



Promoting Healthy Weight



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House Health Policy
Committee Testimony

May 26, 2011

Getting Michigan Moving By:



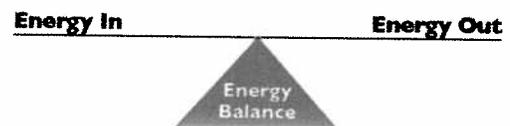
- promoting the health benefits of physical activity and
- equipping our citizens to eat healthy and to lead physically active lifestyles.



Energy (Un)Balance



Energy Balance



Requires Behavior Change



Best Practice Approaches



Quality Physical Education

A Critical Part of the Solution



Action

- ✓ Ensure daily, quality physical education in all school grades. Such education can develop the knowledge, attitudes, skills, behaviors, and confidence needed to be physically active for life.

Quality Physical Education

A Critical Part of the Solution



The Surgeon General's Vision for a Healthy and Fit Nation
2010



To promote physical activity, school systems should:

- Require daily physical education in pre-kindergarten through grade 12, allowing 150 minutes per week for elementary schools and 225 minutes per week for secondary schools.
- Require and implement a planned and sequential physical education curriculum for pre-kindergarten through grade 12 that is based on national standards.
 - . . . 20 minutes daily recess . . .
 - . . . intramural physical activity programs . . .
 - . . . Walk- and bike-to-school programs . . .
 - . . . Joint use agreements . . .

Quality Physical Education

A Critical Part of the Solution



FACTS Learning for Life
Physical Education in Schools

Obesity is a major risk factor linked to increased cardiovascular disease (CVD), certain types of cancer, type 2 diabetes, and early death

Quality Physical Education

A Critical Part of the Solution



COMMUNITY
The Community Guide
What works to promote health

Promoting Physical Activity: Behavioral and Social Approaches

School-based Physical Education

Task Force Recommendations & Findings

Adaptively designed physical education programs	Recommended
Small amount of instruction in unstructured settings	Recommended
Large amount of instruction	Not Recommended
Unstructured physical education	Not Recommended
Unstructured physical education in family recreation	Not Recommended
Unstructured physical education in afterschool and summer programs	Not Recommended

For More On This Topic:
 CDC, Division of Nutrition, Physical Activity and Obesity
 www.cdc.gov/npcd/dnpp
 Department of Health and Human Services

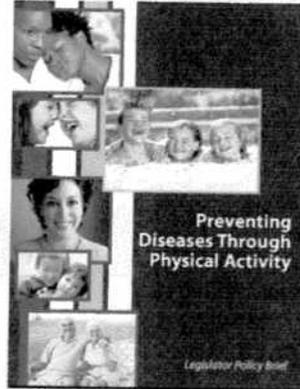
Related Topics:
 Child, Adolescent, and Adult Obesity Prevention and Control
 Physical Activity Promotion
 Physical Activity: Resources

Quality Physical Education

A Critical Part of the Solution

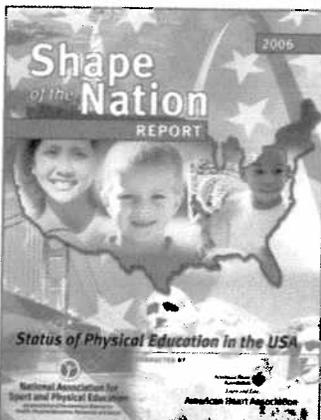


Council of State Governments



- Support legislation and work with the state department of education to require physical education for all children in grades K-12.
- Assure quality by limiting exemptions . . .

Physical Education Requirements in Michigan



Shape of the Nation Report
MICHIGAN AMONG WORST IN THE NATION FOR PHYSICAL EDUCATION REQUIREMENTS

RESTON, VA, May 15, 2006 - With no state requirements for physical education at the elementary, middle or high school levels, Michigan has been identified by the National Association for Sport and Physical Education (NASPE) as one of the worst states in the country for physical education requirements. These are among the findings of the latest Shape of the Nation Report: Status of Physical Education in the USA, recently released by NASPE and the American Heart Association (AHA).

"Despite skyrocketing childhood obesity rates and calls from Congress, the Surgeon General and others for stronger federal and state requirements for high quality daily physical education programs, most states in Michigan are missing a critical goal on their physical education requirements," said NASPE Executive Director Christine R. Beets. "To set another federal initiative, the No Child Left Behind Act (NCLB) of 2001, is demanding the inclusion of more available for physical education. NCLB focuses on student achievement in subject of state standardized tests, but does not require that states develop or adopt standardized tests to hold schools and students accountable, ensure that is not done, such as physical education, has become a lower priority."

Conducted every five years the purpose of the Shape of the Nation Report is to provide current information about the status of physical education in each state and the District of Columbia in the following areas: state requirements, curriculum, teacher certification, class size, standards, instruction, and transportation, student assessment, teacher certification, National Health Certification, and physical education's contribution to both state and national objectives. For the complete report visit www.naspe.org.

Michigan Law - Physical Education



Sec. 380.1502

- (1) Health and physical education for pupils of both sexes shall be established and provided in all public schools of this state. Subject to subsection (2), each pupil attending public school in this state who is physically fit and capable of doing so shall take the course in physical education.
- (2) A school district may credit a pupil's participation in extracurricular athletics or other extracurricular activities involving physical activity as meeting the physical education requirement for the pupil under subsection (1).

