

# Progress Update on Child & Adolescent Obesity in Rhode Island



#HealthyRIKids

# Thank You

Special thanks to



Blue Cross & Blue Shield of Rhode Island is an independent licensee  
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for their continued support

# Thank You

And to all those who provided input



# Benefits of Physical Activity

## PHYSICALLY ACTIVE KIDS HAVE MORE ACTIVE BRAINS

Brain Scans of Students Taking A Test:

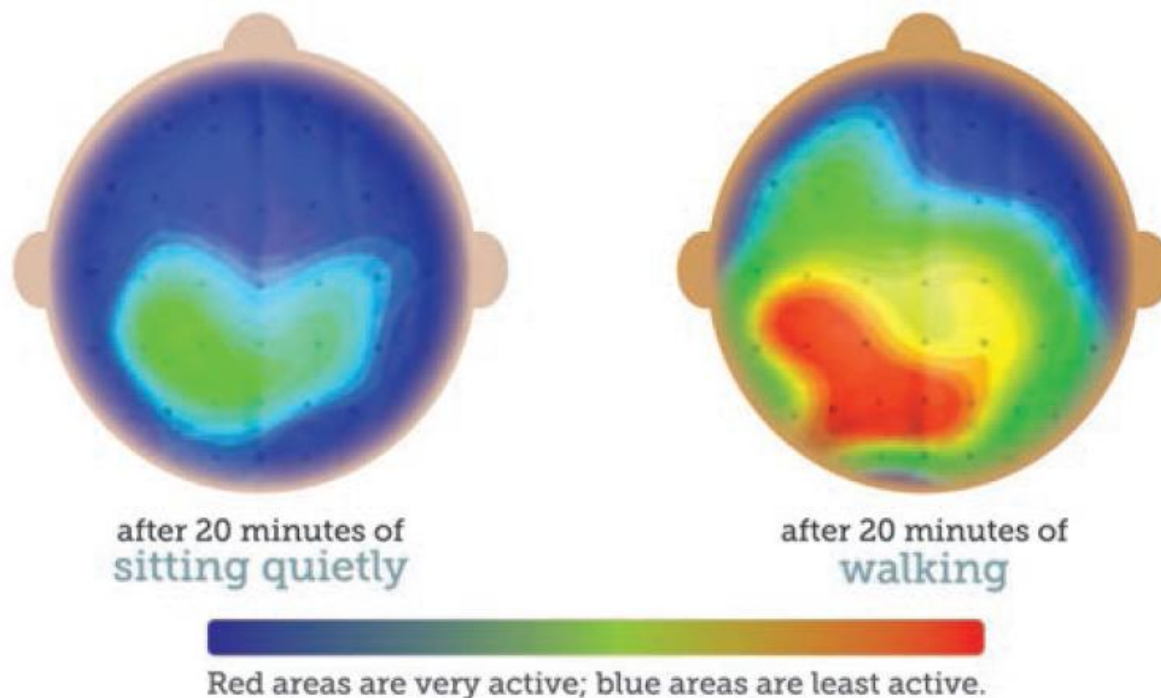


Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign.  
Source: *Active education: Growing evidence on physical activity and academic performance*. (2015). San Diego, CA: Active Living Research.

# Physical Activity in Schools

Rhode Island KIDS COUNT Policy Brief MARCH 2017

## A SNAPSHOT OF COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAMS IN RHODE ISLAND


Childhood obesity in America has more than tripled over the past four decades, from 5% in 1974 to 17% in 2014 (the most recent year for which national data is available).<sup>1</sup> There are several measures in Rhode Island that show similar increases, among very young children, school-age children, and adolescents.<sup>2,3,4,5,6</sup>

Too few children and youth are physically active for the recommended **60 minutes** per day. In Rhode Island, 53% of middle school students and 44% of high school students reported being physically active for at least an hour per day on five or more days in 2015, ranking them 24th lowest among 36 ranked states on that high school measure in 2015.<sup>7,8</sup>

Physical activity helps children and youth develop healthy bones, control their weight, improves their strength, endurance, and blood pressure, and reduces the risk for obesity and other chronic diseases. Regular physical activity has also been shown to have positive effects on the brain, improving attention, memory, and concentration and reducing depression and anxiety. Physical activity also improves academic achievement, including grades and standardized test scores, as well as academic behavior, such as time on task.<sup>9,10,11</sup>

One strategy that communities can take to prevent and reduce obesity is for schools and districts to enact a **comprehensive school physical activity program (CSPAP)**, which is a multi-component model that provides students opportunities to be physically active for at least 60 minutes per day.<sup>12,13</sup>

This Policy Brief reports on Rhode Island school personnel experience with the various components of comprehensive school physical activity programs, based on a survey conducted by Rhode Island KIDS COUNT.



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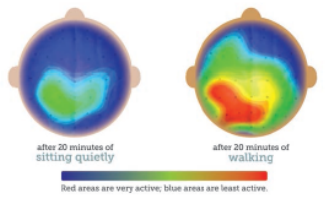


Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign.  
Source: Active education: Growing evidence on physical activity and academic performance. (2015). San Diego, CA: Active Living Research.

- New survey data regarding physical activity, recess, physical education, and school policies.
- Recommendations aimed at increasing physical activity of children and adolescents before, during, and after-school are included.
- Strong emphasis on the need for professional development and engagement of staff, family, and community members.

# Comprehensive School Physical Activity Program (CSPAP)



In 2016, **5%** of Rhode Island middle school and high school principals reported having a CSPAP at their school.



# Recess Policy Improvement

In 2016, the General Assembly **passed** the *Free Play Recess Act*, which requires at least 20 consecutive minutes of free-play recess daily.

