



Addressing Physical Activity in Youth

September 4, 2018

Special Thanks

*National Collaboration to Promote Health, Wellness,
and Academic Success of School-Age Children*

Cooperative Agreement CDC-RFA-DP16-1601
with the Centers for Disease Control and
Prevention (CDC).



Objectives

- Through this webinar, attendees will:
 - Deepen their knowledge on the health and academic benefits and current state of physical education and physical activity (PE/PA) in schools.
 - Learn about a Comprehensive School Physical Activity Program (CSPAP)
 - Understand the role of Springboard to Active Schools in promoting active school environments in school districts and schools across the country.



Today's Agenda

- Physical education and physical activity in the US
- A brief overview of CSPAP
- Overview of Springboard to Active Schools
- Q&A session



Poll: Who's in the (virtual) room? (select all that apply)

- Nurse
- Physical Educator
- District or school-level staff
- State education department
- State health department
- Public health professional
- Other



Poll: On a scale from 1 to 5, how do you rank your experience with physical education when you were in school. (select one)

- 1 – I dreaded it! It was my least favorite time of the day/week.
- 2
- 3 – Neutral – I got to catch up on reading.
- 4
- 5 – I couldn't get enough! It was my favorite time of the day/week.



Youth Physical Education and Physical Activity

Benefits of Physical Activity



REDUCES ANXIETY
AND DEPRESSION

IMPROVES ACADEMIC
OUTCOMES

IMPROVES FITNESS

BUILDS STRONG BONES AND
MUSCLES



REDUCES CHRONIC
DISEASE

CONTROLS WEIGHT



National Recommendation for 6-17 year old

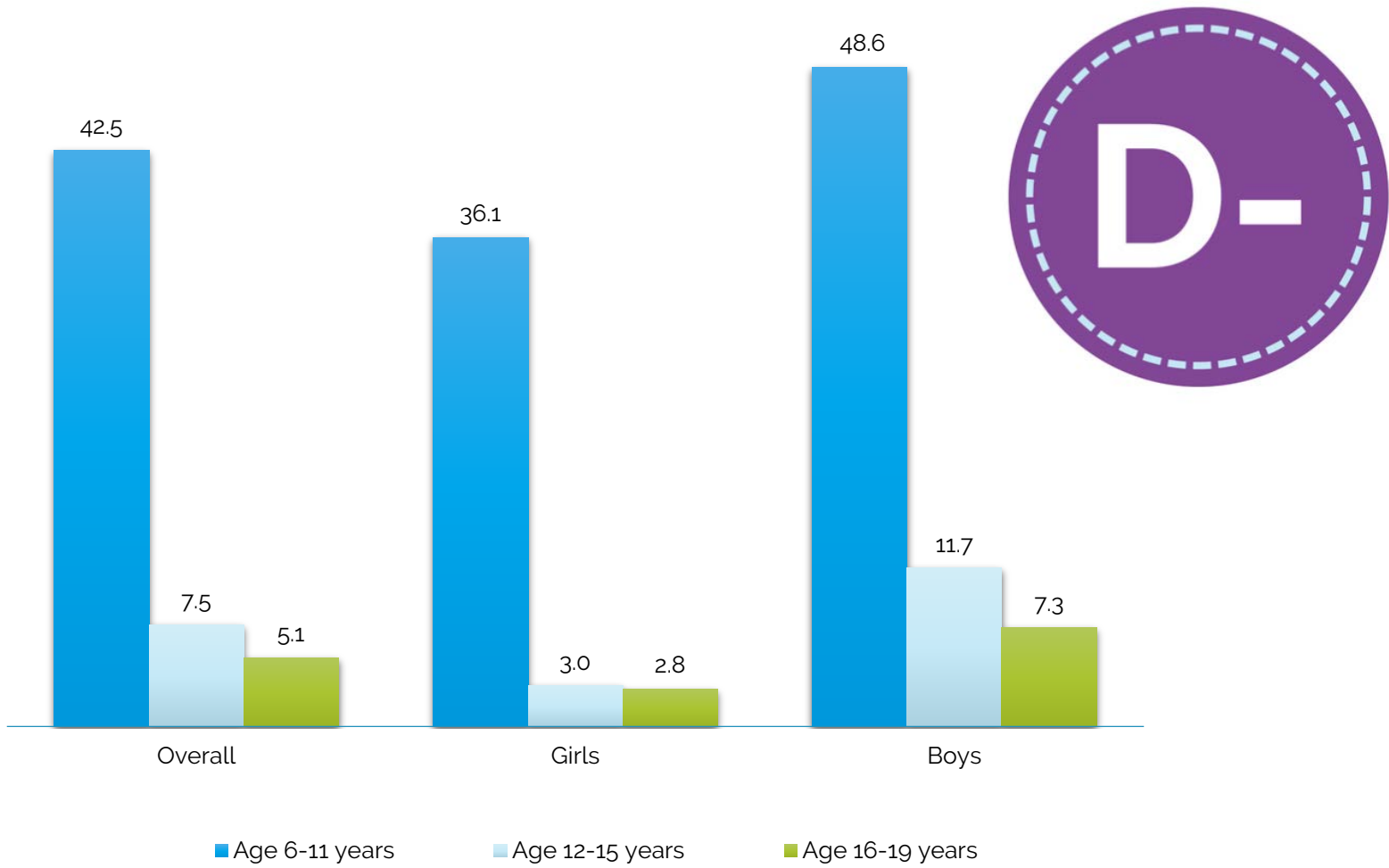
60 minutes or
more of physical
activity every day

This includes aerobic, muscle-strengthening,
and bone-strengthening.

Activities should be age appropriate, enjoyable,
and offer variety.

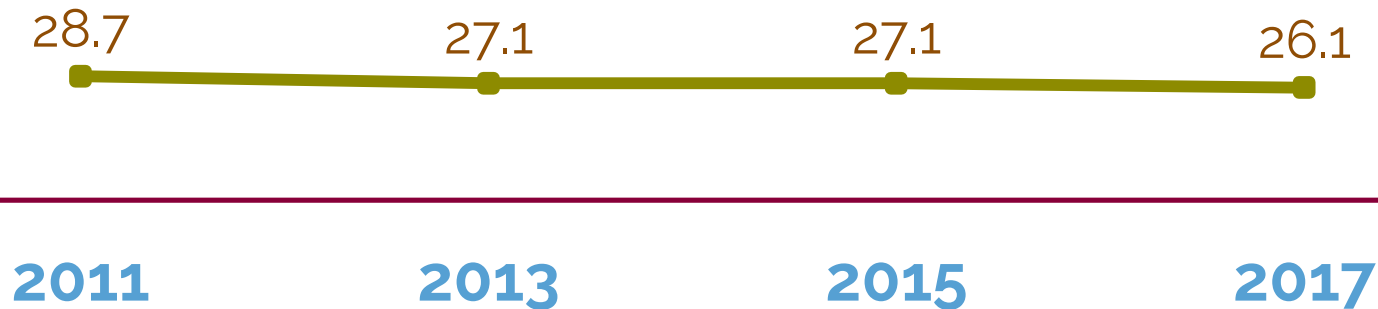


Overall Physical Activity Levels in the U.S.



Changes in PA Among Youth

Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on all 7 Days,* 2011-2017



* Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey.

Centers for Disease Control and Prevention. 2017 Youth Risk Behavior Survey Data. Available at: www.cdc.gov/yrbis.

