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# Evidence-Based Policy Proposals to Promote Physical Activity in Schools & Communities

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# Importance of PE

- One time during day all children, regardless of race/income, can be active
- If child has no access to park or sports, PE is only opportunity for activity
- Importance of PE recognized by:
  - Institute of Medicine Report on Childhood Obesity
  - Centers for Disease Control--Community Guide
  - Healthy People 2010
    - 50% of PE time should be spent in MVPA

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Disclosure: co-founder of SPARK PE

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# Benefits of PE

- Mental and physical health
- Obesity prevention, weight loss maintenance
- Academic performance
- Concentration
- Class room behavior
- Opportunity to learn
  - Social skills & Teamwork
  - Discipline



# Can You Tell The Difference?



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## Status of PE in CA

“PE Matters” Brief. [www.calendow.org](http://www.calendow.org)

- Recommended minutes for CA are **low** and **not** being met, especially in elementary schools
  - National guideline—150 min/week
  - CA requirements—100 min/week
  - Observed—30-75 min/week
- Amount of time in MVPA is low
  - Healthy People 2010—50% of class in MVPA
  - Yancey study: 40% in hi income schools
  - Yancey study: 14% in lo income schools

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# Evidence-Based Policies to Improve PE

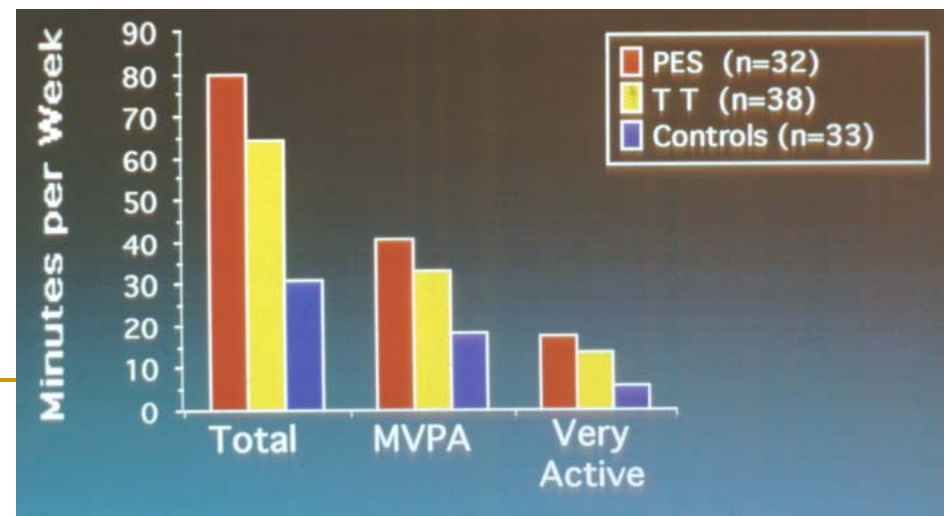
## “PE Matters” Brief. [www.calendow.org](http://www.calendow.org)

- Improved monitoring & enforcement to ensure schools meet PE minute requirements
- Require 50% of PE class time in MVPA
  - Or step count goal
  - Or minutes of increased heart rate goal
- TRAINING is critical
  - Increase PE classes taught by certified specialists who receive continuing professional development
  - When classroom teachers provide PE instruction, they must receive adequate training in PE

# Evidence-Based Policies to Improve PE

“PE Matters” Brief. [www.calendow.org](http://www.calendow.org)

- Provide incentives & funding to support adoption & maintenance of evidence-based, activity-focused PE curricula
- Evidence-based programs are available for all school levels
- CATCH, SPARK, M-SPAN, LEAP
- Community Guide
- Partnership for Prev.

