

# 2013-2014 NUTRITION AND PHYSICAL ACTIVITY REPORT

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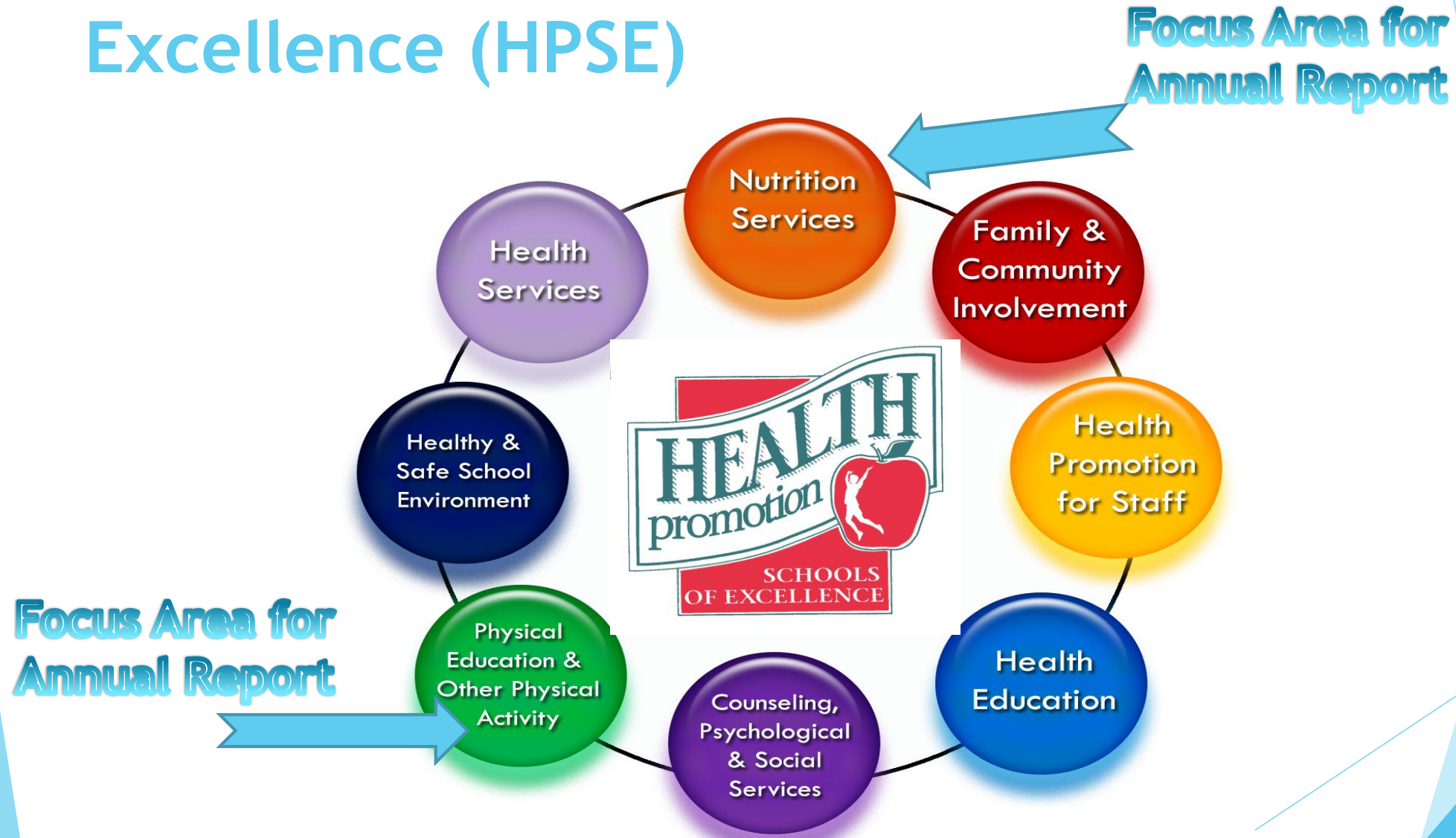
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# Coordinated School Health Program



# Health Promotion Schools of Excellence (HPSE)



# HPSE Physical Education for Progress (PEP) Grant

- ▶ 3 year grant to enhance and expand current programs focusing on chronic disease prevention and control
  - ▶ 9 participating elementary schools
    - ▶ Bates
    - ▶ Cochrane
    - ▶ Eisenhower
    - ▶ Gutermuth
    - ▶ Indian Trail
    - ▶ Kennedy Montessori
    - ▶ Stonestreet
    - ▶ Watterson
    - ▶ Young

## ▶ Grant Components

- ▶ Professional development
- ▶ **Y5210-24 Week Physical Activity & Nutrition Programs**
- ▶ Go Healthy Nutrition Program
- ▶ Pedometer Program
- ▶ **Assessments**
  - ▶ Walk/Run
  - ▶ Height & Weight (Body Mass Index)



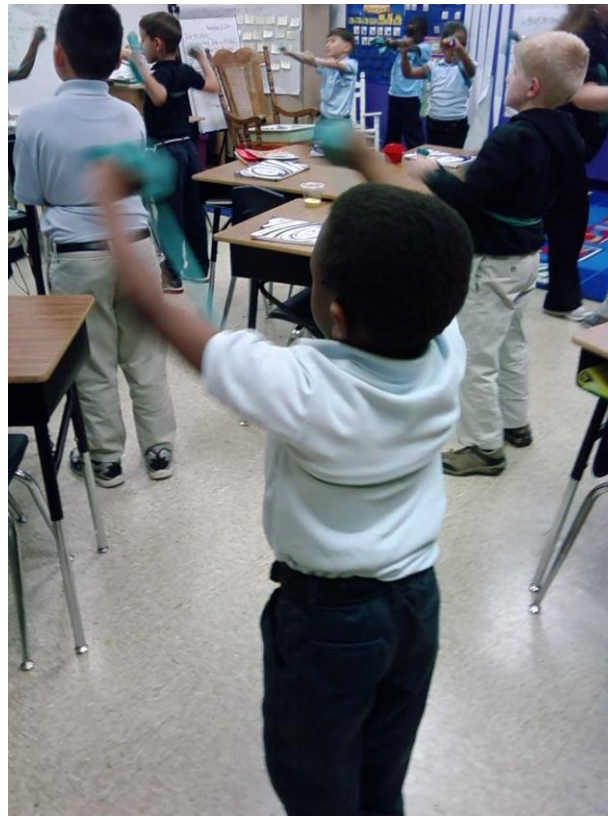


# Physical Activity and Nutrition Y5210

- ✓ 5 fruits and vegetables per day
- ✓ 2 hours or less of screen time per day
- ✓ 1 hour of physical activity per day
- ✓ 0 sugary drinks per day



