

YOUTH PHYSICAL ACTIVITY

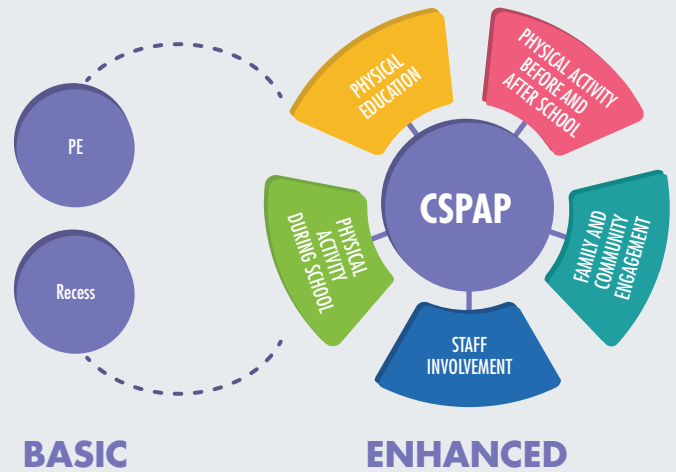
SEPTEMBER 2014

Creating a Toolbox for Action

Creating Opportunities and Sharing Solutions for Success

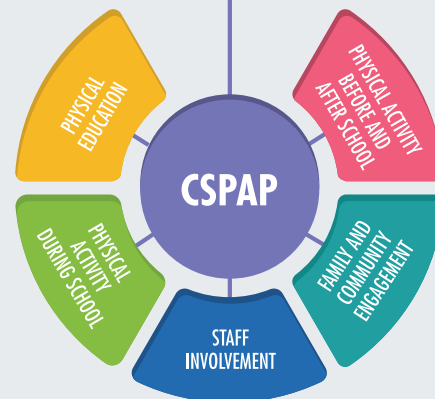
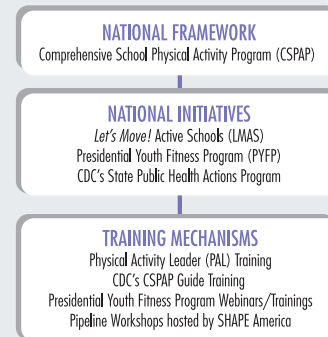
CDC's State Public Health Actions Program (1305), Basic, Strategy #2 and Enhanced, Domain 2, Strategy #6

For Basic funding, states are responsible for addressing the policies, professional development, and technical assistance for physical education (PE) and recess. For Enhanced, states are funded to help schools establish, implement, and evaluate a Comprehensive School Physical Activity Program (CSPAP). It is important to note that the work states are doing for Basic fits nicely into the work needing to be done for CSPAP—specifically, physical education is the foundation of CSPAP and recess is included in physical activity (PA) during school.



National Framework for Physical Activity and Physical Education

CSPAP is the national framework to achieve youth physical activity through schools. There are three federal initiatives supporting the efforts of CSPAP: Let's Move! Active Schools, the Presidential Youth Fitness Program, and CDC's State Public Health Actions Program. There are also training mechanisms in place such as the Physical Activity Leader (PAL) training to empower schools to create active environments for their students, staff, family, and community members.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Toolbox for Action

Federal guidelines recommend that youth get 60 minutes of daily physical activity. Schools are an ideal place to help students achieve some or all of this recommendation. At the state level, supporting schools to offer quality physical education daily, offer daily recess, and create a school environment that offers many opportunities for students to be physically active can be accomplished through multiple strategies. Below is your toolbox for action, filled with resources you need to know about. These resources will help you:

1. make the case for PE, recess, and CSPAP using data and sharing the connection between health and academics;
2. develop and share policies and guidance related to PE and recess;
3. share key resources and trainings for PE, recess, and CSPAP;
4. identify key partners to help you make the case, provide professional development, and seek additional resources; and
5. evaluate and track what you are doing, so you can address your challenges and share your successes.

MAKING THE CASE

- DATA
 - Youth Risk Behavior Surveillance (YRBS)
 - School Health Policies and Practices Study (SHPPS)
 - School Health Profiles
 - 2012 Shape of the Nation Report
- CDC's health and academic resources

POLICY

- Fit, Healthy, and Ready to Learn, Chapter D on policies to promote physical activity
- NACDD webinar on "Keys to Understanding State School Health Policy"
- State School Health Policy Matrix

PHYSICAL EDUCATION

- CDC's School Health Guidelines
 - IOM's Educating the Student Body: Taking Physical Activity and Physical Education to School
 - The Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase PA Among Youth
 - Physical Education Curriculum Analysis Tool (PECAT)
 - Strategies to Improve Quality Physical Education
 - National Standards and Grade-Level Outcomes for K–12 Physical Education 2013
 - Presidential Youth Fitness Program
 - Let's Move Active Schools
- CDC's School Health Guidelines
 - Recess for Elementary School Students
 - Active Living Research Brief: Increasing Physical Activity Through Recess
 - Webinars hosted by Active Living Research

RECESS

CSPAP

- CSPAP Policy Continuum
- CDC's CSPAP Guide Training
- School Health Index
- Presidential Youth Fitness Program
- Let's Move Active Schools

KEY PARTNERS

- SHAPE America
- Action for Health Kids
- Alliance for a Healthier Generation
- State PTA

EVALUATION

- 1305 Performance Measure Profiles
- 1305 Evaluation Plan Guidance
- Tips for Tracking PD & TA
- 2012 Shape of the Nation Report
- School Health Profiles
- YRBS

