

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)

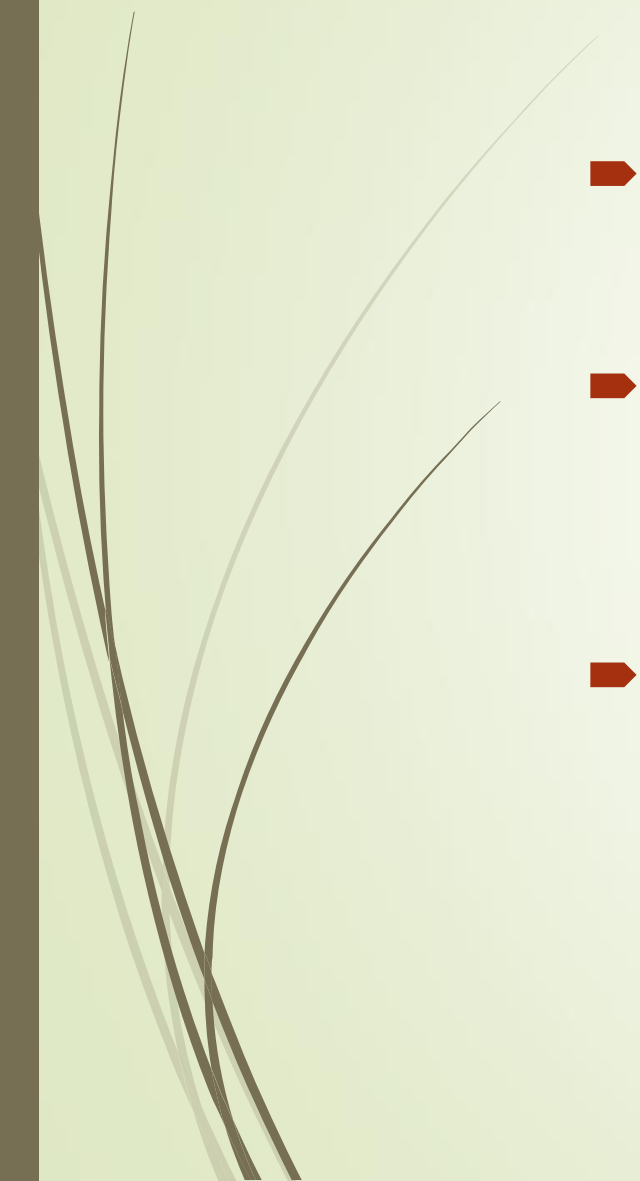
Project's Goal: Fit Bit Accelerometers



- ▶ 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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Synopsis of Findings:

- **72%** of students met the goal of the recommended steps in PE.
- **25%** of students met the goal of 5,705 steps during a school day.
- Students are only **vigorously active for an average of 7 minutes per day** as compared to being **moderately active for 30 minutes per day**.
- **Principals responded favorably** to finding solutions to improve students' active movements.

Activity Building Ideas

Research tells us:
Students who participate in physical education programs that meet minimum standards show an increase in cardiovascular fitness, strength and bone mass, and better academic performance.
Students who participate in physical education programs that meet minimum standards show an increase in self-esteem and social skills.
Regular physical activity is associated with higher levels of fitness, better academic performance, and lower rates of obesity and chronic disease.
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Project Contact Information
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School Accelerometer Report

Activity Time on Students

Percentage of Students Achieving Recommended Steps

Understanding Activity Levels

Activity Level	Percentage of Students
Very Sedentary	10%
Sedentary	20%
Moderately Sedentary	30%
Moderately Active	25%
Vigorously Active	15%

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.