



# Addressing Physical Activity in Youth: From Evidence to Practice

October 23, 2018

# Special Thanks

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*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

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- 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 their role in promoting active school environments in school districts and schools across the country.



# Today's Agenda

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- Physical education and physical activity in the US
- A brief overview of CSPAP
- Take action!
- Q&A session



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

- Public health institutes
- National organization
- District or school-level staff
- State education department
- State health department
- 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)

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- 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

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# 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 olds

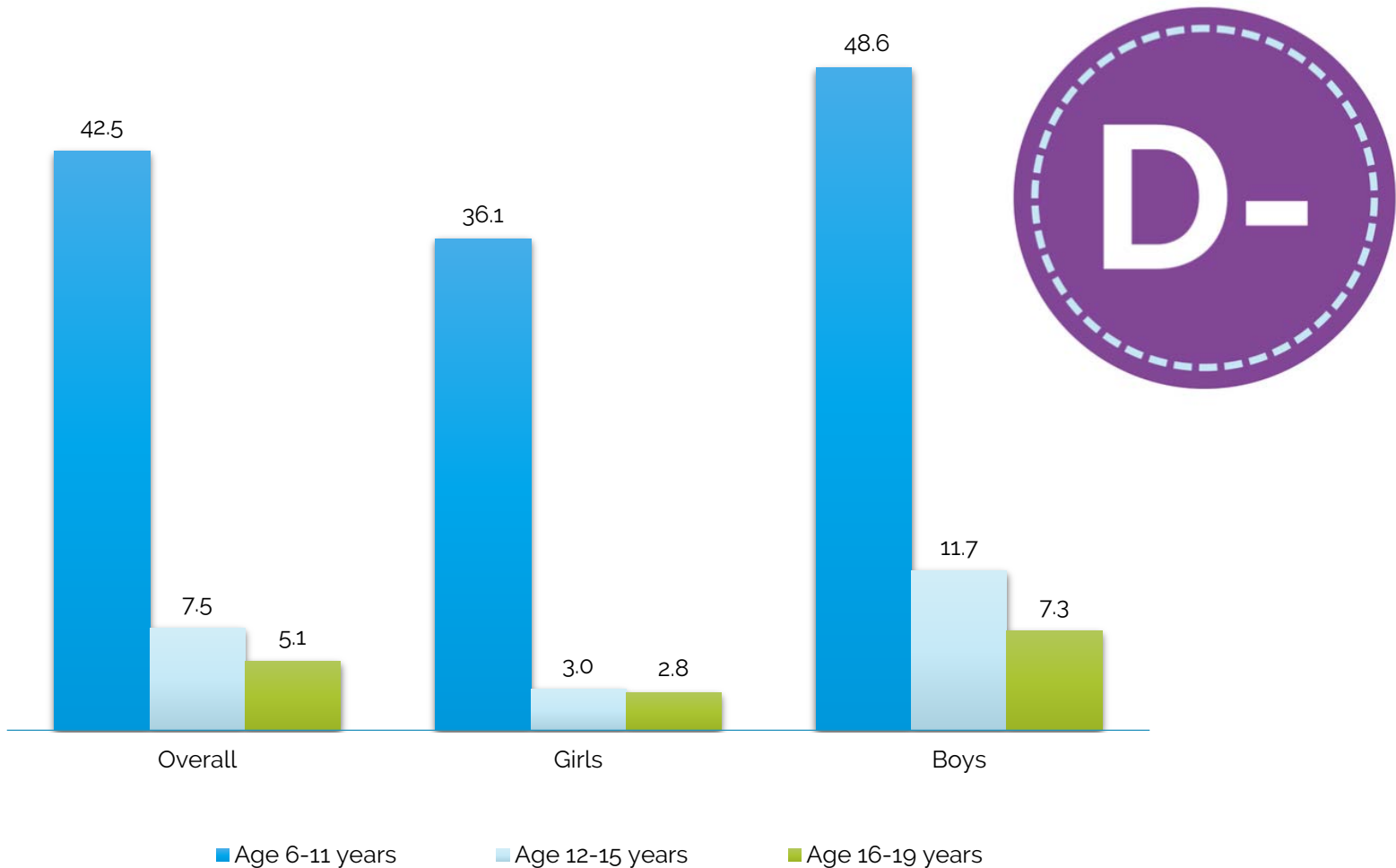
**60 minutes or  
more of physical  
activity every day**

