

# Evidence-Based and Innovative Strategies for School-Based Physical Activity

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Physical Activity: Moving Towards Obesity Solutions

April 15, 2015

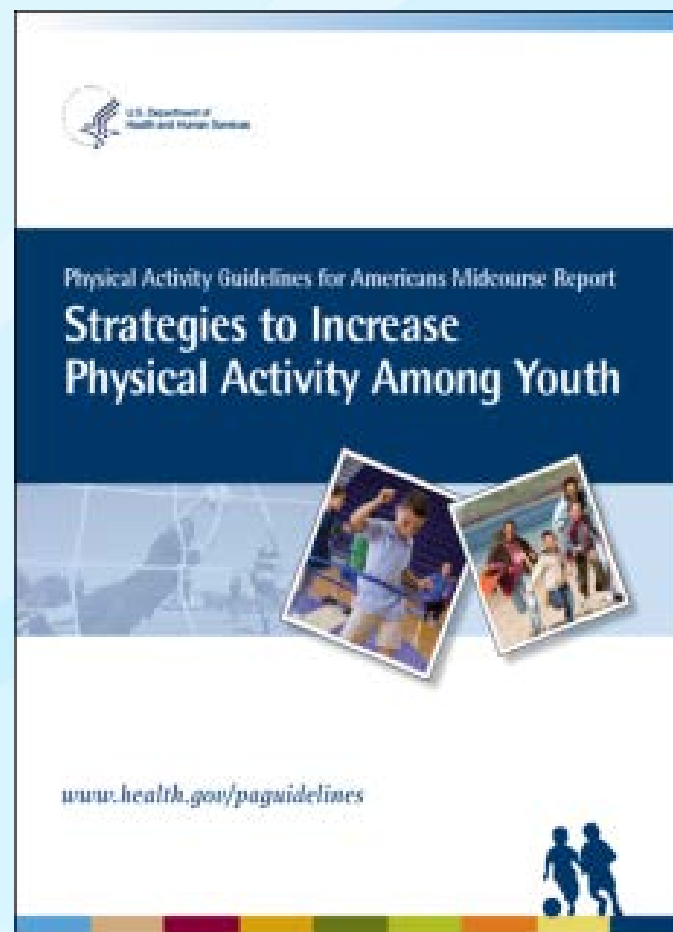