"I like doing the Y5210 video because it gives you exercise. It teaches us to live a healthy life," Trinity.



"Y5210 is fun and good for you. It talks about grains, proteins and not drinking bad drinks," Jaiden.

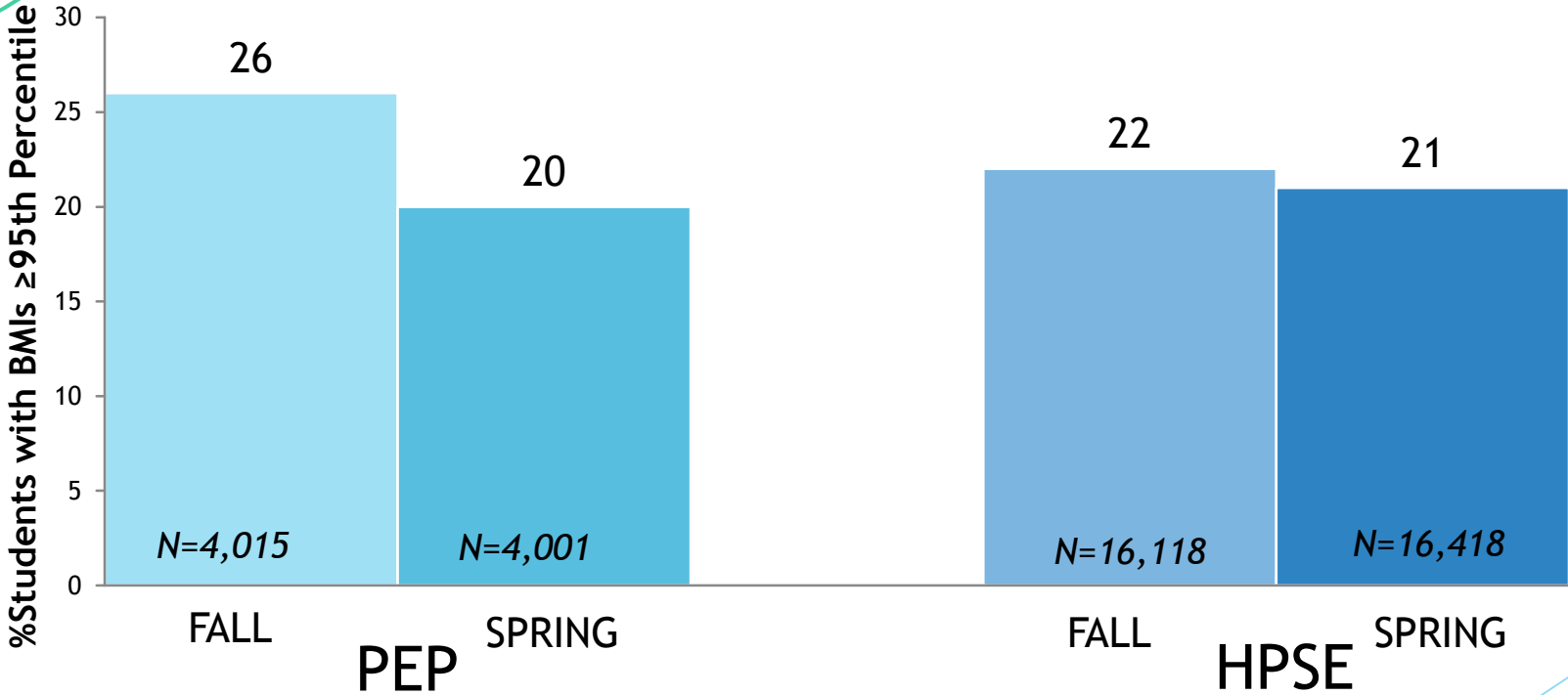
- ▶ "I really enjoy the Y5210 program. In this day and age of technology and video games, kids do not get much exercise. This leads to students being unable to focus on activities in the classroom. The video provides students with ideas for exercise and also teaches them how to focus and listen to directions. I love how it incorporates technology and physical activity. I think the Y5210 acronym is easy to learn and remember and is very meaningful to the kids as well as the parents. I will continue to use these concepts in the classroom," Rachel Wollard, Greathouse/Shryock Kindergarten teacher.

