Bill Summary: S. 1075/H.R. 2013
Fitness Integrated with Teaching Kids (FIT Kids) Act
A bill to enhance children’s health through physical education

OUR POSITION
Physical education in schools is an important part of a comprehensive, well-rounded education and a means of positively affecting life-long health and well-being. Regular, quality physical education will help stem the tide of childhood obesity, which will improve health, as well as enhance academic and emotional growth. Our children need a head start on a healthy life.

HIGHLIGHT OF SUPPORTERS
Academy of Nutrition and Dietetics
American Academy of Pediatrics
American Diabetes Association
American Heart Association
American Public Health Association
Association of State Public Health Nutritionists
Center for Science in the Public Interest
Consortium to Lower Obesity in Chicago Children
International Health Racquet and Sportsclub Association
National Association of County and City Health Officials
National Athletic Trainers’ Association
National Council of Youth Sports
National Coalition for Promoting Physical Activity
National Interscholastic Athletic Administrators Association
NIRSA: Leaders in Collegiate Recreation
Obesity Action Coalition
Safe Routes to School National Partnership
Society of Health and Physical Educators (SHAPE America)
YMCA of the USA

LEADING SPONSORS
Rep. Ron Kind (D-WI)
Rep. Pat Meehan (R-PA)
Sen. Kirsten Gillibrand (D-NY)

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WHAT THE BILL WOULD DO
The FIT Kids Act promotes physical activity by strengthening grants to schools across the country to initiate, expand, or enhance physical education programs for students in kindergarten through twelfth grade. By providing needed federal help while maintaining local flexibility, the bill would:

- Restore the 37 percent cut to the Carol M. White Physical Education Program (PEP) sustained in the FY15 appropriations. PEP is the only dedicated source of federal funding for physical education.
- Enhance and strengthen the PEP program by requiring local educational agencies: to annually evaluate the curriculum and report the results of fitness assessments – data that is currently sorely lacking and will give local leaders the information they need to improve physical education and physical activity within their schools and communities.
- Support professional development for health and physical education teachers that is specific to their field to boost students’ ability to learn, and to promote healthy lifestyles and physical activity.

WHY CONGRESS SHOULD ENACT THIS LEGISLATION
- Childhood obesity is an epidemic. One in every three school-age American children and adolescents is overweight or obese.
- The Physical Activity Guidelines recommend that children engage in 60 minutes or more of physical activity each day, and the Institute of Medicine recommends that half this time be during the school day. Schools are in a unique position to provide opportunities for children to be active.
- Increasing physical activity a critical component of any program to combat childhood obesity, yet many schools are cutting back on physical education programs. Only 3.8% of elementary, 7.9% of middle, and 2.1% of high schools provide daily physical education. Twenty-two percent of schools do not require physical education at all.
- A lack of regular physical activity can hurt a child’s academic, social and emotional development. Research shows that healthy children learn more effectively and achieve more academically.
- The average number of in-school moderate-to-vigorous physical activity minutes were greater on days with PE than on days without PE.
- The Institute of Medicine report, *Educating the Student Body: Taking Physical Activity and Physical Education to School*, reinforced the evidence and need, and offered recommendations for quality physical education courses and increased physical activity throughout the school day.