# Evidence-Based Strategies in Schools

**Multi-component**

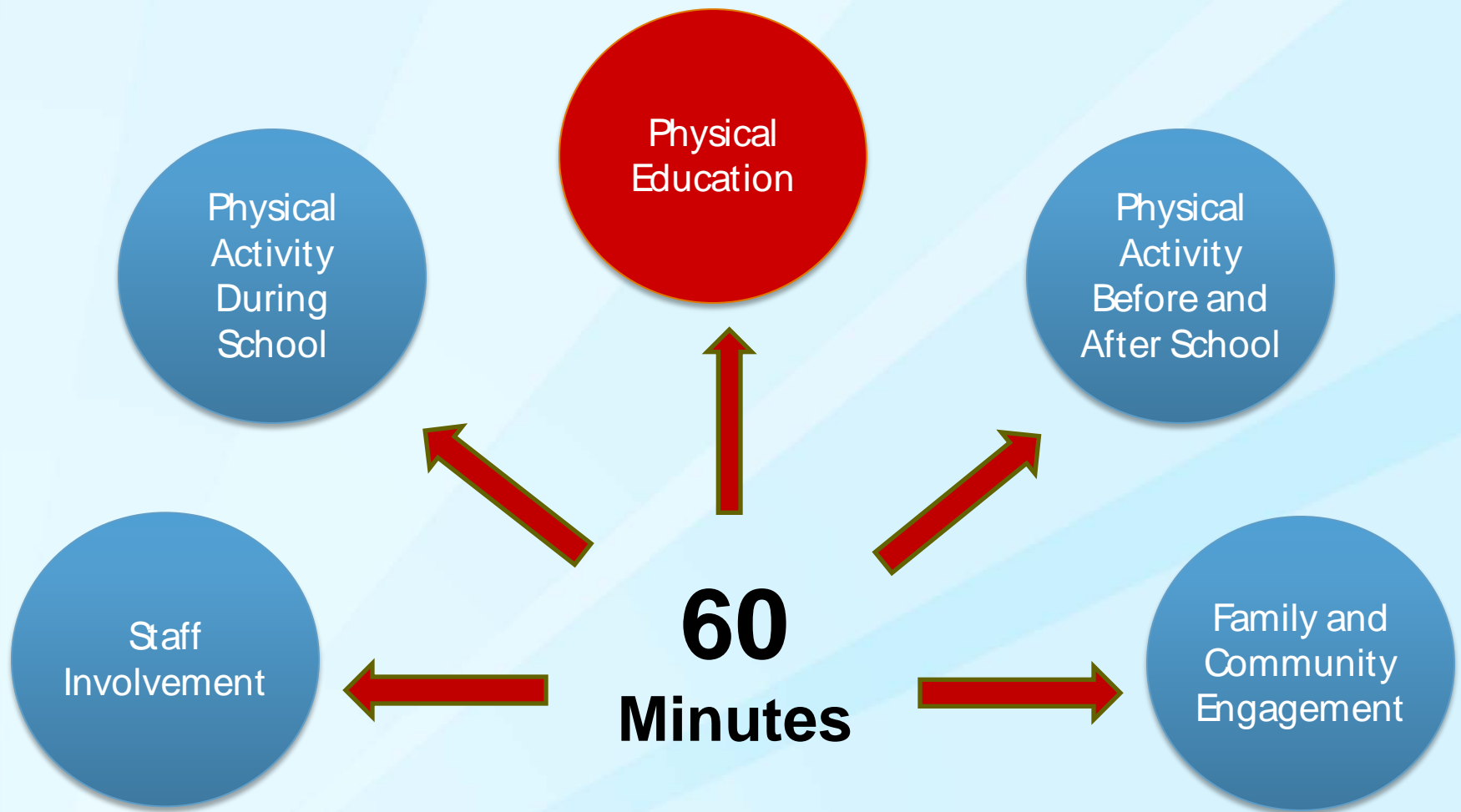
**Physical Education**

**Active Transportation**

**Activity Breaks**

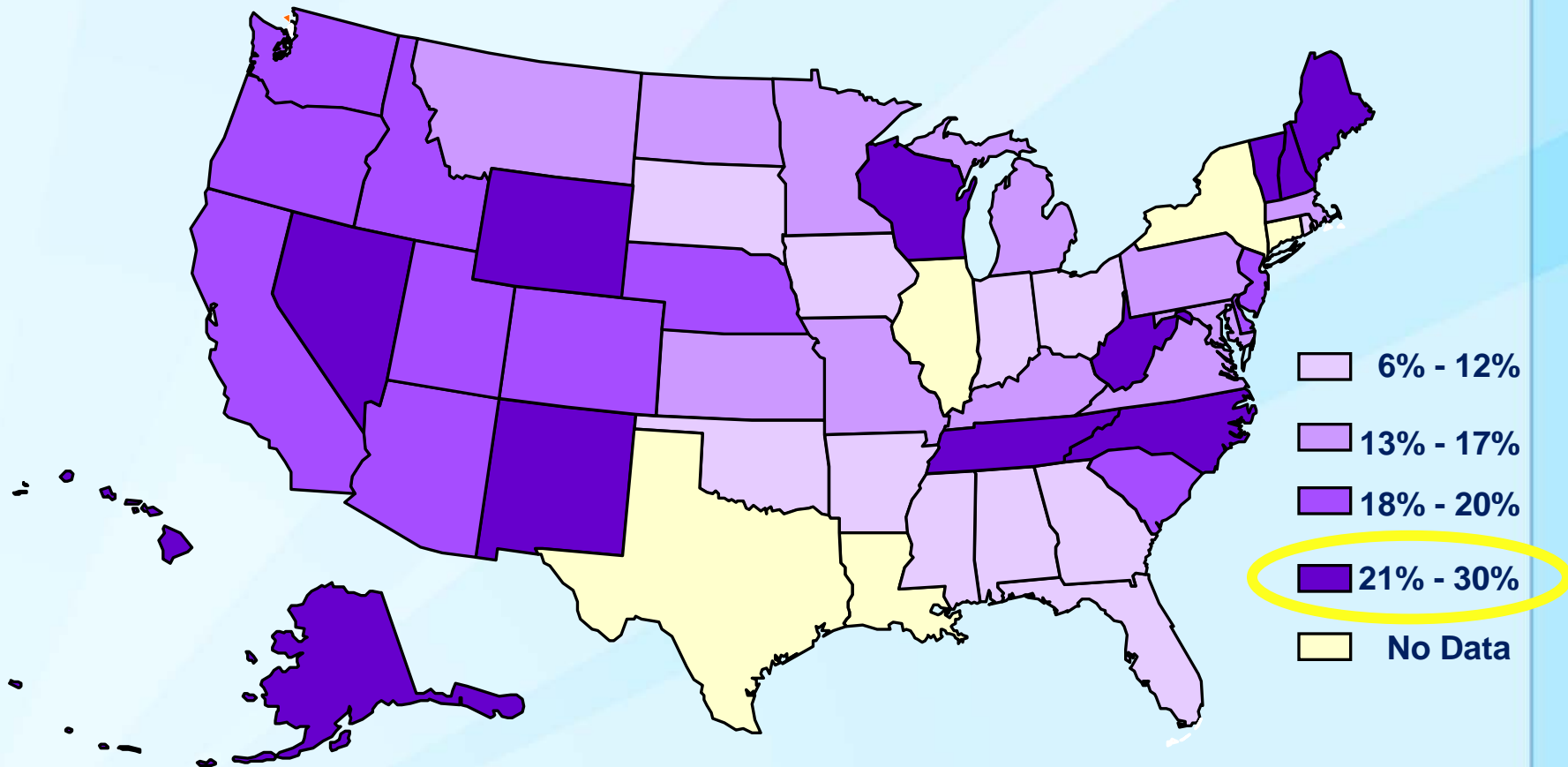


[www.health.gov/paguidelines](http://www.health.gov/paguidelines)



# Comprehensive School Physical Activity Program

# Percentage of secondary schools that offer Comprehensive School Physical Activity\*, 2012



\*required PE, classroom-based PA breaks, intramural sports, interscholastic sports, and have a joint use agreement for shared use of PA facilities