# CAROL M. WHITE PHYSICAL EDUCATION PROGRAM

## Evaluation Data

Takeaway: PEP  
Schools reduced  
obesity rate by 6%

2012-2013 % Obese Students  
(Fall vs. Spring)

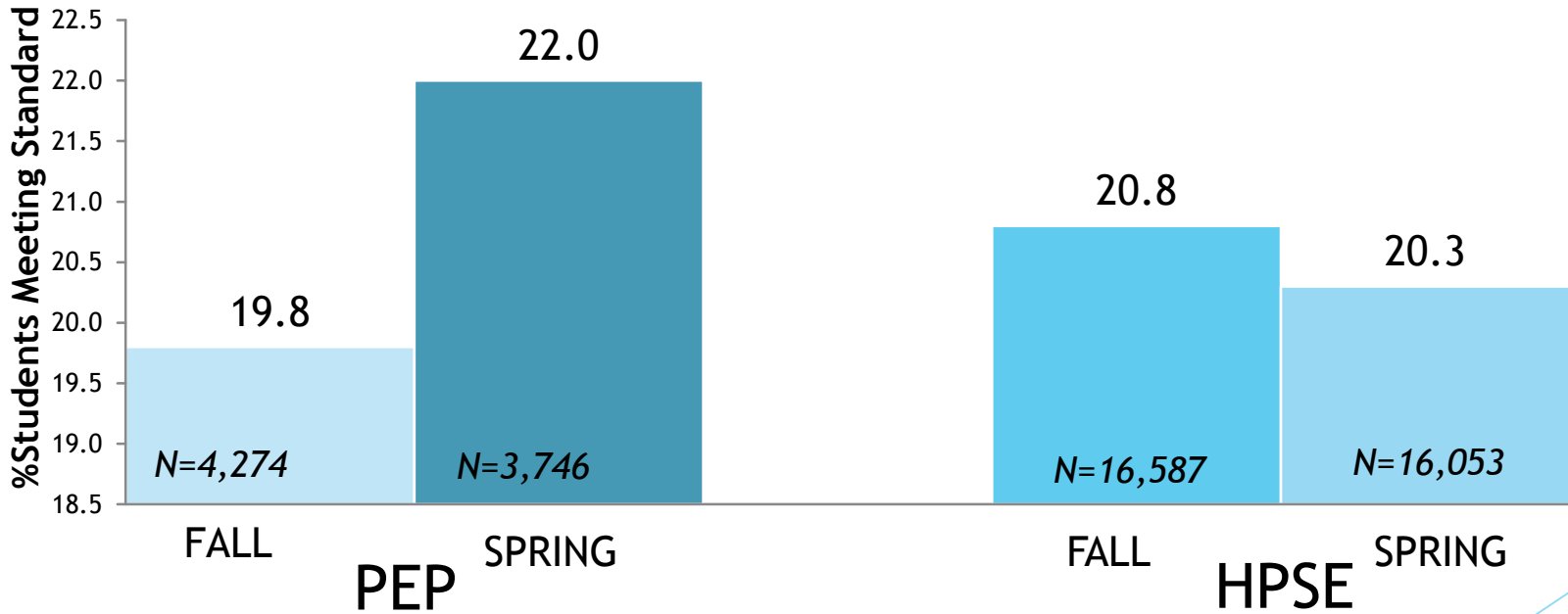


# CAROL M. WHITE PHYSICAL EDUCATION PROGRAM

## Evaluation Data

Takeaway: PEP schools increased %students meeting standard by 2.2%

### 2012-2013 %Students Meeting Walk-Run Physical Best Standard (Fall vs. Spring)



# Physical Activity--HPSE Cross Country\*

- ▶ 16 Teams
  - ▶ 14 Participated in HPSE Fall program and meet
  - ▶ Lowe and Dunn received special honors for Kentucky Cross Country and Track Coaches Association (KTCCCA)
    - ▶ 3<sup>rd</sup> and 4<sup>th</sup> grade runner of the year Jack Edelen, Dunn Elementary



\* Only 1 example of Health Promotion Schools of Excellence Physical Activity Programs

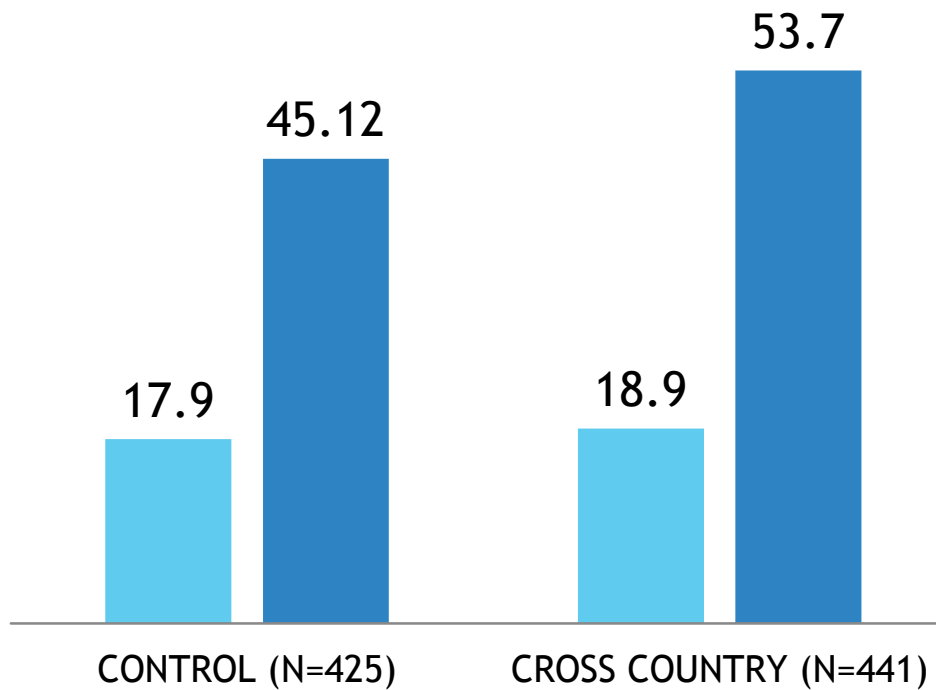


# HPSE 2012-2013 Cross Country Data

*Takeaway:* Greater change in meeting walk-run standards and reducing at-risk weights for cross country students