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

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

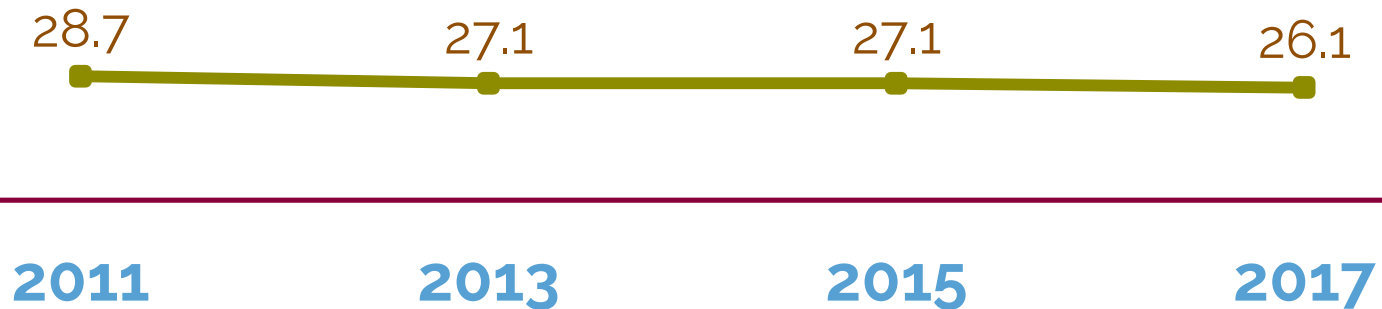


# Overall Physical Activity Levels in the U.S.



# 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](http://www.cdc.gov/yrbis).

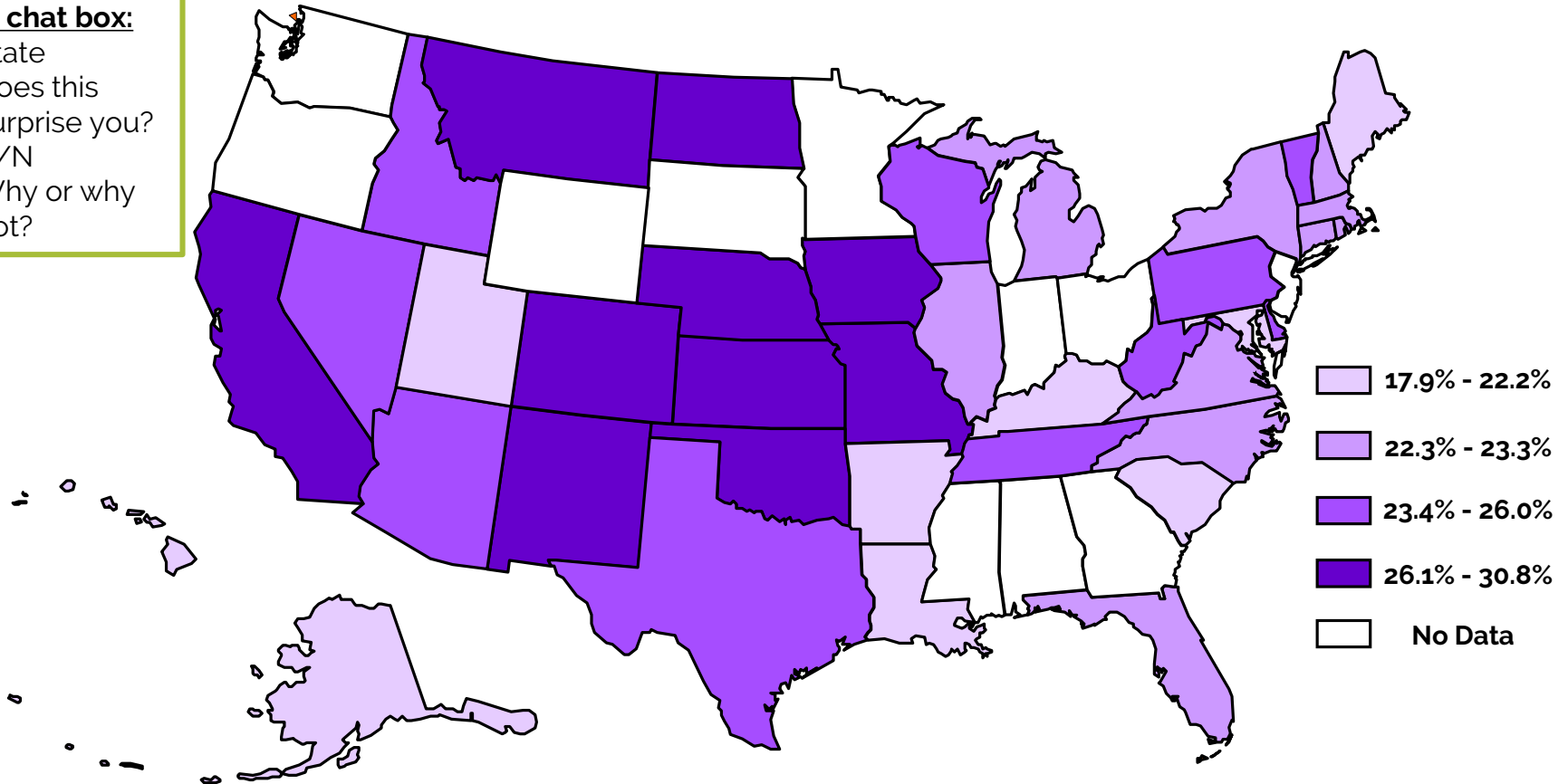


# Find Your State

## 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?

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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)

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

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- 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](http://www.cdc.gov/healthyschools/PEandPA)



# CSPAP Component: Physical Education



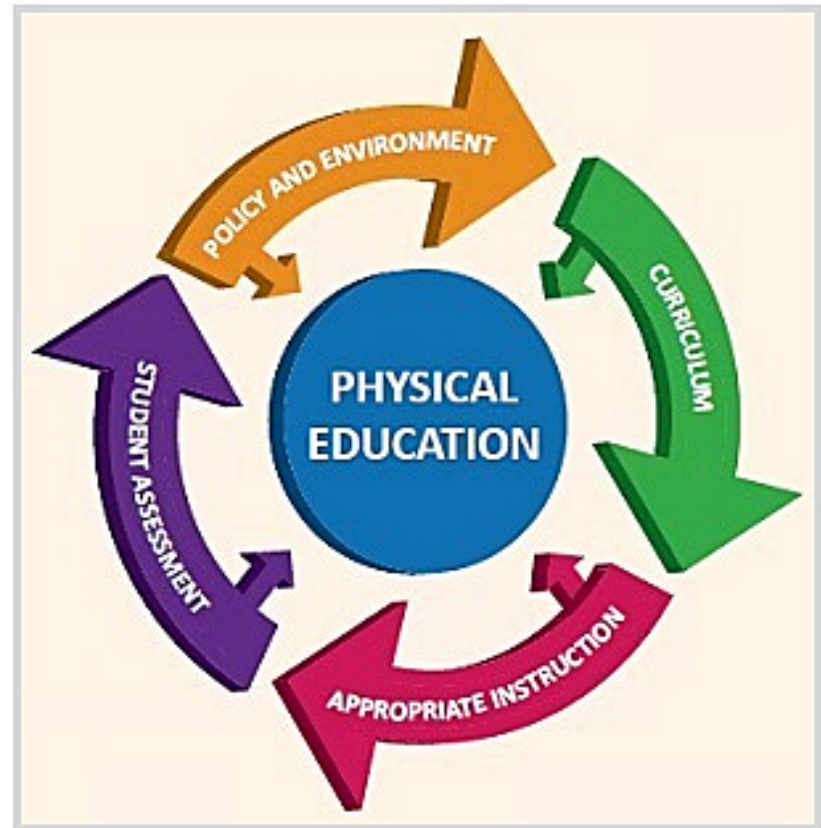
**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://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

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



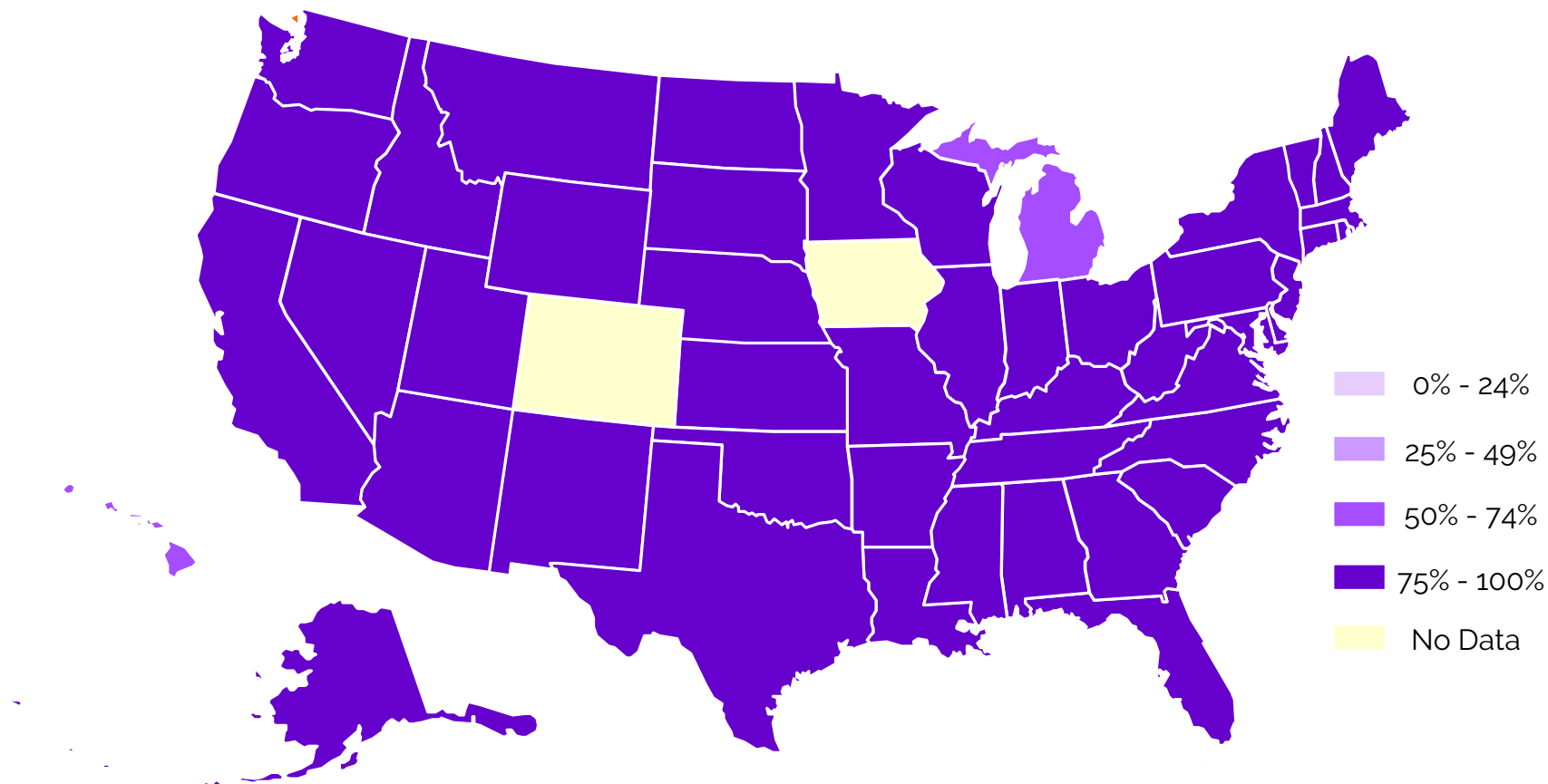
**Higher**  
percentage of  
schools that  
require PE



