

EDUCATION SECTOR

2011 ACCOMPLISHMENTS



BACKGROUND

<i>Chair</i>	Elizabeth Walker
<i>Chair affiliation</i>	Association of State and Territorial Health Officials (ASTHO)
<i>Members</i>	Approximately 50 people

COMBINED STRATEGIES 1 & 2

- STRATEGY** Develop state and school district policies that (1) require comprehensive physical activity programs and (2) include mechanisms for monitoring implementation.
- GOAL 1** For 2011: Develop a model policy for Comprehensive School Physical Activity Programs (CSPAP) that includes mechanisms for school accountability. Secure endorsements for the model policy from at least five national education and/or health associations by September 2011.
- For 2015: Ten states will adopt policies that require schools to develop comprehensive school physical activity programs. These programs will be anchored by quality physical education, and complemented by recess, physical activity in the classroom, and before and afterschool activities by September 2015.
- For 2015: Ten states will require and monitor school accountability for comprehensive school physical activity programs by September 2015.
- ACTIVITIES** ✓ Drafted model policy

STRATEGY 4

- STRATEGY** Ensure that early childhood education settings for children ages 0 to 5 years promote and facilitate physical activity.
- GOAL 1** For 2011: Two physical activity standards for early childhood will be released during the first year. They include Caring for our Children and Institute of Medicine Guidelines for Physical Activity Birth to Five and will be disseminated.
- For 2015: Physical activity standards in childcare settings will be clearly defined for birth to 5-year-old children by September 2015.
- ACTIVITIES** ✓ Disseminated the physical activity guidelines from Caring from our Children and the National Association of State Boards of Education (NASBE).
- GOAL 2** For 2011: Hold presentations and workshops at national conferences. Host webinars on the recommendations. Conduct six state presentations by September 2011.
- For 2015: Six states will adopt physical activity regulations in childcare settings by September 2015.

- ACTIVITIES**
- ✓ Presented physical activity model policies in child care settings to 6 state teams (AR, GA, KY, MS, NY, RI) focusing on early childhood obesity prevention.
 - ✓ Hosted a webinar about physical activity for state teams in DE.

STRATEGY 5

STRATEGY Promote physical activity before school, afterschool, and during the summer (collectively known as afterschool).

- GOAL 1** For 2011: Develop and disseminate national physical activity standards to 10,000 afterschool providers by September 2011.
- For 2015: Increase federal funding for afterschool activity by September 2015.
- For 2015: Create requirement and/or preference/priority for physical activity in afterschool federal funding streams.

- ACTIVITIES**
- ✓ Drafted language for the afterschool nutrition and physical activity standards, including language addressing inclusivity for children with physical and intellectual disabilities.
 - ✓ Surveyed 500 programs in 10 regions about standards and guidelines for afterschool activity.
 - ✓ The first National Standards on Nutrition and Physical Activity for Afterschool Programs were developed.
 - ✓ The National Standards for Afterschool Physical Activity adopted by the National Afterschool Association Board of Directors (inclusivity language adopted will become the standard).

- GOAL 2** For 2011: Include presentation of national standards in at least five workshops and technical assistance meetings. Distribute national standards. Issue relevant policy developments. Include information about the standard's two communication documents, such as a newsletter or press release from each member of the afterschool strategy team.

For 2015: Clearly define and disseminate national standards for afterschool physical activity by September 2015.

- ACTIVITIES**
- ✓ Drafted legislation to be introduced to House and Senate once co-sponsors are identified.
 - ✓ Developed and implementing a plan to promote the standards at various national conferences.
 - ✓ Held May 9, 2011 meeting to discuss an organized effort for dissemination of the standards.
 - ✓ Developing a re-tooled PDF document and planning to disseminate it through electronic and other means.

For 2011: Introduce legislation to support pilot programs and funding for model programs by September 2011. Develop and begin disseminating best practices regarding afterschool physical activity and nutrition.

For 2015: Highlight 10 programs exemplifying best practices in afterschool vis-à-vis the national standards.

- ACTIVITIES** ✓ Worked with Congressional champions on adding physical activity to the 21st Century Community Learning Center language. Information on the standards will be shared at the annual conference, the Afterschool for All Challenge.
- ✓ Sen. Harkin (D-IA) and Rep. Kind (D-WI) re-introduced the Fitness Integrated with Teaching (FIT) Kids Act (H.R. 1057).
- ✓ Sen. Udall (D-NM) reintroduced the Promoting Health as Youth Skills in Classroom and Life Act (S.B. 392).

SAMPLE PRODUCT – EDUCATION SECTOR



Healthy Eating:

In April, 2011 The National AfterSchool Association adopted these standards for Healthy Eating in Out-of-School Time Programs. Accordingly, new language addresses snack content and quality, staff training, curriculum, social support (including staff role modeling, parent engagement and children's social development), program support, and environmental support.

Content and Quality:
Standard: Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.

Best Practices

1. On a daily basis, the Program
 - a. Serves a fruit or vegetable (fresh, frozen, canned or dried without added sugar).
 - b. Offers water at the table during snack, and has water accessible at all times.
 - c. Only serves foods made without trans fat.
 - d. Serves beverages that are not made with caloric sweeteners. Beverages made with caloric sweeteners include but are not limited to sodas, juices, juice drinks/ades, sports drinks or iced teas.
 - e. Serves no candy or other foods that are primarily sugar based.
 - f. Through portion size and variety of items offered each day, provides each student with enough calories to avoid both hunger and over eating.
 - g. Offers choices and accommodates dietary restrictions related to allergy, food intolerance, religion and culture. Examples include offering high-calcium beverages for children that cannot drink regular cow's milk such as soymilk or lactose-free milk.
2. The menu
 - a. Emphasizes nutrient dense options including baked goods made with whole grains and without trans fats, and protein foods that include lean meats, nuts or beans.
 - b. Emphasizes healthy beverages including low or nonfat milk; plain or naturally flavored non-carbonated water; and 100% fruit juice
 - i. Does not offer flavored milk made with added sugars or artificial ingredients.
 - ii. Fruit juice should be limited to one 8 oz serving per day
 - iii. No limits on low/nonfat plain milk or water

Prepared by: HOST leadership team members Jean Wiecha, Georgia Hall, Ellen Gannett and Barbara Roth:
 jean.wiecha@umb.edu; ghall@wellesley.edu; egannett@wellesley.edu; barbara.roth@ymca.net

NOTE: Strategies and goals are from the report titled "Make the Move 2010-2011 National Implementation of the U.S. Physical Activity Plan". This document describes key activities completed in 2011, so may not include all strategies and goals for the sector.

This summary was based on quarterly reports, meeting notes, and end-of-year interview with the sector chair.