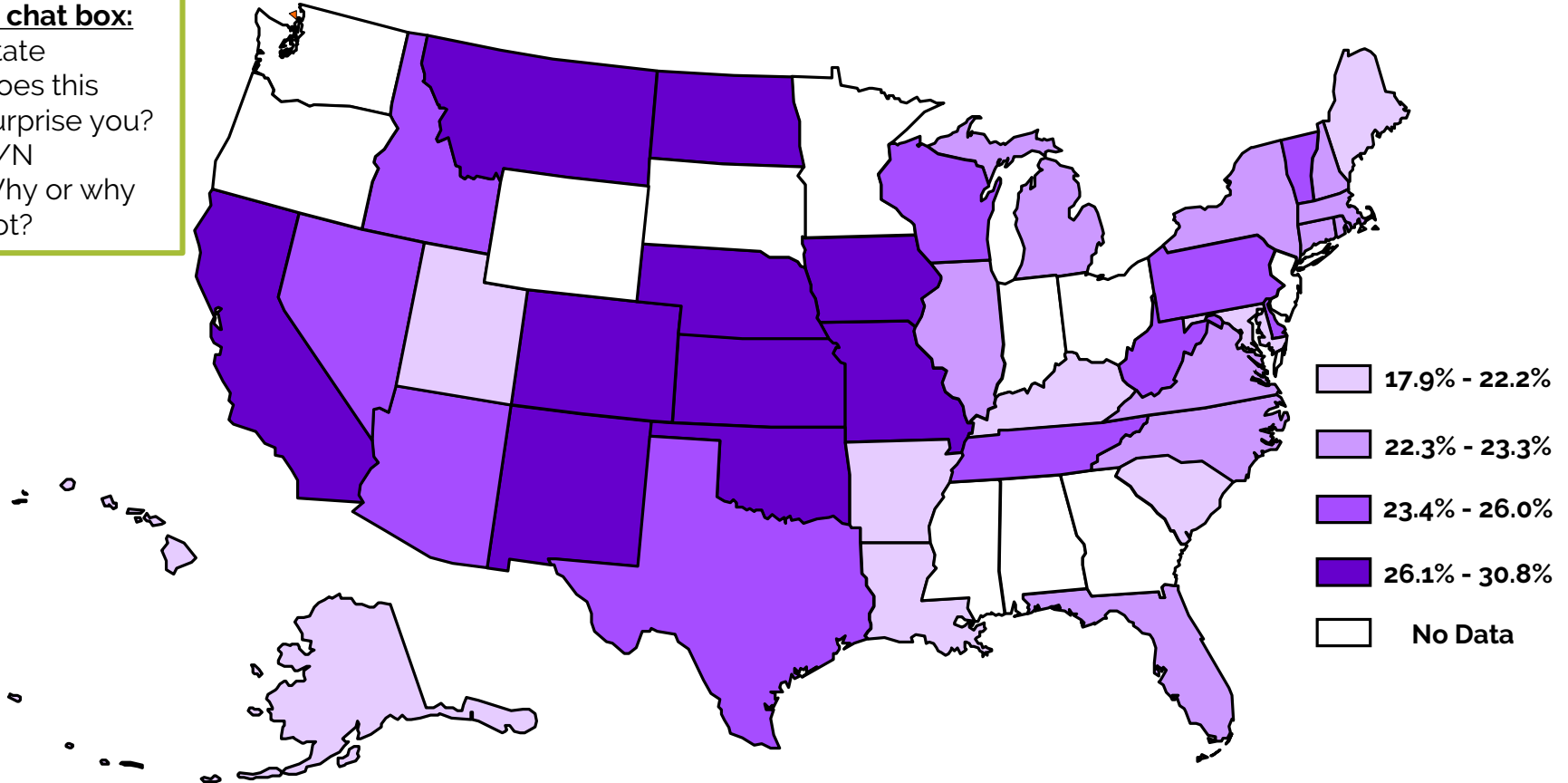


Find Your State

Percentage of High School Students Who Were Physically Active at Least 60 Minutes Per Day on All 7 Days*

In the chat box:

- State
- Does this surprise you? Y/N
- Why or why not?



*In any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey



Poll: What do you think?

Agree

Disagree

In your state, districts, and/or school, most teachers and administrators understand that physical education and physical activity enhances academic achievement.



Overview of a Comprehensive School Physical Activity Program (CSPAP)

Poll: When you were in school, at what times during the school day did you get physical activity? (select all that apply)

- Before school
- In the classroom
- During PE
- After school
- Recess
- None
- Other:



Poll: How familiar are you with a Comprehensive School Physical Activity Program? (select one)

- Not familiar
- Somewhat familiar
- Very familiar



Comprehensive School Physical Activity Program

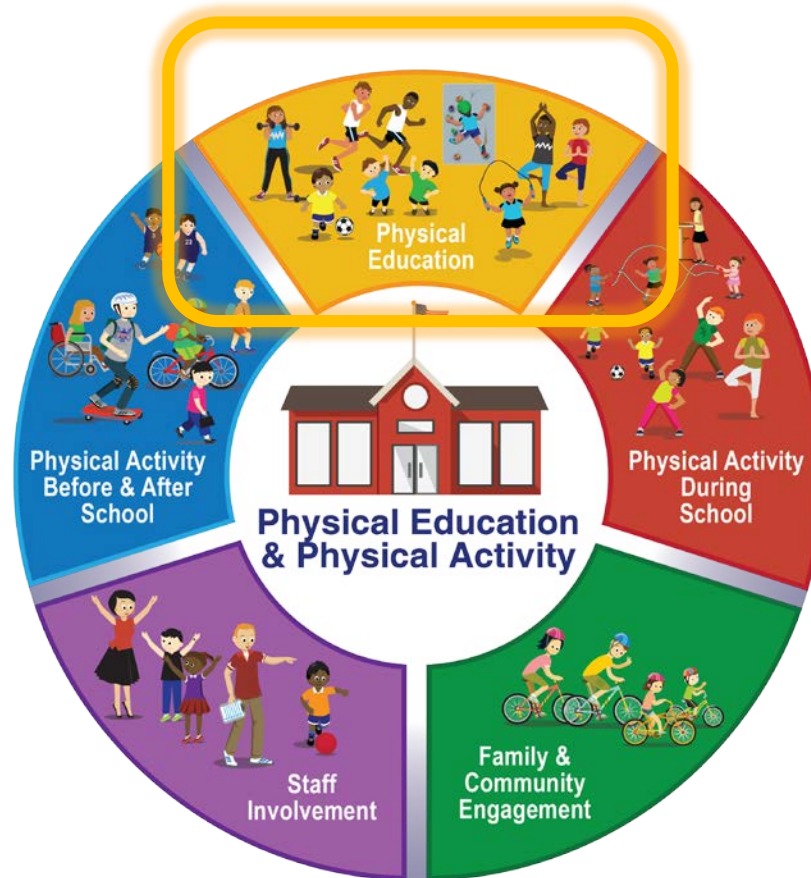


Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



CSPAP Component: Physical Education



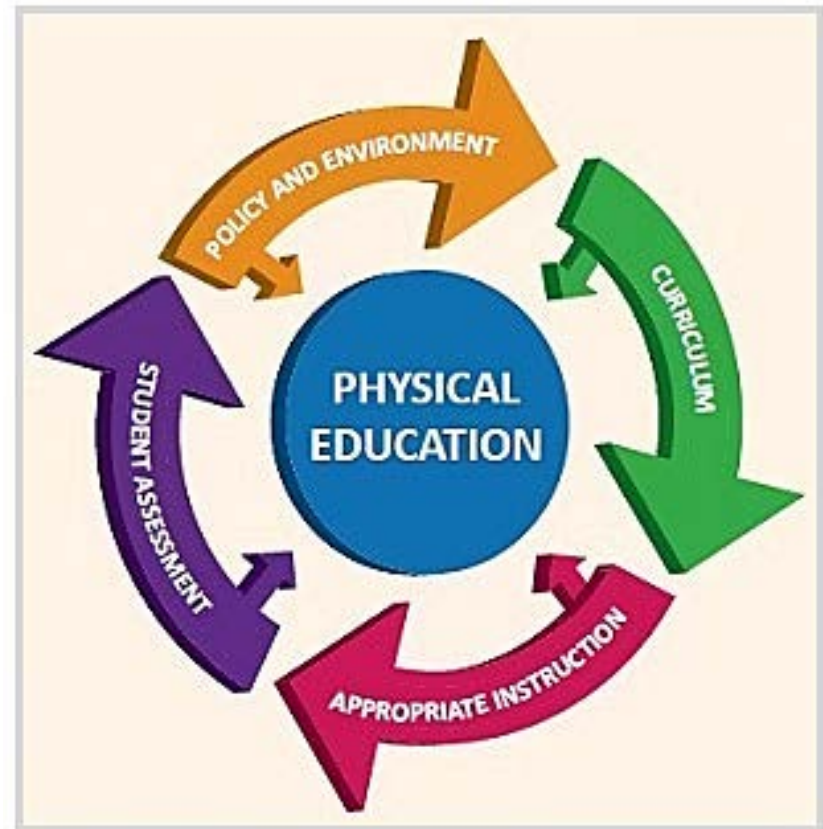
Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



Physical Education (cont'd)

- The foundation of CSPAP
- Four essential components:
 - Policies and environment
 - Curriculum
 - Appropriate instruction
 - Student assessment
- **Resource Spotlight:**
 - [Essential Components of PE \(SHAPE America\)](https://www.shapeamerica.org/upload/theessentialcomponentsofphysicaleducation.pdf)
 - [Springboard Data Brief: Strengthen PE in Schools](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)



SHAPE America. *The Essential Components of Physical Education*. Reston, VA; 2015. Available at:

<https://www.shapeamerica.org/upload/theessentialcomponentsofphysicaleducation.pdf>

Centers for Disease Control and Prevention. *Comprehensive School Physical Activity Programs: A Guide for Schools*.

