



MATH + ACTIVITY

MATHtivity™

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Introductions

- Name
- District
- Position





Let's have
FUN



Why is physical activity important?



Reduced risk of:
heart disease
hypertension
diabetes
high cholesterol
orthopedic issues

Improved
self esteem
body image socialization

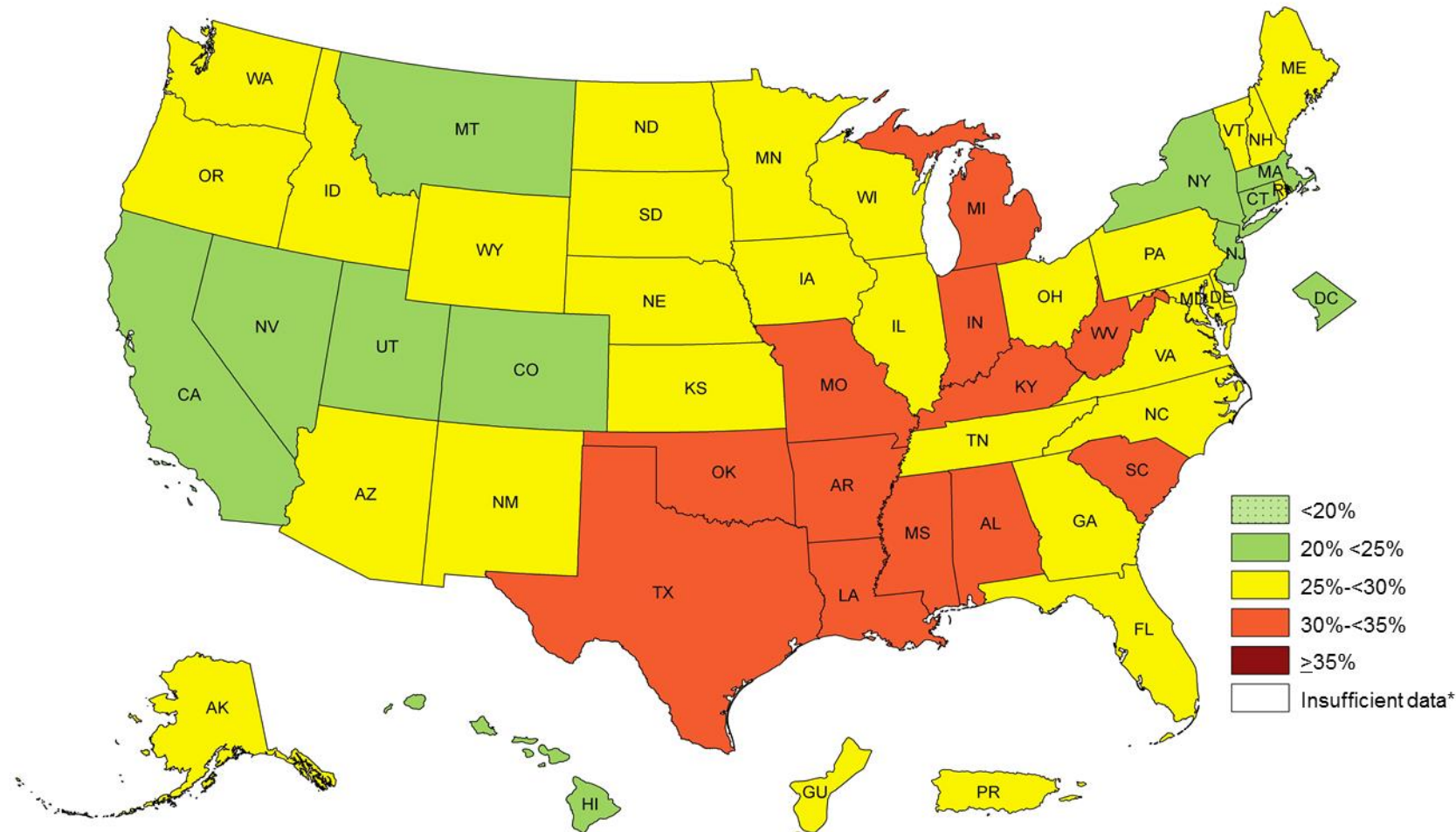
Reduced
depression anxiety

Improved
attendance
behavior
cognitive function
test scores
academic
performance



