groups that school fields & facilities are not accessible; not enough fields to meet demand
 - Findings very similar to those shared on previous slide
 - Tribes & rural communities express similar concerns: lack of transportation to available facilities; cost to use; not as well resourced as local districts; fields not schedulable

"Almost all users point to having to develop personal relationships to navigate field and facility use systems. Because access is so dependent on personal connections instead of systems, this puts non-networked users at a disadvantage. It also creates a lack of accountability, transparency, and potential misuse of power and access."



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RECOMMENDATION #1

Update Shared Use Policy Language in Statute

The Legislature is asked to create a bill that establishes three new policies:

- 1) a policy designating schools as community hubs or civic centers;
- 2) a directive to the Washington State School Directors' Association to develop a model policy supportive of schools as community hubs;
- 3) a policy offering financial incentive to districts that adopt and implement the model policy.



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RECOMMENDATION #4

State Grant Process and Criteria Update

Make changes to grant programs to embed shared use best-practice and equitable field and facilities access. Examples include:

- Recreation and Conservation Office: WWRP - local parks sub-category Youth Athletic Facilities
- OSPI: Healthy Schools; Healthy Kids program
- Commerce: Youth Recreation Facilities



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RECOMMENDATION #6

Health Study

Commission a statewide study to more fully understand the patterns associated with declines and inequitable gaps in youth physical activity and the associated costs on education, juvenile justice, health care, and economic productivity.

Detail the needs of vulnerable youth populations for whom little data is available regarding physical activity, including youth living in tribal communities, youth with disabilities, immigrant youth, and youth living in rural communities.

Guide the creation of a centralized body to coordinate statewide efforts related to youth physical activity with the goal of reversing the trend of inactivity and ensuring 75% of youth in the state are active to a healthy level by 2035.

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Fields/Facilities Programming Needs