Atlanta, GA: U.S. Department of Health and Human Services; 2013. Available at:

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)

[A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)



A Closer Look at PE

- Percentage of secondary schools in which a required physical education course is taught in 6th - 12th grade
- Take a close look at the shading of the states:



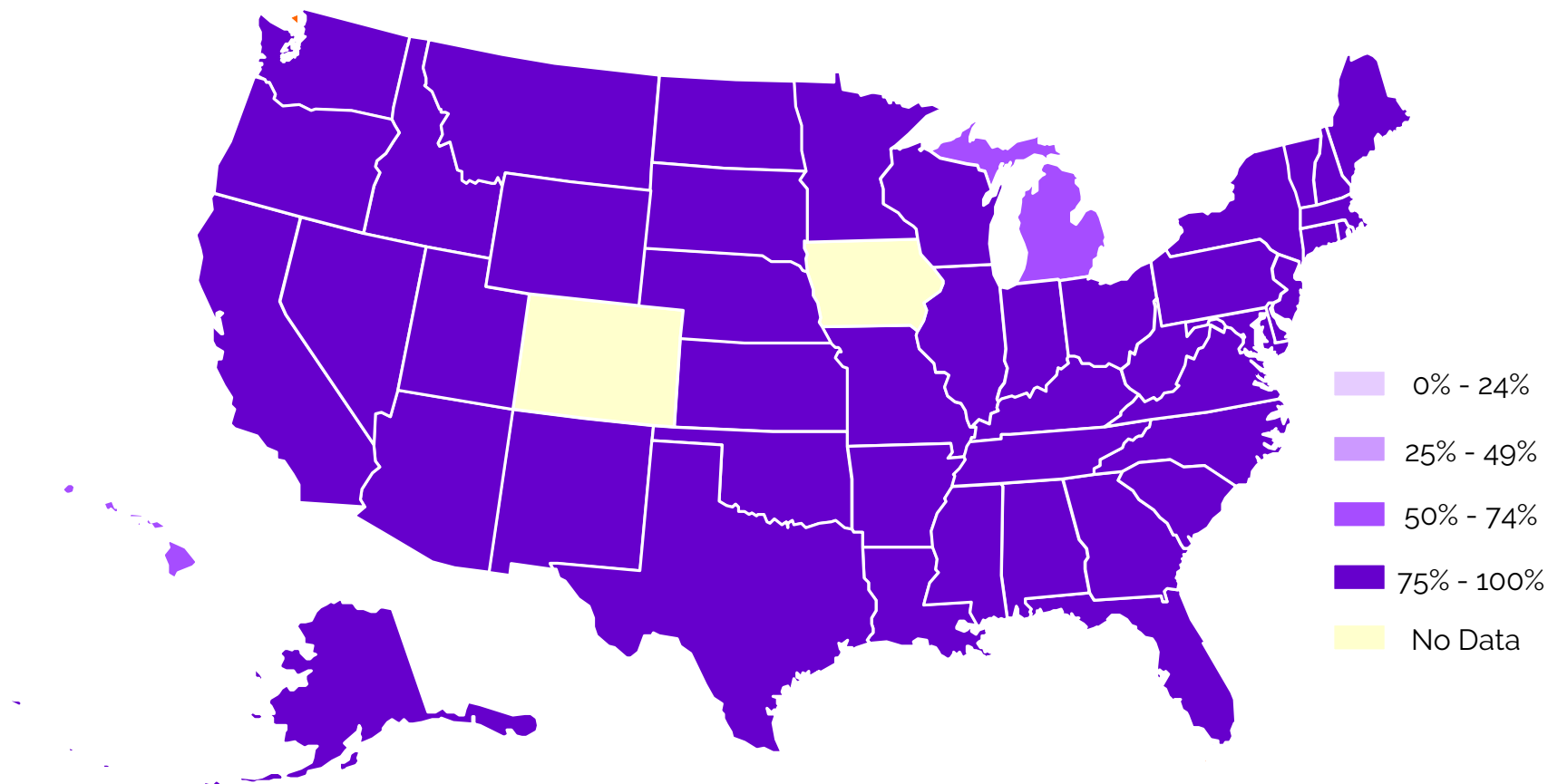
Higher
percentage of
schools that
require PE



Lower
percentage of
schools that
require PE



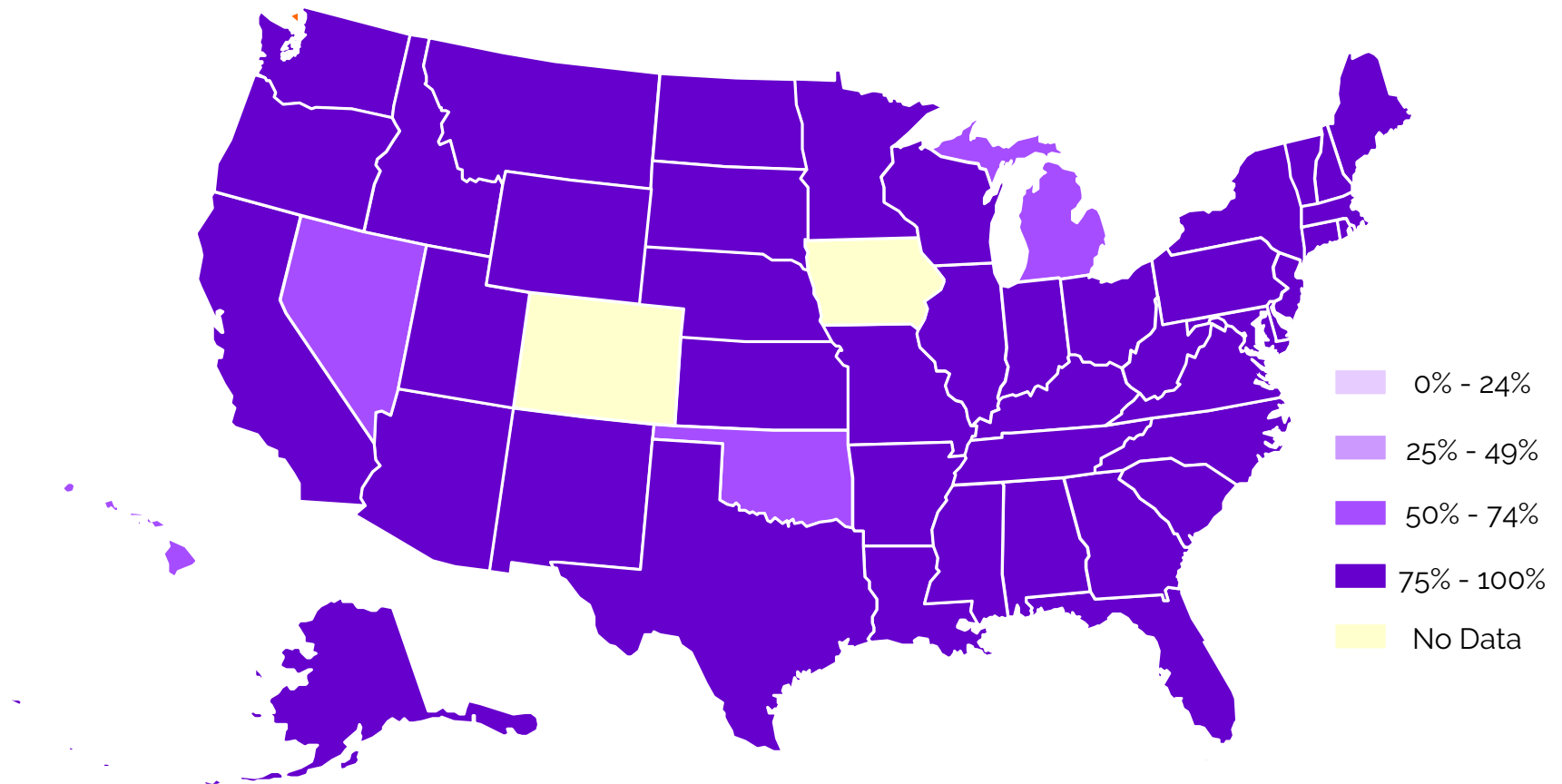
Required PE: 6th grade



*Among schools with students in that grade.