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

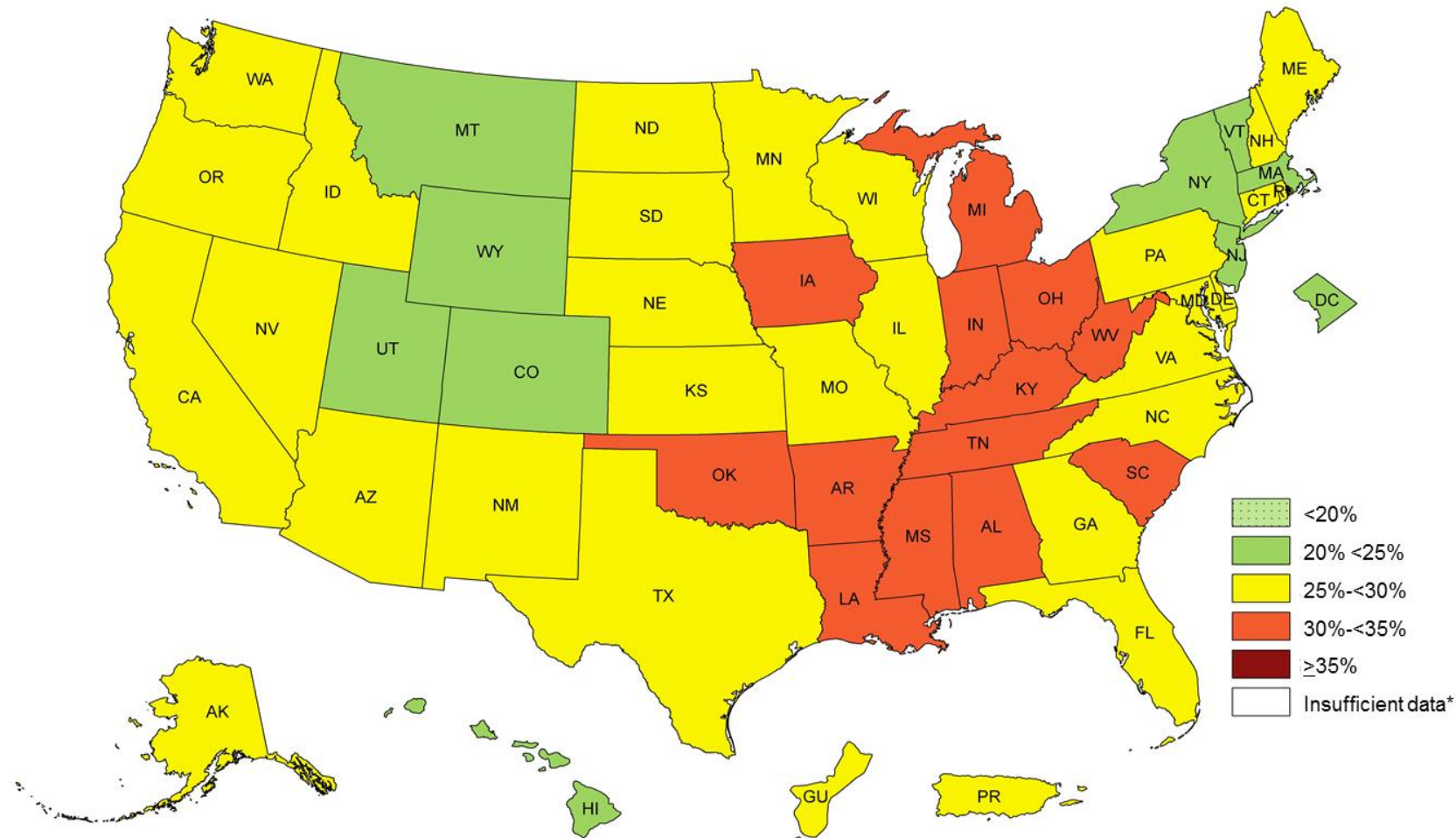


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

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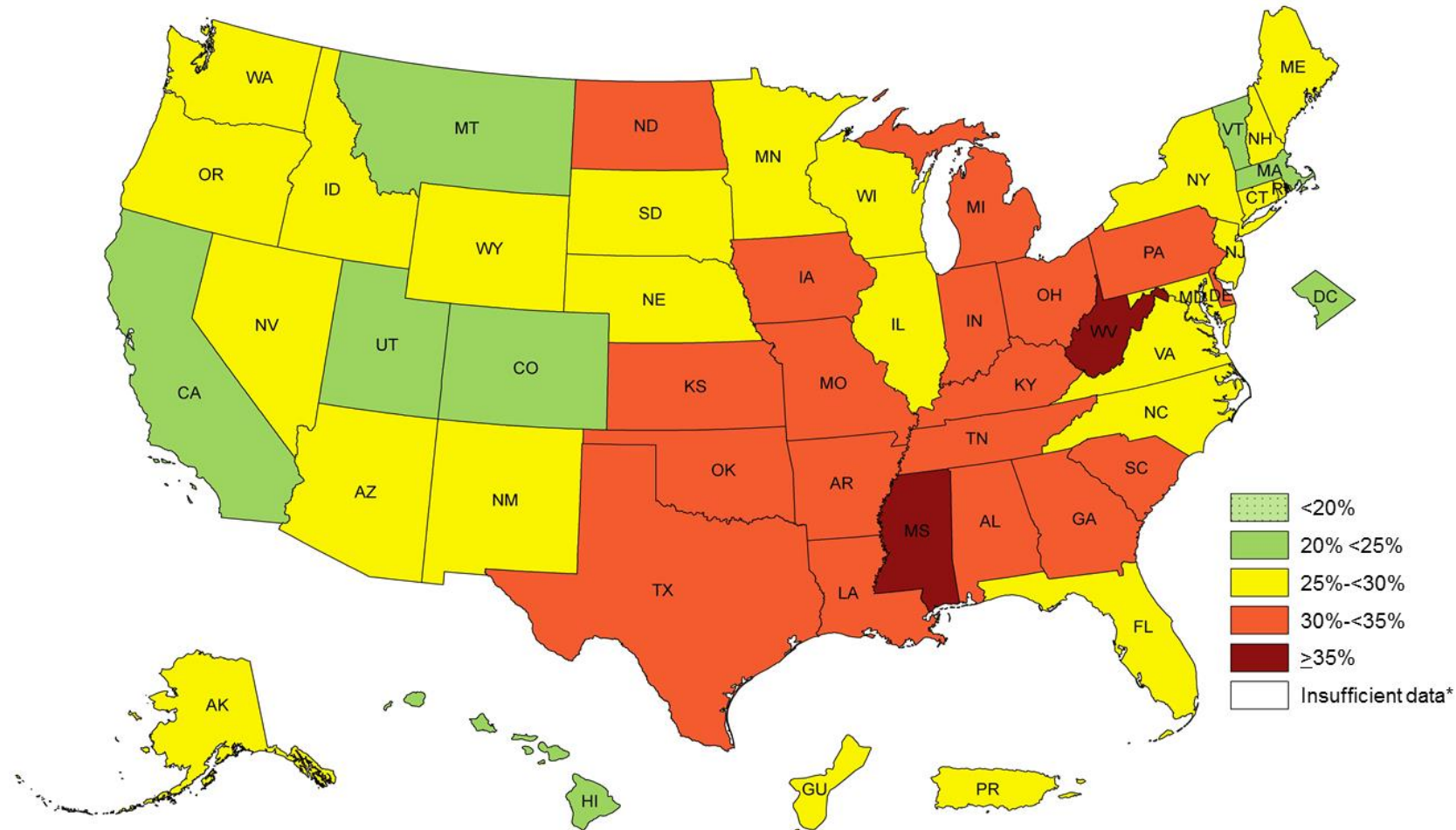


