

Engaging Rural Elementary Schools
in Policy Change as it Relates
to Physical Activity





GUFT: Increasing Physical Activity

3 Prong Approach:

- Data collection through accelerometers
- Healthy lifestyle education through GUFT curriculum
- Policy change through Coordinated School Health (CSH)

Project's Goal: Fit Bit Accelerometers



- ▶ To track and examine third grade students' activity levels in rural Louisiana during the school day.
- ▶ To provide data for schools looking to improve upon their existing policies.
- ▶ To provide suggestions for schools on how to add activity time without taking away classroom minutes.
- ▶ To provide support to Physical Education (PE) programs.
- ▶ To promote the importance of Movement Activities (Five 'N Jive as "Brain Energizers").



Data Collection Process

- ▶ Students wear Fit Bit Accelerometers for 3 consecutive days to measure activity levels.
 - ▶ Once data is collected, meetings are scheduled with the school Principal to discuss all findings using a Fit Bit Report Card.
 - ▶ Suggestions are given on how to improve physical activity at the school.
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Five 'N Jive (FNJ)



- Five 'N Jive (FNJ) is an additional daily resource of active movement which increases physical activity in the classroom in increments of five minutes.
- Teachers are encouraged to incorporate FNJs as “Brain Energizers” before a test or if students become restless.
- Laminated posters are provided to teachers to track participation.



Synopsis of Findings:

- **60%** of teachers **have incorporated Five 'N Jive** in his or her **classroom.**
- Students are **more active for a minimum of 5 minutes per school day.**
- Students are excited about Five 'N Jive and look forward to daily active movement.
- Teachers reported that **students test scores have improved as a result of using FNJs as “Brain Energizers” before a test.**



Coordinated School Health (CSH)

- ▶ School Health and Wellness committees were developed to increase both nutrition and physical activities within the school.
- ▶ Each wellness committee is comprised of at least 8 members of various backgrounds.
- ▶ Each wellness committee holds at least 7 meetings.
 - ▶ Completes the CDC's School Health Index (SHI).
 - ▶ Does policy assessments.
 - ▶ Develops and implements action plans.
 - ▶ Develops and implements improvement plans.
 - ▶ Makes policy changes accordingly.



Synopsis of Findings

St. Anthony School

- ▶ First school in the state of Louisiana to receive the 2014-2015 Fit Friendly Award by reaching certain criteria.

Cohn Elementary

- ▶ Working on installing bike racks for students to be able to bike to school from nearby neighborhoods.

Gramercy Elementary

- ▶ Added a new playground to their campus.

Raintree Elementary

- ▶ Working on creating a walking track for students and faculty to use.

Golden Meadow Lower Elementary

- ▶ Has implemented an exercise program for their faculty.

W.S. Lafargue Elementary

- ▶ Working on creating a walking track for students and faculty to use.

Lafargue Elementary

- ▶ Has begun a walking club in the school gym on Monday afternoons.