Healthy Active Children Report

GCS-S-000

2009

North Carolina Healthy Schools Initiative
Summary Data from LEA
School Health Advisory Councils
GCS-S-000

- Section 1. Local School Health Advisory Council
- Section 2. Physical Education
- Section 3. Recess and Physical Activity
- Section 4. Coordinated School Health Programs
- Section 5. Fully Implemented 2006-07
HAC Report Key Points

• 95% of LEAs Responded (106/112*)

• 86% of SHACs list a representative from each required area.

• 38% of SHACs meet at least quarterly.

• 61% of SHACs provide reports to their local BOE

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

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

• 51% report that **ALL** of their middle schools provide 225 minutes of weekly Healthful Living with certified health and physical education teachers.
Healthy Active Children Report (HAC)

SHAC Successes
LEA SHAC Successes

- Providing healthier food options for students and staff
- Milk machines installed
- More stringent nutrition standards
- Increasing awareness of the connection between physical activity and health to academics
- Establishing school and community partnerships to address childhood obesity
LEA SHAC Successes

- Athletic Injury Prevention and Management Policy developed and adopted
- Increased number of school nurses
- Staff trained in the use of Automated External Defibrillator (AED)
- Suicide protocol developed
- Teen pregnancy prevention action plans developed
LEA SHAC Successes

• Smoking cessation classes offered to school personnel
• Installation of Fitness Centers
• Information and other resources made available to parents and community members
• Partnership with the Alliance for a Healthier Generation
LEA SHAC Successes

- School gardens
- Read-A-Thons and Walk-A-Thons as fundraisers
- Fun Run and Girls on the Run programs implemented
- Schools encouraged to participate in Presidential Fitness Programs
- Formation of school-based Wellness Committees
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>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>96</td>
<td>4</td>
</tr>
<tr>
<td>2008</td>
<td>91</td>
<td>9</td>
</tr>
<tr>
<td>2009</td>
<td>86</td>
<td>14</td>
</tr>
</tbody>
</table>
How Often SHAC Meets

<table>
<thead>
<tr>
<th>Year</th>
<th>&gt;1 Month</th>
<th>Monthly</th>
<th>4 Times</th>
<th>Twice Yr</th>
<th>Once Yr</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>27%</td>
<td>17%</td>
<td>18%</td>
<td>1%</td>
<td>4%</td>
<td>1%</td>
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<tr>
<td>2008</td>
<td>33%</td>
<td>17%</td>
<td>18%</td>
<td>1%</td>
<td>5%</td>
<td>1%</td>
</tr>
<tr>
<td>2009</td>
<td>32%</td>
<td>21%</td>
<td>21%</td>
<td>0%</td>
<td>15%</td>
<td>23%</td>
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</table>
Use of SHAC Reports

% of Respondents

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Local BOE</th>
<th>Sup</th>
<th>County Com</th>
<th>Local BOH</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>59</td>
<td>21</td>
<td>4</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>2008</td>
<td>61</td>
<td>17</td>
<td>3</td>
<td>22</td>
<td>6</td>
</tr>
<tr>
<td>2009</td>
<td>61</td>
<td></td>
<td>6</td>
<td>19</td>
<td>6</td>
</tr>
</tbody>
</table>

% of Respondents
Name of the School Health Assessment Tool Used by LEA

% of Respondents

<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>2009</td>
<td>10</td>
<td>38</td>
<td>33</td>
<td>16</td>
<td>22</td>
</tr>
</tbody>
</table>
Primary Focus of Your SHAC’s Action Plan

% of Respondents

<table>
<thead>
<tr>
<th>Category</th>
<th>'07-'08</th>
<th>'08-'09</th>
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</thead>
<tbody>
<tr>
<td>Phy Educ</td>
<td>35</td>
<td>27</td>
</tr>
<tr>
<td>Phy Act</td>
<td>44</td>
<td>41</td>
</tr>
<tr>
<td>HE</td>
<td>22</td>
<td>26</td>
</tr>
<tr>
<td>Nutri</td>
<td>42</td>
<td>29</td>
</tr>
<tr>
<td>StaffWell</td>
<td>26</td>
<td>18</td>
</tr>
<tr>
<td>Tobacco</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>HealthSer</td>
<td>19</td>
<td>22</td>
</tr>
<tr>
<td>MentalHth</td>
<td>22</td>
<td>33</td>
</tr>
<tr>
<td>School En</td>
<td>33</td>
<td>11</td>
</tr>
<tr>
<td>FamComm</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>14</td>
</tr>
</tbody>
</table>
Number of Schools within LEA Providing Staff Wellness Programs

% of Respondents

2009

32
16
22
27
3

% of Respondents

None
1-25%
26-50%
51-75%
76-100%

2009

32
16
22
27
3

% of Respondents
Specific Resources and Additional Assistance Requested by LEA’s

- Training: 33%
- Build Capacity: 15%
- Policy Guides: 25%
- Web-Based Resource: 42%
- Grant Writing: 40%
- Evaluation: 25%
- SCOS: 16%
- NA: 33%
- Other: 11%

% of Respondents
SECTION 2

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

- **2008:** 46% PE, 40% Other
- **2009:** 50% PE, 50% Other

% of Respondents
ALL Middle Schools in LEA Providing 225 Minutes per Week of Healthful Living with Certified Health and Physical Education Teachers

% of Respondents

- 2007: 49%
- 2008: 47%
- 2009: 51%

% of Respondents
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):

<table>
<thead>
<tr>
<th>Activity</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Min PE</td>
<td>28</td>
<td>17</td>
<td>20</td>
</tr>
<tr>
<td>Intramur</td>
<td>5</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Recess</td>
<td>68</td>
<td>69</td>
<td>67</td>
</tr>
<tr>
<td>Energizers</td>
<td>34</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Take 10</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPARK</td>
<td>7</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>CATCH</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

% of Respondents
LEA Provides Moderate to Vigorous Physical Activity Through Daily (MS):

% of Respondents

- 30 Min PE: 47, 38, 47
- Intramur: 8, 4, 1
- Recess: 21, 21
- Energizers: 14
- Take 10: 15, 10
- SPARK: 5, 4
- CATCH: 1, 1, 8, 1, 2, 2

[Diagram with bars representing different activities and years 2007, 2008, 2009]
Incorporating the HAC Policy

- Well Policy: 45% (2008), 76% (2009)
- SI Plan: 42% (2008), 68% (2009)

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

*Healthy Schools Institute
Reasons for Not Attending Annual SHAC Training

<table>
<thead>
<tr>
<th>Reason</th>
<th>2008</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finances</td>
<td>44</td>
<td>67</td>
</tr>
<tr>
<td>Unaware</td>
<td>11</td>
<td>22</td>
</tr>
<tr>
<td>No Team</td>
<td>22</td>
<td>26</td>
</tr>
<tr>
<td>Summer Bad</td>
<td>44</td>
<td>50</td>
</tr>
<tr>
<td>Location</td>
<td>11</td>
<td>17</td>
</tr>
<tr>
<td>Not Priority</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>Other</td>
<td>22</td>
<td>17</td>
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