

Physical Activity

About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels. SHPPS was conducted in 1994, 2000, and 2006. The 2012 study collected data at the state and district levels only. School- and classroom-level data collection will take place in 2014.

Health Education

Percentage of States Providing Assistance to Districts or Schools on Physical Activity and Fitness Education	
Type of Assistance	States
Developed, revised, or assisted in developing model policies, policy guidance, or other materials*	70.6
Distributed or provided model policies, policy guidance, or other materials*	74.5
Provided technical assistance†	86.3
* During the 2 years before the study.	
† During the 12 months before the study.	

During the 2 years before the study:

- 76.0% of states provided funding for professional development or offered professional development to those who teach health education on physical activity and fitness.
- The percentage of districts that provided funding for professional development or offered professional development to those who teach health education on physical activity and fitness increased from 43.3% in 2000 to 74.6% in 2012.¹

Health Services and Mental Health and Social Services

- 33.1% of districts required schools to provide physical activity and fitness counseling to students.
- 6.5% of districts had arrangements with organizations or healthcare professionals to provide physical activity and fitness counseling at other sites not on school property.
- 85.5% of districts required schools to obtain and keep physical activity restrictions in at least one type of student record.

Physical Activity

- 58.9% of districts required and 34.2% recommended that elementary schools provide students with regularly scheduled recess for students.
- Among the 93.1% of districts that required or recommended that elementary schools provide students with regularly scheduled recess:
 - 1.1% required or recommended less than 10 minutes per day.
 - 24.3% required or recommended 10 to 19 minutes per day.
 - 32.8% required or recommended 20 to 29 minutes per day.
 - 30.2% required or recommended 30 or more minutes per day.
 - 11.5% did not have specified time requirements or recommendations.

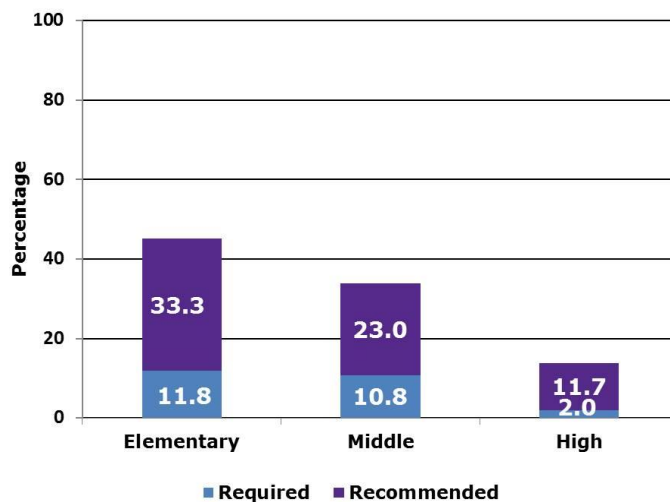
¹ Regression analyses were performed that took all available years of data into account. To account for multiple comparisons, selected changes are included only if the p-value from the trend analysis was less than .01, and either the difference between the two endpoints (2000 and 2012) was greater than 10 percentage points or the 2012 estimate increased by at least a factor of two or decreased by at least half as compared to the 2000 estimate.

Physical Activity (continued)

Percentage of Districts That Prohibited or Actively Discouraged Schools From Using Physical Activity as Discipline

Discipline	Districts
Excluding students from all or part of physical education to punish students for bad behavior or failure to complete class work in another class	71.0
Excluding students from all or part of physical education to punish students for bad behavior in physical education	63.9
Excluding students from all or part of recess for bad behavior or failure to complete class work	44.2
Using physical activity to punish students for bad behavior in physical education	68.4
Using physical activity to punish students for poor performance or bad behavior in interscholastic sports	63.5

Percentage of Districts That Required Schools to Provide Students with Regular Physical Activity Breaks* at Each School Level



*Outside of physical education class and recess.

Percentage of States Providing Assistance to Districts or Schools on Physical Activity Topics

Topic	Developed, revised, or assisted in developing model policies, policy guidance, or other materials*	Distributed or provided model policies, policy guidance, or other materials*	Provided technical assistance†
Joint use agreements for physical activity facilities	36.7	40.0	32.0
Measuring or monitoring student weight status	44.9	56.0	58.0
Physical activity outside of physical education and recess	60.8	74.0	79.2
Recess	49.0	58.8	70.0
Walking or biking to or from school	56.9	66.7	68.0

*During the 2 years before the study.

†During the 12 months before the study.

Percentage of States and Districts That Provided Funding for Professional Development or Offered Professional Development to Those Who Teach Physical Education on Physical Activity Topics During the 2 Years Before The Study

Topic	State	District
Developing, implementing, and evaluating a comprehensive school physical activity program	49.0	42.2
Encouraging family involvement in physical activity	64.7	53.9
Establishing walking or biking to school programs	60.8	29.1
Helping classroom teachers integrate physical activity into their classrooms	73.5	39.4
Helping students develop individualized physical activity plans	54.9	52.9
Methods for developing, implementing, and evaluating physical activity clubs or intramural sports programs	25.5	32.6
Methods to increase the amount of class time students are engaged in moderate-to-vigorous physical activity	66.7	55.1

Where can I get more information? Visit www.cdc.gov/shpps or call 800 CDC INFO (800 232 4636).

