

## CDC Operationalized 1305 Performance Measure

**Date:** 12/18/2015

**Performance Measure 2.6.02:** Number of students in local education agencies where staff received professional development and technical assistance on establishing, implementing, and evaluating CSPAP

**Strategy:** Implement quality physical education and physical activity in K-12 schools.

**Intervention (*Enhanced only*):** Develop, implement, and evaluate comprehensive school physical activity programs (CSPAP).

Basic

Enhanced

Domain 2: Environmental Approaches that Promote Health

Domain 3: Health Systems Interventions

Domain 4: Community Clinical Linkages

Short Term

Intermediate

Long Term

AREAS	EXPLANATION
<b>Purpose of Performance Measure</b>	<ul style="list-style-type: none"> <li>The purpose of this performance measure is to determine the reach of professional development and technical assistance to local education agencies to ensure that students have access to comprehensive physical activity programs (see CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity).</li> </ul>
<b>Results Statements</b>	<ul style="list-style-type: none"> <li>In the US, CDC funded grantees worked to ensure that students have access to comprehensive physical activity programs.</li> </ul>
<b>Definition of Terms</b> ( <i>Key concepts defined</i> )	<p>A <b>comprehensive school physical activity program (CSPAP)</b> is a multi-component program that includes the following: quality PE as the foundation, PA before, during, and after school, staff involvement, and family and community engagement. In addition to quality PE, examples of activities that are implemented within a CSPAP are recess, classroom PA breaks, intramurals and PA clubs, interscholastic sports, walk and bicycle to school initiatives, and joint-use agreements.</p> <p><b>Quality physical education</b> consists of four main areas: 1) curriculum, 2) supportive policies and environment, 3) instruction that keeps students physically active for at least 50% of class time, and 4) student assessment. Ideally, PE should be required daily for students in grades K-12 with 150 minutes per week required for Elementary school students and 225 minutes per week required for Secondary school students (i.e., Middle and High School).</p> <p><b>Local education agency (LEA)</b> is another word for school district and will be referred to as LEA throughout this document.</p> <p><b>Professional development (PD)</b> refers to a set of skill-building processes and activities designed to assist targeted groups of participants in mastering specific learning objectives. Such events are delivered in an adequate time span (at least 3 hours) and may include curriculum and other training, workshops, and on-line or distance learning courses. Professional development should be focused on highly effective trainings and workshops. Professional development may be delivered by the State Department of Health and/or its partners.</p> <p><b>Technical assistance (TA)</b> refers to tailored guidance to meet the specific needs of a site or sites through collaborative communication between a specialist and the site(s). Assistance takes into account site-specific circumstances and culture and can be provided through phone, mail, e-mail, Internet, or in-person meetings. Technical assistance may be delivered by the State Department of Health and/or its partners.</p>

<b>Unit of Analysis</b>	<ul style="list-style-type: none"> <li>Students</li> </ul>
<b>Intended/Targeted Population</b>	<ul style="list-style-type: none"> <li>Students in local education agencies where staff have no knowledge or limited knowledge about CSPAP.</li> </ul>
<b>Numerator/Count</b>	<ul style="list-style-type: none"> <li>Actual number of students in local education agencies that have received professional development or technical assistance on CSPAP.</li> <li>For example, if you are targeting 3 LEAs with professional development and technical assistance, report the total number of students enrolled in all 3 of those LEAs.</li> </ul>
<b>Denominator</b>	<ul style="list-style-type: none"> <li>N/A</li> <li><b>Please note:</b> the denominator does <i>not</i> need to be reported for this performance measure.</li> </ul>
<b>Rate/Percentage</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Disparities Focus</b>	<b>Approach related/specific:</b> <ul style="list-style-type: none"> <li>Approach related/specific: Academic, health, SES, free and reduced priced lunch data</li> </ul>
	<b>Stratification:</b> <ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Data source(s)</b>	<p>The following data sources can/should be used to collect data for this measure:</p> <ul style="list-style-type: none"> <li>Training tracking system, Student and School data reports, State Department of Education database, National Center for Education Statistics database</li> <li>The number of students enrolled in a district can easily be obtained from the National Center for Education Statistics' District Search page: <a href="https://nces.ed.gov/ccd/districtsearch/">https://nces.ed.gov/ccd/districtsearch/</a></li> <li>Professional development and technical assistance provided by partners you work with closely on relevant physical education and physical activity content can count for this performance measure.</li> </ul>
	<b>Not Appropriate:</b> <ul style="list-style-type: none"> <li>School Health Profiles</li> </ul>
<b>Frequency of Data Collection</b>	<ul style="list-style-type: none"> <li>Annually</li> </ul>
<b>References/Resources</b>	<ul style="list-style-type: none"> <li>CDC's Comprehensive School Physical Activity Program Guide <a href="http://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf">http://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf</a></li> <li>CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity <a href="http://www.cdc.gov/healthyschools/npao/strategies.htm">http://www.cdc.gov/healthyschools/npao/strategies.htm</a></li> <li>CDC's Healthy Youth Web site on physical activity facts <a href="http://www.cdc.gov/healthyschools/physicalactivity/facts.htm">www.cdc.gov/healthyschools/physicalactivity/facts.htm</a></li> <li>SHAPE America's Comprehensive School Physical Activity Program Website: <a href="http://www.shapeamerica.org/CSPAP/">http://www.shapeamerica.org/CSPAP/</a></li> <li>National Center for Education Statistics District Search <a href="https://nces.ed.gov/ccd/districtsearch/">https://nces.ed.gov/ccd/districtsearch/</a></li> </ul>
<b>Questions/Issues for CDC Grantee Collaboration</b>	<ul style="list-style-type: none"> <li>N/A</li> </ul>

**Additional  
Information/Guidance**

- Students should represent those in LEAs where physical education and other school professionals were targeted for professional development or technical assistance (e.g., all LEAs in state, LEAs not previously targeted for physical education and physical activity professional development and technical assistance, high-need LEAs based on academic, health, SES, free and reduced priced lunch data).