

CDC Operationalized 1305 Performance Measure

Date: 12/18/2015

Measure ID: m_2.6.04

Performance Measure 2.6.04: Percent of schools that provide or require daily physical education

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). CSPAP includes quality physical education and physical activity programming before, during, and after school, such as recess, classroom activity breaks, walk/bicycle to school, physical activity clubs).

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	DECISIONS
Purpose of Performance Measure	<ul style="list-style-type: none"> The purpose of this performance measure is to determine the percent of schools within the enhanced states' targeted LEAs that require or provide daily physical education (see CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity).
Results Statements	<ul style="list-style-type: none"> In the US, CDC funded grantees worked to increase the percentage of schools providing or requiring daily physical education, with a broad goal of increasing physical activity among K-12 students.
Definition of Terms (Key concepts defined)	<p>Daily physical education: Defined as the daily delivery of the curricular subject, physical education, to all students within the school.</p> <p>Quality physical education: 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, physical education should be required daily for students in grades K-12 with 150 minutes/week for elementary school and 225 minutes/week for secondary school.</p> <p>Local education agency (LEA) is another word for school district and will be referred to as LEA throughout this document. For the purposes of this performance measure, LEAs refer only to those targeted for intervention.</p> <p>Schools include all elementary, middle, and high schools within the targeted LEAs.</p>
Unit of Analysis	<ul style="list-style-type: none"> Schools
Intended/Targeted Population	<ul style="list-style-type: none"> K-12 students in targeted LEAs
Numerator	<ul style="list-style-type: none"> N/A
Denominator	<ul style="list-style-type: none"> N/A
Rate/Count/Percentage	<ul style="list-style-type: none"> Percent of schools within the targeted LEAs that provide or require daily physical education

Disparities Focus	<p>Approach related/specific:</p> <ul style="list-style-type: none"> • N/A <p>Stratification:</p> <ul style="list-style-type: none"> • N/A
Data source(s)	<p>The following data sources can/should be used to collect data for this measure:</p> <p>This performance measure will capture both written policy (i.e., required daily physical education) and/or practice (i.e., observed or usual schedule information about a school's daily physical education). There are 3 possible options to consider for measurement of daily physical education:</p> <p>1) Local wellness policies or school board policies:</p> <ul style="list-style-type: none"> - District-level local wellness policies can be used to determine if a district policy exists that requires schools provide or require daily physical education. Examination of the content of the written policy might include language of daily physical education. - Other school board written policies might include language about physical education requirements <p>2) Survey elementary, middle, and high schools within target LEAs that asks about frequency of physical education and whether or not the school has specific requirements—through the following examples of possible mechanisms:</p> <ul style="list-style-type: none"> - Simple survey only to physical education teachers, physical education coordinator, or school principals (e.g., Survey Monkey) - Add questions to an existing school-based survey - Develop a new survey <p>3) Work with/through a district liaison or contact in the following ways:</p> <ul style="list-style-type: none"> - Gather school-level records and/or schedules that indicate how often physical education is required and/or provided can be reviewed. - Direct observations at schools within the targeted LEAs can be conducted to determine the number of schools that provide or require daily physical education <p>Not Appropriate:</p> <ul style="list-style-type: none"> • School Health Profiles
Frequency of Data Collection	<ul style="list-style-type: none"> • Annually
References	<ul style="list-style-type: none"> • School Health Guidelines to Promote Healthy Eating and Physical Activity http://www.cdc.gov/healthyschools/npao/strategies.htm • CDC's School Health Index http://www.cdc.gov/healthyschools/shi/index.htm • Alliance for a Healthier Generation's Healthy School Program Inventory https://schools.healthiergeneration.org/

Additional Information/Guidance	<ul style="list-style-type: none"><li data-bbox="516 247 532 268">•