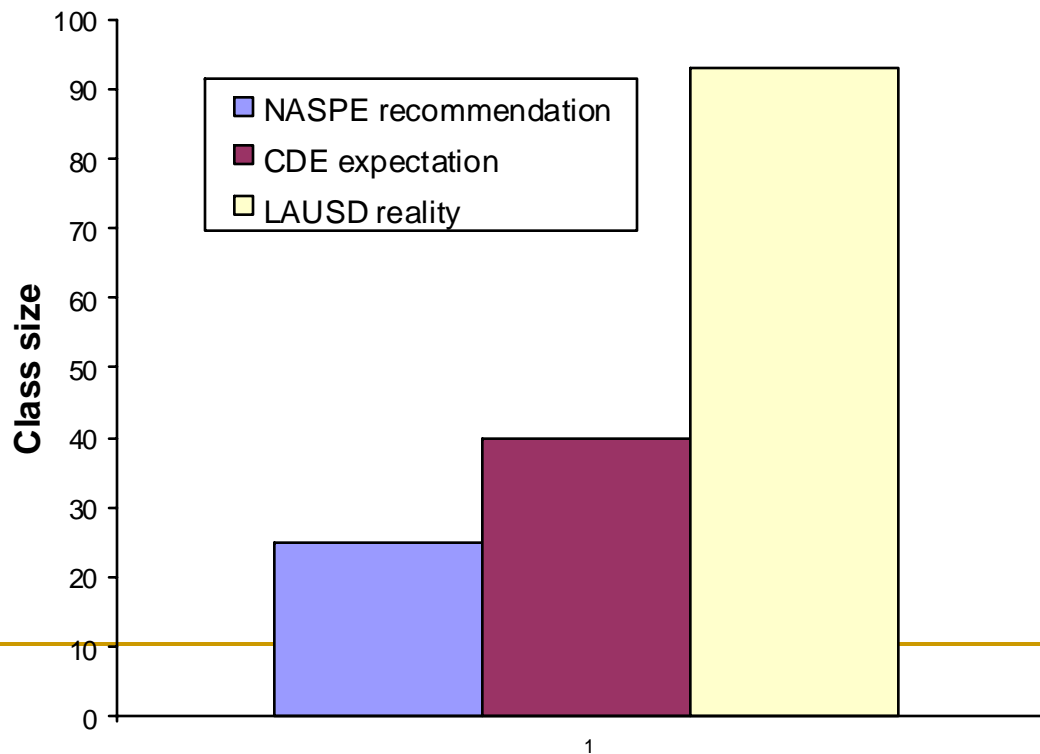


# Evidence-Based Policies to Improve PE

## “PE Matters” Brief. [www.calendow.org](http://www.calendow.org)

- Ensure PE class sizes are consistent with those of other subjects

PE class sizes are too large in California





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# Evidence-Based Policies to Improve PE

## “PE Matters” Brief. [www.calendow.org](http://www.calendow.org)

- Target funding for PE improvements to low-resource schools
  - Support grant writing
    - Local foundations
    - Businesses, like health clubs
    - Federal PEP grant
    - Health department collaborations

An Active Living Program supported by The Robert Wood Johnson Foundation  
and administered by San Diego State University.

# Active Living RESEARCH



[www.activelivingresearch.org](http://www.activelivingresearch.org)

# Active Living Research Original Mission 2001-2007

Stimulate and support research that will identify environmental factors and policies that influence physical activity.

Findings are expected to inform environmental and policy change that will promote active living among Americans.



[www.activelivingresearch.org](http://www.activelivingresearch.org)

