



**Building physical activity into the daily school routine**

THE DATA SAYS....	THE LAW...
<p>The Centers for Disease Control's Physical Activity Guidelines for Americans recommend 60 minutes or more per day of physical activity for children and adolescents.<sup>1</sup></p> <p>Fifty-five percent of Ohio high school students are not meeting recommended physical activity levels.<sup>2</sup></p>	<p>Provides a program that schools can opt-into to provide 30 minutes of moderate to rigorous physical activity (exclusive of recess) in grades K-12, including school-sponsored / approved before- and after-school activities. Schools providing the required 30 minutes of activity per day will be given special recognition on their state report card.</p>

**Focusing on the importance of physical education (PE) to children leading healthy lifestyles**

THE DATA SAYS....	THE LAW...
<p>The National Association for Sport and Physical Education (NASPE) recommends at least 150 minutes per week of instructional PE for elementary school students and 225 minutes for middle and high school students.<sup>3</sup></p> <p>Sixty-nine percent (35) of all states mandate the number of high school PE units that are required for a student to graduate. Of those 35 states, one (New Jersey) requires 3.75 units, six require two units, six require one-and-a-half units, 14 require one unit, and eight require one-half unit. <sup>4</sup></p>	<p>Increases high school students' knowledge about healthy living by including education about nutrition and physical activity as part of the health curriculum.</p>
<p>The majority of states require that all who teach PE at the middle/junior high and high school levels are certified/licensed by the state in PE (84 percent or 43 states for middle/junior high; 90 percent or 46 states for high school). However, only 57 percent of states (28) require this at the elementary school level.<sup>5</sup></p>	<p>Requires newly hired PE teachers to be licensed as PE teachers.</p>
<p>PE is important in all age groups. Obesity is affecting all Ohio children—even by preschool. <sup>6</sup></p> <p>Most Ohio students (grades K-8) receive just two classes or 60 minutes per week.<sup>7</sup></p> <p>In June 2009, the State Board of Education adopted statewide PE standards outlining what students in Ohio schools should know and be able to do in PE. The standards were based on the NASPE's standards.</p>	<p>Incorporates a PE performance indicator on local district and building report cards.</p> <p>Requires PE teachers to adhere to content standards approved by the State Board of Education.</p>

## Ensuring children have access to nutritious foods in the school setting

THE DATA SAYS....	THE LAW...
<p>Research continually shows that children who eat breakfast at school score better on standardized tests, have fewer health issues, and behave better in class.<sup>8</sup></p> <p>Sixty-three percent of Ohio's low income students do not participate in School Breakfast Program.<sup>9</sup></p>	<p>Allows schools to provide a free breakfast to all children who are eligible for free or reduced-price breakfast as part of the school day.</p>
<p>Twenty-seven states set nutrition requirements on food sold in schools beyond the regular school meal programs, such as in vending machines and school stores.<sup>10</sup></p> <p>Twenty-nine states have restrictions on when and where competitive foods may be sold beyond federal requirements.<sup>11</sup></p>	<p>Offers more nutritious foods and beverages during the regular and extended school day in school vending machines, a la carte menus, and other school-operated venues.</p>

## Measuring and reporting progress through Body Mass Index (BMI) screenings

THE DATA SAYS....	THE LAW...
<p>The Institute of Medicine recommends annual school-based BMI screenings with screening results communicated to parents.<sup>12</sup></p> <p>The American Academy of Pediatrics recommends that BMI be calculated and plotted annually as part of normal health supervision.<sup>13</sup></p> <p>Twenty states have passed BMI screening requirements in schools or legislation requiring weight-related assessments other than BMI.<sup>14</sup></p>	<p>Requires BMI screenings upon school entry and in 3rd, 5th and 9th grades. The law also allows schools with proven financial hardship to apply for a waiver from the Ohio Dept. of Education and exempts e-schools from the BMI requirements.</p>
<p>In the first four years of evaluation of the Arkansas BMI screening program, parents did not view the assessments as controversial.</p> <p>After the first year of BMI reporting in Arkansas, parents of children who are overweight or at risk significantly improved their ability to accurately identify their child's weight risk status and screenings have shown to increase parents' awareness of health problems of childhood obesity.<sup>15</sup></p>	<p>Educates parents about their child's BMI and the health risks associated with his/her results.</p> <p>Includes reporting of weight status categories as defined by the Centers for Disease Control (underweight, healthy weight, overweight and obese) to the Ohio Department of Health. The law also allows schools with proven financial hardship to apply for a waiver from the Ohio Dept. of Education and exempts e-schools from the BMI requirements.</p>

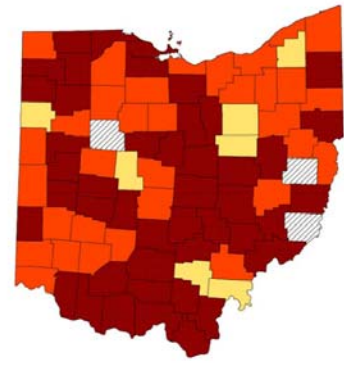
## OHIO: Obesity Across the Lifespan<sup>16</sup>



