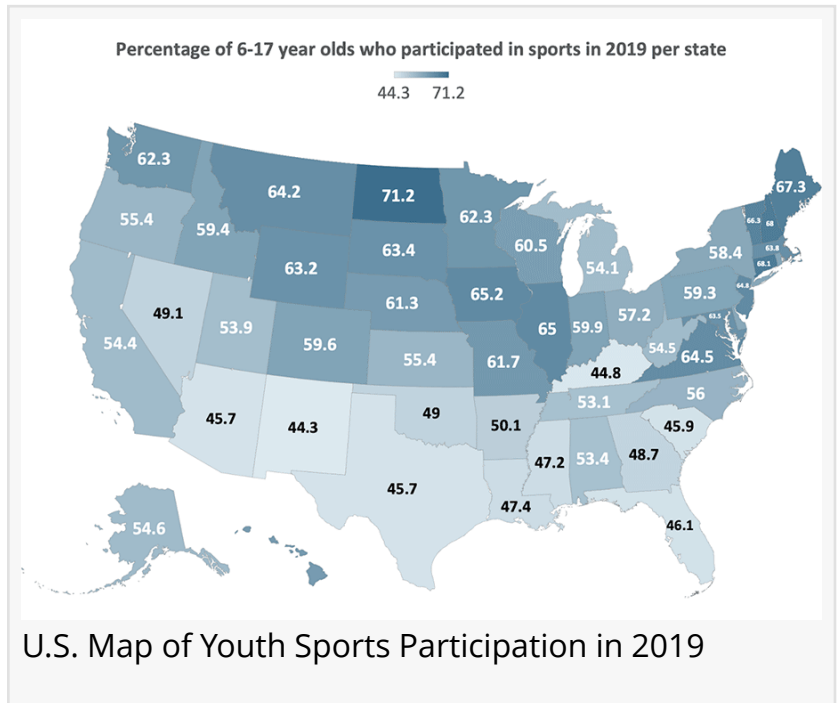


Childhood Obesity & Sports Injuries: New Report by Redondo Law

A new report examines the complexities of sports participation for children.

MIAMI, FLORIDA, UNITED STATES, April 25, 2024 /EINPresswire.com/ -- Redondo Law unveiled a new report today entitled "[Childhood Obesity, Sports, and Injury Prevention](#)," which delves into the dual roles sports play in both combating childhood obesity and presenting risks of injuries among youths in the U.S. The report emerges against a backdrop of increasing sedentary lifestyles among children, a trend closely linked with the rising prevalence of obesity.



According to the report, adherence to the CDC's activity recommendations of at least 60 minutes of moderate to vigorous physical activity daily is shockingly low among high school students, with only 24% meeting the standard.

Potential reasons cited in the report for low levels of physical activity among students include an increased dependence on electronic devices for entertainment as well as significant funding cuts to physical education programs in schools in recent years, with many physical education classes now providing just 10 to 20 minutes of meaningful exercise per session, according to the American Heart Association.

To highlight how this lack of activity is impacting children's health and obesity levels across the U.S., Redondo Law's report analyzed data from a Robert Wood Johnson Foundation study that ranked U.S. states by childhood obesity levels and compared these findings with the 2019 National Survey of Children's Health, which examined youth sports participation.

The comparison revealed a notable correlation: states with higher obesity rates often have lower rates of sports participation, and vice versa. According to their analysis, of the 10 states with the

smallest percentage of kids who participated in sports, 5 of them—Kentucky, New Mexico, Mississippi, Louisiana, and Texas—also made the list of the 7 worst states for youth obesity. Conversely, of the 10 states with the highest percentage of participation in youth sports, 3 of them—Vermont, Montana, and New Hampshire—made the list of the 11 states with the lowest levels of youth obesity.

The report notes that no states with high levels of youth participation in sports were included in the list of states with the highest obesity rates, and no states with low levels of youth participation in sports were included in the list of states with the lowest obesity rates.

However, despite the many health benefits that sports offer today's youth, the report points out that they also come with significant risks, [including injuries](#), which must be weighed against these benefits. It notes that in 2022 alone, over 2.2 million young people under 25 visited emergency rooms for sports-related injuries, according to the National Safety Council, with basketball, football, and soccer accounting for most of these injuries.

To reduce these risks, the report advocates for [comprehensive injury prevention](#) strategies and proper training for everyone involved in youth sports and calls on parents, educators, and community leaders to support increased sports participation by creating a wider variety of engaging sports programs that cater to different interests and abilities.

For more information and further analysis, visit <https://redondolawfirm.com/childhood-obesity-youth-sports-injuries/>

About Redondo Law

Redondo Law is a Miami-based law firm specializing in personal injury law, committed to advocating for the well-being of children and adolescents. Our mission is to support and promote initiatives that contribute to a healthier, safer environment for young people across the country.

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