# State Support



Professional Development  
on Comprehensive School  
Physical Activity Programs

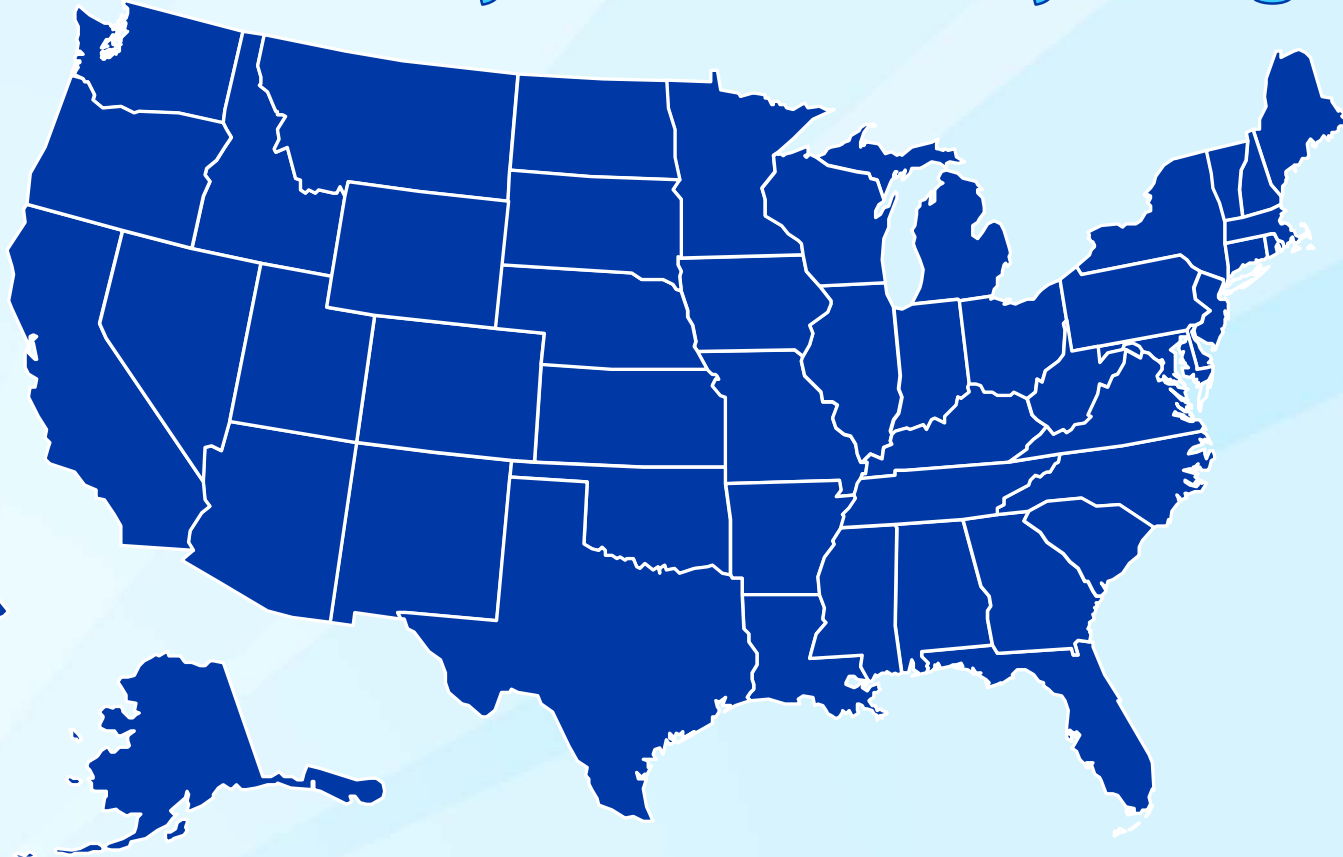
49%

# National Initiatives to Support Comprehensive School Physical Activity Programs



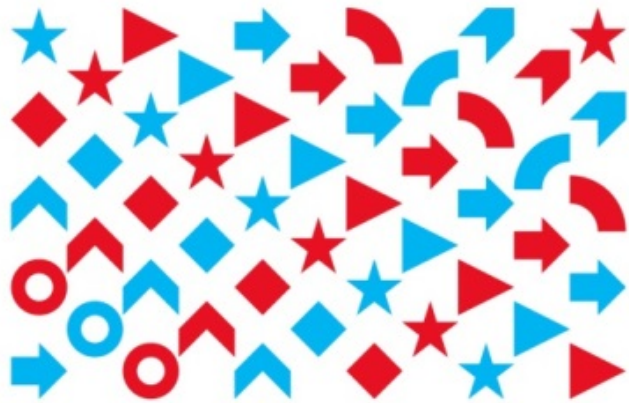


# Physical Activity Programs in Comprehensive Schools



[www.cdc.gov/chronicdisease/about/state-public-health-actions.htm](http://www.cdc.gov/chronicdisease/about/state-public-health-actions.htm)

# Comprehensive School Physical Activity Programs



**Let's Move!** **Active Schools**

**Evaluate**

**Activate**

**Celebrate**

[www.letsmove.org](http://www.letsmove.org)

