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Best Practices for Physical Activity for Our Children

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Overview

- **Two Primary Settings**
 - **School-based policy and practices**
 - **Community based policy and practices**



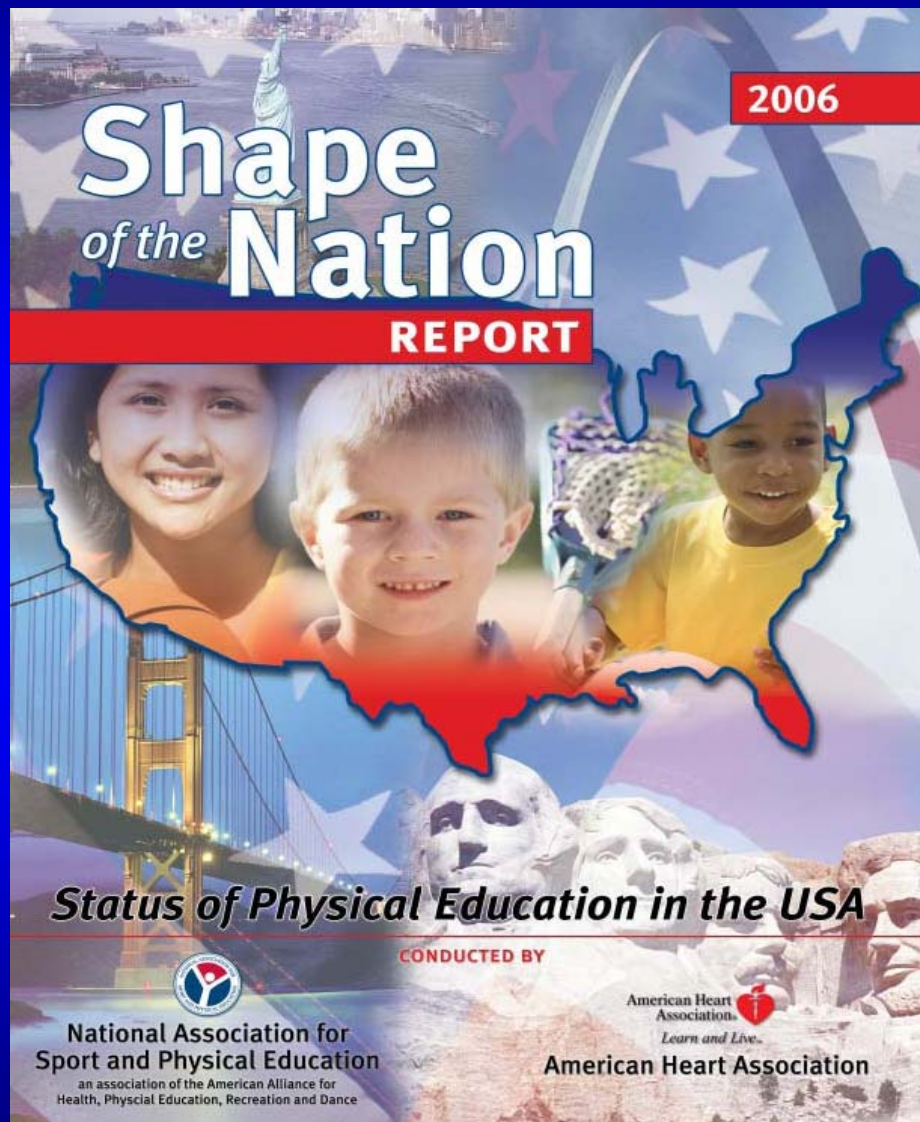
School-Based Policies and Practices

- **Comprehensive Physical Activity Program in Schools**
 - Quality Physical Education with Minimum Standards in Schools
 - Physical Activity Before, After, and During School



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*Require Quality
Physical Education
with Minimum
Standards in Schools*



Key Recommendations

- Quality physical education is provided to all students as an integral part of K-12 education
- Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K to 12



Key Recommendations

- All states develop standards for student learning in physical education that reflect the National Standards for Physical Education
- All states set minimum standards for student achievement in physical education
- Successfully meeting minimum standards in physical education is a requirement for high school graduation



Key Recommendations

- Other courses and activities that include physical activity should not be substituted for instructional physical education
- Physical education is delivered by certified/licensed physical education teachers