# Active Living Research Goals

## Establish a strong research base

- Administer a \$12.5 million research budget
- Funded 100+ grants

## Build a transdisciplinary field of researchers

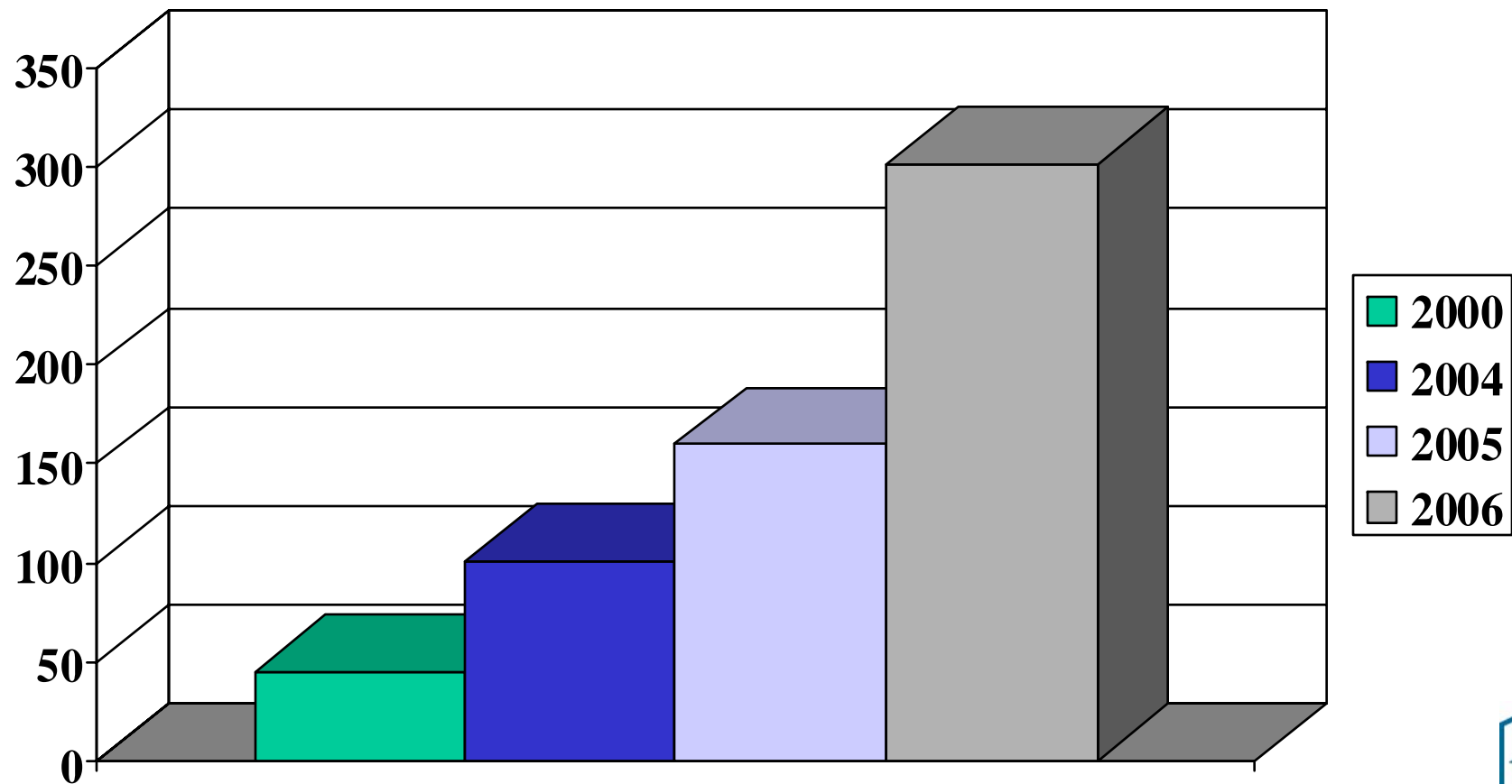
- Outreach to multiple disciplines
- Conference

## Inform policy change

- Research designed to influence policy
- Communicate results to those who can use them



# Publication trends: Papers on environment & policy related to PA & obesity



# Policy Recommendations for Youth: School

Increase frequency & duration of PE

Evidence-based PE programs

Paint playgrounds to stimulate play

Safe Routes to Schools

- Improve sidewalks, road crossings, traffic calming
- Policies to promote walking & cycling
- Walking school buses need evaluation

Open school facilities to the community



# Policy Recommendations for Youth: Community

Ensure all youth have access to parks & other recreation facilities

Renovate playgrounds & provide supervised programs

Improve walkability of neighborhoods to promote active transport by youth

- Sidewalks & safe street crossings
- Mixed land use, connected streets



# Policy Recommendations for Youth: Screen Time

Increase adoption of school-based programs to reduce screen time

Incentives for purchase or use of active video games





## ALR News

RWJF approved 5-year renewal for ALR

Primary goal is to contribute to preventing childhood obesity, with a focus on high-risk populations

High priority—identify policies that can increase energy expenditure

New Research Briefs coming soon

2008 Conference April 10-12 in DC



## Next Steps for ALR

Outreach to more disciplines & partners with expertise in high-risk populations

Expand evaluations of policy & environmental changes

- Rapid response capability

Expand focus on schools, child care settings, home/family environments

Expand examination of social environments

- Crime, culture, families

Communicate study results to policy makers and advocates



# Policy Opportunities for Research & Advocacy

No Child Left Behind reauthorization

- Include PE & PA

Federal transportation bill—SAFETLU

- Evaluate pedestrian & bike improvements

Statewide PE initiatives

- Improve quantity AND quality

Local zoning ordinances to allow & promote  
walkable developments

Joint use agreements between schools & parks



# ALR's Vision



More of this

Less of this



[www.activelivingresearch.org](http://www.activelivingresearch.org)

# Increasing Policy Impact of Research

Know your audience

- partners can help
- Interdisciplinary teams

Get input of end users before the study so you can collect variables of interest

Policy makers are interested in multiple outcomes

Show what they are doing right before recommending next steps



# Increasing Policy Impact of Research

Find the best audiences for findings about built environment variables and health outcomes

- Park officials for park distribution & quality
- Planners for mixed use and walkability scores
- Transportation department for street connectivity

