Healthy Active Children (HAC) Policy Report
GCS-S-000
2010
North Carolina Healthy Schools Initiative
Summary Data from LEA
School Health Advisory Councils
GCS-S-000

- Section 1. Local School Health Advisory Councils
- Section 2. Physical Education
- Section 3. Recess and Physical Activity
- Section 4. Coordinated School Health Programs
- Section 5. Action Plans and Reporting
HAC Policy Report Key Points

- 100% of LEAs Responded (112/112*)
- 87% of SHACs list a representative from each required area
- 39% of SHACs meet at least quarterly
- 53% of SHACs provide reports to their local BOE

*3 City LEAs Have Joint County/City SHAC
HAC Policy Report Key Points

• 50% report that **ALL** of their elementary schools provide 150 minutes of weekly PE with a certified PE teacher

• 49% report that **ALL** of their middle schools provide 225 minutes of weekly Healthful Living with certified health and physical education teachers
Healthy Active Children Policy Report

SHAC Successes
LEA SHAC Successes

- Staff wellness events that provide health screenings (i.e. blood sugar, blood pressure and cholesterol)
- Increasing opportunities to educate students on the importance of healthy food choices
- USDA Fresh Fruit and Vegetables grants secured for elementary schools
- School gardens
LEA SHAC Successes

• Parent/teen programs on cyber safety (i.e. “sexting”, texting and cyber bullying)
• Suicide protocol developed
• Bullying hotline reporting awareness campaign
• Continued use of Energizers to increase physical activity in the classroom
LEA SHAC Successes

- Information and other resources made available to parents and community members
- Partnerships with the Alliance for a Healthier Generation
- $124,000 Kate B. Reynolds grant for behavioral health counseling in local high school
- Teen Pregnancy Prevention Initiatives implemented
LEA SHAC Successes

- Girls on the Run program implemented
- Support staff trained in Child Sexual Abuse Prevention
- Formation of school-based Wellness Committees
- Read-A-Thons and Walk-A-Thons as fundraisers
SECTION 1

School Health Advisory Councils
SHAC Has Required Representatives From All 8 Areas of Coordinated School Health

% of Respondents

<table>
<thead>
<tr>
<th>Year</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>9</td>
<td>91</td>
</tr>
<tr>
<td>2009</td>
<td>14</td>
<td>86</td>
</tr>
<tr>
<td>2010</td>
<td>13</td>
<td>87</td>
</tr>
</tbody>
</table>
How Often SHAC Meets

Percent of Respondents

- >1 Month
- Monthly
- 4 Times
- Twice Yr
- Once Yr
- Other

Year:
- 2008
- 2009
- 2010
Use of SHAC Reports

% of Respondents

Year 2008 2009 2010
Local BOE 61 61 53
Sup 19 22 19
County Com 3 6 5
Local BOH 19 13
Other 23 19

NC HEALTHY SCHOOLS
Name of the School Health Assessment Tool Used by LEA

<table>
<thead>
<tr>
<th>Year</th>
<th>HGA</th>
<th>SHAC Manual</th>
<th>Sch Hth Index</th>
<th>Sch Hth P</th>
<th>YRBS</th>
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<tbody>
<tr>
<td>2009</td>
<td>38</td>
<td>33</td>
<td>16</td>
<td>10</td>
<td>22</td>
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<tr>
<td>2010</td>
<td>36</td>
<td>33</td>
<td>19</td>
<td>11</td>
<td>21</td>
</tr>
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</table>
Primary Focus of Your SHAC’s Action Plan

- Phy Educ: 39% ('08-'09), 28% ('09-'10)
- Phy Act: 51% ('08-'09), 40% ('09-'10)
- HE: 35% ('08-'09), 45% ('09-'10)
- Nutri: 45% ('08-'09), 35% ('09-'10)
- StaffWell: 19% ('08-'09), 21% ('09-'10)
- Tobacco: 9% ('08-'09), 12% ('09-'10)
- HealthSer: 21% ('08-'09), 12% ('09-'10)
- MentalHth: 28% ('08-'09), 28% ('09-'10)
- Environment: 12% ('08-'09), 12% ('09-'10)
- FamComm: 28% ('08-'09), 28% ('09-'10)
- Other: 28% ('08-'09), 28% ('09-'10)
Number of Schools within LEA Providing Staff Wellness Programs

