



## Youth Fitness 2022-23

As a likely result of the COVID pandemic, only 13 (16.9%) census tracts achieved the 80% goal in 2022-23. The overall pass rate fell from 74.9% in 2018-19 to 65.3% in 2022-23, with a range of 37.2% to 95.7%. In addition to physical health benefits, aerobically fit youth also show improved cognition (memory, academic performance) reduced symptoms of depression, and better lifelong health.

\* [cdc.gov/healthyschools/physicalactivity/guidelines.htm](https://cdc.gov/healthyschools/physicalactivity/guidelines.htm)