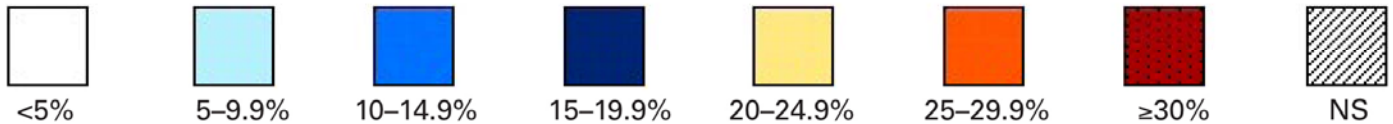
2-5 yr olds<sup>17</sup>



10-17 yr olds<sup>18</sup>



Adults<sup>19</sup>



Maps provided by:  University Hospitals

  
Rainbow Babies  
& Children's Hospital  
The Center for Child Health & Policy

<sup>1</sup> Centers for Disease Control (2009), Physical Activity, Available at: <http://www.cdc.gov/physicalactivity/>, (Accessed 27 September 2009).

<sup>2</sup> Henry J. Kaiser Family Foundation (2007), State Health Facts, Available at: <http://www.statehealthfacts.org/profileind.jsp?ind=766&cat=2&rgn=37>, (Accessed 27 September 2009).

<sup>3</sup> National Association for Sports and Physical Education, Opportunities for Learning 2000.

<sup>4</sup> National Association for Sport and Physical Education (2006), Shape of the Nation, Available at: <http://www.aahperd.org/naspe/ShapeOfTheNation/template.cfm?template=executiveSummary.html>(Accessed 27 September 2009).

<sup>5</sup> National Association for Sport and Physical Education (2006), Shape of the Nation, Available at: <http://www.aahperd.org/naspe/ShapeOfTheNation/template.cfm?template=executiveSummary.html>(Accessed 27 September 2009).

<sup>6</sup> Ohio Family Health Survey (2008), Obesity in Children and Families Across Ohio, Leona Cuttler, M.D.; Mendel Singer, Ph.D.; Lisa Simpson, M.B., MPH; Andrew Gallan, Ph.D.; Ann Nevar, MPA; JB Silvers, Ph.D.

<sup>7</sup> Ohio Department of Education (2008), Physical Education Survey Report to the Ohio General Assembly, Available at: <http://education.ohio.gov/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=1793&ContentID=44006&Content=6523>, Accessed (27 September 2009).

<sup>8</sup> Food Research and Action Center, Child Nutrition Fact Sheet, Breakfast for Learning, Available at: <http://www.frac.org/pdf/breakfastforlearning.PDF>, (Accessed 27 September 2009).

<sup>9</sup> Children's Hunger Alliance (2007), State of Ohio, Available at: <http://www.childrenshungeralliance.org/RESOURCES/Profiles/Ohio.pdf>, (Accessed 27 September 2009).

<sup>10</sup> Trust for America's Health, Supplement to "F as in Fat: How Obesity Policies are Failing America 2009, Available at: <http://healthyamericans.org/reports/obesity2009/StateSupplement2009.pdf>, (Accessed 27 September 2009).

<sup>11</sup> Ibid.

<sup>12</sup> Institute of Medicine. Preventing Childhood Obesity: Health in the Balance. 2005 Available at: [www.nap.edu/books/0309091969/html/](http://www.nap.edu/books/0309091969/html/), (Accessed 27 September 2009).

<sup>13</sup> American Academy of Pediatrics. Policy statement: prevention of pediatric overweight and obesity. Pediatrics. 2003; 112(2):424-430.

<sup>14</sup> Trust for America's Health, "F as in Fat: How Obesity Policies are Failing America 2009, Available at: <http://healthyamericans.org/reports/obesity2009/Obesity2009Report.pdf>, (Accessed 27 September 2009).

<sup>15</sup> Trust for America's Health, "F as in Fat: How Obesity Policies are Failing America 2009, Available at: <http://healthyamericans.org/reports/obesity2009/Obesity2009Report.pdf>, pg. 41, (Accessed 27 September 2009).

<sup>16</sup> Cuttler, L., Singer, M., Simpson, L., Gallan, A., Nevar, A., Silvers, JB. 2009. Obesity in Children and Families across Ohio, 2008. State of Ohio: Department of Insurance, Department of Job and Family Services, Department of Health, and Department of Mental Health. Ohio Family Health Survey, 2008-09 Ohio State University, Ohio Colleges of Medicine Government Resource Center, Columbus, Ohio. The Center for Child Health and Policy at Rainbow Babies & Children's Hospital and Case Western Reserve University and the Child Policy Research Center at Cincinnati Children's Hospital and the University of Cincinnati. [http://ckm.osu.edu/sitetool/sites/pdfs/ofhspublic/OFHSReport\\_Cuttler.pdf](http://ckm.osu.edu/sitetool/sites/pdfs/ofhspublic/OFHSReport_Cuttler.pdf).

<sup>17</sup> Pediatric Nutrition Surveillance System (PedNSS), CDC and ODH, 2006

<sup>18</sup> Ohio Family Health Survey (OFHS), ODJFS/ODH/ODI/ODMH, 2008

<sup>19</sup> Ibid.