

Keeping Our Kids Active: The Value of Youth Sports

Information for Parents, Athletes, and Coaches

Kenton H. Fibel, MD
Sports Medicine Physician
Medical Director, Anaheim Ducks
Kerlan-Jobe Orthopaedic Clinic
www.kentonfibelmd.com

What are the benefits of Physical Activity and Sports for our Youth?

- Helps prevent obesity, heart disease, and diabetes
- Helps students focus in school
- For teens, helps avoid risk-taking behaviors like smoking, drinking, and using drugs
- Improves sleep
- Burns calories
- Strengthens the cardiovascular system
- Builds strong bones and muscles
- Increases flexibility
- Diffuses stress
- Teaches teamwork and sportsmanship
- Boosts self-esteem
- Improves an overall sense of well-being



Important to Promote Physical Activity

We can't let our kids develop bad habits with just sitting at home, staking out a place on the couch, and spending the day watching TV or playing video games...



AAP News

New report guides physical activity counseling in pediatric clinical settings

Natalie D. Muth, M.D., M.P.H., R.D.N., FAAP

February 24, 2020

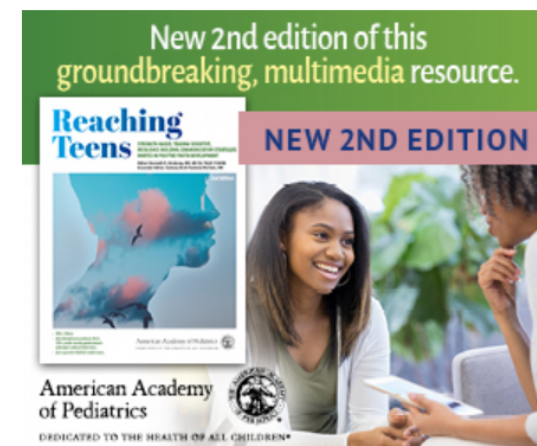
AAP Clinical Report

Obesity. Fatty liver disease. Prediabetes. Dyslipidemia. Attention-deficit/hyperactivity disorder (ADHD). Depression. Anxiety.

Pediatricians diagnose children with these illnesses every day. But how often do we include physical activity assessment, counseling and prescription in the treatment plan?

A new AAP clinical report aims to give clinicians guidance to help patients achieve physical activity levels for improved health.

The report, *Physical Activity Assessment and Counseling in Pediatric Clinical Settings* from the Council on Sports Medicine and Fitness and Section on Obesity, is available at <https://doi.org/10.1542/peds.2019-3992> and will be published in the March issue of *Pediatrics*.



New report guides physical activity counseling in pediatric clinical settings | American Academy of Pediatrics
<https://www.aappublications.org/news/2020/02/24/physicalactivity022420>

