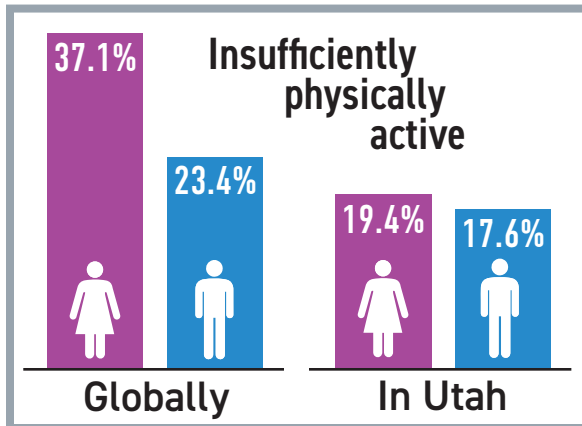


UTAH GIRLS, YOUNG WOMEN, AND PHYSICAL ACTIVITY

HOW DOES UTAH STACK UP?

In Utah, as elsewhere, girls and women are less likely than boys and men to be physically active.



IN UTAH

28% of boys meet state physical activity recommendations

and just 14% of girls do.



GENDER BARRIERS

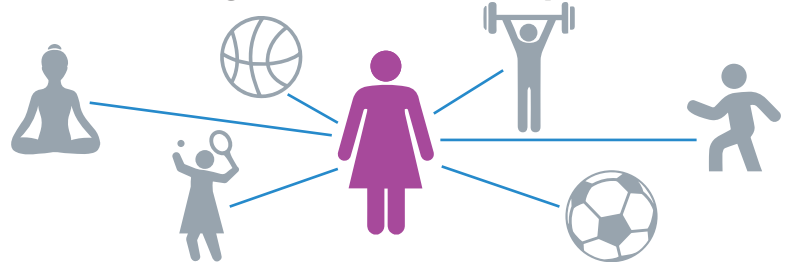
Fitness activities preferred by girls are often not offered in school physical education classes.

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

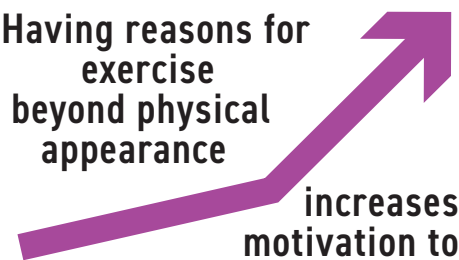
Young women's main motivation for fitness is to maintain attractiveness, including thinness.

When a young woman's motive for fitness is to be

THIN

other benefits, such as less stress, are lost.

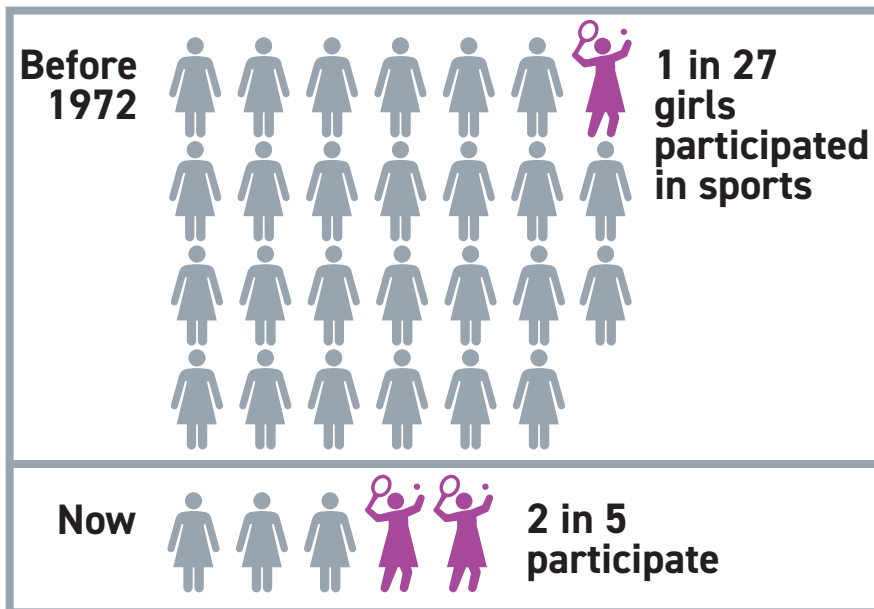
Having reasons for exercise beyond physical appearance



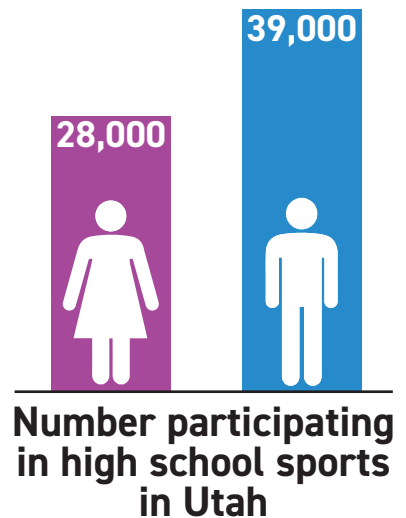
increases motivation to be physically active.

TITLE IX

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.



PARENTAL SUPPORT

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

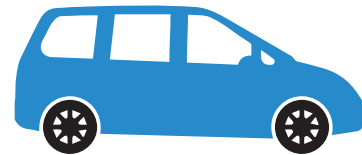
WHEN PARENTS

model physical activities



AND

provide logistic support (i.e. rides to activities)



GIRLS ARE MORE LIKELY TO BE PHYSICALLY ACTIVE.

WHAT CAN WE DO?

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.