

Current Status on the Recommendations from the Task Force Report of 2008

The recommendations of the Task Force Report are listed below along with the current status of the recommendations based on specific actions taken or anecdotal evidence supplied by the local school systems.

1. Time:

Require a minimum 90 minutes of physical education per week, of which at least 50% of the time, students should be engaged in moderate to vigorous physical activity.

Current Status:

Currently 7 school systems report their elementary students are receiving 90 minutes of physical education per week.

12 other school systems report that some of their schools receive 90 minutes or more of physical education.

*Monitored
pedometers
local school
decisions*
Only one school system has done a system-wide study to measure the amount of time their students are engaged in moderate to vigorous physical education. Howard County reported their students are engaged in moderate to vigorous physical activity for 45-50 % of the time during physical education. In several school systems, the evaluation of physical education teachers includes providing moderate to vigorous physical activity as an observable element in their formal lesson observations.

2. Recess:

require? build into wellness policy?

Recess should provide a minimum of 20 minutes of daily physical activity for all elementary students.

- Scheduling issue*
- This policy should be mandated in each system's Wellness Policy.
 - The policy requirements should prohibit withholding recess as a punishment.
 - During inclement weather students should be provided opportunities for physical activity in the classroom.
 - Ideas for indoor and outdoor physical activities should be developed by a physical activity team, with the physical education teacher as one member of this team.

Current Status:

Several local school systems have developed policy recommendations regarding scheduled recess that include the requirements mentioned above. Since scheduling is a local school system decision, it is up to each of the local school systems to provide support for this recommendation.

3. Classroom:

Physical activity should be provided throughout the school day. Activity ideas should be developed and provided to classroom teachers so that physical activity opportunities can be included across the curriculum.

Current Status:

Several school systems have developed activity ideas for increasing physical activity across the curriculum. Frederick County has developed a guide that has been distributed to teachers sharing ideas for increasing physical activity in the other content areas. Funding and support for curriculum development specific to increasing physical activity across all areas of the curriculum is a local school system decision.

4. Fitness Measurement:

Require schools to perform fitness measurement on students with differentiated instruction provided for students not meeting standards for fitness. Fitness measurement is directly referenced in Content Standard 5, Physical Activity, of the Physical Education Voluntary State Curriculum. The indicator designates a fitness measurement of students for the health related components of fitness each year in grade four through high school. These fitness measurements should be used to develop personal fitness goals and select activities for the improvement or maintenance of healthy levels of fitness.

Current Status:

All school systems are performing health related fitness measurement on students mostly at the secondary level. The grade levels that fitness measurements are completed on students varies by local school system. This decision is based on the instructional time available for students, especially at the elementary level. In most cases, the results of the assessment are shared with parents. Most school systems use the measurements to develop personal fitness goals for improvement of healthy levels of fitness. The components of fitness that are assessed are: aerobic capacity, muscular strength, muscular endurance, flexibility, and in some school systems body composition.

Nineteen of the twenty four school systems are using the Fitnessgram fitness assessment in some form and at some grade level. The other five are using some other form for fitness assessment such as the Presidential Fitness Assessment. The schools that are not using the Fitnessgram program is based on the cost of the program for implementation.

5. Body Mass Index (BMI):

Investigate BMI assessment in schools for the purpose of surveillance and to determine the efficacy of obesity prevention and intervention programs. BMI is the ratio of weight to height squared. It is often used to assess weight status because it is relatively easy to measure and correlates with body fat. The American Academy of Pediatrics (AAP) recommends that BMI should be calculated and plotted annually on all youth as part of normal health supervision within the child's medical home.

School-based BMI assessment programs used for individual health screening purposes are not recommended unless there is careful consideration of privacy issues, adequate training, measurement techniques, parental notification, adequate evaluation, and the importance of linking families/caregivers with resources in the community.