AAP Public Service Announcement



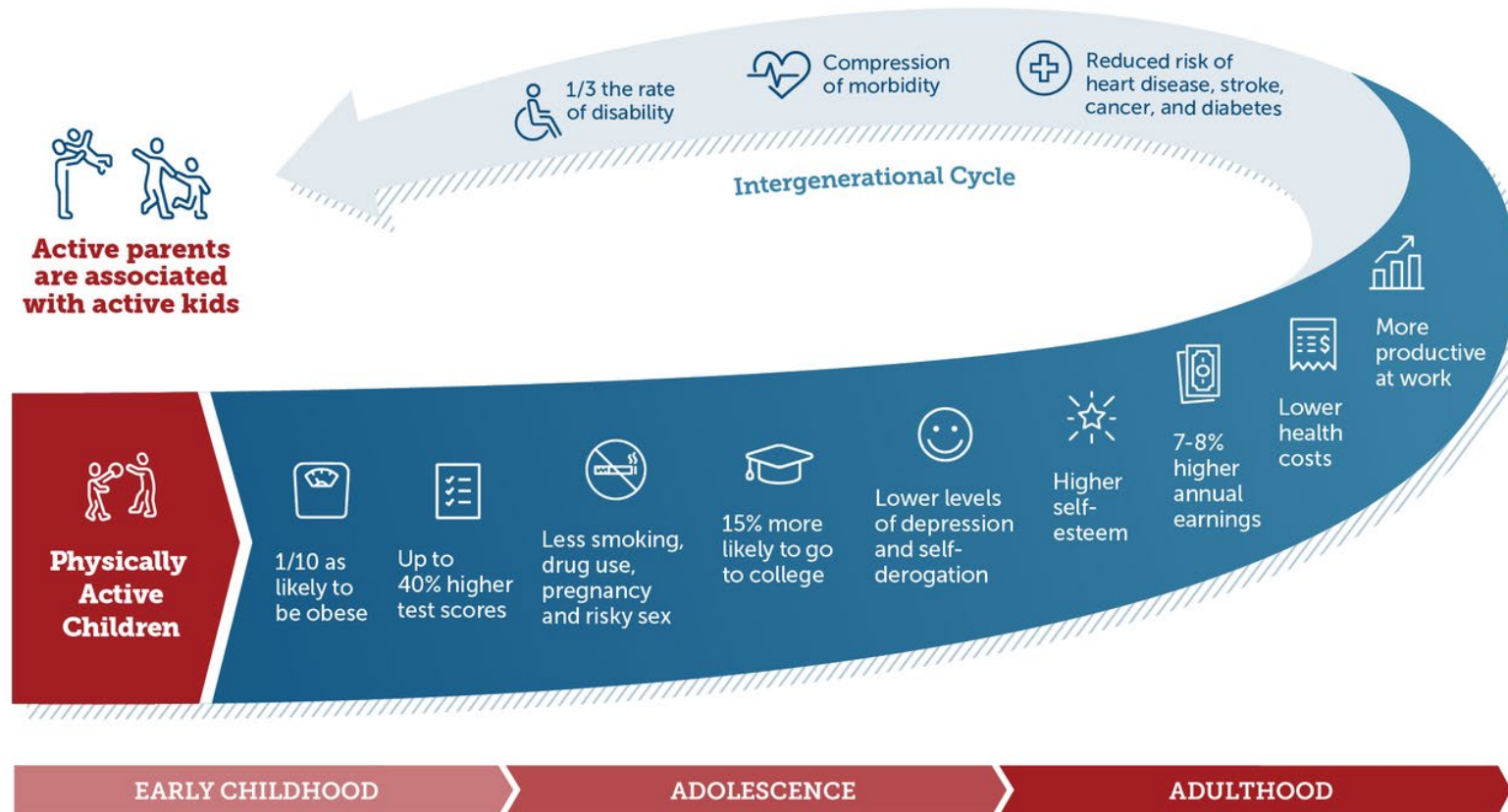
Keep Kids Active

Watch Video at:

