Healthy Active Children (HAC) Policy Report
GCS-S-000 2011
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

• 95% of LEAs Responded (106/112*)

• 85% of SHACs list a representative from each required area

• 41% of SHACs meet at least quarterly

• 55% of SHACs provide reports to their local BOE

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

• 51% report that **ALL** of their elementary schools provide 150 minutes of weekly PE with a certified PE teacher

• 52% 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

• Recipient of the NC Prevention Partners Trailblazer award for employee staff wellness initiatives.
• Recipients of USDA Fresh Fruit and Vegetables Grants.
• Staff fitness, health and wellness classes
• Revision and improvement of local School Wellness Policies.
• Mana Food Packs provided to needy students in the elementary and middle schools weekly.
LEA SHAC Successes

- Promotion of joint use agreements between schools and communities.
- Creation of programs that support nutrition education for students and staff.
- The use of FitnessGram to monitor students’ fitness levels.
- Improvement made to mental health services available to students.
- On campus Flu shot and Immunization clinics for students and staff.
LEA SHAC Successes

• Information and other resources made available to parents and community members.
• Teen Pregnancy Prevention Initiatives implemented.
• SHAC and local health department co-sponsored anti-bullying workshops provided by the Dept. of Juvenile Justice and Delinquency Prevention for community and school professionals, and parents.
• Vision, hearing, dental and BMI screenings for students.
LEA SHAC Successes

- Support staff trained in Child Sexual Abuse Prevention
- Formation of school-based Wellness Committees
- Implementation of local Youth Risk Behavior Survey (YRBS).
- Implementation of daily Positive Behavioral Intervention and Support (PBIS) activities.
- School wide presentations on drug awareness and the benefit of making healthy choices.
SECTION 1

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

<table>
<thead>
<tr>
<th>Year</th>
<th>% of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>86</td>
</tr>
<tr>
<td>2010</td>
<td>87</td>
</tr>
<tr>
<td>2011</td>
<td>85</td>
</tr>
</tbody>
</table>

% of Respondents

- Yes: 86, 87, 85
- No: 14, 13, 15
How Often SHAC Meets

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

% of Respondents

Year | '>1 Month | Monthly | 4 Times | Twice Yr | Once Yr | Other |
--- | --- | --- | --- | --- | --- | --- |
2009 | 38 | 21 | 15 | 4 | 0 | 0 |
2010 | 39 | 18 | 11 | 6 | 0 | 0 |
2011 | 41 | 18 | 13 | 4 | 0 | 0 |
Use of SHAC Reports

% of Respondents

- Local BOE
- Sup
- County Com
- Local BOH
- Other

2009: 61, 23, 19, 6
2010: 53, 19, 13, 5
2011: 72, 13, 14, 6
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>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>11</td>
<td>19</td>
<td>33</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td></td>
<td>29</td>
<td>36</td>
<td>13</td>
<td>21</td>
</tr>
</tbody>
</table>
Number of Schools within LEA Providing Staff Wellness Programs

<table>
<thead>
<tr>
<th>Year</th>
<th>None</th>
<th>1-25%</th>
<th>26-50%</th>
<th>51-75%</th>
<th>76-100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>5</td>
<td>31</td>
<td>19</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td>2011</td>
<td>4</td>
<td>33</td>
<td>20</td>
<td>12</td>
<td>0</td>
</tr>
</tbody>
</table>
Specific Resources and Additional Assistance Requested by LEA’s

% of Respondents

<table>
<thead>
<tr>
<th>Service</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>PANT PD</td>
<td>34</td>
</tr>
<tr>
<td>RHSE PD</td>
<td>20</td>
</tr>
<tr>
<td>Build Capacity</td>
<td>13</td>
</tr>
<tr>
<td>Policy Guides</td>
<td>21</td>
</tr>
<tr>
<td>Online Resource</td>
<td>34</td>
</tr>
<tr>
<td>Grant Writing</td>
<td>39</td>
</tr>
<tr>
<td>Evaluation</td>
<td>21</td>
</tr>
<tr>
<td>SCOS/ES</td>
<td>17</td>
</tr>
<tr>
<td>NA</td>
<td>26</td>
</tr>
<tr>
<td>Other</td>
<td>14</td>
</tr>
</tbody>
</table>
SECTION 2

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

![Bar chart showing % of Respondents across 3 years: 2009, 2010, 2011. PE and Other categories are shown.](chart.png)
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

- **2009:**
  - Not Withholding: 90%
  - Withholding: 10%

- **2010:**
  - Not Withholding: 91%
  - Withholding: 10%

- **2011:**
  - Not Withholding: 93%
  - Withholding: 7%
% of LEAs in Which No School or Teacher Uses PA as a Punishment.*

99% of LEAs did not use PA as a punishment in 2011.
LEA Provides Moderate to Vigorous Physical Activity Through Daily (ES):

<table>
<thead>
<tr>
<th>Activity</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Min PE</td>
<td>20</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>Intramur</td>
<td>1</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Recess</td>
<td>67</td>
<td>70</td>
<td>80</td>
</tr>
<tr>
<td>Energizers</td>
<td>21</td>
<td>21</td>
<td>16</td>
</tr>
<tr>
<td>Take 10!</td>
<td>6</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>SPARK</td>
<td>7</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>CATCH</td>
<td>1</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>
LEA Provides Moderate to Vigorous Physical Activity Through Daily (MS):

- 30 Min PE: 47% (2009), 45% (2010), 1% (2011)
- Intramur: 1% (2009), 5% (2010), 21% (2011)
- Recess: 14% (2009), 14% (2010), 14% (2011)
- Energizers: 10% (2009), 8% (2010), 8% (2011)
- Take 10!: 4% (2009), 3% (2010), 3% (2011)
- SPARK: 8% (2009), 8% (2010), 8% (2011)
- CATCH: 2% (2009), 0% (2010), 2% (2011)
SECTION 4

Coordinated School Health
LEAs With Joint Use Agreements

2011

% of Respondents

No

Yes

24

76
LEA Has Sent a Representative or Team to Annual SHAC Training*

*Healthy Schools Institute
Reasons for Not Attending Annual SHAC Training

% of Respondents

- Finances: 65% (2010), 65% (2011)
- Unaware: 17% (2010), 21% (2011)
- No Team: 21% (2010), 21% (2011)
- School Out: 35% (2010), 35% (2011)
- Location: 8% (2010), 8% (2011)
- Not Priority: 8% (2010), 8% (2011)
- Other: 21% (2010), 21% (2011)