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

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Physical Activity: Moving Towards Obesity Solutions
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Evidence-Based Strategies in Schools

- Multi-component
- Physical Education
- Active Transportation
- Activity Breaks

www.health.gov/paguidelines
Comprehensive School Physical Activity Program

Physical Education

- Physical Activity During School
- Physical Activity Before and After School
- Staff Involvement
- Family and Community Engagement

60 Minutes
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

CDC School Health Profiles, 2012
State Support

Professional Development on Comprehensive School Physical Activity Programs

49%

CDC School Health Policies and Practices Study, 2012
National Initiatives to Support Comprehensive School Physical Activity Programs

CDC

Centers for Disease Control and Prevention

Let’s Move. Active Schools

Presidential Youth Fitness Program
Comprehensive School Physical Activity Programs

www.cdc.gov/chronicdisease/about/state-public-health-actions.htm
Research

Nat’l Initiatives

Dissemination

Implementation

Evaluation
INNOVATIVE APPROACHES TO SCHOOL PHYSICAL ACTIVITY
Recess in Secondary Schools

Developing Area for Intervention

Drop-in

Age Appropriate

20 minutes
Physical Activity Before and After School

Active Transport

After School
Comprehensive School Physical Activity Program

60 Minutes

Physical Education

Physical Activity During School

Physical Activity Before and After School

Family and Community Engagement

Staff Involvement

Comprehensive School Physical Activity Program
CDC Tools to Support Implementation

Youth Physical Activity Guidelines Toolkit

Be Active and Play 60 Minutes Every Day!

www.cdc.gov/healthyouth

www.cdc.gov/healthyouth/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.