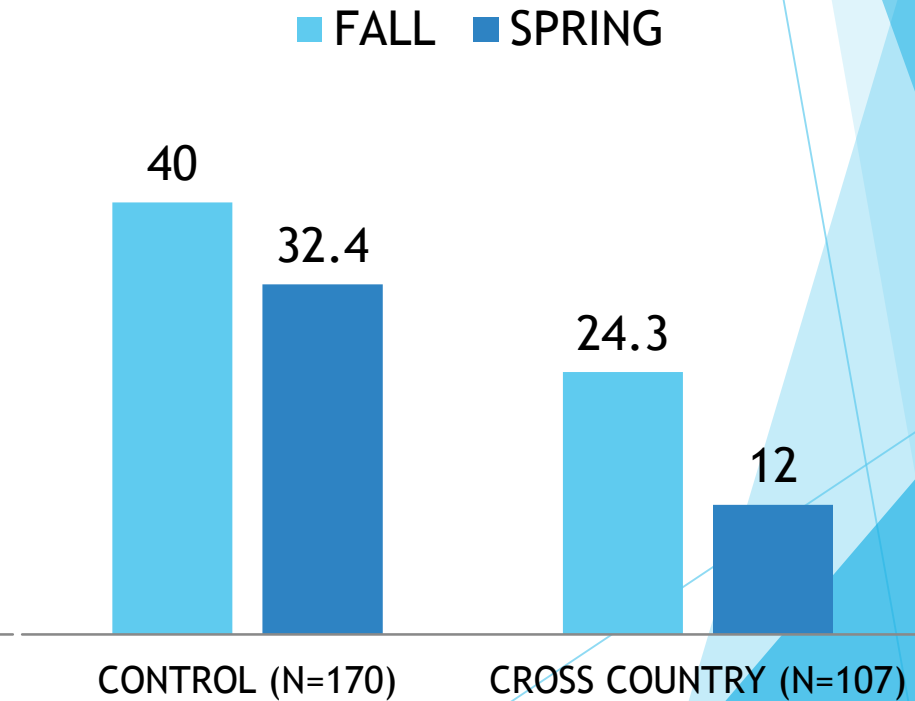
## %STUDENTS MEETING WALK-RUN STANDARD

■ FALL ■ SPRING



## %OVERWEIGHT/OBESE STUDENTS WITH FALL AND SPRING SCORES

■ FALL ■ SPRING



# PHYSICAL ACTIVITY REPORT

JCPS Elementary Schools have been ACTIVE  
implementing Physical Activity

# 7 contributing factors of success in 7 years: 2006 - 2013

KRS 160.345 (Commonly called Senate Bill 172)

# 1) Practical Living Program Review

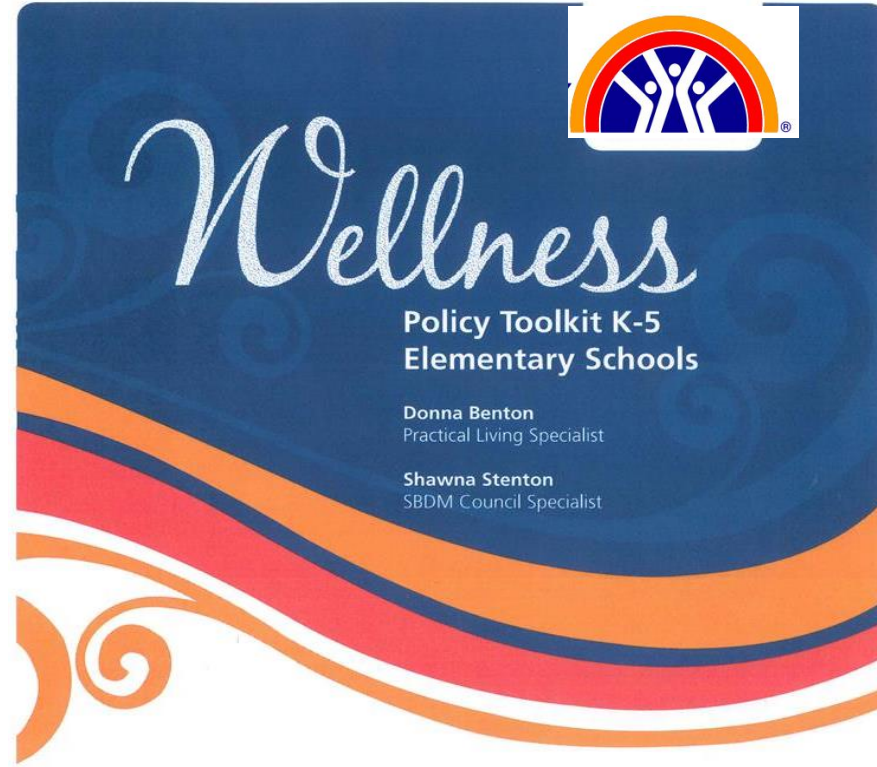
Standard 1, Demonstrator 2, Characteristic d



- ▶ “Utilizes a Comprehensive School Physical Activity Program (CSPAP) to increase the quality of the Physical Education instruction to increase Physical Activity opportunities throughout the school environment.”

## 2) Local SBDM Wellness Policy KRS 160.345 and PL Program Review Standard 4, Demonstrator 1, Characteristic i

- ▶ “Each school council of a school containing grades K-5...shall develop and implement a wellness policy that includes moderate to vigorous **PHYSICAL ACTIVITY** each day.”





