

Livingston County Schools
2017-2018 Physical Activity and Nutrition Report
Findings and Recommendations

Findings

Nutrition Environment:

- 100% of schools offer school meals (breakfast and lunch) programs that are fully accessible to all students.
- 75% offer students at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated.

Physical Activity Environment:

- 100% of teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions.
- 75% provide opportunities to participate in physical activity breaks in classroom, outside of physical education, recess, and class transition periods on all or most days during a typical school week.

Recommendations

- Offer grab and go option to promote participation during breakfast.
- Provide students opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods on all or most days during a typical school week.