

DNPAO State Program Highlights

Enhanced School-Based Physical Education



State-Based Programs

The Nutrition, Physical Activity, and Obesity Program (NPAO) is a cooperative agreement between the CDC's Division of Nutrition, Physical Activity and Obesity (DNPAO) and 25 state health departments. The program goal is to prevent and control obesity and other chronic diseases through healthful eating and physical activity.

DNPAO Target Areas

The state programs develop strategies to leverage resources and coordinate statewide efforts with multiple partners to address all of the following DNPAO principal target areas:

- **Increase physical activity**
- Increase the consumption of fruits and vegetables
- Decrease the consumption of sugar-sweetened beverages
- Increase breastfeeding initiation, duration, and exclusivity
- Reduce the consumption of high energy dense foods
- Decrease television viewing

Strategies Related to Enhanced School-Based Physical Education

DNPAO developed six guidance documents to provide assistance and direction regarding each of the principal target areas. The guidance document developed to increase physical activity includes the following strategies:

- Community-wide campaigns
- Point-of-decision prompts to encourage use of stairs
- Individually adapted health behavior change programs
- **Enhanced school-based physical education**
- Social support interventions in community settings
- Creation of or enhanced access to places for physical activity combined with informational outreach activities
- Active transport to school
- Street-scale urban design and land-use policies
- Community-scale urban design and land-use policies
- Transportation and travel policies and practices

Enhanced School-Based Physical Education

Enhanced school-based physical education includes strategies to increase the length of or activity level in school-based physical education classes. These help youth increase the amount they spend in moderate or vigorous physical activity during physical education. These strategies are implemented within physical education classes, but also can be applied in different youth-oriented settings, such as community and recreation centers and after-school programs.

State Activities Related to Enhanced School-Based Physical Education

Georgia

Georgia School Fitness Assessment

In September 2010, the Georgia Student Health and Physical Education (SHAPE) partnership was established. The SHAPE partnership is a public-private initiative that will launch a pilot program in five school systems to conduct fitness assessments on students in grades 1–12. The partnership is the result of House Bill 229, signed by Governor Sonny Perdue during the 2009 legislative session, which addresses student health and wellness by requiring each local school district to conduct an annual fitness assessment for all students in grades 1–12 enrolled in Georgia public school physical education classes taught by certified physical education teachers. The SHAPE partnership includes the Governor's Office, the Department of Education, the Division of Public Health, the Georgia Children's Health Alliance, and Children's Healthcare of Atlanta. Each organization has played a role in providing training, centralizing data, rewards and recognition, and creating a sustainable plan for long-term results.

In June 2010, the State Board of Education adopted the Fitness-Gram® program as the state's physical fitness assessment tool. Five county school systems were selected to participate in the pilot program before it goes statewide during the 2011–2012 school year as required by the SHAPE Act of 2009. Two hundred and seven schools in those select counties will assess more than 1,000 students.

Implementation of the fitness assessment included a data collection and data entry webinar training for physical education teachers for proper assessment of students' skills related to body composition, abdominal strength, flexibility, and endurance.

Students in grades 1–3 will be introduced to each assessment component for familiarity, while students in grades 4–12 will be assessed and data will be collected for report. Scores are evaluated against objective criterion-based standards, called Healthy Fitness Zone standards that indicate the level of fitness necessary for good health. Fitness-gram® software generates a report for students and parents, which contain objective results, personalized feedback and positive reinforcement. Data collection in the physical education classes began in October 2010 and the information collected from the assessments will be reported to parents of 4th- to 12th- grade students and in a summary to the Georgia Governor.

In addition to the assessment implementation, teachers will receive enhancement training related to understanding childhood obesity in Georgia, and reporting and analyzing fitness assessment data. Most importantly, the assessments and additional trainings will help teachers improve institutional skills within the physical education setting and with reviewing and implementing innovative programs to improve physical education instruction.

The Georgia Division of Public Health has served as the key sponsor for the fitness assessment training and implementation of the pilot program. In addition, the Georgia Division of Public Health has served as a representative on the Department of Education Fitness Assessment Advisory Committee, the Georgia Physical Education Standards Advisory Committee to provide guidance related to physical education recommendations, the Georgia Health Education Standards Advisory Committee to support the evaluation of the fitness assessment



implementation, and the Governor's Fitness Assessment Recognition Program Advisory Committee to recognize schools participating in the pilot and future statewide assessment.

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New York

Healthy Schools New York

With 703 school districts, New York serves more than 3 million students in grades K–12. It is estimated that only 14% of districts meet the State Education Department regulations for physical education. To address this, the New York State Department of Health provides grant funds to 18 regional organizations to work with school districts across the state to develop and implement Board of Education approved policies for physical activity, nutrition, and tobacco control.

The physical activity goal is to increase the quantity and quality of physical education to meet or exceed state regulations of 120 minutes per week for students of all abilities in elementary grades K–6.

The Department of Health partnered with the State Education Department to provide training for healthy schools coordinators who will provide assistance to school districts to develop and implement physical education plans and classroom physical education instruction. The Department of Health continues to provide ongoing training and evaluation development and implementation assistance to the healthy schools coordinators.

New York Contact

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Need more information?

Visit the CDC DNPAO Web site to learn more information about our funded state programs:
<http://www.cdc.gov/obesity/stateprograms/index.html>