**Lower**  
percentage of  
schools that  
require PE



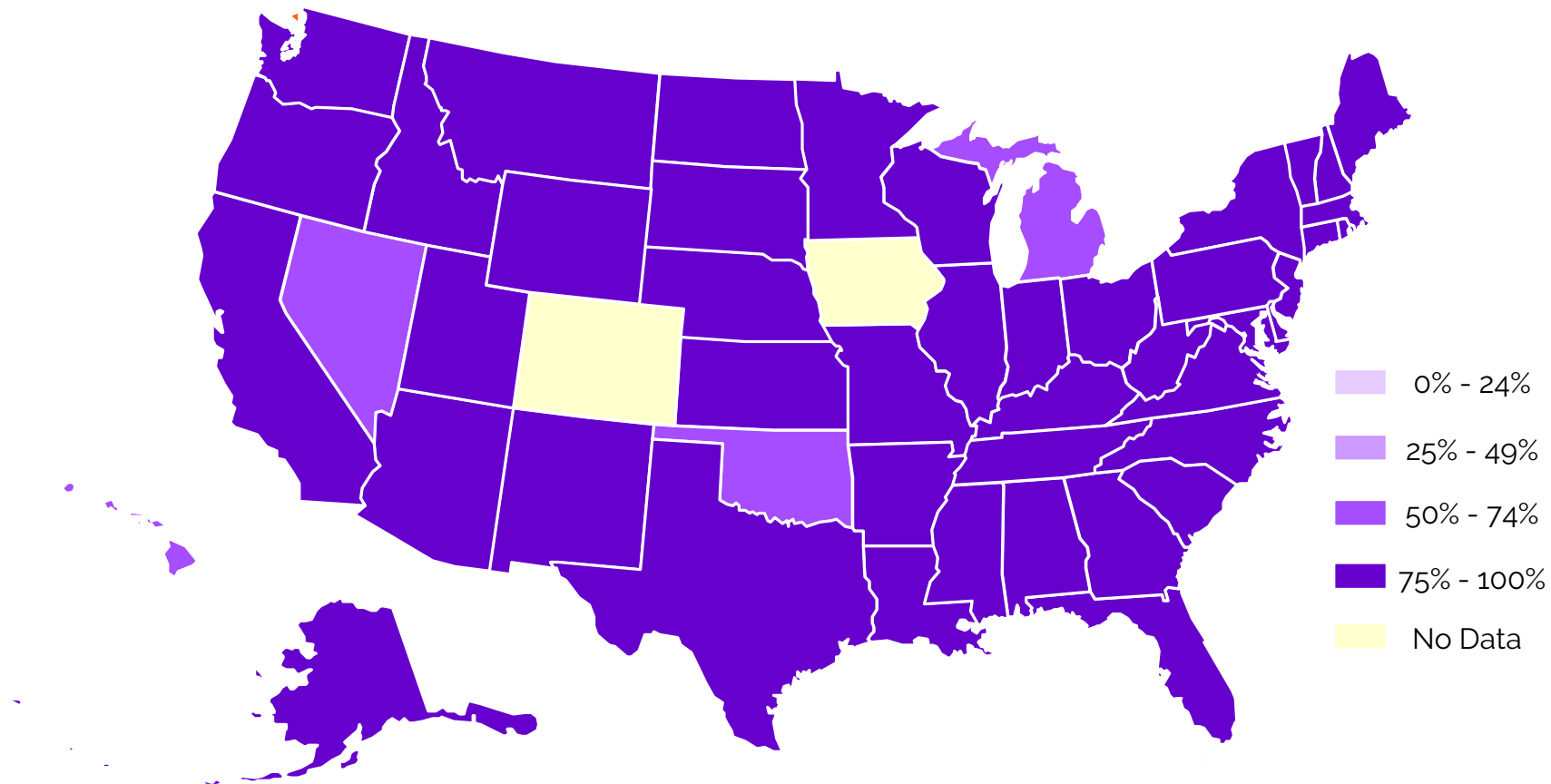
# Required PE: 6<sup>th</sup> grade



\*Among schools with students in that grade.