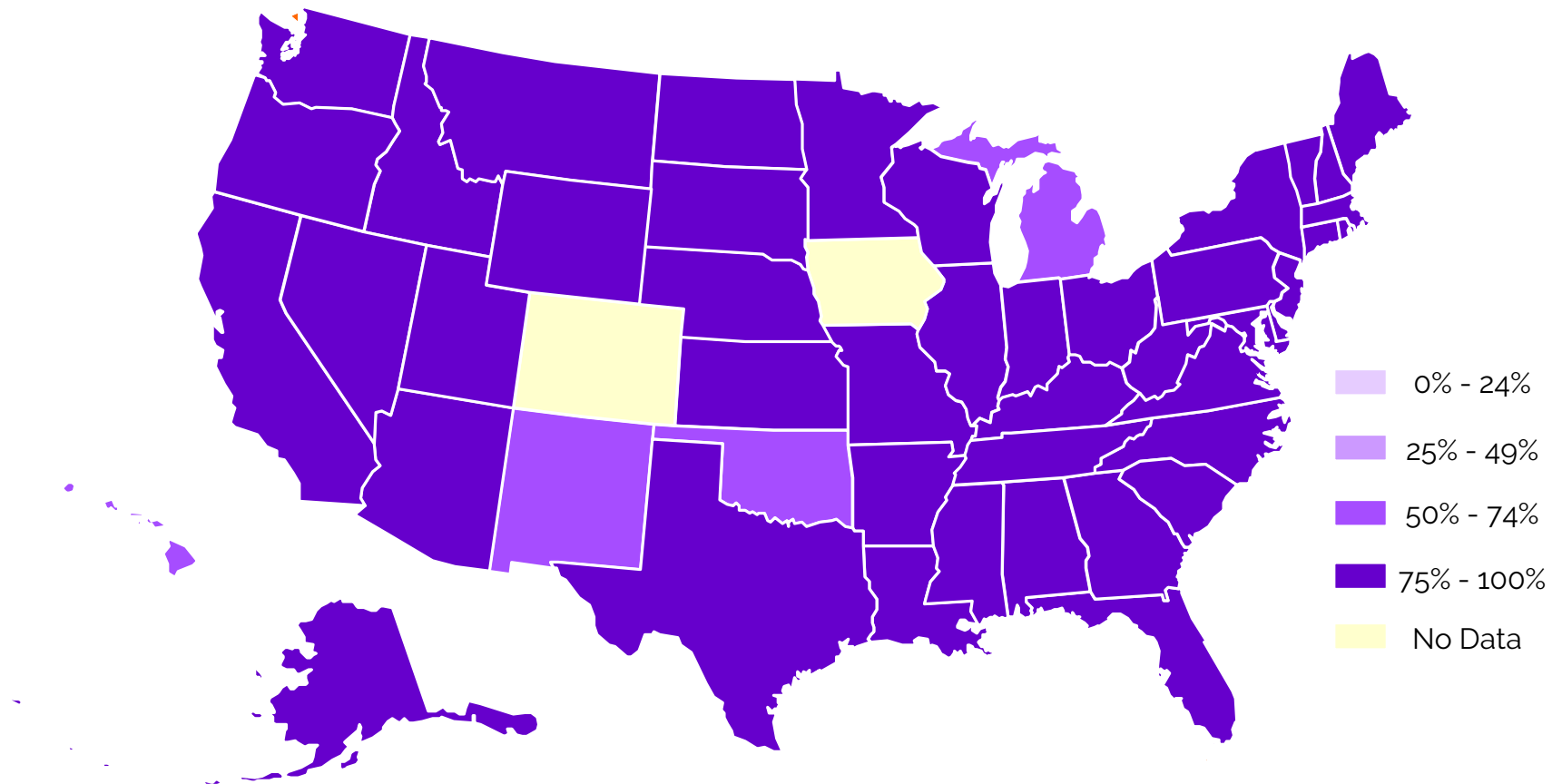
Required PE: 7th grade



*Among schools with students in that grade.



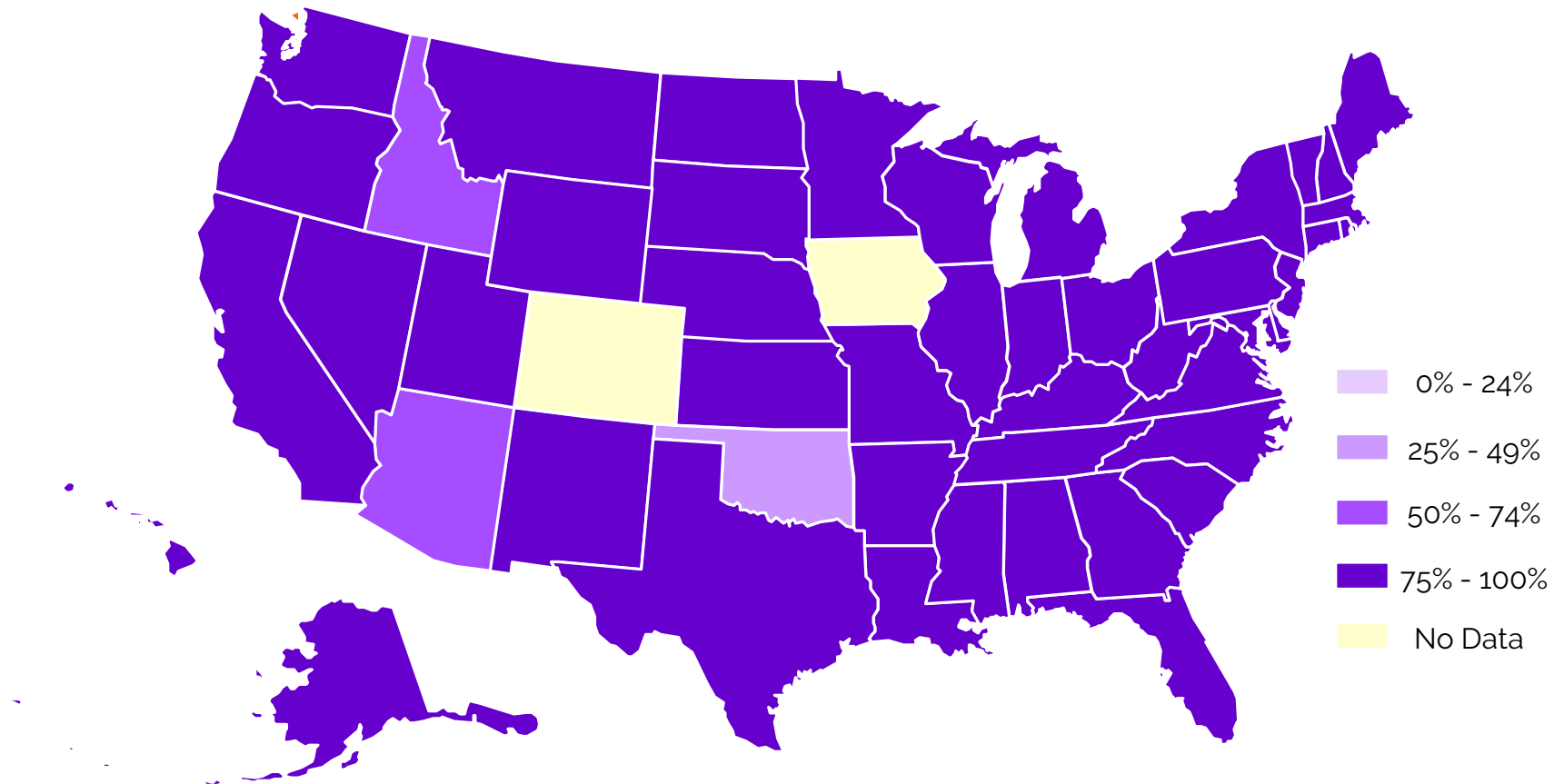
Required PE: 8th grade



*Among schools with students in that grade.



