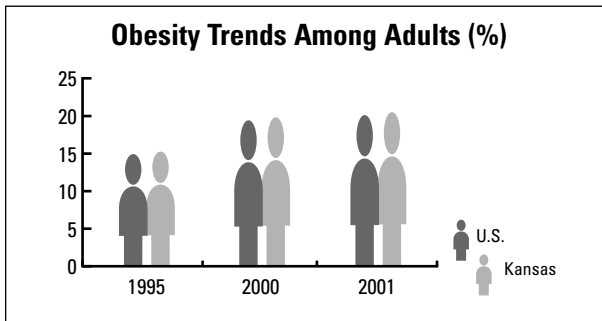


The State of Physical Activity and Nutrition Education in Kansas

According to a 2001 study conducted by the Center for Disease Control and Prevention (CDC), 21 percent of Kansas citizens are obese. Not surprisingly, the study found that 78 percent of Kansas adults do not engage in physical activity at the recommended level.

The CDC also reports that nearly half of American youths, ages 12 to 21 are not vigorously active on a regular basis, and participation in all types of physical activity declines as age or grade in school increases.

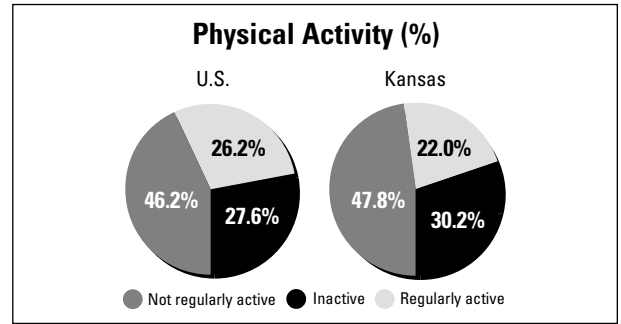
Currently, Kansas bases its physical education standards on the National Standards for Physical Education, yet doesn't use any physical education assessment. Physical Education is mandatory at the elementary and high school levels, yet not at the middle school level. There are no time requirements, except high school students must complete one unit of physical education to graduate.



AMERICAN COUNCIL FOR FITNESS AND NUTRITION

The American Council for Fitness and Nutrition (ACFN) is a group of food, beverage, and consumer products companies; not-for-profit organizations; and trade associations working together to improve the health of all Americans, particularly youth, by encouraging a healthy balance between fitness and nutrition. This approach can help Americans achieve and maintain overall good health.

The cornerstone of all ACFN initiatives is the idea that lasting solutions to the nation's obesity problem must be based on sound science and behavioral research. Such policies are likely to help parents and their children develop eating and exercise habits that lead to a healthier life.



ACFN action areas.

ACFN is working to build a consensus among industry leaders, public policy makers, and public health officials about effective strategies for improving Americans' health and wellness. ACFN joins with private and public entities to promote programs consistent with this mission.

Specifically, the Council supports:

Physical activity in schools. While most states have mandated physical education requirements on different levels, only one state — Illinois — currently has mandatory daily physical activity for all students from kindergarten through high school. Although exemptions must be made for physical disabilities and the like, ACFN supports daily physical activity for 30 minutes in all schools. The Council supports efforts at the federal and state levels — such as full funding for the U.S. Department of Education's Carol M. White Physical Education Program — to increase physical activity available to schoolchildren.

Nutrition education for children, teachers, and parents. Nutrition information should be covered in school curricula, and resources for parents should be available. Children need to be educated about putting together the components of a balanced diet, and that information needs to be reinforced at home as well as in school.

Applied research on how to achieve appropriate behavior changes. We must find solutions that people can fit into their everyday lifestyles.

Resources to Fight Obesity and Encourage Physical Activity

In Kansas...

- **Chronic Disease Risk Reduction (CDRR) Grant Program** encourages community coalitions to address tobacco use, physical activity and nutrition as a means to prevent cancer, cardiovascular disease, and obesity.
- **Early Childhood Action Team** aims to promote good nutrition behaviors and physical activity for children and their families, by distributing products such as Good Food Facts and Family Fun Facts.
- **Get Moving! Physical Activity Kits and Training Program** comprises fitness activities, educational materials and lesson plans to promote physical fitness among WIC participants using low or no cost fitness equipment.
- **Kansas Kids Fitness Day** is an annual event that distributes age-appropriate curriculum to teachers to promote physical activity for children in the 3rd grade.
- **Kansas LEAN School Health** encourages 3rd and 4th graders to engage in physical activity and learn about making good nutritional choices to prevent obesity and chronic disease.
- **Youth and Children with Disabilities Fitness Project** intends to improve the physical fitness of children with developmental disabilities and prevent secondary conditions associated with poor fitness.

Nationwide...

- The **5 A Day Better Health Program** is a national effort building public awareness and granting excellence awards to encourage Americans to eat five to nine servings of fruits and vegetables everyday as an integral part of developing a healthy lifestyle. (www.5aday.com)
- **Coordinated Approach to Child Health (CATCH)** is a joint campaign combining classroom, cafeteria, and physical education and aiming to teach elementary students about the importance of incorporating regular exercise into their daily lives and choosing the best foods to meet their nutritional needs. The effort hinges on the coordination of four components: health education, physical education, nutrition services, and parent involvement.
- **Eat Smart. Play Hard.™** is a national public awareness and education campaign based on the dietary guidelines for Americans that is designed to effect eating and physical activity behaviors in order to improve the long-term health of America's youth.

Put Some PEP in Your Step!

Carol M. White Physical Education Program (PEP) Grants range from \$50,000 to \$720,000 and funds can be used to purchase equipment and train teachers.

Approximately \$70 Million in grants were distributed in 2004 to support innovative approaches to health and physical activity that will equip students with the knowledge to be healthy and physically active for a lifetime. All grantees were required to develop programs in conjunction with State standards that addressed preparation or training for staff in one or more of the following program elements:

- Fitness education and assessments to help students understand improve or maintain their physical well-being.
- Instruction in a variety of motor skills and physical activities designed to enhance the physical, mental and social or emotional development of every student.
- Development of, and instruction in, cognitive concepts about motor skills and physical fitness that support a lifelong healthy lifestyle.
- Opportunities to develop positive social and cooperative skills through participation in physical activity.
- Instruction in healthy eating habits and good nutrition.
- Opportunities for professional development for teachers of physical education to stay abreast of the latest research, issues, and trends in the field of physical education.

This year, three Kansas organizations received grants totaling \$1,113,335, in comparison to \$437,333 received by two organizations in 2003. Now in its fourth year, the PEP program has served as a key funding source for Kansas' schools and community organizations.

Kansas PEP grant recipients include:

- Lecompton: Northeast Kansas Education Service Center
- Sublette: Southwest Plains Regional Service Center
- Wichita: Wichita Public Schools, USD #259