### 3) Increasing and Improving the Physical Activity Environment

- ▶ Faculty trainings



- ▶ Before and after school Physical Activity offerings

## 4) Collaborating with Community Partners

- ▶ Universities
- ▶ Businesses
- ▶ Metro Parks
- ▶ Faith-based organizations
- ▶ Hospitals



## 5) Emphasis on getting ALL students active and not just skilled & athletics

- ▶ All students have the capability to perform some type of activity



## 6) Success Breeds Success: Physical Activity Impacts Academic Performance - CDC Study

- ▶ Attention span, classroom behavior/conduct and achievement test scores positively correlated with Physical Activity\*

The Association Between  
School-Based Physical Activity,  
Including Physical Education,  
and Academic Performance



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Adolescent and School Health  
[www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)



Revised Version — July 2010  
(Replaces April 2010 Early Release)



7) Recognitions add momentum and  
motivation:

**17 JCPS PE teachers**  
**achieved**  
**Director of Physical Activity**



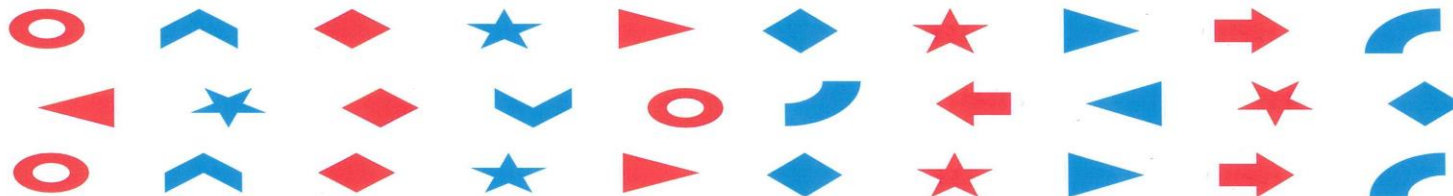




# Let's Move, Active Schools



JCPS is on the **Move**,  
to have all 135 K-12  
schools be **Active Schools**



A DAY UNDER THE KNIFE | SNOW, NO! HISTORIC WINTER STORMS

JANUARY 2014

\$4.70

# Louisville

**HEALTH & FITNESS**

THE FUTURE OF PE  
MOTIVATION FROM LOCAL SWEATSPERTS  
FITNESS CLUB LISTINGS

Carri Rogers, PE teacher at  
Chancey Elementary





# Moving Forward—PE PLCs



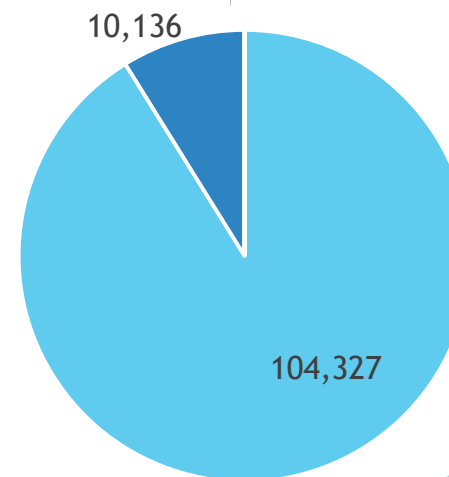


# BUS STOP CAFE



- ▶ Woodland Estates
- ▶ Holiday Park
- ▶ Public Pools
- ▶ Age-Appropriate Meals
- ▶ Activities and Prizes
- ▶ Neighborhood Place info in Spanish