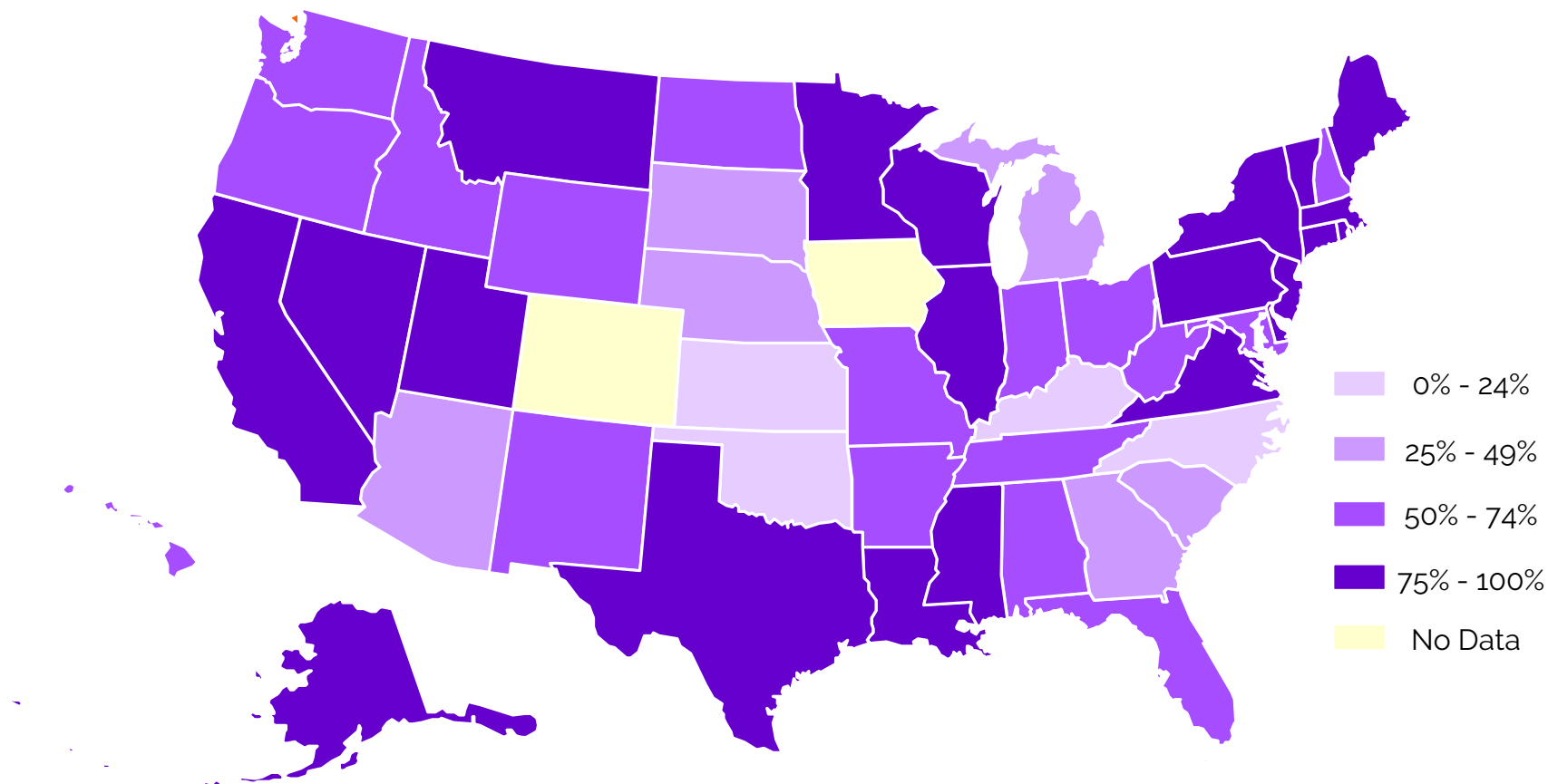
Required PE: 9th grade



*Among schools with students in that grade.



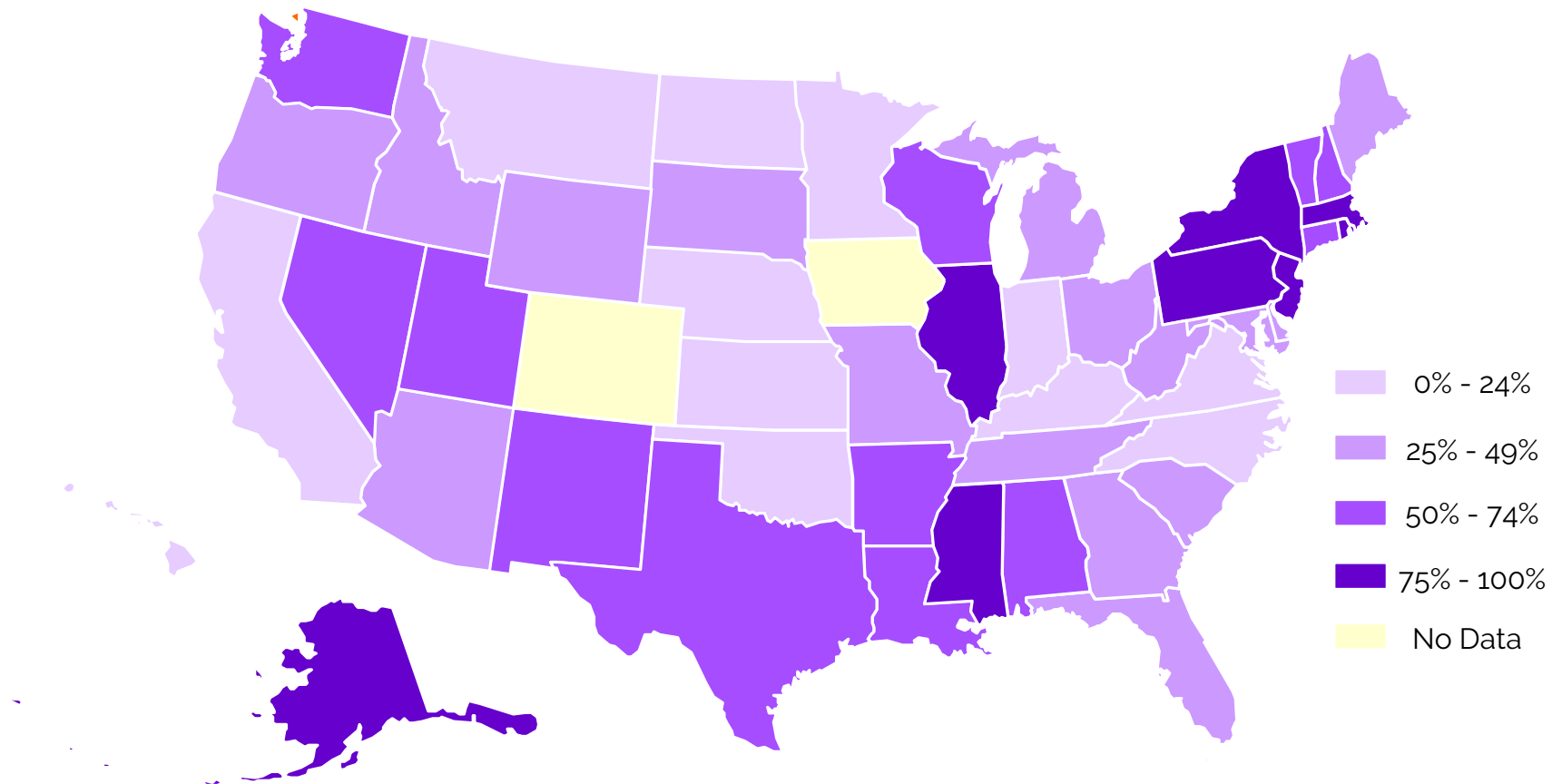
Required PE: 10th grade



*Among schools with students in that grade.



Required PE: 11th grade



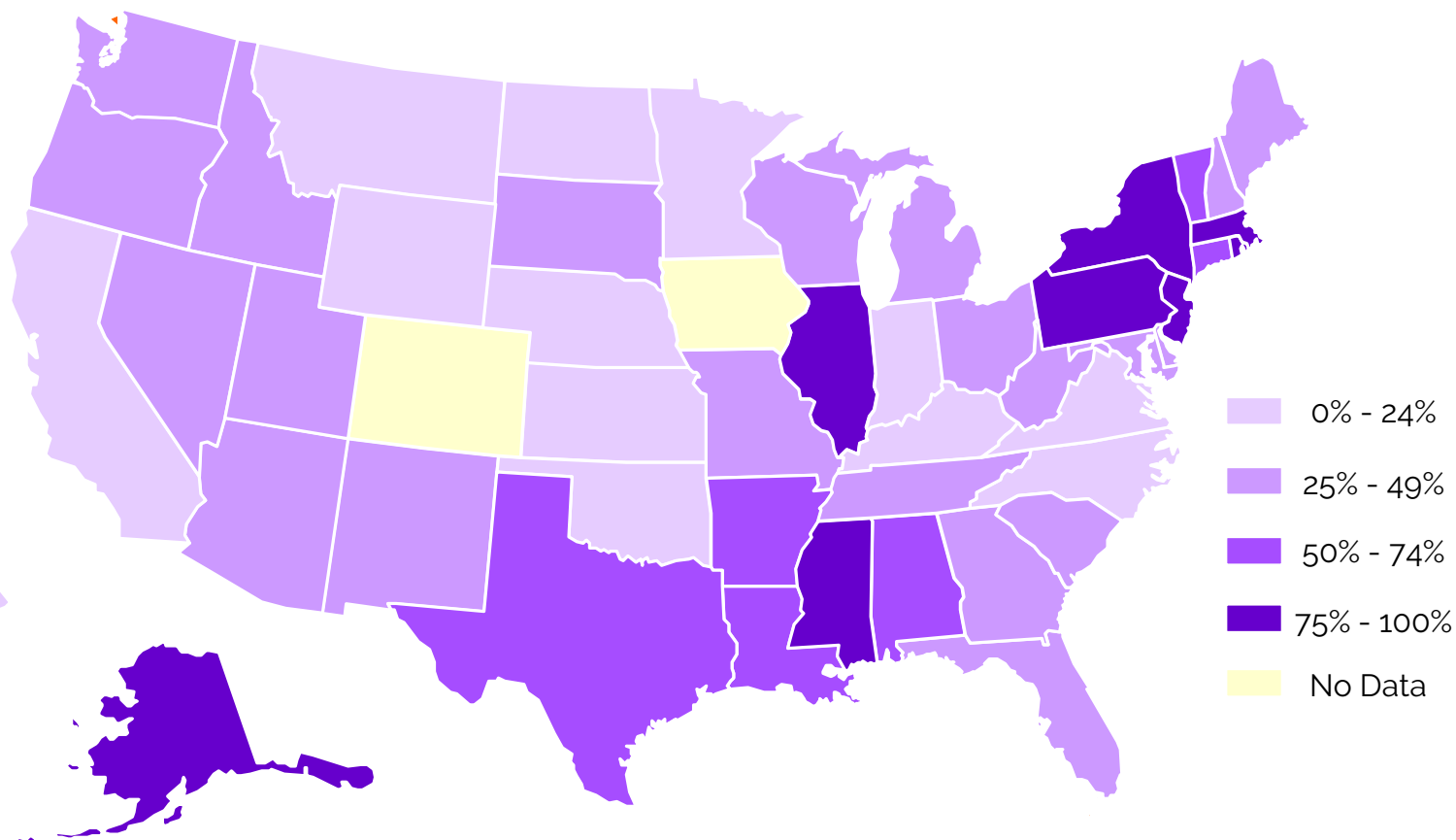
*Among schools with students in that grade.