<https://www.youtube.com/watch?v=x4f9sdSMYjM&feature=youtu.be>

ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits

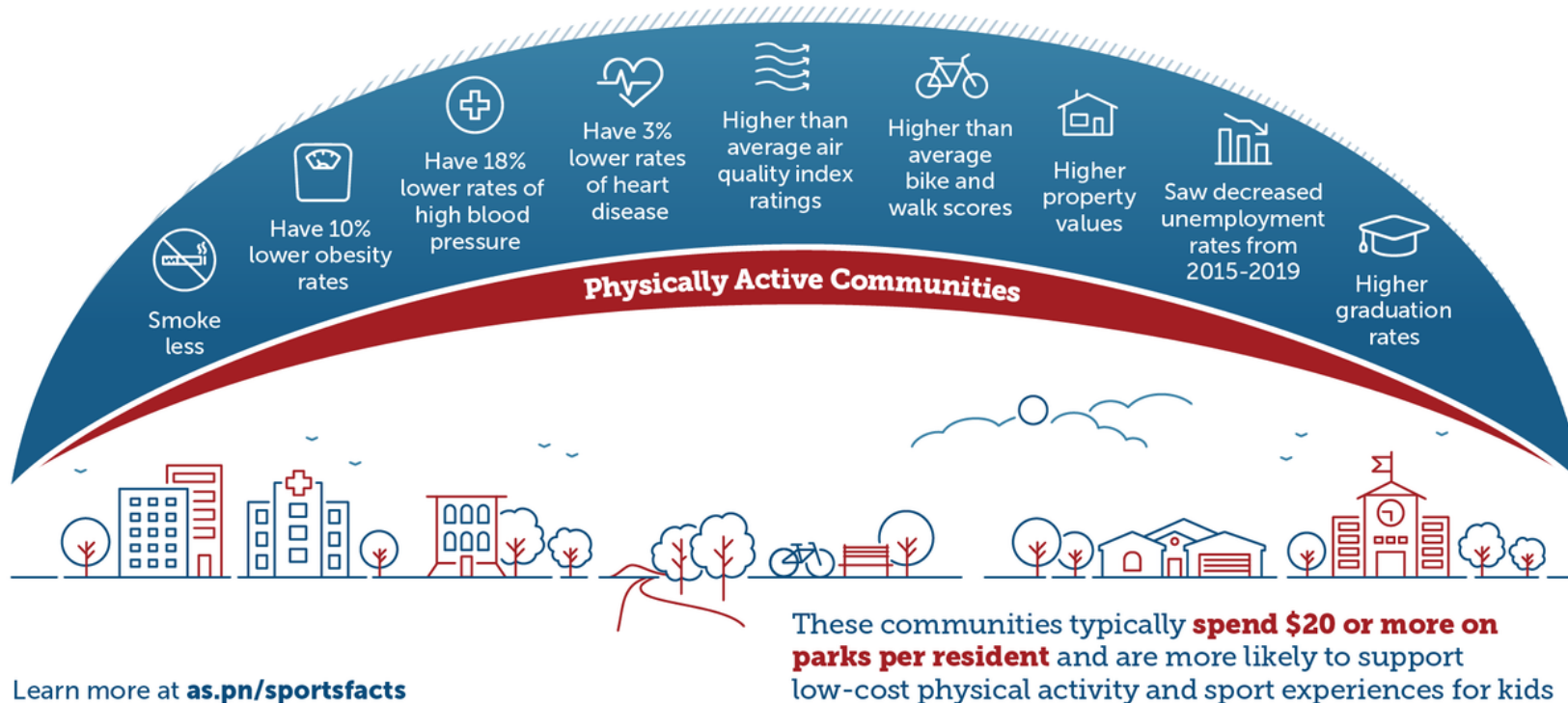


Learn more at aspen.org/sportsfacts

Importance of Having ACCESS To Our City Facilities and Fields

Active Communities Do Better

What Research Shows on the Benefits to Residents



Learn more at aspeninstitute.org/sportsfacts

Already Seeing Less Youth Sport Participation....last thing we need is to limit their access to sports activities

CORE SPORT PARTICIPATION BY DEMOGRAPHIC

Children ages 6 to 12 who played a sport on a regular basis

	2012	2018
Male	49.1%	38.6%
Female	33.5%	31.4%

Lack of Access to More Affordable, City Facilities Disproportionately Affects Those of Lower Socioeconomic Status in their ability to Participate in Sports/Physical Activity

CORE SPORT PARTICIPATION BY DEMOGRAPHIC

Children ages 6 to 12 who played a sport on a regular basis

	2018
Male	38.6%
Female	31.4%
Household Income Under \$25,000	21.6%
Income \$25,000 to \$49,999	30.7%
Income \$50,000 to \$74,999	39.4%
Income \$75,000 to \$99,999	41.0%
Income \$100,000+	42.7%

Importance of Returning to Youth Sports

Should athletes be training right now?

- ▶ “Absolutely. One of the things that we need to do right now is work to make our children’s lives as normal as possible while following guidelines of social distancing. That may require family members serving the role of teammates and may involve a significant amount of cross training for athletes who can’t play their sport, but we definitely need to keep our children active and motivated.”

Johns Hopkins Children’s Hospital

<https://www.hopkinsallchildrens.org/ACH-News/General-News/Returning-to-Youth-Sports-After-the-Coronavirus-Cr>

Importance of Returning to Youth Sports

- ▶ “In the medical literature we have studies that show that injured athletes suffer from increased rates of depression and anxiety when they are unable to play their sport. Now we know that this is a much different situation but we can expect similar responses in athletes who are dealing with the lack of training and the uncertainty that the COVID-19 crisis has created.”

Johns Hopkins Children's Hospital

<https://www.hopkinsallchildrens.org/ACH-News/General-News/Returning-to-Youth-Sports-After-the-Coronavirus-Cr>

Maintaining and Building Sports Skills

- ▶ Children develop sports skills in a sequence, so each sequence should be maxed out for that child.
- ▶ If each developmental stage is fully formed, your active child has the ability to more completely reach her maximum capacity for participation in sports.
- ▶ Training and Individual Skills activities are great ways to practice social distancing while still maintaining an active and healthy lifestyle and building our kids athletic talents