# Physical Education



**Fitness  
Assessment**

**Fitness  
Education**

**Motivational  
Recognition**

[www.pyfp.org](http://www.pyfp.org)

```
graph TD; Research[Research] --> Natl[Nat'l Initiatives]; Natl --> Dissemination[Dissemination]; Dissemination --> Implementation[Implementation]; Implementation --> Evaluation[Evaluation]; Evaluation --> Research;
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Research

Nat'l Initiatives

Dissemination

Implementation

Evaluation

# **INNOVATIVE APPROACHES TO SCHOOL PHYSICAL ACTIVITY**

# Transform Physical Education

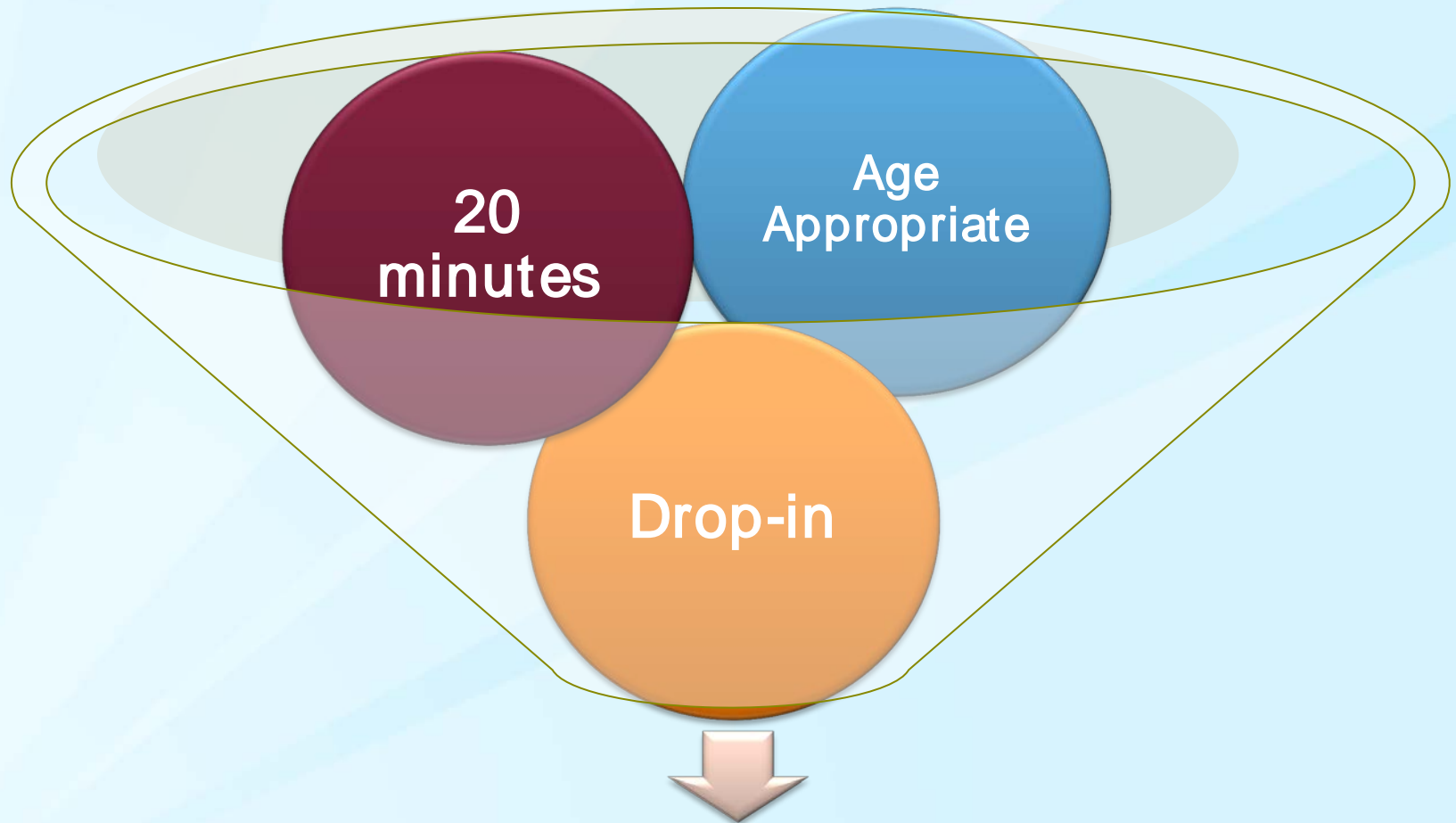
**Policy and  
Environment**

**Curriculum**

**Appropriate  
Instruction**

**Student  
Assessment**

# Recess in Secondary Schools



**Developing Area for Intervention**

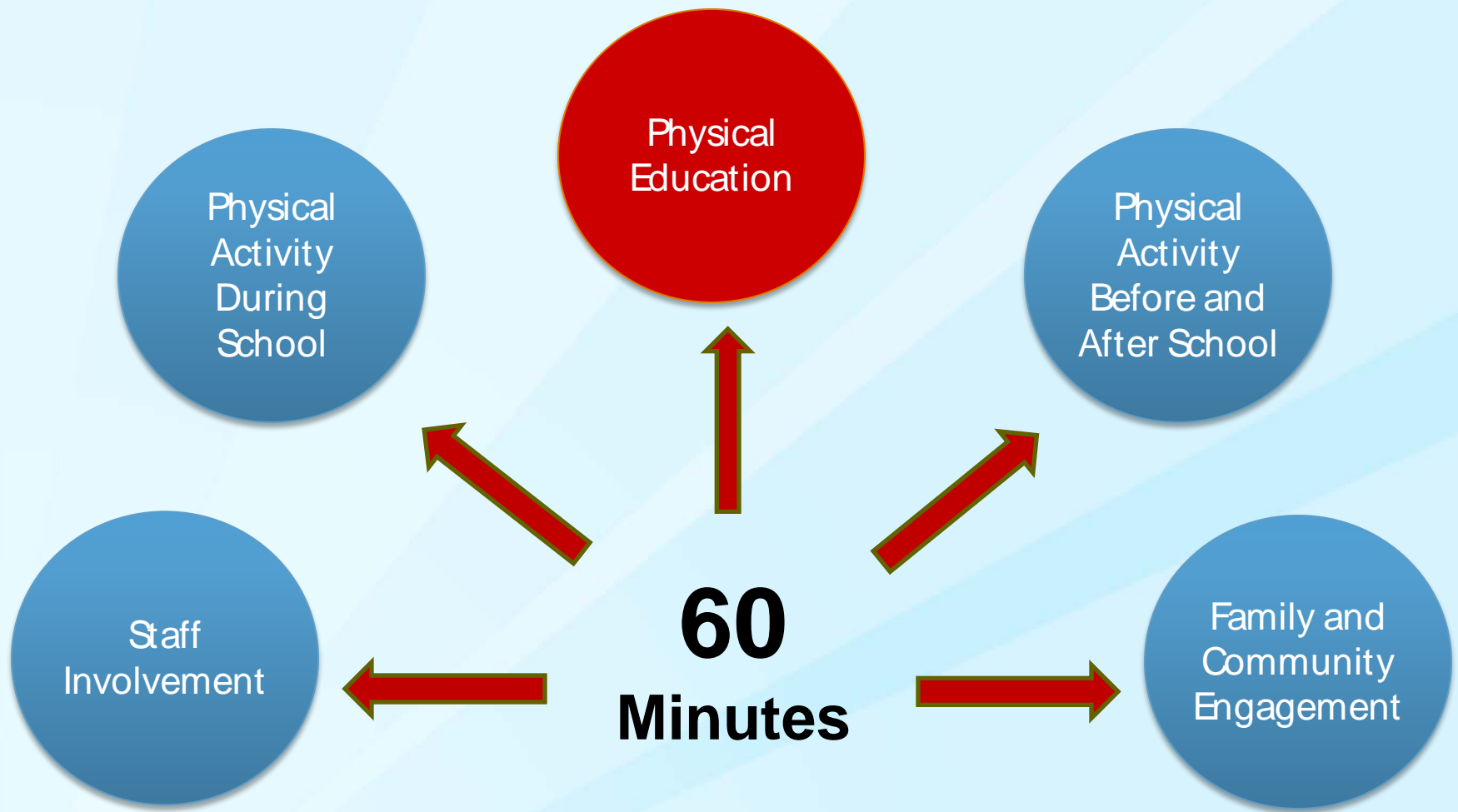
# Physical Activity Before and After School



**Active  
Transport**

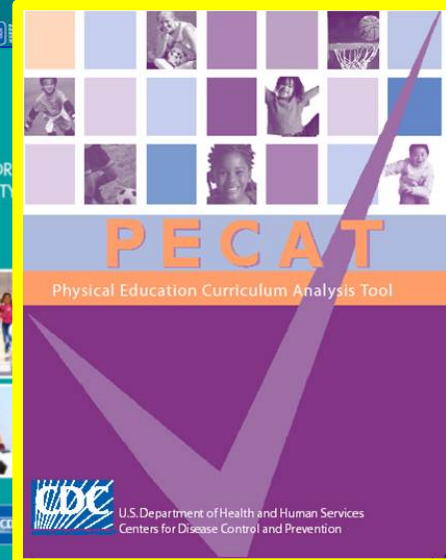
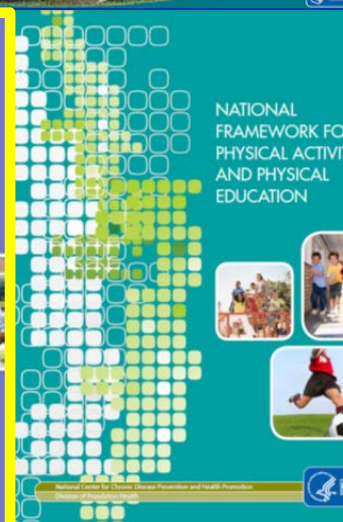