Required PE: 12th grade

In the chat box:

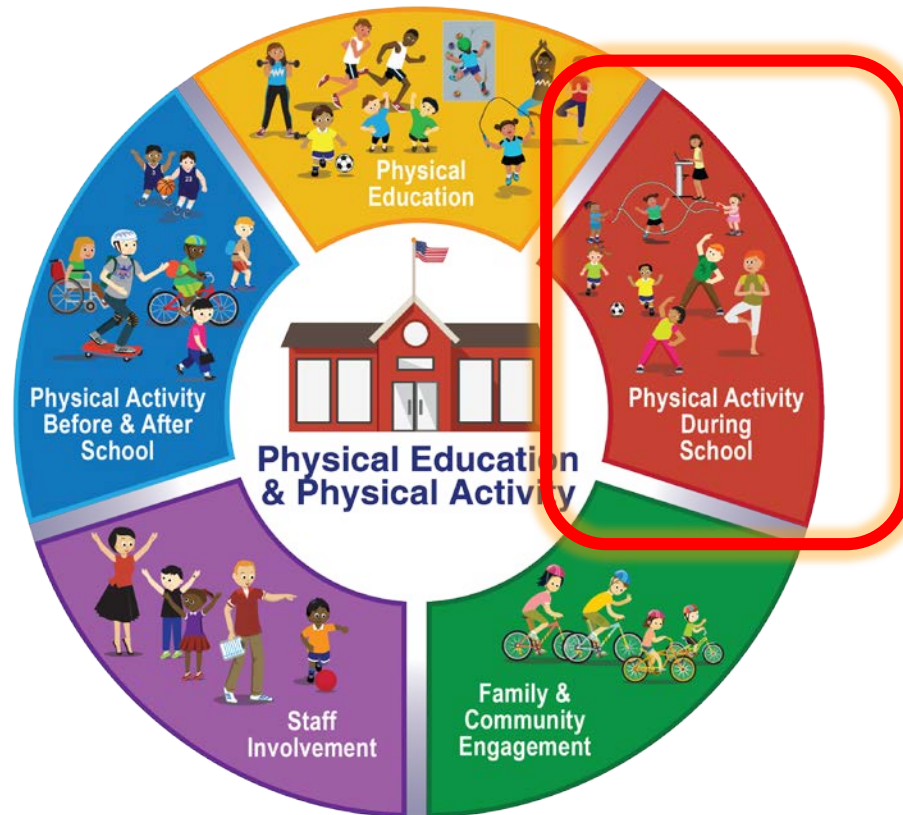
- Why do you think this trend is happening?



*Among schools with students in that grade.



CSPAP Component: Physical Activity During School



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



Physical Activity During School (cont'd)

- Recess
- Classroom physical activity
- Lunchtime clubs
- **Resource Spotlight:**
 - Springboard Classroom Physical Activity Activator (coming October 2018)
 - [Springboard Data Brief: Keep Recess in Schools](#)
 - [Strategies for Recess in Schools \(CDC, SHAPE\)](#)



CSPAP Component: Physical Activity Before and After School



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



Physical Activity Before and After School (cont'd)

- School or community-sponsored activities/clubs/programs
- Active commuting to school
- Walking and running clubs
- Intramurals
- **Resource Spotlight:**
 - [Healthy Out of School Time Framework \(Alliance for a Healthier Generation\)](#)
 - [Healthy Eating and Physical Activity Standards \(National AfterSchool Association\)](#)



CSPAP Component: Staff Involvement



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



Staff Involvement (cont'd)

- Role models for students
- Support PA in classrooms and other PA happening in the school
- Staff wellness programs
- **Resource Spotlight:** [Tips for Teachers \(CDC\)](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)



CSPAP Component: Family and Community Engagement

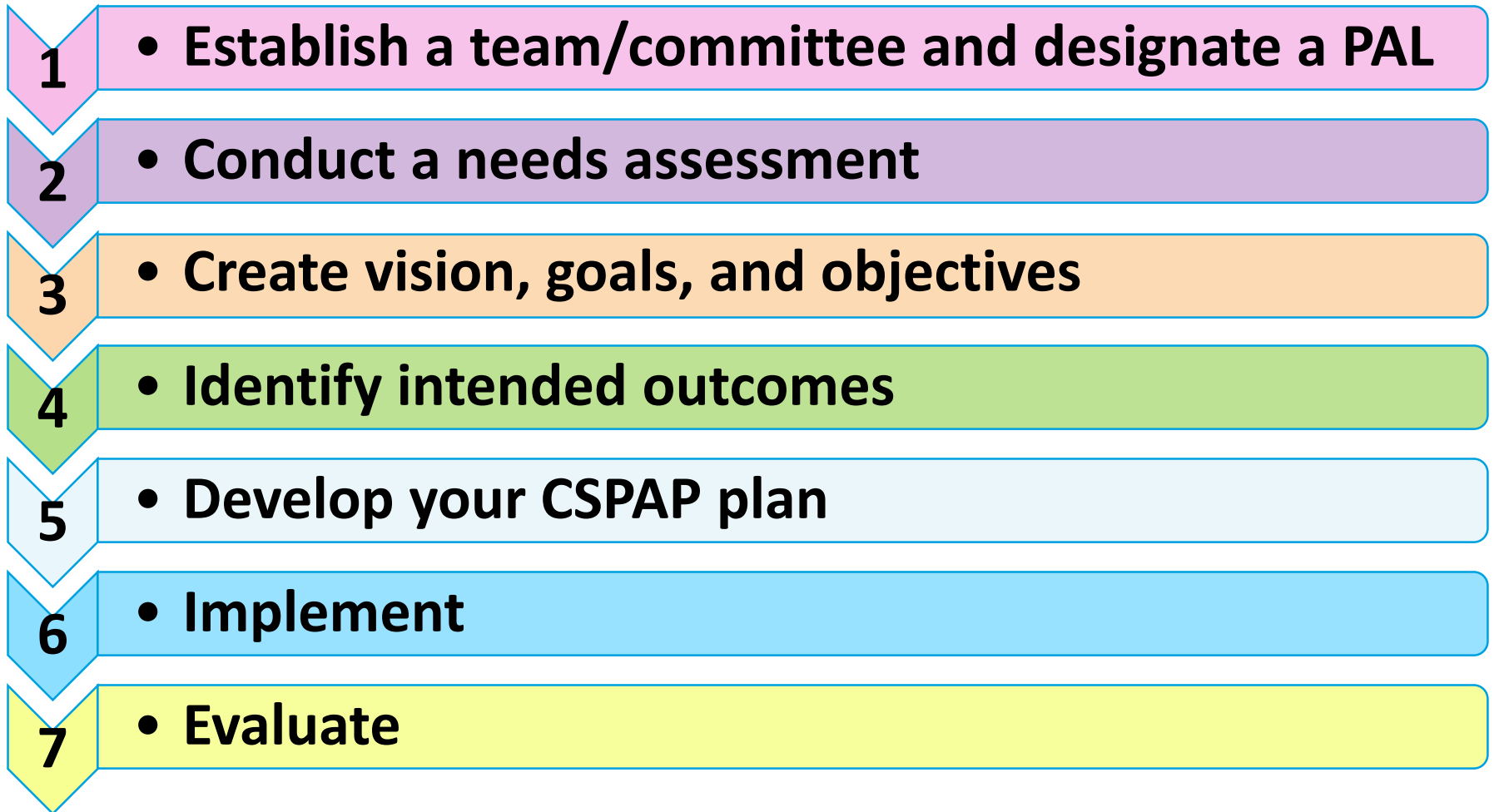


Family and Community Engagement (cont'd)