Phased Approach

- ▶ During this unique time with the coronavirus, we need to be creative and find unique ways to keep our kids active
- ▶ Approach return to sports in Phases
 - ▶ **Phase 1**-Individual Sports Skills (Can be alone or in a group with appropriate safety/social distancing measures)
 - ▶ Camps
 - ▶ Team workouts
 - ▶ **Phase 2**-Resume Group Interactive Team Activities/Practices with safety precautions following guidelines
 - ▶ **Phase 3**-Resume All Competition/Activities (consider some adjustments if needed to allow for safe return to competition)
- ▶ We cannot treat this as an “On” and “Off” switch....we need a “dimmer” that allows us progress activities thoughtfully to get our kids outdoors and active while also adhering to safety guidelines

Developing Skills Safely During Covid-19

- ▶ Setup guidelines to successfully allow our kids and athletes to train safely which includes
 - ▶ Proper social distancing during drills
 - ▶ Hand hygiene
 - ▶ Temp checks
 - ▶ Symptom checklists/questionnaires

Understanding Covid-19 Risks

- ▶ Although there is debate on whether our youth can be Covid-19 asymptomatic spreaders, it does appear that they are at much less risk to have serious complications compared to the elderly and those in the population that are immunocompromised or have significant health conditions
- ▶ **0-24 years old comprise only 188/121,374 deaths or only 0.155% of all deaths according to the CDC data**
- ▶ Almost all of these 188 had significant medical conditions