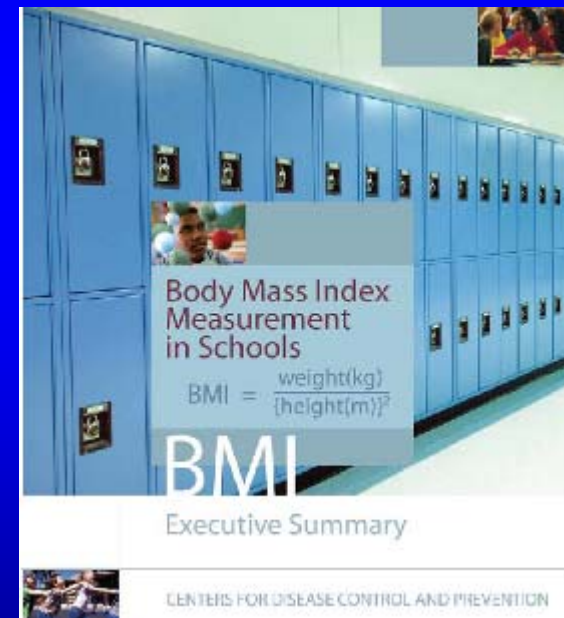
Evaluation

- **Evaluating Curriculum**
 - PECAAT
- **Physical Fitness Testing in the PE Curriculum**
 - Fitnessgram
 - President's Council on Physical Fitness and Sports
 - NASPE – for physical education curriculum



Body Mass Index (BMI)

- **Four states require schools to measure BMI**
 - Arkansas
 - California
 - Illinois
 - Pennsylvania
- **Resources**
 - CDC
 - AHA
 - Alliance for a Healthier Generation Toolkit





Physical Activity Before, After, and During School

- Integrating physical activity throughout the curriculum
- Safe routes to school/walk to school programs



Physical Activity Throughout the Curriculum

- **Practices**
- **Resources**
 - Planet Health
 - SPARK
 - PE Central



Walk to School Programs

- **State Walk to School Programs**
 - In 1999, California became the first state to pass a Safe Routes to School bill
 - Directed 1/3 of California's federal safety set-aside funding to Safe Routes to School—a total of about \$22 million/year.



Walk to School Programs

- **Other states that fund Safe Routes to School**
 - Colorado
 - Delaware
 - Pennsylvania
 - Oregon
 - Connecticut



Walk to School Programs

- In the 2005 SAFETEA-LU Transportation bill, Congress authorized \$612 million for the implementation of Safe Routes to School projects in all 50 states over 5 fiscal years.
- Funding is to be spent on infrastructure projects (sidewalks, bike facilities, traffic calming, etc), and non-infrastructure projects (education, encouragement, and enforcement).
- Requests for funding far outstrip available resources.



Walk to School Programs

- **The Safe Routes to School National Partnership (www.saferoutespartnership.org) – a network of more than 350 organizations -- is seeking to greatly expand the successful and popular SRTS program in the upcoming transportation bill authorization**
- **Highlights of the platform are attached and include:**
 - Increase the funding five-fold to \$600 million/year
 - Expand the program to include high schools
 - Reduce overhead and delays administering SRTS projects
 - Require evaluation for all projects funded with federal dollars, and expand research funding in the bill



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Healthy Schools Program

- Established in February 2006 by a \$8 million grant from the Robert Wood Johnson Foundation.
- Kicked off the Healthy Schools Program at the first annual Healthy Schools Forum at the Clinton Presidential Library in July 2006.
- Provided onsite support to 230 schools in 13 states and online support to over 900 schools during the 2006-07 school year.
- RWJF expansion of \$20 million will allow us to provide onsite support to over 8,000 schools in 34 states and online support to countless schools.





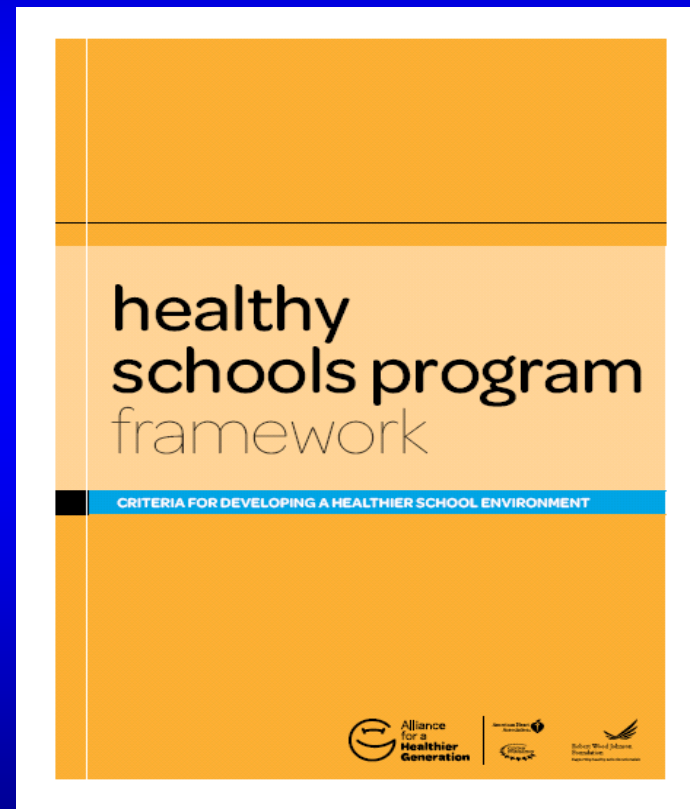
Unique Contributions of the Healthy Schools Program