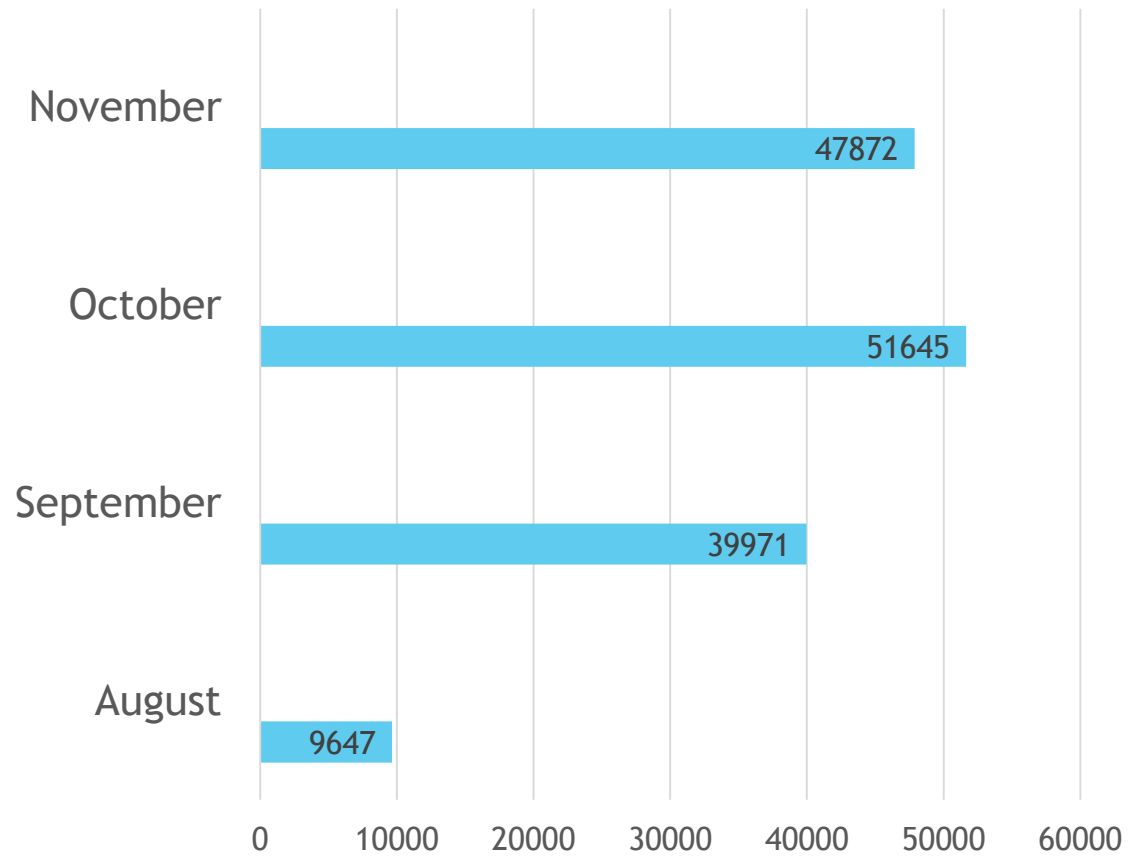
Summer Lunches



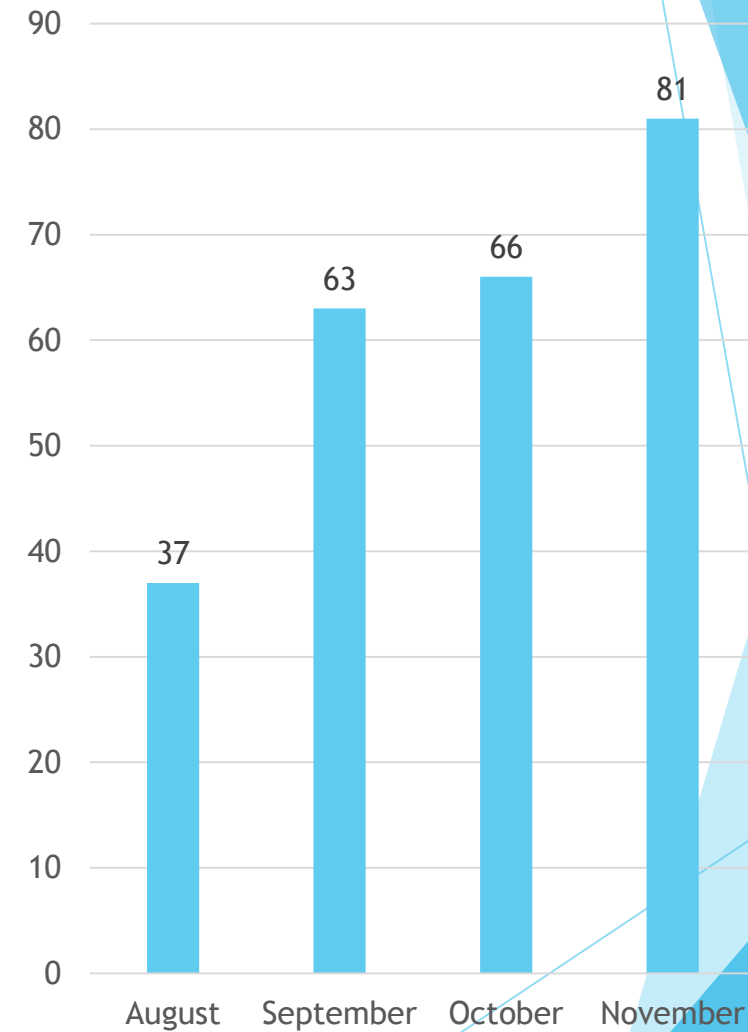
■ Other Sites ■ Bus Stops

# AT-RISK SUPPERS

At-Risk Suppers Claimed



Sites



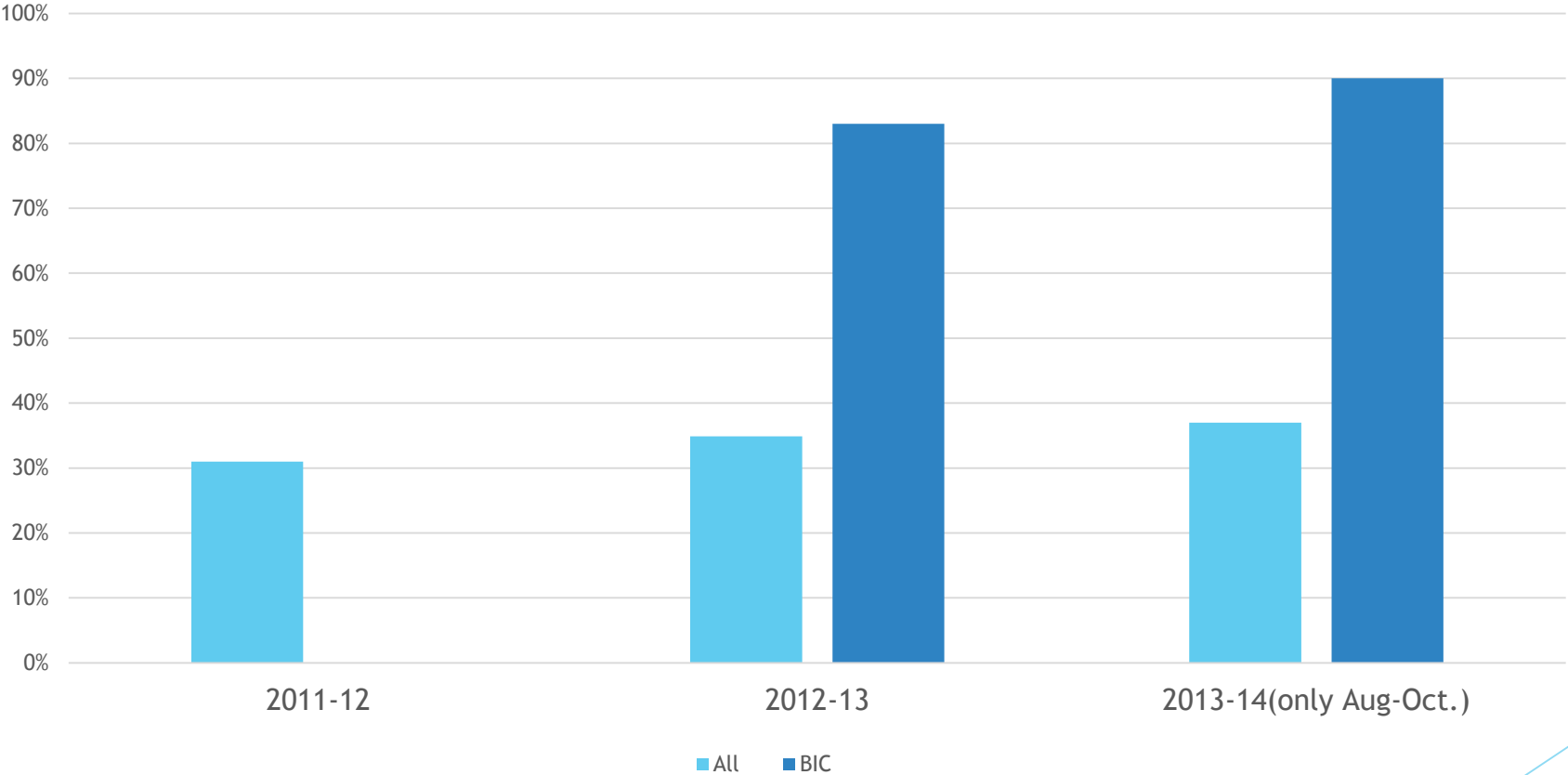


# NUTRITIONAL VALUE OF SCHOOL MEALS

MEAL	JCPS BFAST	USDA	JCPS LUNCH	USDA
<b>ELEMENTARY</b>				
<b>Calories</b>	468	350-500	557	550-650
<b>% Sat Fat</b>	4.88%	<10%	8.28%	<10%
<b>Sodium, mg</b>	528	540	1006	1230
<b>MIDDLE</b>				
<b>Calories</b>	537	400-550	625	600-700
<b>% Sat Fat</b>	5.73%	<10%	8.25%	<10%
<b>Sodium, mg</b>	529	600	1168	1360
<b>HIGH</b>				
<b>Calories</b>	537	450-600	819	750-850
<b>% Sat Fat</b>	5.73%	<10%	7.52%	<10%
<b>Sodium. mg</b>	529	640	1250	1420

# BREAKFAST IN THE CLASSROOM

Breakfast Participation Comparison - Regular Program vs. Breakfast in the Classroom

