



# NC Healthy Schools

Legislative Obesity Task Force  
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**NC Department of Public Instruction**

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# Outline

- NC Healthy Schools
- Healthful Living SCOS
- Healthy Active Children Policy
- 2009 HAC Policy Report Highlights
- Data Collection
- Challenges
- Opportunities
- Questions



# NC Healthy Schools

# NC Healthy Schools

- K-12 Curriculum & Instruction Div.
  - One State funded position (Health Ed.)
  - Four Federally funded positions
  - One position housed in DPH
- Cooperative Agreement from CDC/DASH – DPI and DHHS
- Promotes Coordinated School Health Approach (CSH) for LEA's and schools
- Collaborate with DPI Chief Health and Public Relations Officer







# NC Healthy Schools

- Coordinated School Health
  - Health Education
  - Physical Education
  - Child Nutrition Services
  - Health Services
  - Healthy School Environment
  - Mental Health Services
  - Staff Wellness
  - Family and Community Involvement



# NC Healthy Schools

- Provides support for the Healthful Living SCOS (HE and PE)
- Provides support for Driver Education, Athletics and Sports Medicine
- Administers the YRBS, School Health Profiles and Healthy Active Children surveys



# Healthful Living Standard Course of Study (SCOS)



# Healthful Living Standard Course of Study

- A guide for teachers and students in the development of healthy behaviors, the teaching and learning of essential health related knowledge and skills and the establishment of active lifestyles





# Healthful Living Standard Course of Study

- K – High School
- Blending of health education and physical education standards
- Promotes use of evidenced-based tools and instruction



# Healthful Living Standard Course of Study

- Provides guidelines and framework for instruction
- Scope and sequence of instruction for K – HS
- Provides content strands for Physical Education and Health Education
- Includes instructional competencies and objectives



# Healthful Living Standard Course of Study

- Aligned with National Physical Education and Health Education Standards
- Revised in 2006 with acknowledgement of increased child overweight and obesity
- Nutrition and Fitness specific objectives included with emphasis
- Revision of Essential Standards in progress  
Accountability and Curriculum Reform  
Effort (ACRE)



# Healthful Living SCOS

## Physical Education

- Grades K-5
  - Licensed Physical Education Specialist and Classroom Teachers
  - Days per week with PE Specialist varies by LEA and school (no required #)
  - Minutes of instruction per day varies by LEA and school (no required #)
  - Focus includes movement and motor skills, health related fitness, sports literacy and personal responsibility





# Healthful Living SCOS

## Physical Education

- Grades 6-8 – Middle School
  - Combined with Health Education as Healthful Living Education
  - Taught by licensed Physical Education specialist
  - Time divided between HE and PE
  - No required days or minutes per week
  - Focus includes personal fitness, lifetime activities, activities that offer challenges and enhance decision making skills



# Healthful Living SCOS

## Physical Education

### ■ High School

- Combined with Physical Education as Healthful Living Education
- Taught by Licensed Physical Education Specialist
- One Unit of Healthful Living Education required for graduation
- One semester of Physical Education and one semester of Health Education (traditional schedule)
- Focus includes personal wellness, benefits of daily physical activity, and healthy weight management



# Healthful Living SCOS

## Health Education

- Grades K-5
  - Health content primarily delivered by classroom teachers
  - No designated Health Education class
  - No required number of minutes
  - Focus includes, personal responsibility, servings and portion control, understanding of the My Pyramid, healthy weight management, nutrition labels





# Healthful Living SCOS

## Health Education

- Grades 6-8 (MS)
  - Combined with Physical Education as Healthful Living Education
  - Taught by licensed Health Specialist or Health and Physical Education Specialist
  - No required days or minutes of instruction
  - Focus includes Dietary Guidelines for Americans, role of nutrition and PA on weight management, balancing caloric intake with expenditure, eating disorders, media literacy





# Healthful Living SCOS

## Health Education

### ■ High School

- Combined with Physical Education as Healthful Living Education
- Taught by licensed Health Specialist or Health and Physical Education Specialist
- One unit of Healthful Living Education required for graduation
- One semester of Health Education and one semester of Physical Education (traditional schedule)
- Focus includes personal weight management, analysis of popular weight loss plans, personal and consumer health, use of technology as a research tool



# Healthy Active Children Policy (HAC)



# Healthy Active Children Policy

## SBE Policy GCS-S-000

- Requires School Health Advisory Councils in each LEA (SHACs)
- Mandates 30 minutes of physical activity daily (K-8)
- Recommends 150 minutes per week of physical education in elementary schools
- Recommends 225 minutes per week of Healthful Living Education in middle schools
- Protects recess and other PA time
- Promotes Coordinated School Health approach
- Requires annual report from LEA's to SBE