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™

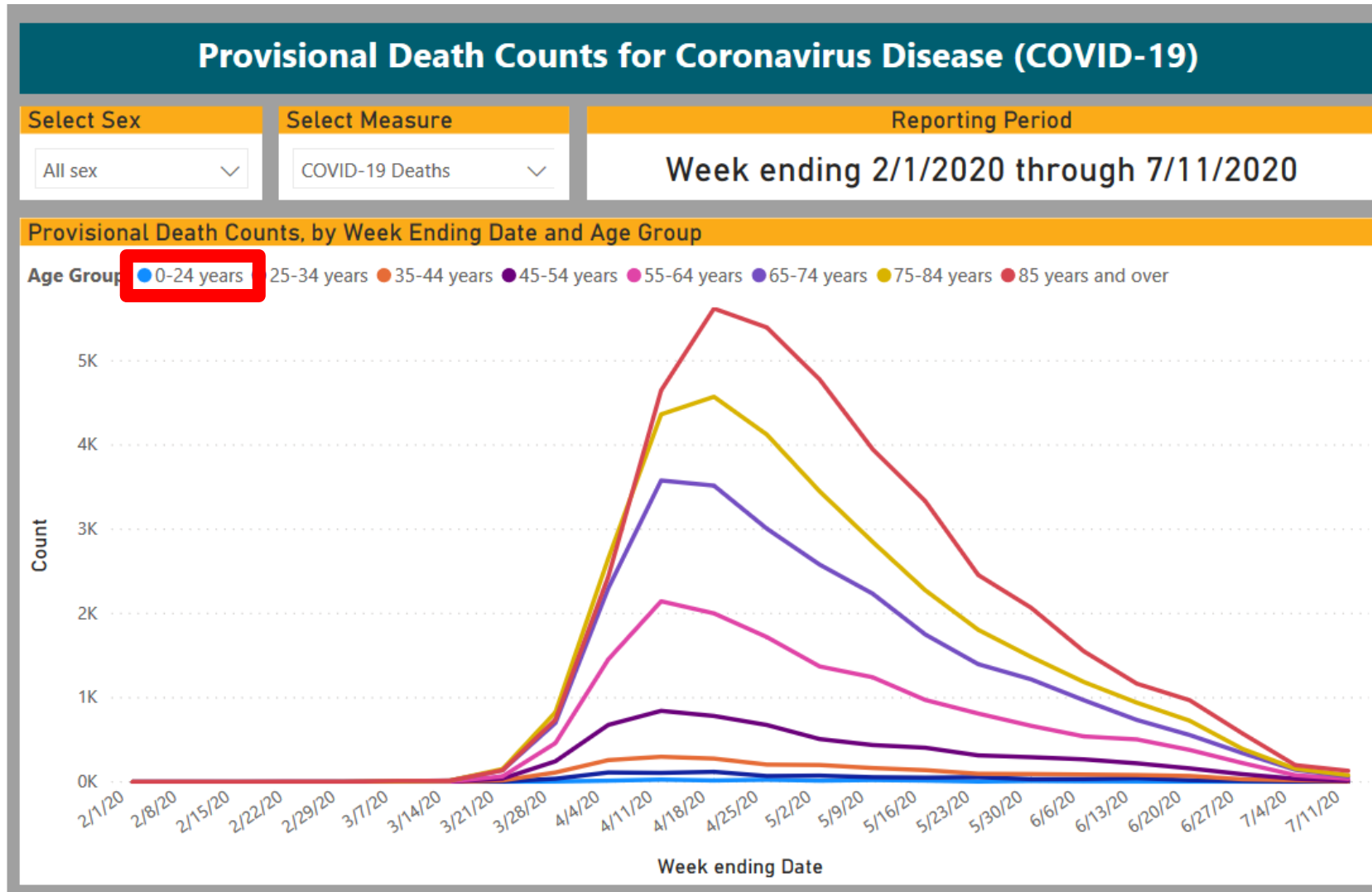
Data.CDC.gov

[Home](#) [Data Catalog](#) [Developers](#) [Video Guides](#)

Provisional COVID-19 Death Counts by Sex,
Age, and State NCHS

Age group	COVID-19 Deaths
Under 1 year	9
1-4 years	8
5-14 years	14
15-24 years	157
25-34 years	844
35-44 years	2,169
45-54 years	6,021
55-64 years	14,693
65-74 years	25,268
75-84 years	32,066
85 years and over	40,125
All Ages	121,374

CDC Data for Youth Risk from Covid-19



► https://www.cdc.gov/nchs/nvss/vsrr/covid_weekly/index.htm#AgeAndSex

Covid-19 Risk By Age

- Appears that other countries' data is consistent with the CDC data that our youth has significantly less risk for severe outcomes compared to others in the population