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

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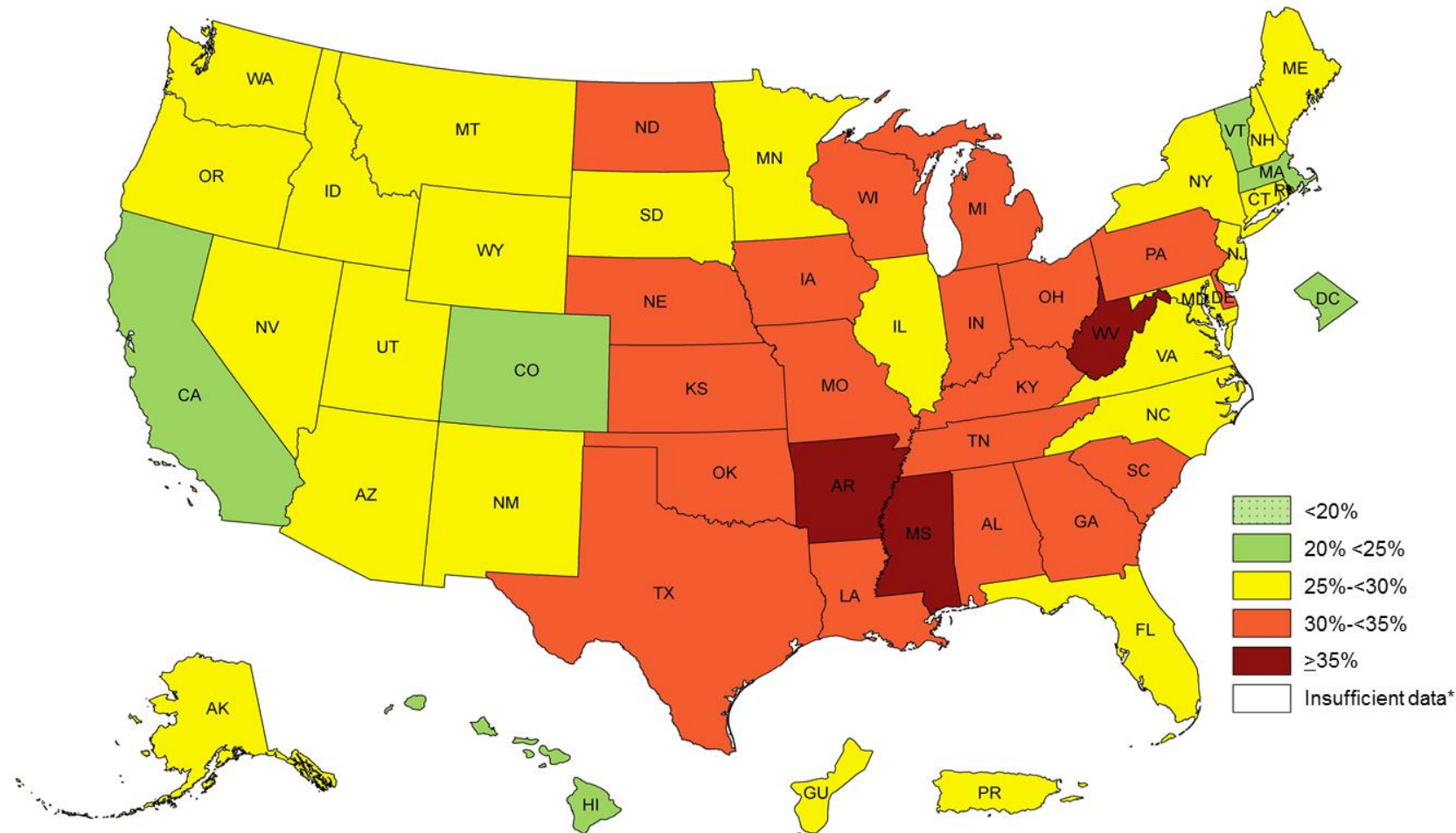