Prior to this legislation, only **10** public school districts in Rhode Island required 20 minutes or more of daily recess.



# Recess Survey Data

## STRATEGIES TO IMPROVE RECESS PRACTICES

(n=75 RESPONDENTS-ELEMENTARY ONLY)

STRATEGY	% REPORTING USE OF THIS STRATEGY
Use of recess games	73%
Use of additional recess for student/class reward	69%
Do not withhold recess	63%
Indoor recess strategies	60%
Winter recess strategies	36%
Recess supervision training	31%
Playworks supervision training	28%
Parent communications	17%





# Physical Education

In Rhode Island, students are required to receive an average of **20 minutes per day** of health and PE instruction.

Nationally, the daily recommended amount of PE alone is **30 minutes** in elementary school and **45 minutes** in middle and high school.



# PE Survey Data

## STRATEGIES TO IMPROVE PHYSICAL EDUCATION

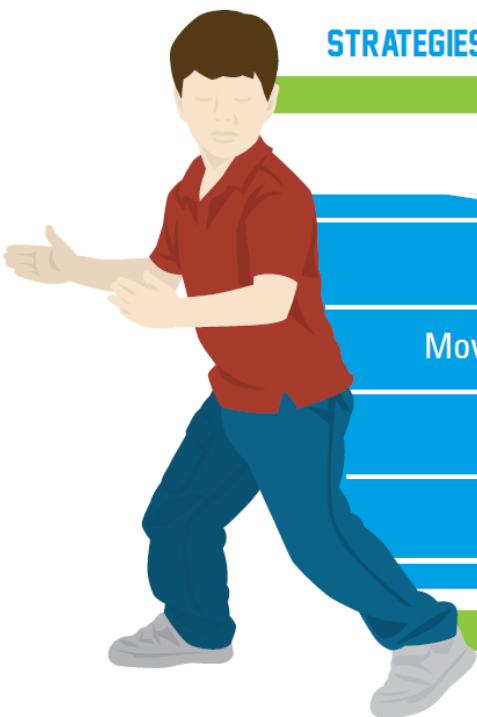
(n=81 RESPONDENTS-PE PROFESSIONALS ONLY)



STRATEGY	% REPORTING USE OF THIS STRATEGY
Use Student Fitness Assessments	77%
K-12 PE Common Planning	63%
Use/Attend RIAHPERD/SHAPE Resources & Events	52%
Attend Workshops	35%
Use SPARK PE Training and Curriculum	28%
Participate in PE Teacher Mentoring	22%

# Physical Activity in the Classroom

## STRATEGIES TO IMPROVE PHYSICAL ACTIVITY IN SCHOOL



	ELEMENTARY n=73	MIDDLE n=25	HIGH SCHOOL n=24	OVERALL* n=132
Physical activity breaks	92%	68%	46%	79%
Movement into academic content	56%	40%	54%	52%
Extra time in gym/playground	66%	44%	21%	51%
Alternative classroom seating (pedal desks, ball chairs, etc.)	67%	20%	21%	50%

In 2016, **31%** of Rhode Island middle school and high school principals reported implementing physical activity breaks in the classroom during the school day, outside of PE.

# Physical Activity Before and After School

## STRATEGIES TO IMPROVE PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL

(n=149 RESPONDENTS)

Physical activity clubs/intramural/extended learning opportunities	67%
Informal recreation or play on school grounds before/after school	45%
Use of school buildings for community fitness programs	43%
Walking/running club	22%
Walk/bike to school program	20%
Offer BOKS program	15%




Children and youth who participate in out-of-school programming are more likely to do well in school, avoid risky behaviors, and get sufficient physical activity.

# Staff, Family, and Community Involvement

## STRATEGIES TO ENGAGE STAFF FAMILIES AND COMMUNITIES

	ELEMENTARY n=70	MIDDLE n=30	HIGH SCHOOL n=30	OVERALL* n=137
Field Days	97%	70%	43%	80%
Physical Activity-Oriented Fundraisers	44%	53%	50%	50%
Walk-a-thons	30%	47%	23%	36%
PE Staff Providing Expertise	26%	30%	43%	33%
Physical Activity Newsletters	24%	10%	23%	20%
Family Fitness Night	9%	7%	3%	10%



Successful CSPAP programs actively collaborate with school staff, parents, and community members to create an environment and culture that promotes a lifetime of physical activity.

# Recommendations



- Increase PE time
- Provide annual professional development
- Continue to comply with *RI's Free Play Recess Act*
- Enact a Comprehensive School Physical Activity Program
- Engage local district Health and Wellness Subcommittees
- Reduce disparities and focus on physical ability of all students
- Strengthen related data collection and reporting



# Order Form

## Rhode Island KIDS COUNT Obesity-Related Publications Order Form



*School Physical Activity Programs in Rhode Island* (March 2017)

- 8 double-sided pages      \_\_\_ # of copies requested



*Promoting Increased Physical Activity in Schools* (April 2016)

- Tri-fold brochure      \_\_\_ # of copies requested



*Preventing Bullying in Rhode Island Schools* (December 2016)

- 16 double-sided pages      \_\_\_ # of copies requested
- 3-hole punched



*Child and Adolescent Obesity in Rhode Island* (November 2014)

- 12 double-sided pages      \_\_\_ # of copies requested
- 3-hole punched

Please fill out the information below and send to:

Rhode Island KIDS COUNT  
One Union Station  
Providence, RI 02903

or fax to 401-351-1758  
or email to [joapalao@rikidscount.org](mailto:joapalao@rikidscount.org)

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

- Free hard copies available
- Check out resource table
- Fill out order & contact forms



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