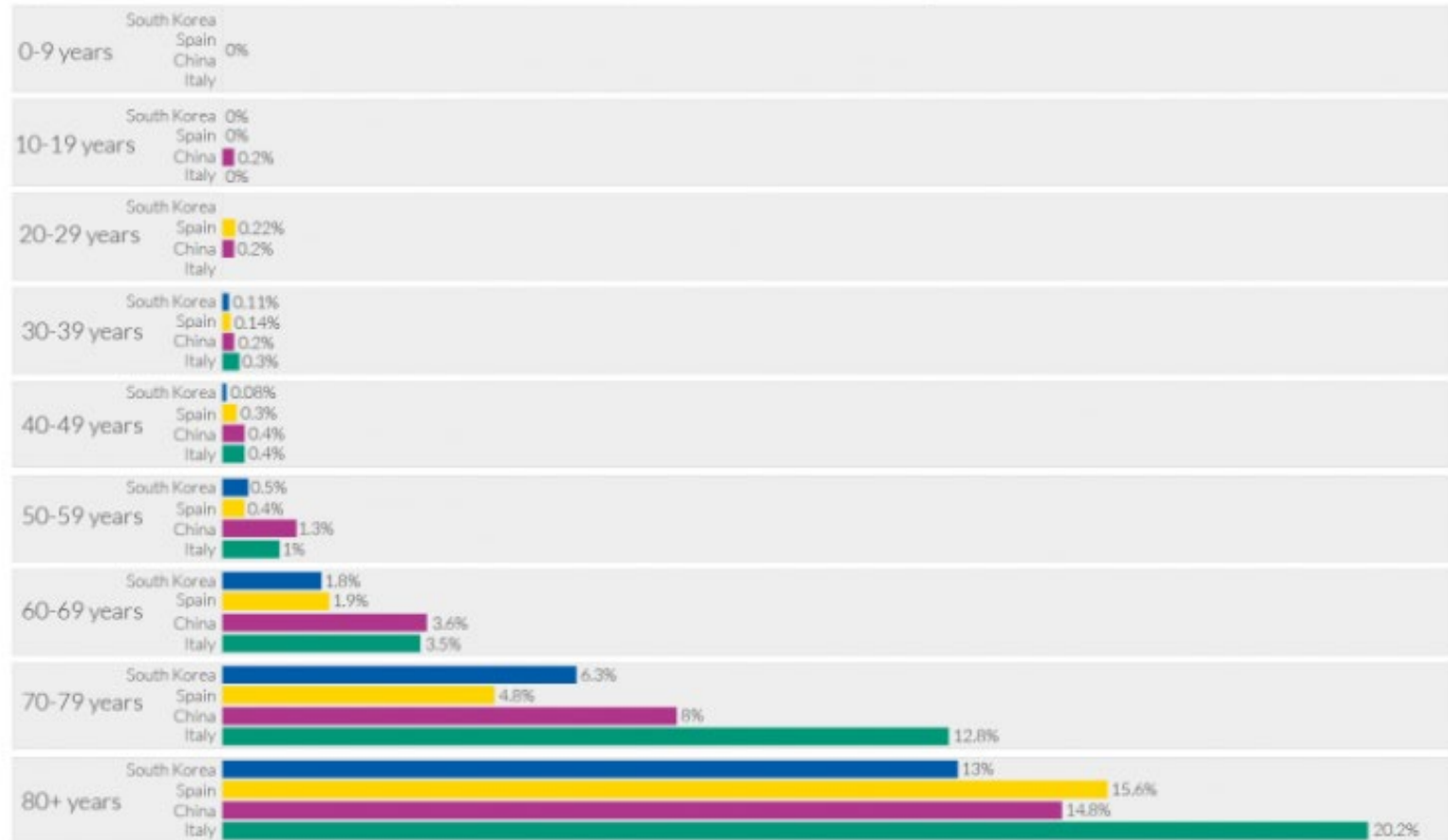
Coronavirus: case fatality rates by age

Our World
in Data

Case fatality rate (CFR) is calculated by dividing the total number of confirmed deaths due to COVID-19 by the number of confirmed cases.

Two of the main limitations to keep in mind when interpreting the CFR:

- (1) many cases within the population are unconfirmed due to a lack of testing.
- (2) some individuals who are infected will eventually die from the disease, but are still alive at time of recording.



Note: Case fatality rates are based on confirmed cases and deaths from COVID-19 as of: 17th February (China); 24th March (Spain); 24th March (South Korea); 17th March (Italy).

Data sources: Chinese Center for Disease Control and Prevention (CDC); Spanish Ministry of Health; Korea Centers for Disease Control and Prevention (KCDC).

Onder G, Rezza G, Brusaferro S. Case-Fatality Rate and Characteristics of Patients Dying in Relation to COVID-19 in Italy. JAMA.

OurWorldinData.org - Research and data to make progress against the world's largest problems.

Licensed under CC-BY by the authors Hannah Ritchie and Max Roser.

What about COVID-19 and Multi-System Inflammatory Syndrome in Children?

- ▶ You may have heard news reports about a possible connection between **COVID-19** and a rare but serious health condition in children called Multi-System Inflammatory Syndrome in Children (MIS-C).
- ▶ American Academy of Pediatrics (AAP) wants to reassure parents that very few children get severely ill from the virus that causes COVID-19
- ▶ In addition, most diagnosed with MIS-C have recovered after getting medical care

https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/covid_inflammatory_condition.aspx

Benefits of Physical Activity and Youth Sports

- Need to recognize the risk is not '0' but if we take appropriate steps and proceed thoughtfully, we can allow our youth to enjoy the benefits of physical activity, skill development, and all that they gain from resuming youth sports without significant risk to their health

Let's Get Our Kids Active!!

- ▶ Current thinking is that swimming, golf, and tennis are relatively safe and can resume with social distancing precautions....so why not use these same concepts to resume training for our youth who play other sports like soccer, football, baseball, softball, basketball, etc



Return to Sport Safely Incorporating Social Distancing and Good Hygiene Practices



Get Creative, Think Outside the Box

- ▶ Plyometrics
- ▶ Cross Training
- ▶ Review “pre-Covid” drills and apply new guidelines to adhere to social distancing and safety concepts
- ▶ Be willing to adapt
- ▶ Don't lose sight of the goal....**get our youth out of the house and active engaging in physical activity that will benefit them in many ways in the present and future**



