UTAH GIRLS, YOUNG WOMEN, AND PHYSICAL ACTIVITY

HOW DOES UTAH STACK UP?
In Utah, as elsewhere, girls and women are less likely than boys and men to be physically active.

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<th>Globally</th>
<th>In Utah</th>
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<tbody>
<tr>
<td>Insufficiently physically active</td>
<td>37.1%</td>
<td>23.4%</td>
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<tr>
<td>Physically active</td>
<td>23.4%</td>
<td>19.4%</td>
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IN UTAH

- 28% of boys meet state physical activity recommendations
- and just 14% of girls do.

GENDER BARRIERS
Fitness activities preferred by girls are often not offered in school physical education classes.

- Most PE classes focus on competitive sports, but young women prefer non-competitive activities.

When girls are offered options,
- participation, autonomy, and self-determination increase.

SOCIAL NORMS
Young women’s main motivation for fitness is to maintain attractiveness, including thinness.

When a young woman’s motive for fitness is to be thin, other benefits, such as less stress, are lost.

Having reasons for exercise beyond physical appearance increases motivation to be physically active.
Since the passage of Title IX in 1972, girls and women have had more opportunities to participate in sports, but more progress is needed.

Still, more boys than girls participate.

Parents have a huge impact on a girl’s long-term physical activity levels.

Girls are more likely to be physically active.

Model physical activities and provide logistic support (i.e. rides to activities)

We can all do our part to promote physical activity, especially among girls and young women.

Parents can encourage physical activity for girls and young women.

Promote gender inclusivity in all types of sports.

Ask girls which physical activities they prefer, and incorporate these activities.

Ensure women have adequate facilities and improve visibility of women’s sports.

Click here for the full report.