# Required PE: 7<sup>th</sup> grade

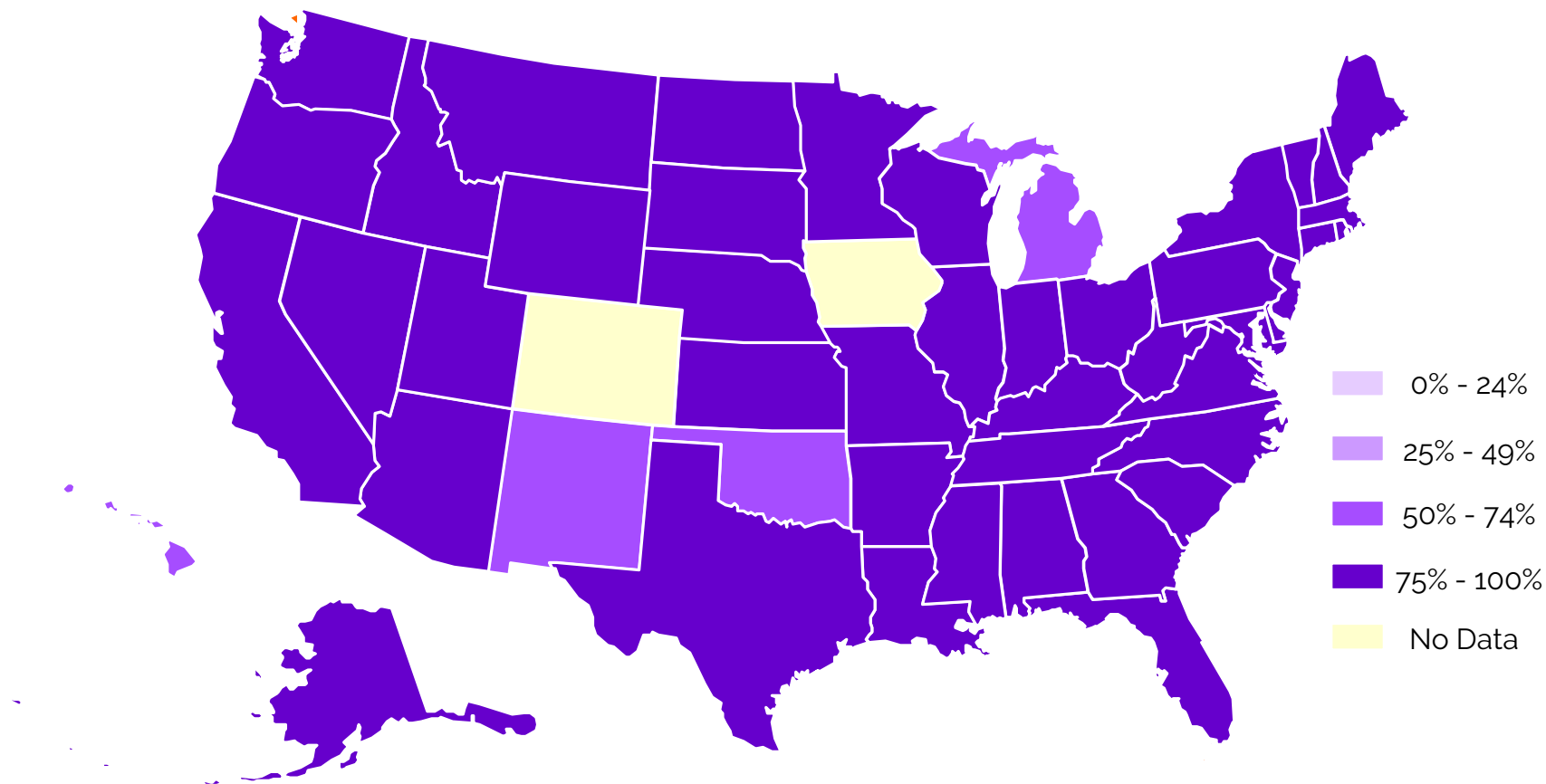


\*Among schools with students in that grade.

Brener ND, Demissie Z, McManus T, Shanklin SL, Queen B, Kann L. School Health Profiles 2016: Characteristics of Health Programs Among Secondary Schools. Atlanta: Centers for Disease Control and Prevention; 2017. Available at: [https://www.cdc.gov/healthyyouth/data/profiles/pdf/2016/2016\\_Profiles\\_Report.pdf](https://www.cdc.gov/healthyyouth/data/profiles/pdf/2016/2016_Profiles_Report.pdf)



# Required PE: 8<sup>th</sup> grade

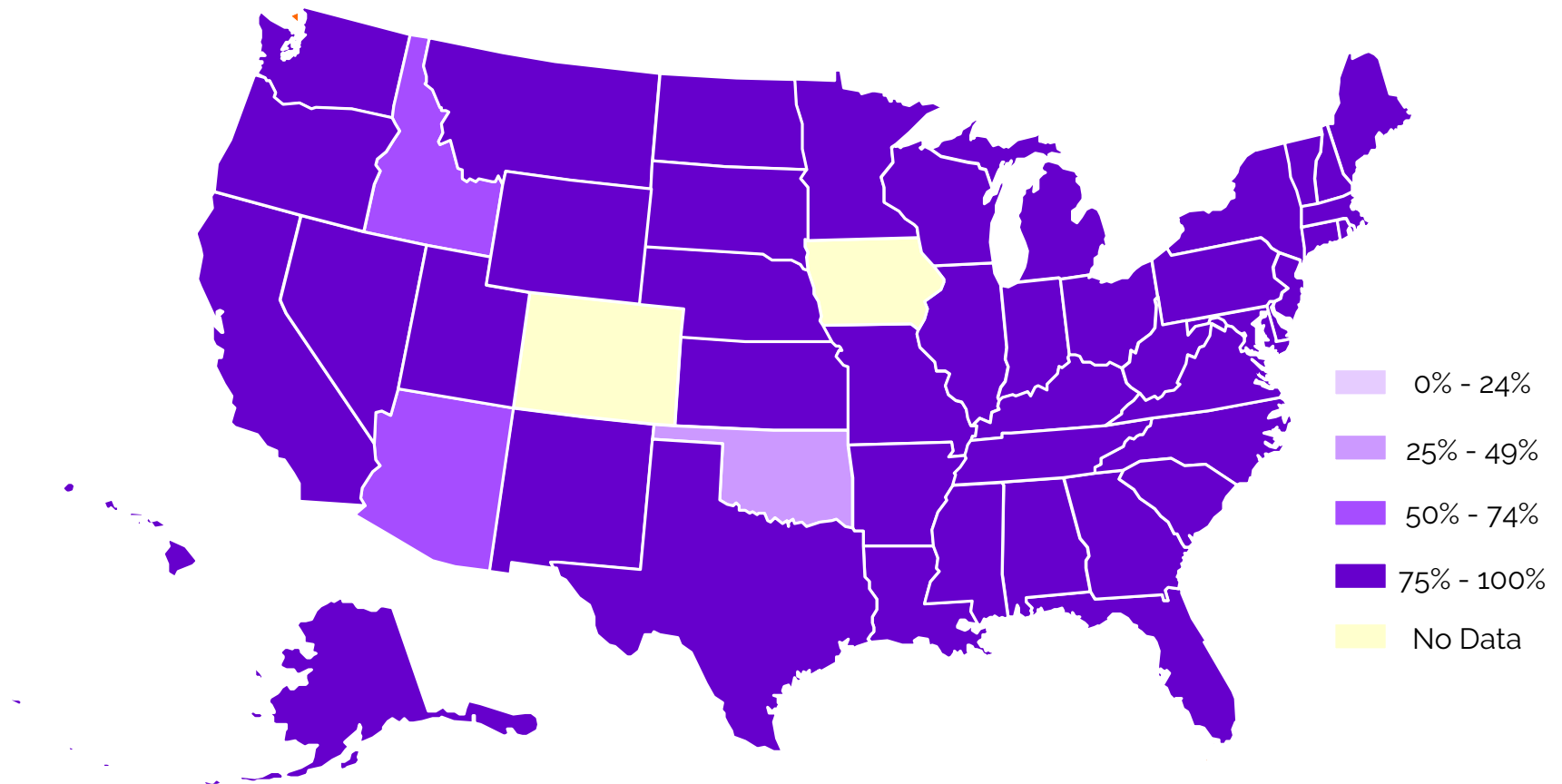


\*Among schools with students in that grade.