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

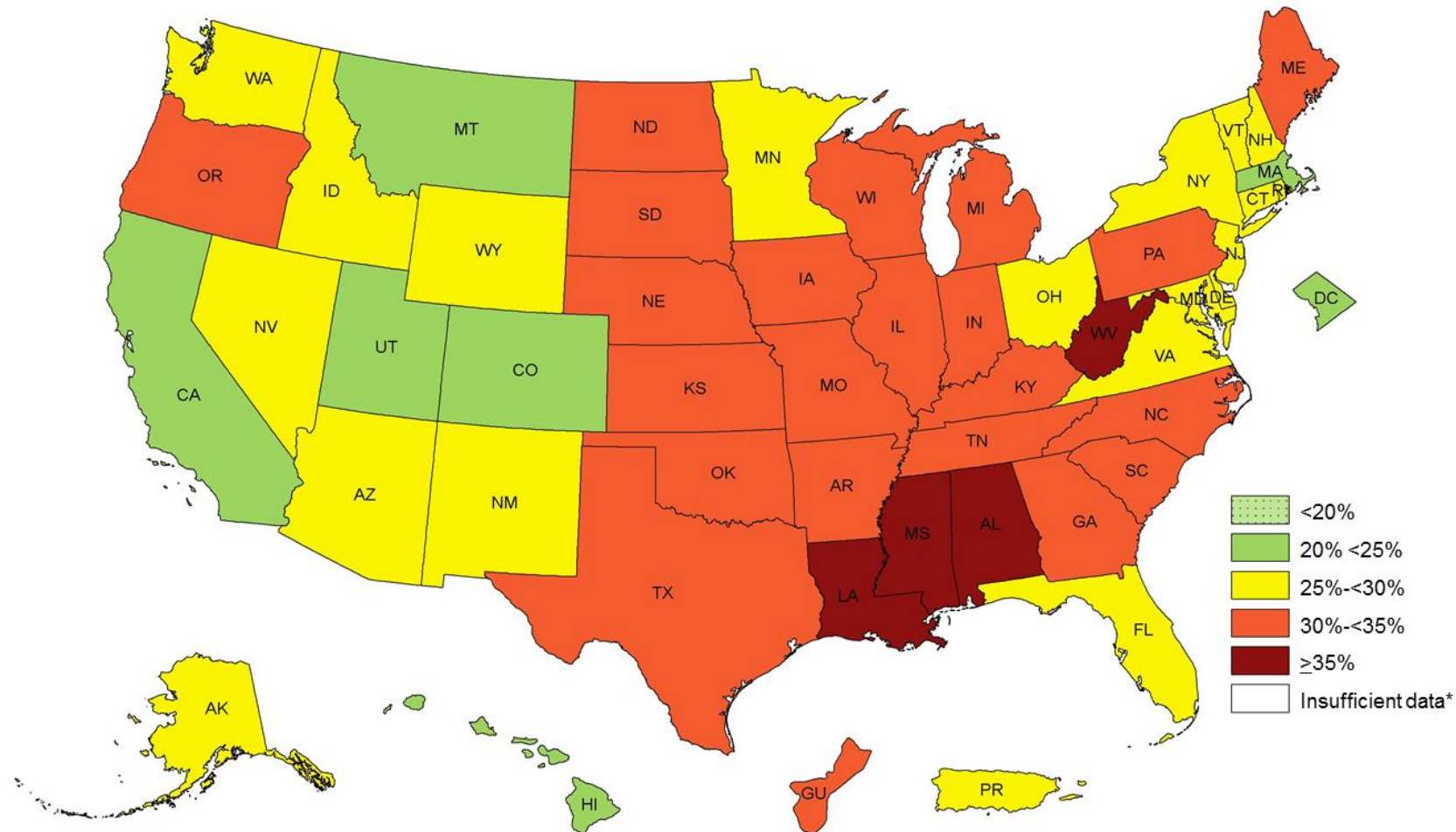


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

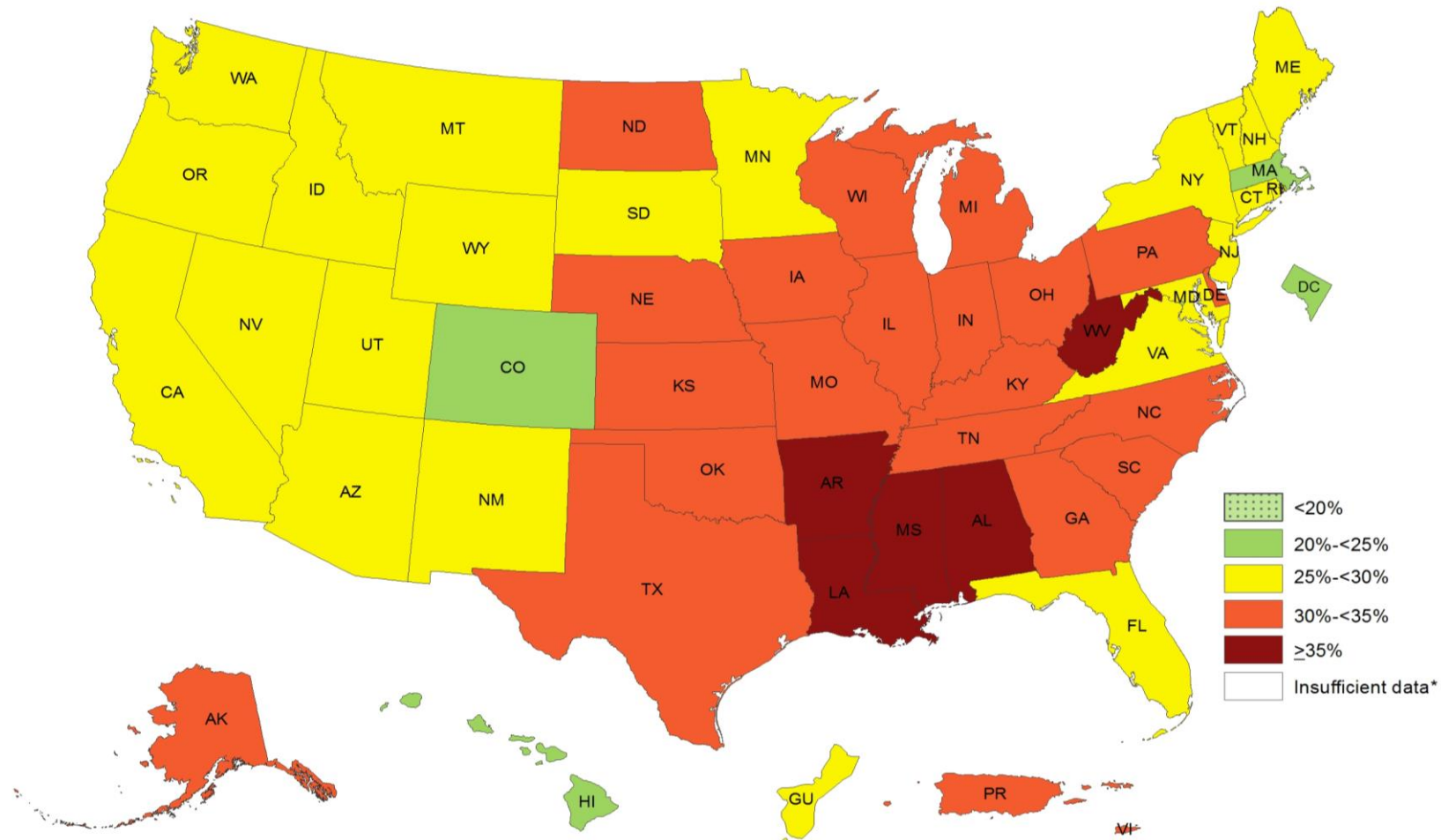


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

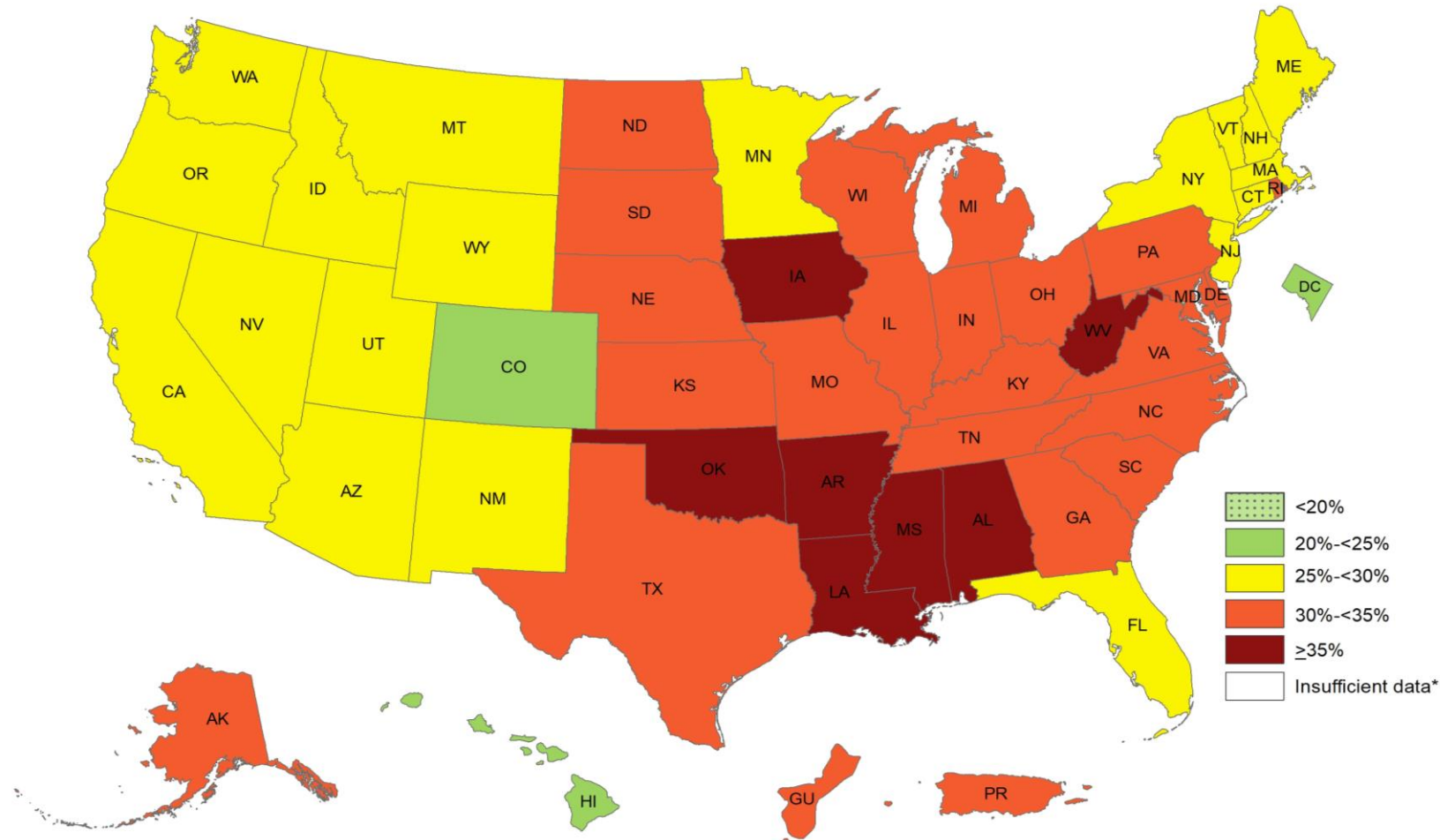