- Engaging families and communities to be active beyond the school day
- Social support
- Parent/guardian-led activities
- Family events
- Youth sports
- Joint use agreements with community centers/buildings
- **Resource Spotlight:** [Parents for Healthy Schools \(CDC\)](#)



CSPAP Process

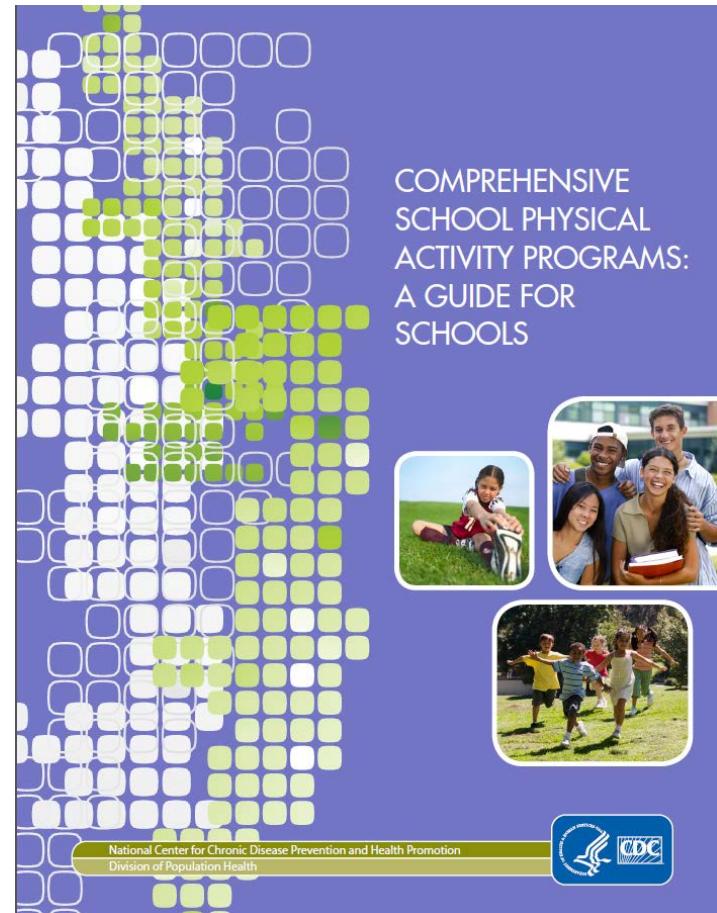


CSPAP Process



Resource Spotlight: Centers for Disease Control and Prevention

- [CSPAP: A Guide for Schools](#)
- [National Framework for PE/PA](#)
- [CSPAP E-Learning Series](#)
- [Increasing PE/PA: A Framework for Schools](#)



Centers for Disease Control and Prevention. Comprehensive School Physical Activity Programs: A Guide for Schools. Atlanta, GA: U.S. Department of Health and Human Services; 2013
Available at: https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf



Coordination is Key

- CSPAP is a holistic approach to school physical activity
- Synergy across all components is critical
- Determine how each component complements the others
- Engage key stakeholders
- Communicate, communicate, communicate
- **Resource Highlight:** [Virtual Healthy School \(CDC\)](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)



Whole School, Whole Community, Whole Child (WSCC) Model

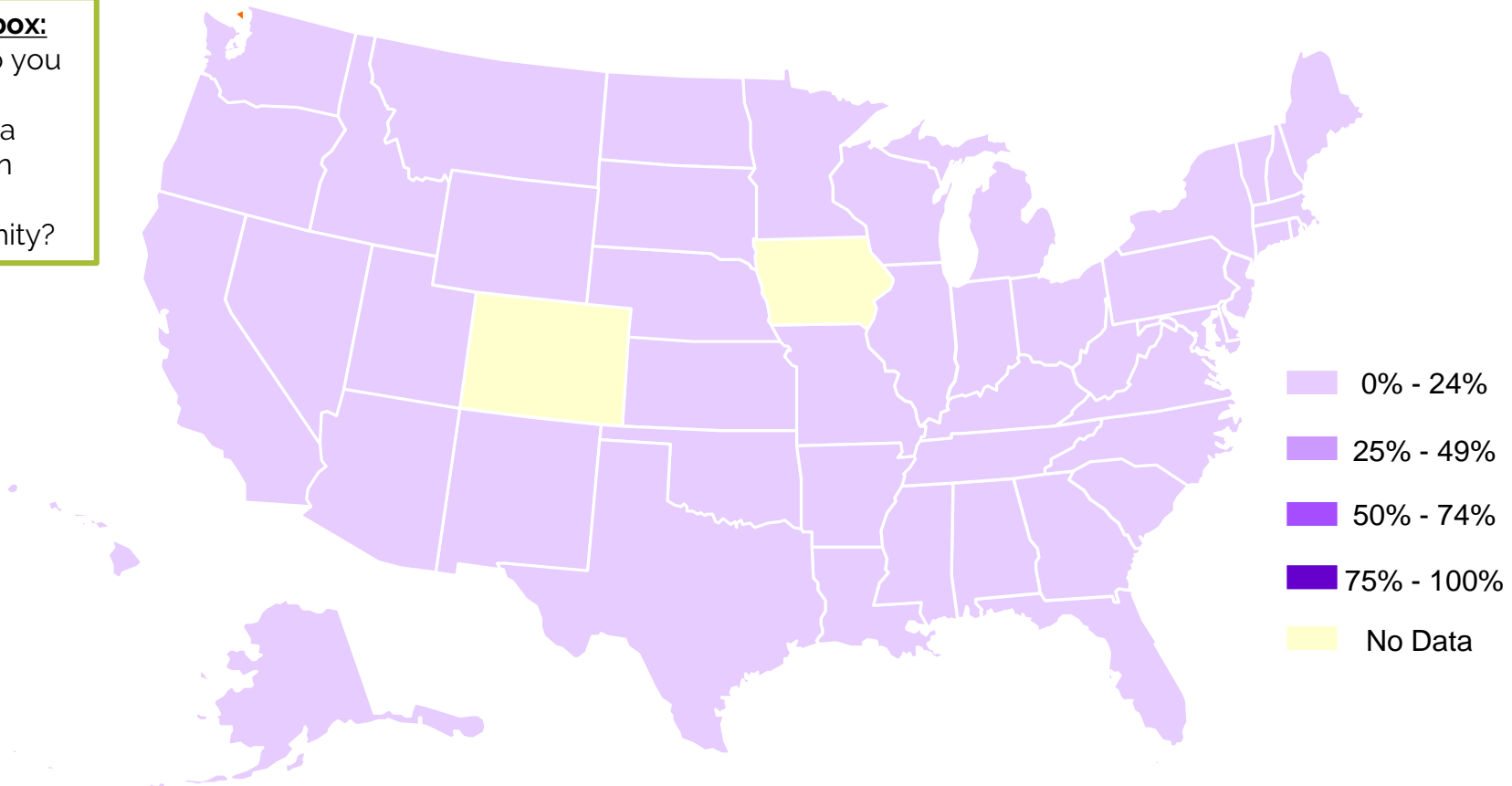


Find Your State

Percentage of secondary schools that have established, implemented, or evaluated a Comprehensive School Physical Activity Program

In the chat box:

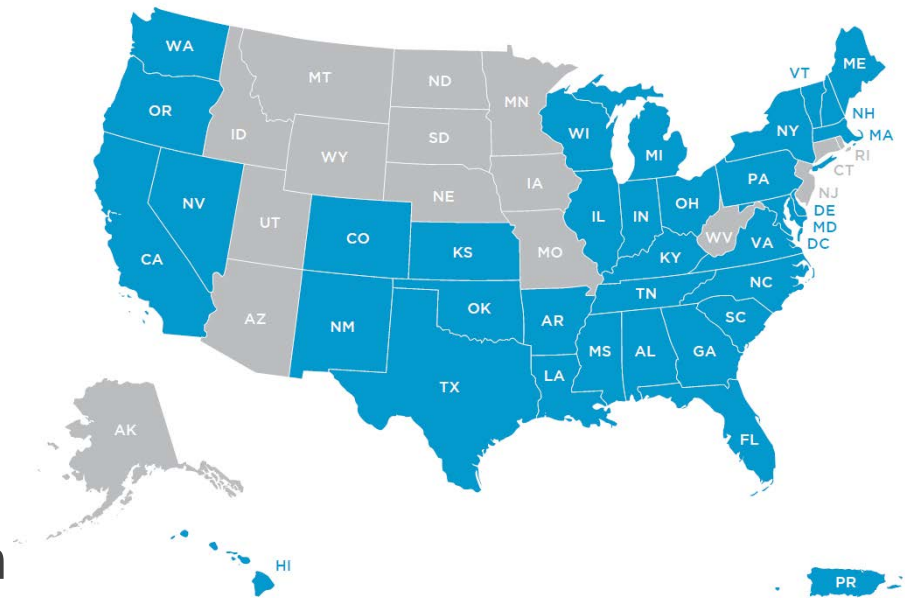
- What do you need to support a CSPAP in your community?