Brener ND, Demissie Z, McManus T, Shanklin SL, Queen B, Kann L. School Health Profiles 2016: Characteristics of Health Programs Among Secondary Schools. Atlanta: Centers for Disease Control and Prevention; 2017. Available at: [https://www.cdc.gov/healthyyouth/data/profiles/pdf/2016/2016\\_Profiles\\_Report.pdf](https://www.cdc.gov/healthyyouth/data/profiles/pdf/2016/2016_Profiles_Report.pdf)



# Required PE: 9<sup>th</sup> grade

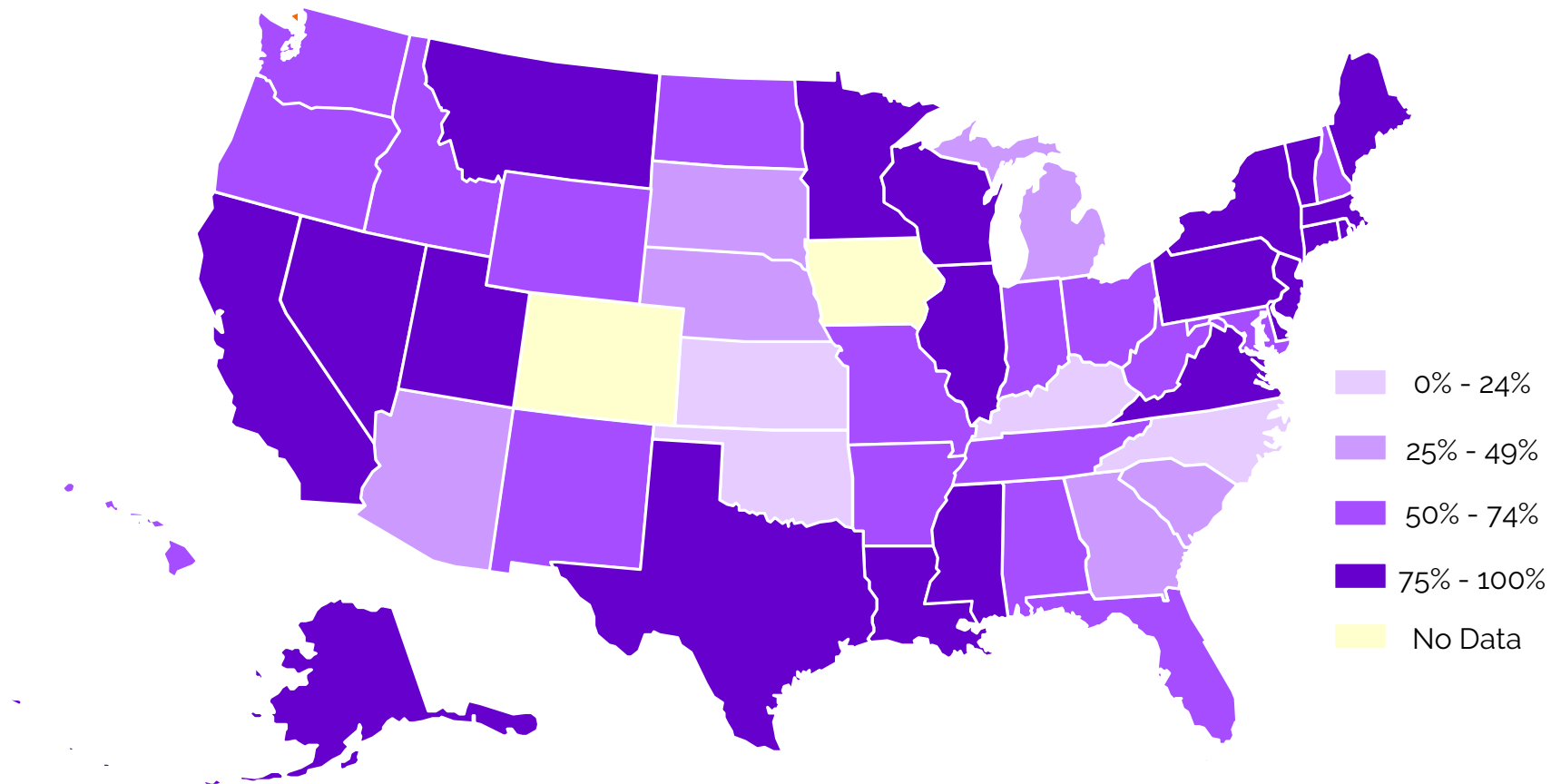


\*Among schools with students in that grade.