Physical Education Mandate Summaries

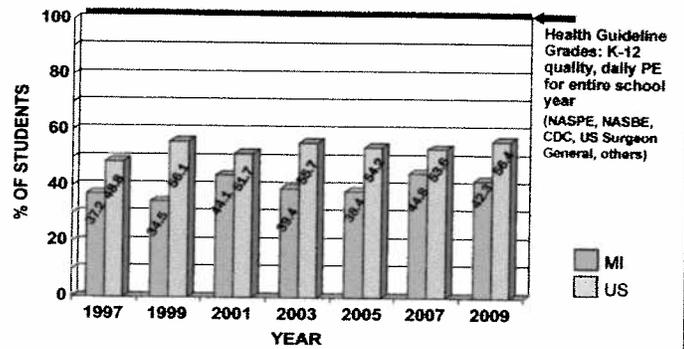


Mandate for physical education	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
Elementary	43	84%	36	70%
Junior High	40	76%	33	65%
High School	46	90%	42	83%

All averages and percentages in this summary section count the District of Columbia as a "state," for a total of 51 (not 50) states

Shape of the Nation Report, 2010

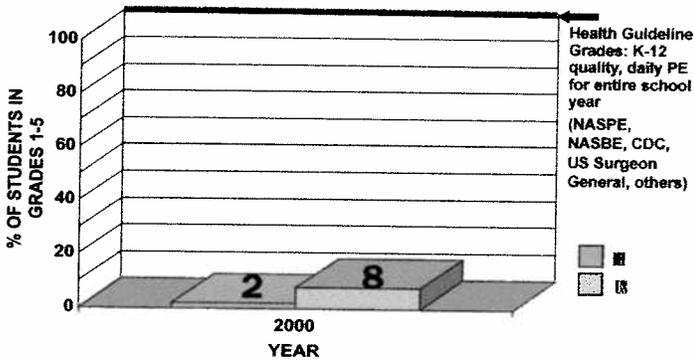
High School Physical Education Enrollments



*On one or more days in an average week when in school.

Youth Risk Behavior Survey (YRBS), CDC

Elementary School Physical Education Daily Enrollments



SHPPS 2000, CDC PE Survey 2000, MDOE

Physical Education vs. Physical Activity



Some people think P.E. is a place to be active, when, in fact, its a place to learn.

Physical activity is a behavior.

Physical education is a curricular area that develops skills, knowledge, and attitudes to be active for life.



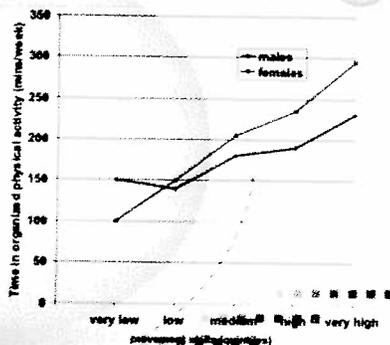
Importance of Motor Skills



Relationship Between Movement Skills and Organized Physical Activity



Fundamental movement skills are significantly associated with adolescents' participation in organized physical activity.



Importance of Motor Skills

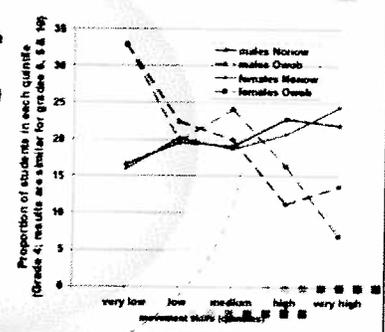


Relationship Between Fundamental Movement Skills and Body Composition



Fundamental movement skills (FMS) proficiency is inversely associated with body composition.

These findings suggest that mastery of FMS may be an important factor in preventing unhealthy weight gain among children and youth.



Michigan's Exemplary Physical Education Curriculum

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The diagram shows a flow from Self-Efficacy to Motor Skills, then to Daily Physical Activity, and finally to Fitness. Motor Skills is noted as 'Forward skills' and 'Library games'. Below the diagram are three small images: a person on a bicycle, a person playing basketball, and a person walking.

Physical Education and Academic Performance

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Fall 2007 Research Brief, Robert Woods Johnson Foundation

	# of studies
Downsizing or eliminating P.E improves academic performance.	0
Increasing time for P.E harms academic performance.	0
Increasing time for P.E maintains or increases academic performance.	5

Physical Education and Academic Performance

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Fall 2007 Research Brief, Robert Woods Johnson Foundation

"Students whose time in P.E. or school-based physical activity was increased, maintained or improved their grades and scores on standardized achievement tests, even though they received less classroom instructional time than students in control groups."

Policy Considerations

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- Quantity - days per week, minutes per class (minutes per week), grades
- Quality - standards, curriculum, instruction, assessment
- Other - certified teachers, professional development, district coordinator, waivers, substitution, teacher:student ratios (class size), MEAP test, school improvement plans
- Comprehensive School Physical Activity Program

Comprehensive School Physical Activity Programs

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www.LetsMoveInSchool.org

National Association for Sport and Physical Education and the American Alliance for Health, Physical Education, Recreation and Dance

Comprehensive School Physical Activity Program