Springboard to Active Schools

National Network of Public Health Institutes

- **Vision:** Innovation-fostering public health institutes across the nation collaborating to improve population health.
- **Mission:** To support national public health system initiatives and strengthen public health institutes to promote multi-sector initiatives resulting in measurable improvements of public health structures, systems, and outcomes.



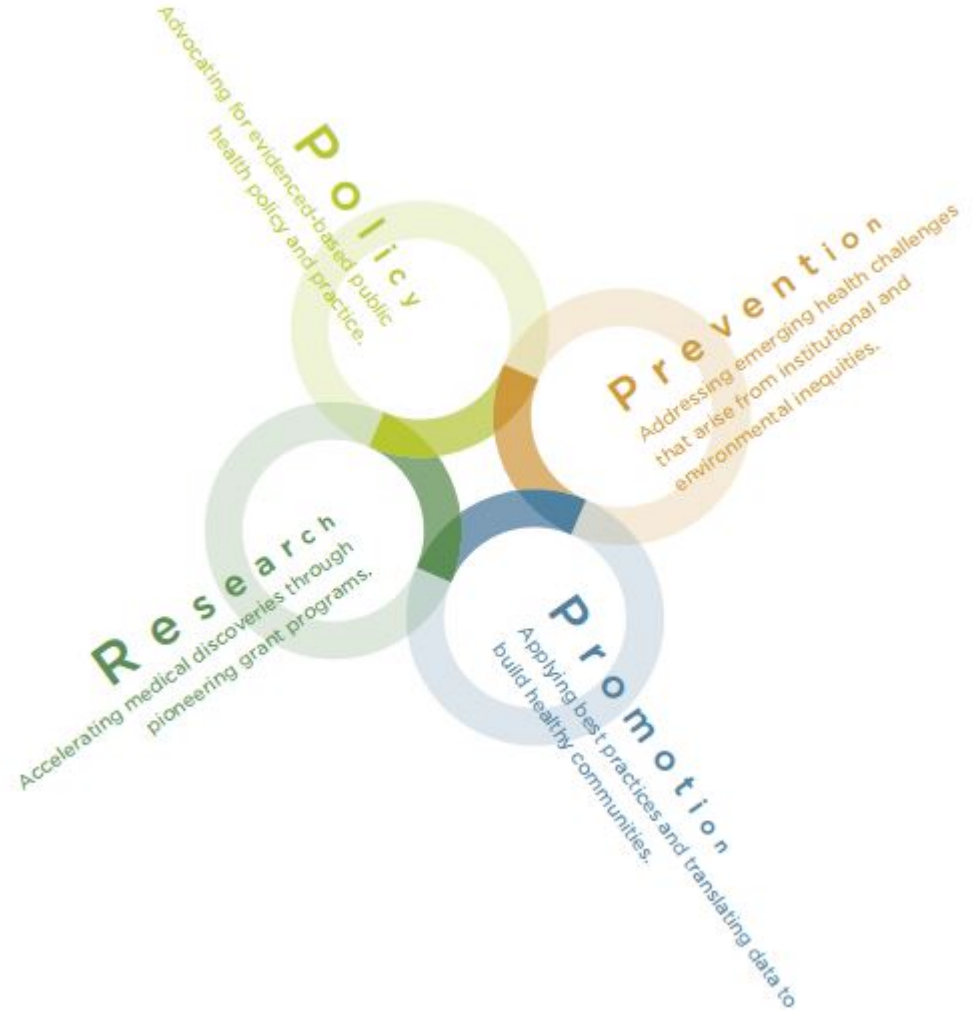
www.nnphi.org



Health Resources in Action

Public Health Institute
based in **Boston, MA**

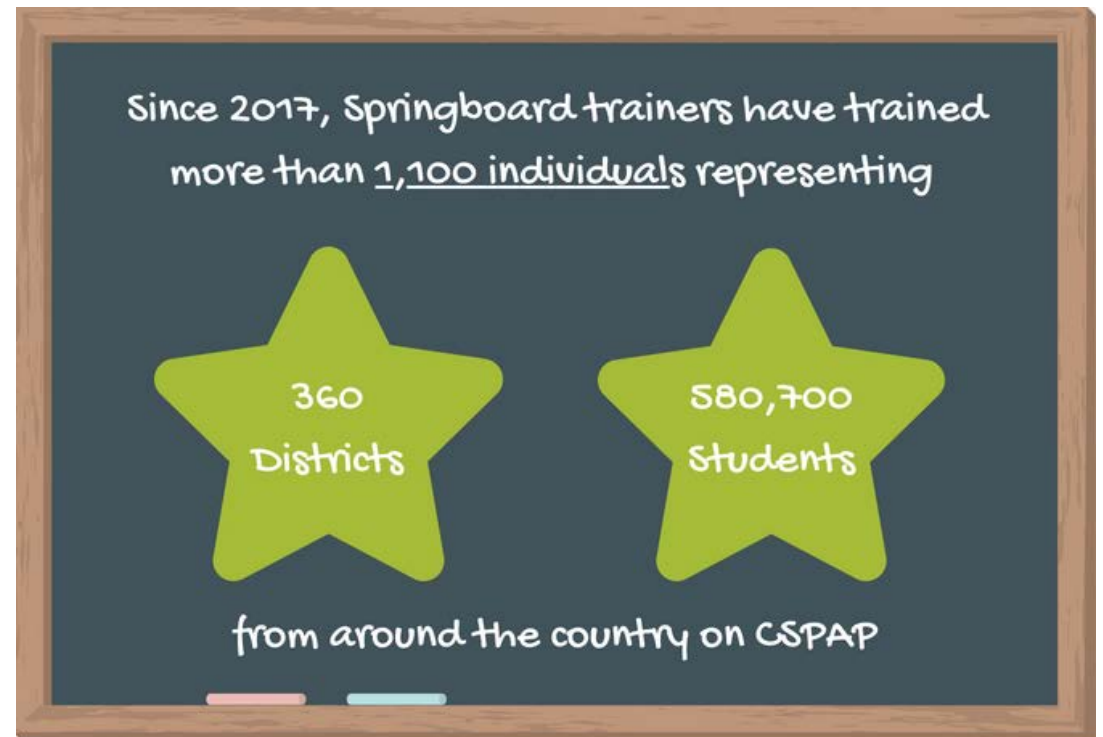
Mission: To help people live healthier lives and create healthy communities through prevention, health promotion, policy and research.



Professional Development and Technical Assistance

Springboard to Active Schools Approach

1. Professional Development and Technical Assistance
2. Education and Dissemination
3. Partnership and Collaboration



Education and Dissemination

- Data briefs: recess and physical education
- Springboard Spotlight series
- Webinars



Springboard Website: www.schoolspringboard.org

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ACTIVE SCHOOL ENVIRONMENTS

TRAINING & EVENTS

RESOURCES

ABOUT US



Leverage. Catalyze. Advance.

When it comes to promoting physical education and physical activity in schools, we recognize that some of you may feel like your state is bouncing in place, while others have been doing flips and tricks for years.

No matter where you are, the Springboard to Active Schools Team aims to launch you higher and further in your pursuit of active schools.

[LEARN MORE](#)

FEATURED OPPORTUNITIES

From Classroom to Playground: Practical Tips for Using Recess Resources



Whether you are a school-level practitioner or a technical assistance provider, there are numerous resources to help support successful implementation of recess in schools. This webinar will highlight recess resources from SHAPE America, CDC – Healthy Schools, and Springboard to...

[+ LEARN MORE](#)

FEATURED RESOURCES AND TOOLS

Lisa Rakoz



Every week, we shine a light on a Springboard to Active Schools trainer who is making a difference in their community and state. These blogs highlight trainings that the trainers have conducted on implementing a Comprehensive School Physical Activity Program...

[+ LEARN MORE](#)

BLOG

Springboard to Active Schools Training of Trainers: Asking the Right Questions



Physical activity levels among youth in the United States have plateaued. Among high school students, physical activity levels have remained stagnant over the last three years, according to the National Youth Risk Behavior Survey 2011-2015. For children ages 6-19, the 2016 U.S....

[+ LEARN MORE](#)



Partnership and Collaboration



What's Next?

- New Classroom Physical Activity resources from Springboard and CDC (October 2018)
 - Strategies for Classroom Physical Activity in Schools
 - Integrating Physical Activity into the Classroom: A Guide for Putting Strategies Into Practice
 - Activate Classroom Physical Activity
 - Data brief: Integrate Classroom Physical Activity in Schools





Q&A and Thank You!

Kate Holmes

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