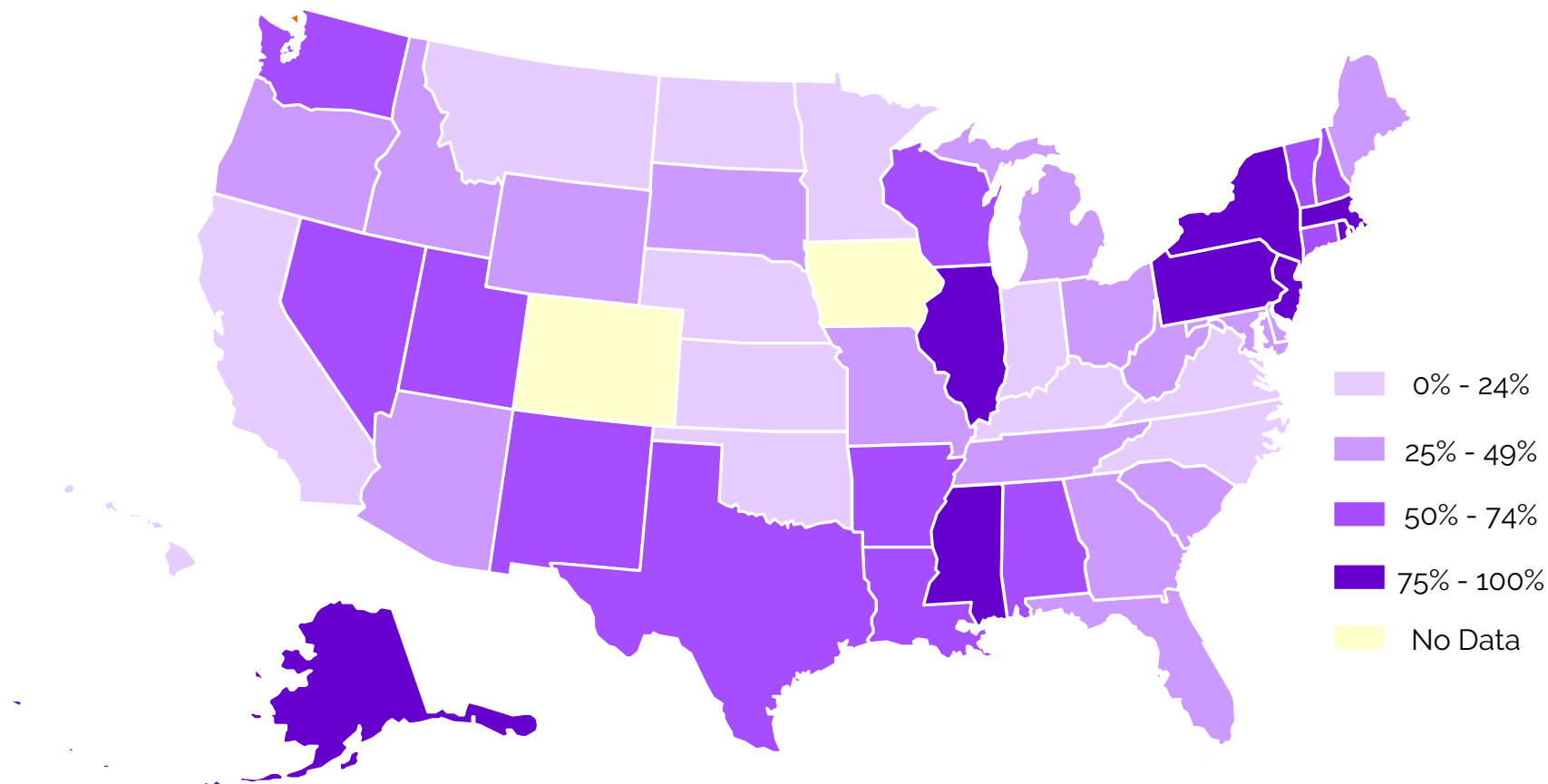
# Required PE: 10<sup>th</sup> grade



\*Among schools with students in that grade.



# Required PE: 11<sup>th</sup> grade



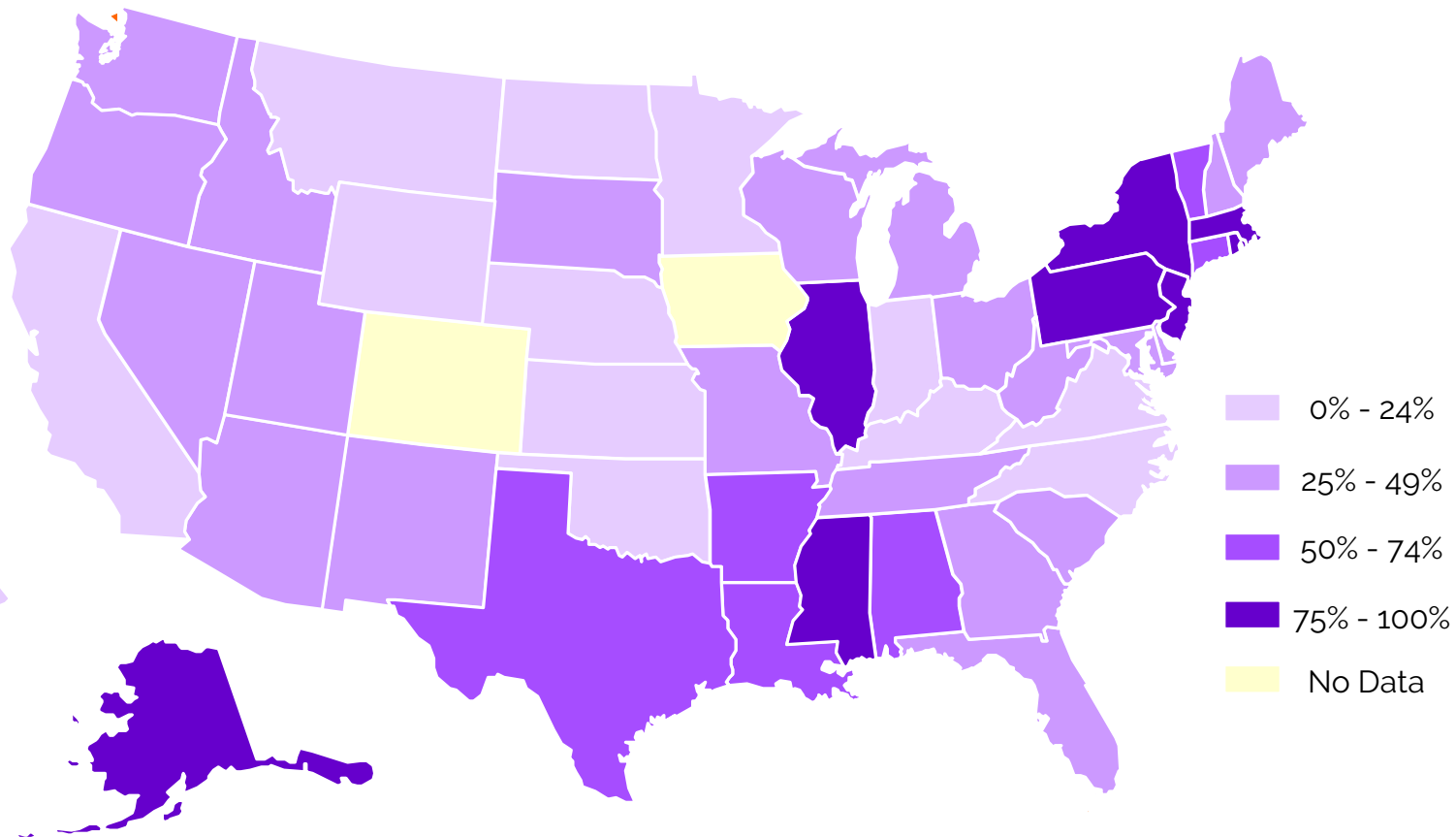
\*Among schools with students in that grade.



# Required PE: 12<sup>th</sup> grade

**In the chat box:**

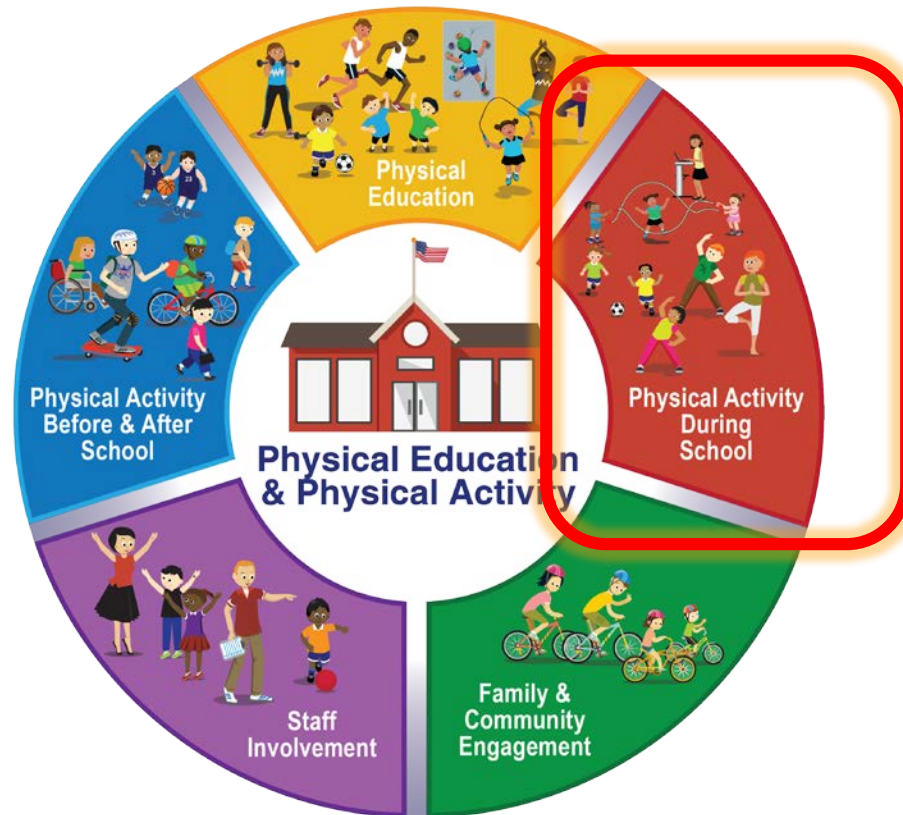
- Why do you think this trend is happening?