# Healthy Active Children Policy

- 2009 HAC Policy Report Highlights
  - 95% survey response (106 of 112 LEA's)
  - Submitted by SHAC contact
  - Results reported to SBE
  - 86% of SHAC's have representatives from all 8 areas of CSH
  - 38% of SHAC's meet at least quarterly
  - 61% of SHAC's provide reports to local BOE



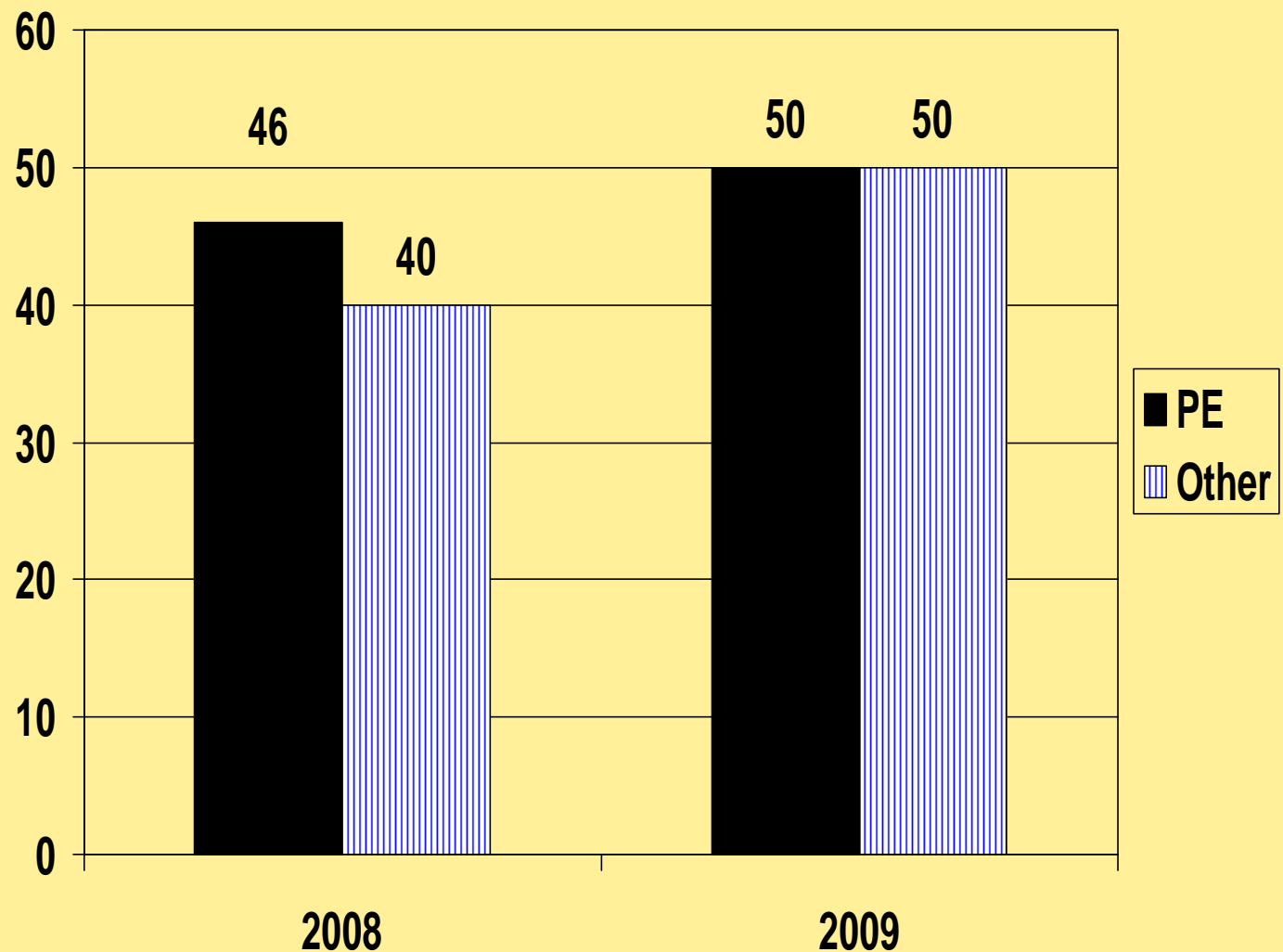


# 2009 HAC Policy Report Highlights



# HAC Policy 2009 Survey

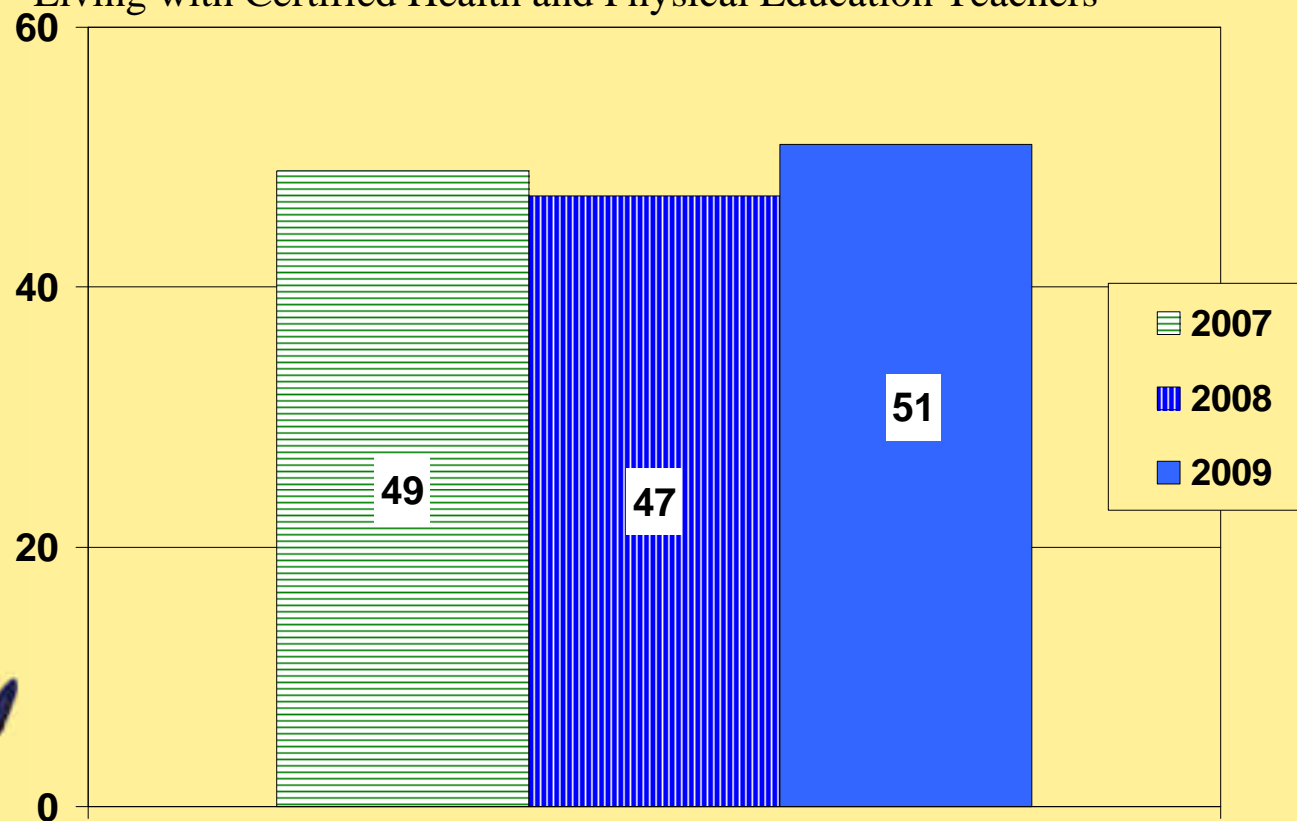
**ALL** Elementary Schools in LEA Providing 150 min. of PE per Week with Certified Physical Education Teacher





