



American Heart Association | American Stroke Association

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Heart Disease and Stroke. You're the Cure.

2010 HEALTHY KIDS/PHYSICAL EDUCATION BILL PASSES LEGISLATURE AND IS SIGNED BY THE GOVERNOR!

About the 2010 Healthy Kids/Physical Education Bill

- Adoption of NASPE Physical Education Standards as Minnesota's statewide standards by the 2012-13 school year.
- Minnesota Dept. of Education will develop best practices to promote active recess.
- Establishment of a Healthy Kids Awards program to reward schools that promote better nutrition and physical activity for their students. Schools meeting the criteria will have a designation or recognition on the School Report Card that the school is a Healthy Kids Award school.
- School wellness policies are required to be posted online so that parents may access them and take an active role in implementing them.
- Minnesota Dept. of Education is encouraged to track the physical education programs and requirements districts offer.

Next Steps: What Can YOU Do to Ensure Your Schools Have Quality Physical Education and Healthier Schools?

1. Find out how your school is doing—Does your district offer PE daily? Do they follow the NASPE standards?
2. Advocate with your school administrator/superintendent/principal/school board to make sure you have a quality program that follows the statewide standards.
3. Work with your school to apply for federal Physical Education Program grants to boost the funds available for PE.
4. Help your school adopt the standards and develop the curriculum that will meet the standards.
5. Make the case for stronger physical education programs at all grade levels.
6. Promote active recess—Minnesota Department of Education will be developing recommendations for best practices. Help your school adopt those best practices.
7. After MDE develops the criteria for the Healthy Kids Awards Program, help your school meet the criteria to get recognized.
8. Promote your school's wellness policies to parents and interested community members—get them involved with implementation of the federally required wellness policies.

Minnesota and the nation have experienced a startling rise in obesity.

- Since 1980 the percentage of young people who are overweight has tripled. Children who are overweight are 80% more likely to be overweight adults.
- Quality phy ed helps students develop the knowledge, skills, behaviors, attitudes, and confidence needed to be active for life while providing an opportunity for students to be active during the school day.
- Obesity is costly in term of lives and dollars. In Minnesota, obesity related health problems are projected to cost an extra \$1 billion in health care costs in 2010.

Phy-Ed Increases Academic Performance and Reduces Obesity

Boosted Academic Performance: A 2005 Massachusetts study of 1,800 4th, 6th, 7th, & 8th graders found a clear link between physical fitness and academic achievement:

- The odds of passing the Math MCAS test increased by 38% for each 1-unit increase in the number of fitness tests passed.
- The odds of passing the English MCAS test increased by 24% for each 1-unit increase in the number of fitness tests passed.

Reduced Obesity: Each weekday that adolescents participated in physical education decreased the odds of being an overweight adult by 5%, with participation in all 5 weekdays of physical education decreasing the odds by 28%.

More Background:

- Minnesota schools will now be able to compete for \$26.5 million in federal Physical Education Program (PEP) grants. This year, 10 Wisconsin school districts received PEP grants averaging \$357,000 per grant.
- 88% of Minnesotans agree—we need physical education as a daily part of the school curriculum at every grade level. 87% of those surveyed believe that physical activity improves academic performance. (AHA commissioned survey of 800 Minnesotans, 2007)
- The Centers for Disease Control and Prevention (CDC) recommends that elementary students receive 150 minutes per week of physical education and that older students receive 225 minutes per week.
- Since 2003 the amount of time students spend in physical education class has been on the decline.