

FITNESS IN SOUTH CAROLINA YOUTH DURING THE COVID PANDEMIC

A SC FitnessGram Report

Sources of Data

SC FitnessGram has been administered annually statewide since the 2016-17 school year. While participation was reduced during the COVID pandemic, 21 school districts continued to provide data. This made it possible to compare data collected prior, during and after the pandemic. Detailed data, including comparisons for grade level, sex, race/ethnicity and poverty status can be found in the full report.

Who Participated?



21 Districts

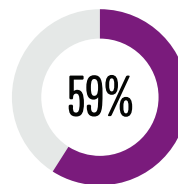


48,154 Students

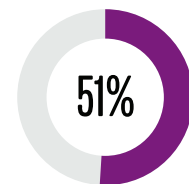


58% living in poverty

How Did Students Score?



Healthy Weight



Healthy Heart & Lungs

COVID's Impact

Comparing data from the 2018-19 and 2021-22 school years revealed a steady decline in students' health throughout the



Healthy Weight Decline

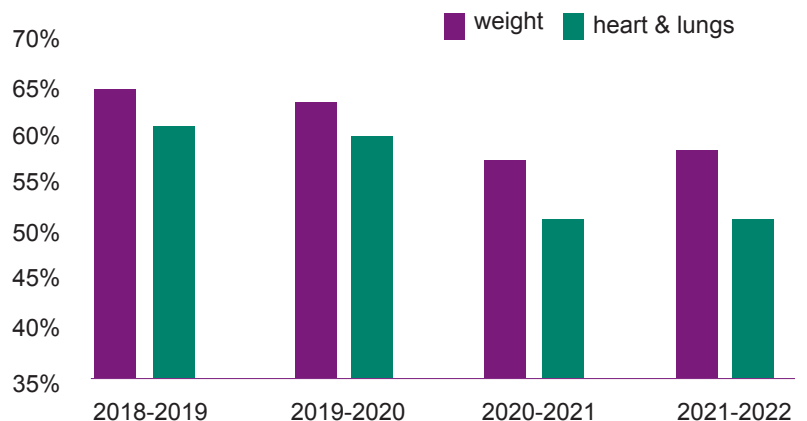
65% → 59%
PRE-COVID POST-COVID



Heart & Lung Decline

60% → 51%
PRE-COVID POST-COVID

Steady Decline During COVID-19 Years



Major Concerns



The percentage of students at a healthy weight and with healthy heart and lungs **steadily declined** following the onset of COVID.



Healthy weight and healthy heart and lungs **declined** for both boys and girls in each grade level and in both poverty groups.



It is likely that **changes in fitness** were the result of reduced student physical activity during school years most impacted by COVID.

Visit scdhec.gov/fitnessgram to access annual SC FitnessGram data reports and for recommendations on how to improve student health.