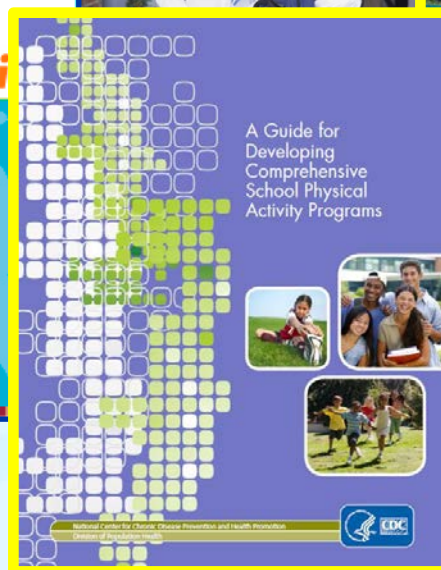
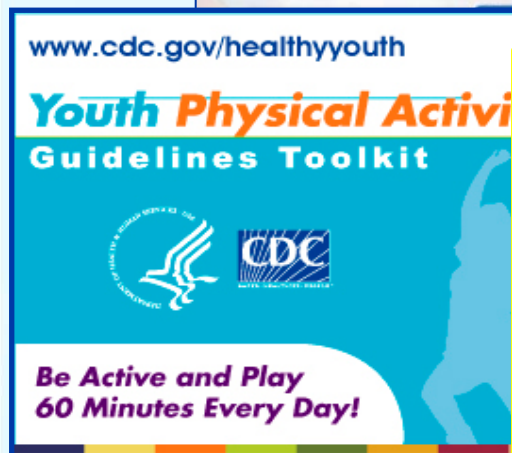
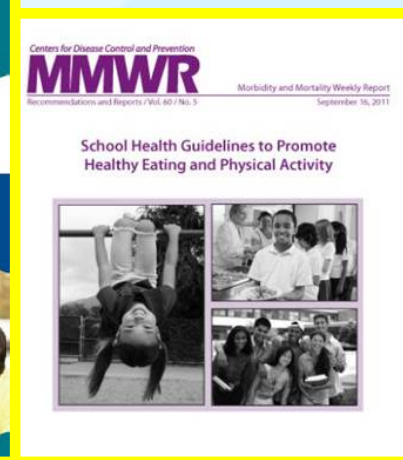
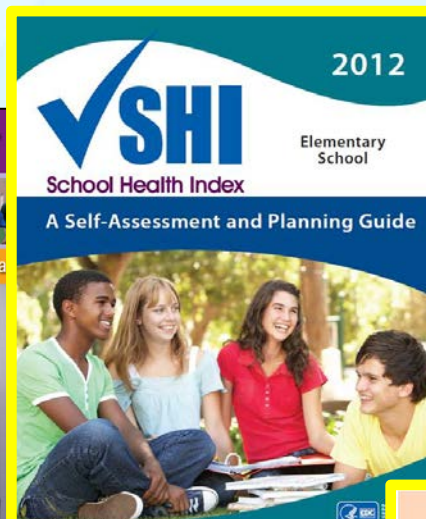
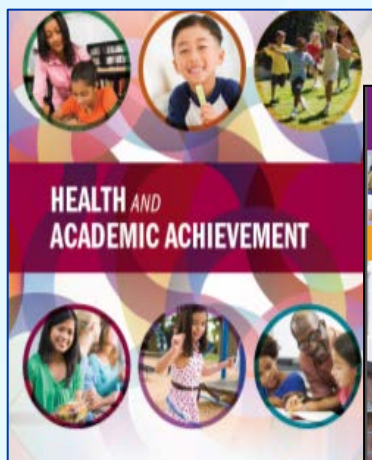


**After  
School**



# Comprehensive School Physical Activity Program

# CDC Tools to Support Implementation



[www.cdc.gov/healthyyouth/npao](http://www.cdc.gov/healthyyouth/npao)

**Thank you!**  
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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

