

PROJECT PLAY: KING COUNTY

ACTIVE YOUTH, HEALTHY FUTURES

What does Project Play: King County mean by sport and physical activity?

The Aspen Institute defines sport as “all forms of physical activity which, through organized or casual play, aim to express or improve physical fitness and mental well-being.”

Project Play: King County embraces this broad definition and looks to community partners to be expansive in their thinking about how to get kids moving and active in ways that are safe, healthy, fun, and developmentally appropriate.



What are the next steps for Project Play: King County?

Project Play: King County needs to raise an additional \$100,000 by the end of June to fund a landscape analysis. The landscape analysis, called the “State of Play,” will help determine regional priorities for building healthy communities through increased access to, and engagement in, youth physical activity. After the landscape analysis, a broad coalition of stakeholders will collectively pursue strategies aimed at transforming the ecosystem of youth sport and physical activity in King County.

What collaborative ideas are being tried around the country to improve youth access and engagement in sport and physical activity?

In Baltimore, local companies have created a fund, called RePlay, to support the refurbishment of vacant lots into safe, community play spaces. Also in Baltimore, an organization called Parks & People Foundation runs no-cost sports leagues in order to bring more kids to parks. The sports leagues provide environmental education and strive to nurture a connection to the out-of-doors through sport.

In Ohio, one department of parks and recreation requires Positive Coaching Alliance training for all its volunteers and has modified its programming to encourage more free play and sport sampling.

In New York City, a local foundation called Sports and Arts in schools trains all after school providers in best practices of coaching, including health, safety, and pedagogy, because most after-school providers oversee physical activity and play even if they are teaching art or chess.

Learn more: aspenprojectplay.org/
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| 20% | Students are 20% more likely to earn an "A" in math or english when they have the chance to be physically active. | 41% | Children who spend more time outdoors are 41% less likely to be overweight. |
| 78% | Of King County youth do not meet the daily minimum amount of recommended physical activity. | 30% | Of children from households making less than \$25,000 are inactive compared with 12% of children from households making \$100,000. |
| 18% | By the 12th grade, only 18% of King County students meet the daily physical activity recommendations. | 2.2 | The number of playgrounds per 10,000 residents in Seattle. |
| \$131 | Billion is spent on national health care costs due to inactivity. | 22% | Of Washington State elementary school principals report meeting the required amount of P.E. time. |

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Sources: Robert Wood Johnson Foundation; Carlson, et al, 2015; Healthy Children and Youth of King County, 2015