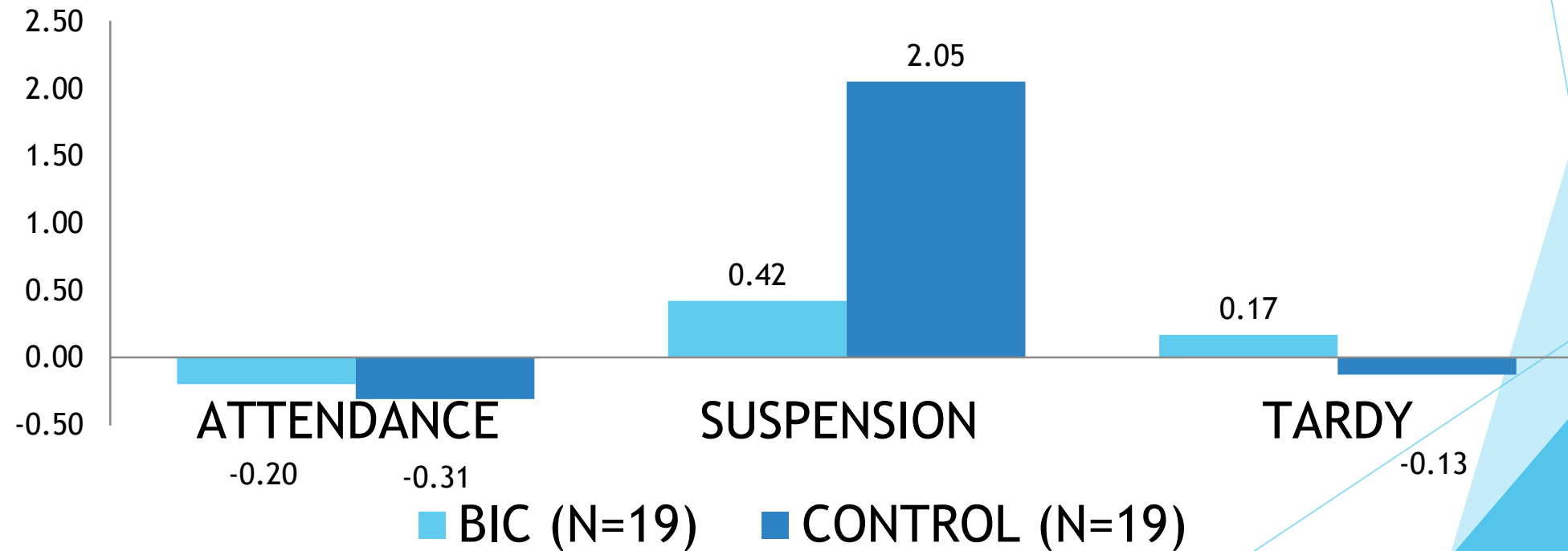


# BREAKFAST IN THE CLASSROOM

## Evaluation Data

**Takeaway:**  
Attendance &  
suspensions show  
preliminary  
advantage for BIC

### 2012-2013 BREAKFAST IN THE CLASSROOM YEAR 1 NON-ACADEMIC DIFFERENCE SCORES\*

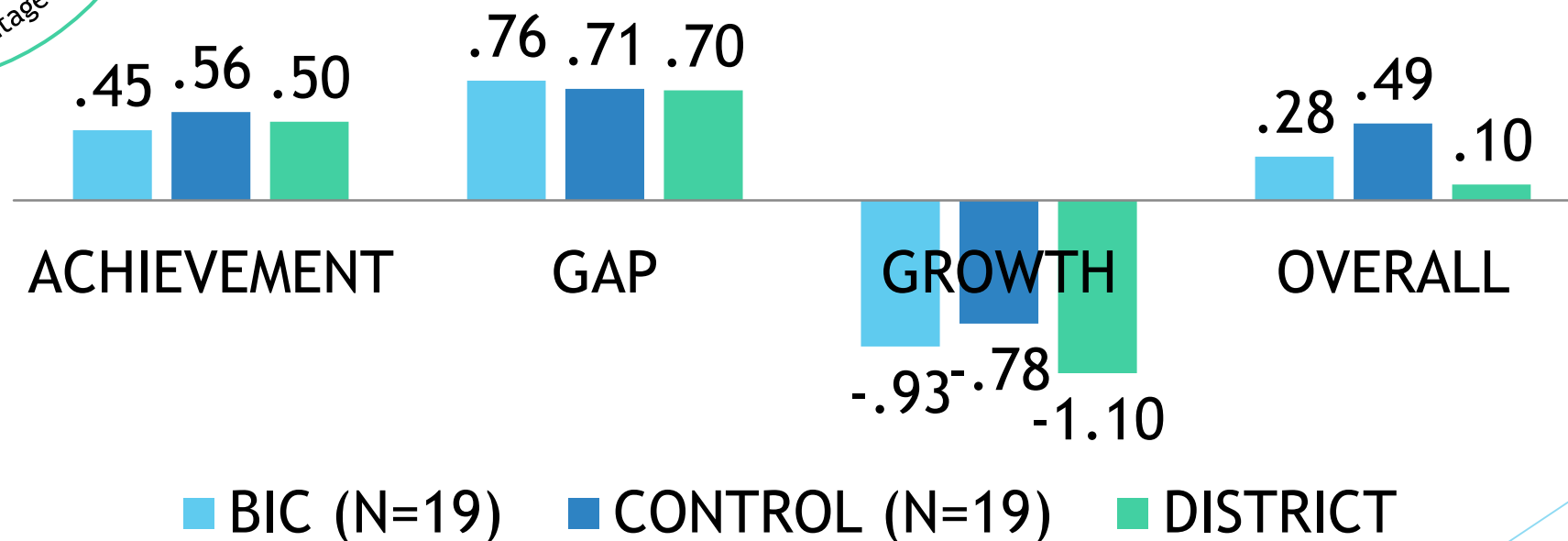


# BREAKFAST IN THE CLASSROOM

## Evaluation Data

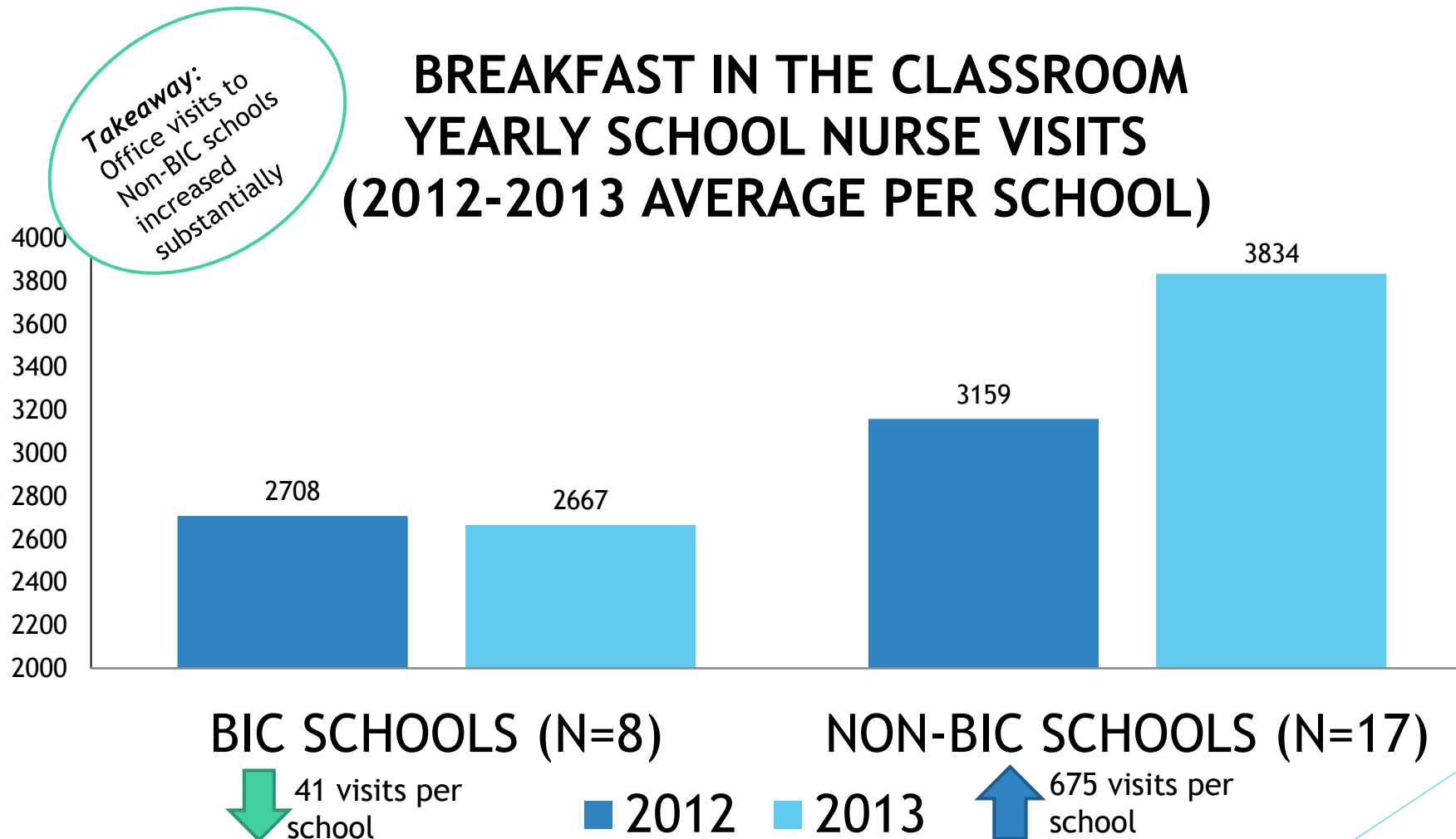
**Takeaway:**  
Year 1 GAP only  
measure showing  
preliminary  
advantage for BIC

### 2012-2013 Breakfast in the Classroom Year 1 K-PREP Difference Scores



# BREAKFAST IN THE CLASSROOM

## Evaluation Data





# Questions?

