Progress Update on Child & Adolescent Obesity in Rhode Island

#HealthyRIKids
Thank You

Special thanks to

Blue Cross & Blue Shield of Rhode Island

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.

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:

After 20 minutes of sitting quietly

After 20 minutes of walking

Red areas are very active; blue areas are least active.

Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign.
Physical Activity in Schools

- 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.
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)

<table>
<thead>
<tr>
<th>Strategy</th>
<th>% Reporting Use of This Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use of recess games</td>
<td>73%</td>
</tr>
<tr>
<td>Use of additional recess for student/class reward</td>
<td>69%</td>
</tr>
<tr>
<td>Do not withhold recess</td>
<td>63%</td>
</tr>
<tr>
<td>Indoor recess strategies</td>
<td>60%</td>
</tr>
<tr>
<td>Winter recess strategies</td>
<td>36%</td>
</tr>
<tr>
<td>Recess supervision training</td>
<td>31%</td>
</tr>
<tr>
<td>Playworks supervision training</td>
<td>28%</td>
</tr>
<tr>
<td>Parent communications</td>
<td>17%</td>
</tr>
</tbody>
</table>
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)*

<table>
<thead>
<tr>
<th>Strategy</th>
<th>% Reporting Use of This Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use Student Fitness Assessments</td>
<td>77%</td>
</tr>
<tr>
<td>K-12 PE Common Planning</td>
<td>63%</td>
</tr>
<tr>
<td>Use/Attend RIAHPERD/SHAPE Resources &amp; Events</td>
<td>52%</td>
</tr>
<tr>
<td>Attend Workshops</td>
<td>35%</td>
</tr>
<tr>
<td>Use SPARK PE Training and Curriculum</td>
<td>28%</td>
</tr>
<tr>
<td>Participate in PE Teacher Mentoring</td>
<td>22%</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>STRATEGIES TO IMPROVE PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL (n=149 RESPONDENTS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity clubs/intramural/extended learning opportunities</td>
</tr>
<tr>
<td>Informal recreation or play on school grounds before/after school</td>
</tr>
<tr>
<td>Use of school buildings for community fitness programs</td>
</tr>
<tr>
<td>Walking/running club</td>
</tr>
<tr>
<td>Walk/bike to school program</td>
</tr>
<tr>
<td>Offer BOKS program</td>
</tr>
</tbody>
</table>

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.
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)
  - 16-fold brochure
  - _____ # of copies requested

- Preventing Bullying in Rhode Island Schools (December 2018)
  - 12 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 401-351-1768

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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