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>1-25%</td>
<td>27</td>
<td>19</td>
</tr>
<tr>
<td>26-50%</td>
<td>22</td>
<td>16</td>
</tr>
<tr>
<td>51-75%</td>
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<td>5</td>
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<tr>
<td>76-100%</td>
<td></td>
<td>14</td>
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</tbody>
</table>
Specific Resources and Additional Assistance Requested by LEA’s

% of Respondents

- Training: 27%
- Build Capacity: 19%
- Policy Guides: 22%
- Online Resource: 40%
- Grant Writing: 45%
- Evaluation: 25%
- SCOS: 19%
- NA: 26%
- Other: 13%

2010
SECTION 2

Physical Education
LEAs with **ALL** Elementary Schools Receiving 150 Minutes per Week of PE Taught by a Certified PE Teacher

<table>
<thead>
<tr>
<th>Year</th>
<th>PE</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>46</td>
<td>40</td>
</tr>
<tr>
<td>2009</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>2010</td>
<td>50</td>
<td>50</td>
</tr>
</tbody>
</table>
ALL Middle Schools in LEA Providing 225 Minutes per Week of Healthful Living with Certified Health and Physical Education Teachers
SECTION 3

Recess and Physical Activity
% of LEAs in Which No School or Teacher Withholds Recess as a Punishment.*

*This includes staying in to make up work or to do extra work
LEA Provides Moderate to Vigorous Physical Activity Through Daily (ES):

- **30 Min PE**: 17% (2008), 20% (2009), 16% (2010)
- **Intramur**: 0% (2008), 1% (2009), 0% (2010)
- **Recess**: 69% (2008), 67% (2009), 70% (2010)
- **Energizers**: 31% (2008), 21% (2009), 21% (2010)
- **Take 10!**: 7% (2008), 6% (2009), 5% (2010)
- **SPARK**: 1% (2008), 7% (2009), 9% (2010)
- **CATCH**: 1% (2008), 1% (2009), 2% (2010)
LEA Provides Moderate to Vigorous Physical Activity Through Daily (MS):

- 30 Min PE: 38% (2008), 47% (2009), 45% (2010)
- Intramur: 4% (2008), 1% (2009), 5% (2010)
- Recess: 21% (2008), 14% (2009), 21% (2010)
- Energizers: 15% (2008), 10% (2009), 8% (2010)
- Take 10!: 4% (2008), 4% (2009), 3% (2010)
- SPARK: 1% (2008), 8% (2009), 8% (2010)
- CATCH: 2% (2008), 2% (2009), 0% (2010)
Incorporating the HAC Policy

% of Respondents

2008 2009 2010

SS Plan
87 69 44

Well Policy
81 76 78

SI Plan
83 68 64
SECTION 4

Coordinated School Health
LEA Has Sent a Representative or Team to Annual SHAC Training*

*Healthy Schools Institute
Use of Facilities through Joint-Use Agreement

![Bar chart showing use of facilities through joint-use agreement in 2010. The chart indicates that 54% of respondents used facilities for 76% to 100% of the time, 11% used for 51% to 75%, 16% for 26% to 50%, and 19% for 1% to 25%.]
Reasons for Not Attending Annual SHAC Training

- Finances: 67% (2009) vs. 65% (2010)
- Unaware: 22% (2009) vs. 17% (2010)
- No Team: 26% (2009) vs. 21% (2010)
- School Out: 50% (2009) vs. 35% (2010)
- Location: 17% (2009) vs. 17% (2010)
- Not Priority: 8% (2009) vs. 8% (2010)
- Other: 21% (2009) vs. 21% (2010)