- **The only national program that couples comprehensive support to schools with the opportunity for national recognition.**
- **The only opportunity for schools to be nationally-recognized for their overall healthy school environments.**
- **By virtue of its parent organizations, the Alliance has the unique ability to contribute to macro-level solutions for childhood obesity prevention.**



Best Practices Framework

- Policy
- Health Education
- Physical Education
- School Meals Programs
- Competitive Foods & Beverages
- Physical Activity
- Afterschool Programs
- School Employee Wellness





Physical Activity in the Community

- **2007 Ohio State Study**
 - Found that kindergartners and first graders are more likely to gain weight in the summer months than during the school year

von Hippel, P. American Journal of Public Health, April 2007



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We cannot tell our citizens to walk and bike when there is no safe or welcoming place to pursue these activities that promote heart health. Promoting healthy and walkable community environments is essential both for personal health and for the long-term health of our communities.

Richard J. Jackson, MD, MPH, CDC



Families and the Community/ Built Environment

- **Active Living Research**
 - National program of the RWJF
 - Focus on prevention of childhood obesity in low-income and high-risk racial/ethnic communities
 - Supports research to examine how environments and policies influence active living for children and their families
- <http://www.activelivingresearch.org>





School Siting

- **Factors influence mode of travel to school**
- **School location and the built environment matter**



Travel and Environmental Implications of School Siting





Key Questions

- **What's working?**
- **What's not?**
- **How do we create our preferred future?**



Recent Policy Progress

- In Florida, 2007 legislation requires that 150 minutes per week of physical education be taught in kindergarten through fifth grade.
- Illinois modified the School Code in 2007 to limit physical education waivers.
- Mississippi enacted legislation in 2007 that requires
 - 150 minutes per week of physical activity-based instruction
 - 45 minutes per week of health education for students in kindergarten through eighth grade
 - One-half credit graduation requirement in physical education for high school students
 - Sets statewide standards for health and physical education instruction.



Recent Policy Progress

- Oregon in 2007
 - Requires that all elementary schools provide 150 minutes per week of physical education by the 2017 school year
 - Creates a grant fund to hire and train new physical education teachers so 100 percent of elementary schools can meet the new minute requirements over the next 10 years
 - In 2008, legislators appropriated \$860,000 for two years towards Oregon's physical education grants program.



Recent Policy Progress

- In Alabama in 2008, legislation would have exempted both band and ROTC students from physical education but due to persuasive and convincing arguments against the idea it was quashed.
- In Maryland in 2008, established a task force to study the advisability of requiring all public schools in Maryland to provide all students a minimum number of minutes per week of physical activity and/or physical education.
- New legislation established curriculum standards for physical education in Rhode Island schools. This important measure ensures that all students will receive quality physical education in accordance with national standards.



Key Learning from the Front Lines

- We Are on the Right Track: PE is What Parents Want
- Parents want physical education for their kids, but don't know they aren't getting it
- Provides a prime opportunity for grassroots advocacy—we have been able to generate passion around the issue and recruit advocates as a result



Action for Health Kids Opinion Survey

- Survey of parents of school-aged children found a significant gap between what parents believe is happening and what is actually happening.
- 77% of parents support requiring daily physical education for all children
- In reality only 5.8 to 8.0% of schools nationally (depending on grade level) provide students with daily physical education.
- http://www.actionforhealthykids.org/special_exclusive.php



Minnesota PE Poll

- **AHA poll on physical education policy**
 - 88% of Minnesotans strongly or somewhat agree that physical education should be a daily part of the school curriculum for all students at every grade level.
 - 71% of Minnesotans strongly or somewhat agree that 45 minutes per day should be devoted to PE for kids in grads K-6
 - 78% of Minnesotans strongly or somewhat agree that PE should not be eliminated to focus on meeting stricter academic standards.
 - 87% of Minnesotans believe that physical activity helps kids do better academically.