\*Among schools with students in that grade.



# CSPAP Component: Physical Activity During School



**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)



# Physical Activity During School (cont'd)

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- 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](http://www.cdc.gov/healthyschools/PEandPA)



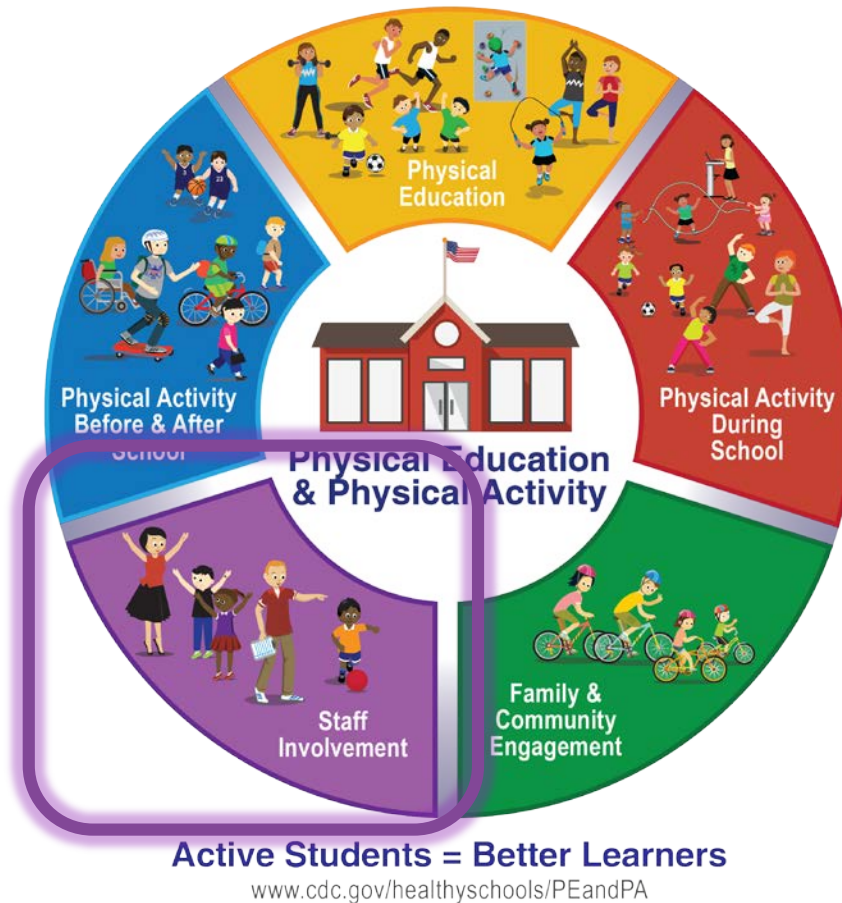
# Physical Activity Before and After School (cont'd)

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- 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





# Staff Involvement (cont'd)

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- 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



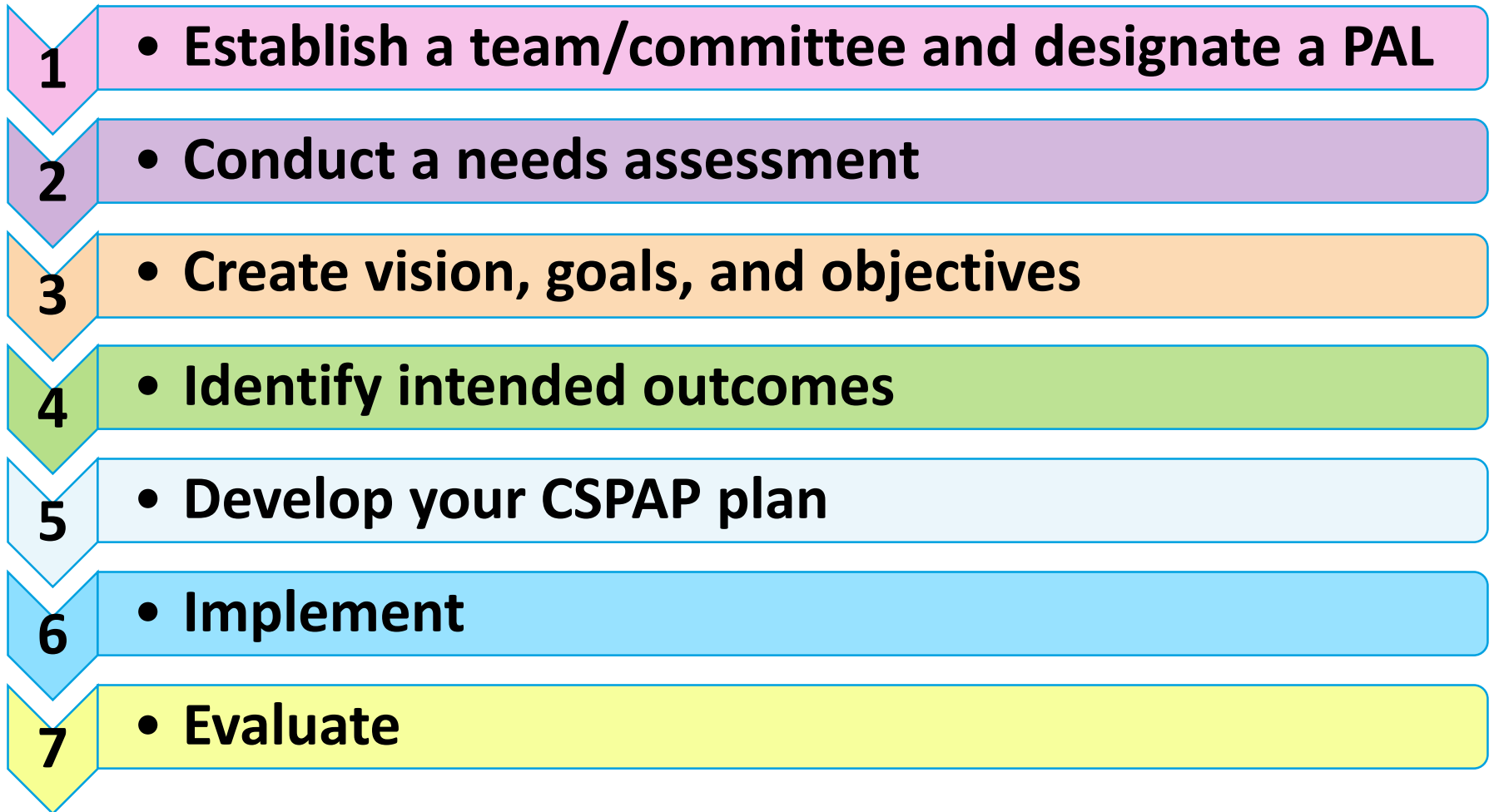
# Family and Community Engagement (cont'd)