# Healthy Active Children Policy 2009 Survey

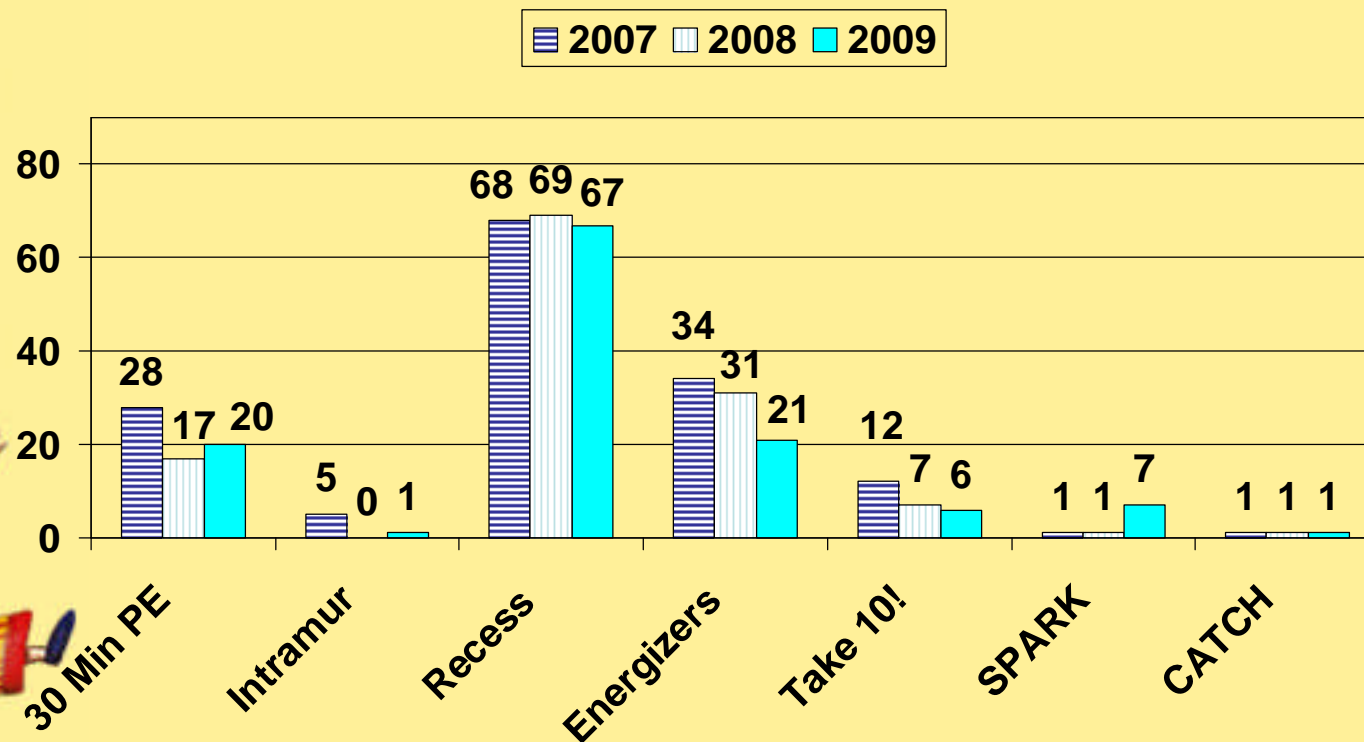
- **ALL** Middle Schools in LEA Providing 225 Minutes per Week of Healthful Living with Certified Health and Physical Education Teachers





# Healthy Active Children Policy

- 2009 HAC Survey Highlights
  - Moderate to Vigorous Physical Activity (MVPA) opportunities offered by LEA's







# Data Collection



# Data Collection

- **Youth Risk Behavior Survey (YRBS)**  
CDC Selected Middle and High Schools – odd years
- **School Health Profiles**  
Principals and Lead Health Teacher in selected Middle Schools and High School – even years
- **School Level Impact Measures (SLIMs)**



# Data Collection

- In-School Prevention of Disease (IsPOD)
  - NCAAHPERD Lead Investigator
  - Multi-year K-8 Physical Education focus
  - Kate B. Reynolds Charitable Trust - Funding
  - Statewide – all LEA's able to participate
  - Professional Development, Fitness Testing, Nutrition and Physical Activity survey, data collection and analysis



# Data Collection

## ■ IsPOD

- Currently 64 LEA's participating to date
- Over 47,000 students (August 2009)
- Fitnessgram – Evidenced-based fitness assessment: BMI, Strength, Endurance, Cardiovascular Endurance, Flexibility
- Training for Fitnessgram
- SPARK – Evidence-based PE program
- Training for SPARK





# Challenges



# Challenges

- Other School Priorities
- Healthful Living (PE & HE) Not Tested Areas
- PE – PA Confusion
- Too Little Time
- Too Few Qualified Teachers
- Inadequate Facilities and Equipment
- Merging of Education and Health Priorities



# Challenges

- Disproportionate Emphasis on Athletics
- Size and Diversity of State
- Local Control Limitations



# Opportunities





# Opportunities

- Develop and Implement a K-12 Evidence-Based Assessment and Accountability Plan for Healthful Living Education
- Establish NC School Health Data Management System – NC Center for Health Statistics, NC WISE, IHE's



# Opportunities

- Establish Healthy Schools Coordinator Positions in LEA's to Maximize CSH Approach
- Provide Healthy Schools = Successful Students Grants to Leverage Federal, Local, and Private Funding to Establish and Sustain Evidence-based Obesity Reduction and Prevention Initiatives



# Opportunities

- Enact Policies to Encourage and Enhance Joint Use Agreements for PA Between Schools and Community Agencies
- Enact Policies That Enable School Districts to Plan and Build Schools That Are PA and Nutrition “Friendly” (Built Environment)



# Opportunities

- Provide Supplements to PA Coordinators for Before and After School Programs
- Earmark Portion of Lottery to Improve Access to Pedestrian and Bike Lanes Serving Schools
- Reinstitute and Modify Physical Education Consultant Position at DPI





# Questions

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