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

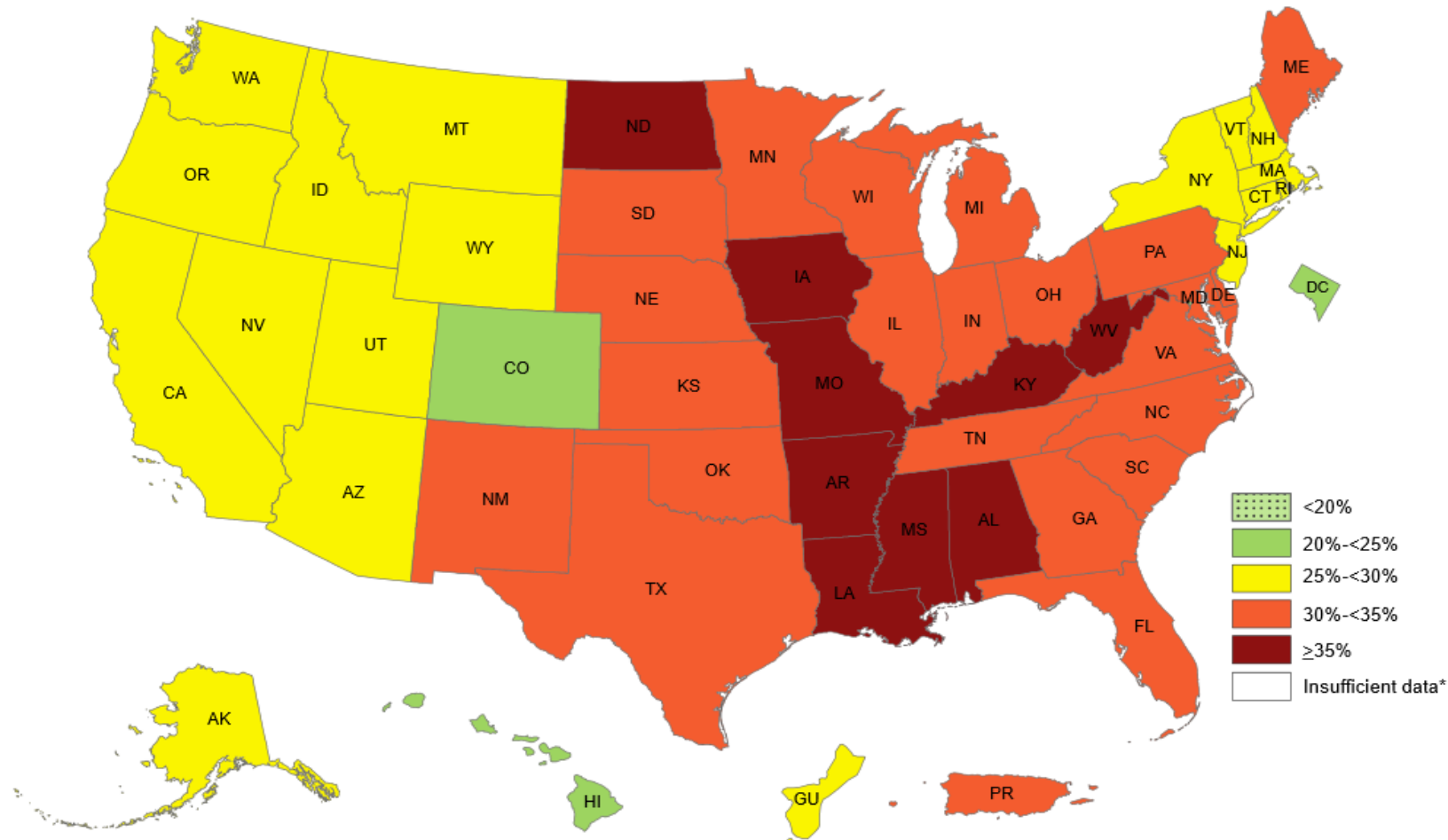


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$.



Prevalence[¶] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018

[¶] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.





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Kit Contents K-2 and 3-5

- Activity Cards
- Number Flashcards
 - K-2 - 3 sets of 0-9 – dot cards/fruits and vegetables
 - 3-5 - 1 set 0-9, 1 set 10-90 and 1 set 100-900 - physical activity
- Spinner
- Movement Poster
- Math Symbol Cube
- Mind in Motion DVD I (K-2) Mind in Motion DVD II (3-5)





Let's have
MORE FUN



Let's get
CREATIVE



Thank You!!
For more information:

HealthMPowers

www.healthmpowers.org

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