

## PHYSICAL FITNESS

Only 33% of children in San Mateo County meet basic fitness standards. This is according to FITNESSGRAM® - a physical fitness test (PFT) taken by students in grades five, seven and nine across California. The test has six parts and together they are a good measure of the health of children in San Mateo County.

Cities	Overweight and Obese Children	Obese Children	Children meeting 6/6 Fitness Standards
Atherton	38.0%	24.4%	37.7%
Belmont	30.4%	17.1%	50.3%
Brisbane	11.9%	8.9%	16.8%
Burlingame	21.7%	11.0%	46.6%
Colma	43.6%	29.5%	30.2%
Daly City	43.9%	29.9%	34.4%
East Palo Alto	50.0%	37.4%	22.4%
El Granada	42.2%	30.2%	31.3%
Foster City	32.4%	19.6%	41.0%
Half Moon Bay	43.6%	27.9%	38.3%
Hillsborough	14.9%	5.7%	44.7%
La Honda	52.2%	39.2%	0.0%
Menlo Park	36.9%	25.1%	42.0%
Millbrae	32.9%	19.8%	51.1%
Montara	42.4%	24.2%	37.9%
Pacifica	43.6%	26.8%	31.4%
Pescadero	69.2%	46.1%	15.4%
Portola Valley	0.6%	0.0%	73.0%
Redwood City	46.4%	30.8%	26.4%
San Bruno	47.7%	31.9%	27.8%
San Carlos	32.9%	18.8%	36.3%
San Mateo	42.4%	29.3%	35.1%
South San Francisco	45.3%	23.9%	7.3%
Woodside	39.2%	25.4%	37.9%
<b>San Mateo County</b>	<b>34.9%</b>	<b>21.4%</b>	<b>33.0%</b>

Source: California Department of Education, Physical Fitness Test; <http://www.cde.ca.gov/ta/tg/pf/>