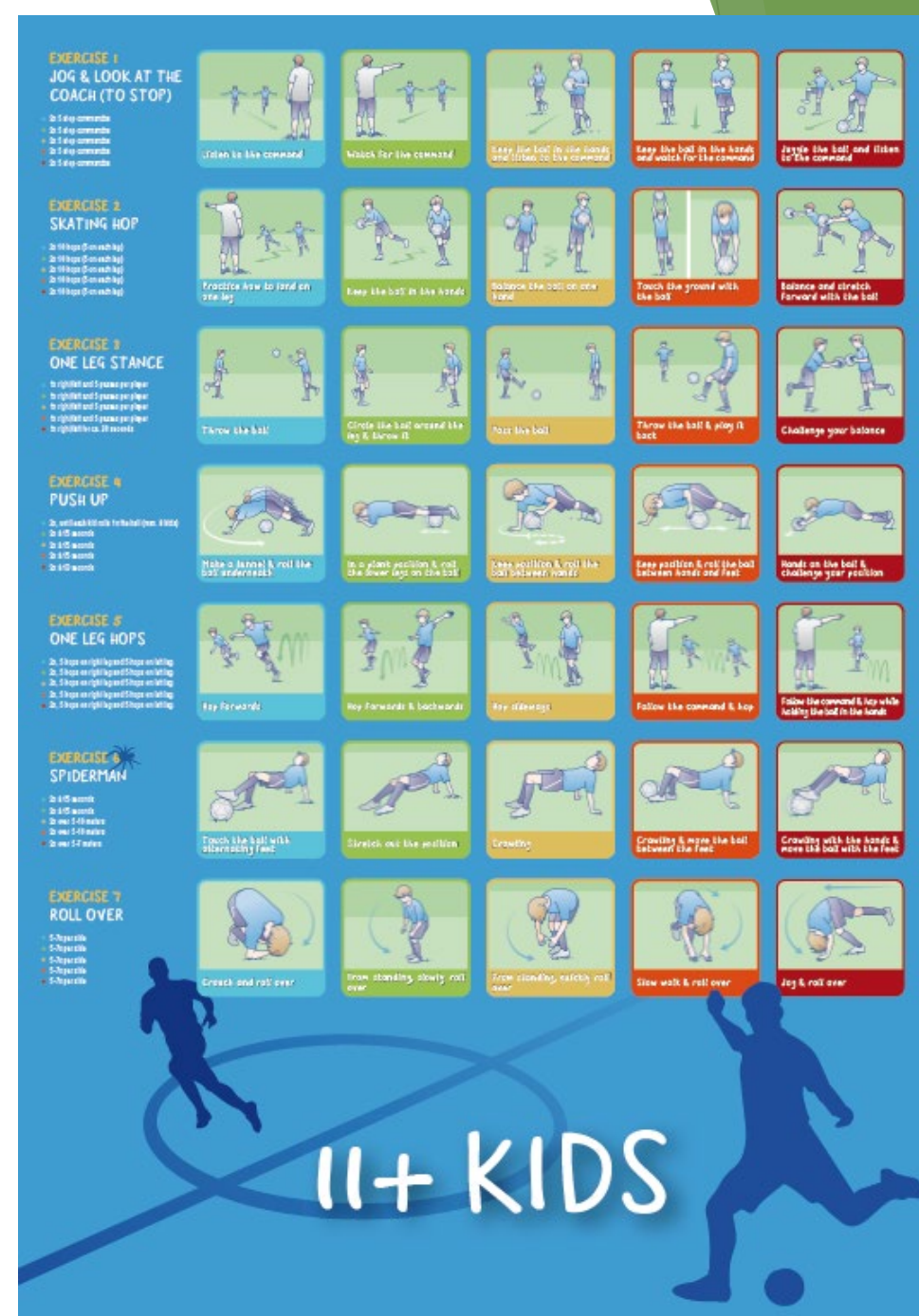
Incorporate Injury Prevention Programs

- ▶ Social distancing friendly
- ▶ Reduce Injuries in sport
- ▶ Injury reduction includes muscle strains, ACL tears, etc



A large randomised trial in four European countries with more than 4,000 kids (age range: 7-12)

- injury reduction of about 50% in those teams practising the 11+ Kids as a warm-up (Rössler *et al*).
- Match injuries were reduced by 31%, training injuries by 40%, lower extremity injuries by 41%, overall non-contact injuries by 55% and severe injuries by 56%.



American Academy Of Pediatrics (AAP)

The BEST Medicine.....

- the AAP urges families to make lifelong physical activity a goal

“It’s the best medicine parents can give their kids for a lifetime of health.”

Thank You

Kenton H. Fibel, MD

Sports Medicine

Medical Director, Anaheim Ducks

Kerlan-Jobe Orthopaedic Clinic

Office: 2400 East Katella Avenue
Suite 400, Anaheim, CA 92806

Office Manager Erin: (310) 665-7220

www.kentonfibelmd.com