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- 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



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

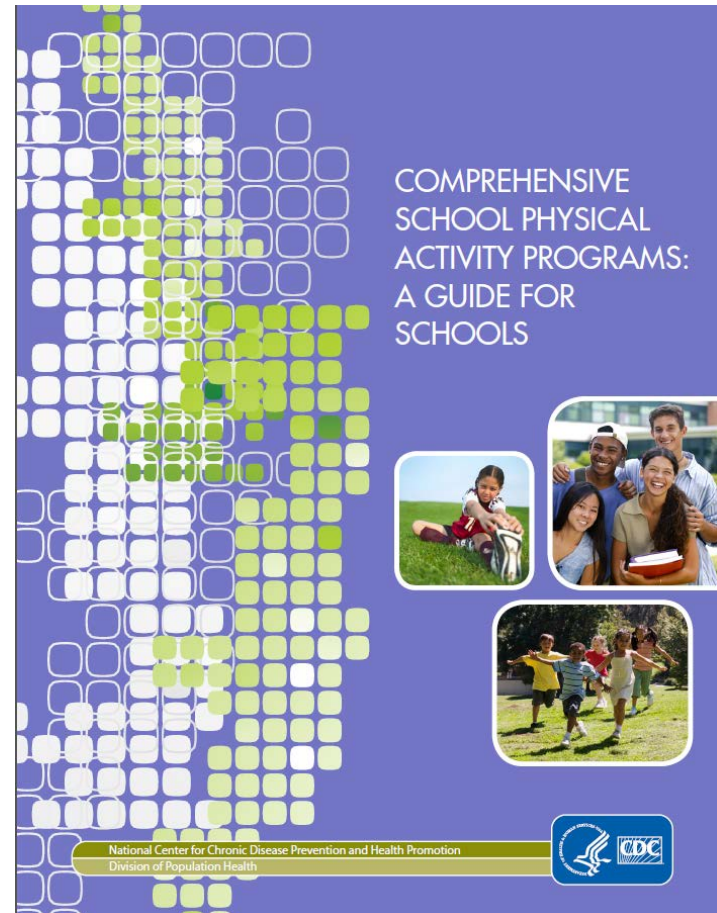
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# Resource Spotlight: Centers for Disease Control and Prevention

- [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](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



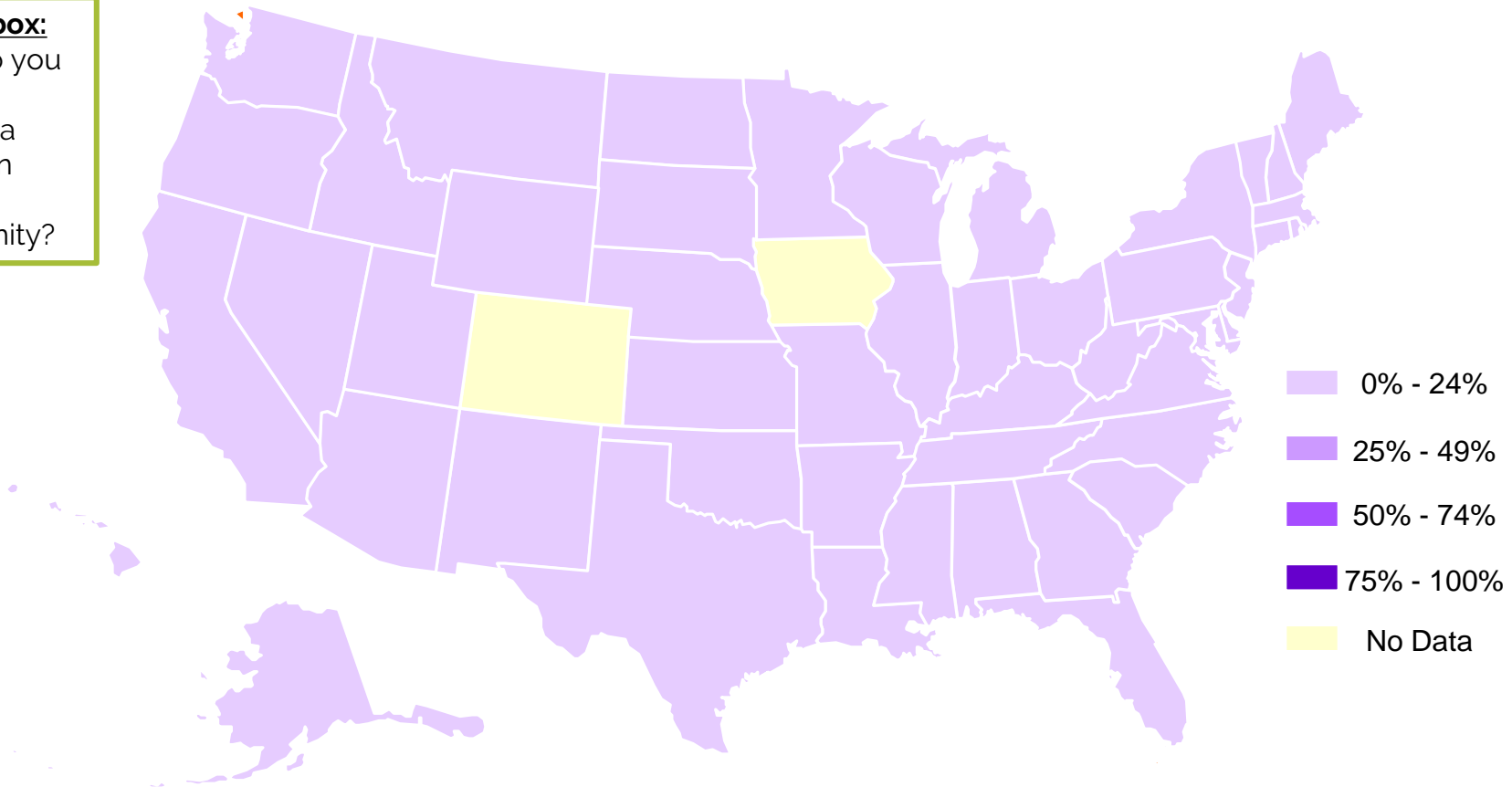


# Find Your State

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?



# Take Action

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# Public Health Institutes/National Organizations

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- Create and disseminate resources
- Promote state and local policies supportive of CSPAP
- Support states, schools, and districts through:
  - Technical assistance and training
  - Evaluation
  - Stakeholder convening



# State Agencies

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- Disseminate resources
- Promote state and local policies supportive of CSPAP
- Provide guidance on state laws
- Provide technical assistance and training
- Convene stakeholders



# District/School Level

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- Review and update local wellness policies to ensure they include PE/PA
- Integrate PE/PA efforts into wellness team meetings
- Organize trainings for teachers, staff, and administrators
- Develop, implement, and evaluate a CSPAP plan



# What's Next?

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- School Health Learning Community (for PHIs only)
  - **Oct 30, 3-4 PM EST**
- New classroom physical activity resources from Springboard and CDC (November 2018)
- Classroom Physical Activity Webinars
- Healthy Schools Academy (February 13-15, 2019)





# Q&A and Thank You!

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