2008 National PE Poll

- **Require at least 150 minutes per week of physical education for elementary school students, and 225 minutes per week of physical education for middle-school and high school students**
- **90% felt important**
- **8% not important**



2008 National PE Poll

- **Option A: Kids in school need more standard and more frequent physical education classes because they are not getting enough physical activity while at home OR**
- **Option B: Students in school should focus on academic and vocational subjects, not physical education, which should be their parents' responsibility.**



National PE Poll

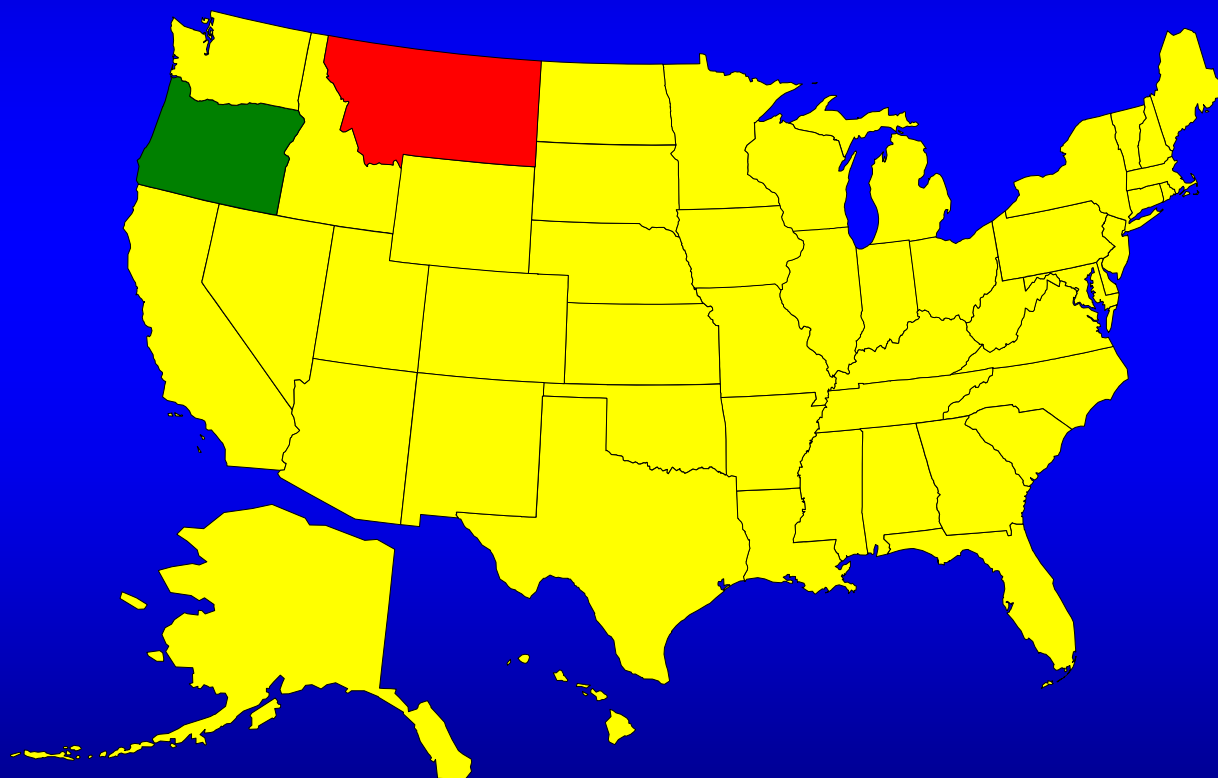
- **Option A: 64% (54% strongly)**
- **Option B: 32%**



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Physical Education: 225 Minutes/Week for Middle School: July 1, 2007



2006 Not Meeting Goal



2006 Meets Goal

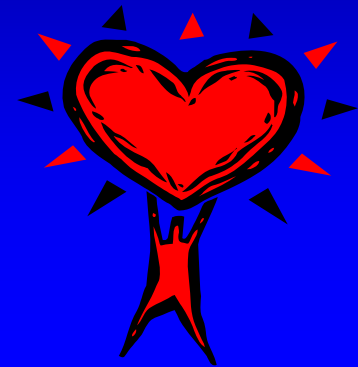


2007 Progress



Public Policy Change

- A powerful tool for producing social change.
- A victory can affect the quality of life for hundreds, thousands or millions for many years.
- Advocates are exercising their right to participate in the democratic process.
- Social change does not happen without individual advocates.





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Want to Stay Engaged?

Join our “You’re the Cure” grassroots network

www.youarethecure.org



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"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has." – Margaret Mead



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