Current Status:

As mentioned in the recommendation, school-based BMI assessments should be done under specific guidelines. Several school systems are collecting information on BMI but usually only at the secondary level. The school nurse sometimes assists with this data collection or students self report height and weight. In some school systems body composition is measured by bio-impedance analysis that provides a percentage of body fat rather than BMI. In all cases, parents are notified in advance of the assessment. The new version of Fitnessgram (8.6 and 9.0), which many schools are using, will require the collection of height and weight to determine the healthy level of fitness for aerobic capacity/cardiorespiratory fitness.

3 school systems share data & Health Dept.
no plan for what to do when get the data.
Need to create intervention

correlate BMI to fitness to see if in healthy zone
Some collect % body fat & check composition
Schools have the technology - wrestling programs - hand held or one stand on "Omron"? hand held

Parents being informed - not asked, does not violate HIPAA per Costa

YKGS from Dept Health in school every other year to try to measure health + eating disorders for example

Not all pediatricians are checking BMI/pale most are

Use the cigarette restriction form protected dictated by CME

6. Local School Wellness Policies:

Wellness policies must be developed, implemented and monitored and must include physical education, physical activity, and recess requirements. Wellness Policies are a vehicle for addressing the issue of increasing physical activity and physical education time in the schools through local decision-making. Local school systems shall work through wellness policies to gather base line student fitness data to determine the merit for increased physical education and physical activity. Wellness improvement plans will be a part of local school improvement planning and/or included in local school system master plans with progress and challenges reported out to the local boards of education. Local schools will address physical activity time and develop local school improvement plans.

Current Status

All local school systems developed a Wellness Policy per the requirements of the Federal Law in 2007. Each of the local school systems are developing implementation and monitoring plans. MSDE has designed a Wellness Policy implementation and monitoring guide entitled "Making Wellness Work, A Guide for Implementing and Monitoring Wellness Policies". It is available on the MSDE website. The guide provides school systems with a model framework to follow as they implement and monitor Wellness Policies. The guide provides sample key goals for wellness policies with associated implementation and monitoring strategies. The guide is designed as a template for school systems to insert their specific policy language and support their policy implementation plan. MSDE has just completed a review of Wellness Policy Implementation and Monitoring plans in the local school systems in June 2011. A report on the summary of findings is being developed.

7. Health and Physical Education Advisory Council:

Establish a Statewide Advisory Council for Health and Physical Education. The State Superintendent of Schools should establish a health and physical education advisory council to assess on going progress on the recommendations of this report, provide direction for improving comprehensive health and physical education programs in the State, and revisit after three and five years the status of these programs.

In particular the advisory council needs to examine and recommend policy on the monitoring of student fitness and wellness. This task force has recommended that the membership include parents, health organizations, including a member of the State Department of Health and Mental Hygiene, classroom and supervisory representatives from local school systems, and members of the medical profession who will broaden the perspective of this group and provide links to other legislative and government agencies.

Current Status:

The Health and Physical Education Advisory Committee was created and held its first meeting in October of 2009. The Council meets two times a year and has established 3 sub committees and corresponding priorities.

Current Practices Subcommittee: Skip Lee (Chair), Brian Griffith, Lynne Brick, Betsy Gallun, LaDonna Schemm

Priority 1: Recommending best practices for instruction aligned to the state curriculum for health and physical education.

Curriculum Gaps and Needs Subcommittee: Jill Bush (Chair), Maria Prince, Erin Penniston, Elaine Lindsay, Patricia Fegan, Tom Waite, Mike Mason

Priority II: Recommending strategies for evaluating the success of health and physical education programs in meeting or exceeding the state's health and physical education standards.

Priority III: Recommending model professional development programs that focus on translating research related to health and physical education into strategies for instructional practice.

Advocacy Subcommittee: Sherry McCammon (Chair), Michaeline Fedder, Shawn McIntosh, Charles Chester

Priority IV: Recommend strategies for the development of policies that would meet or exceed state standards for health and physical education to maintain or improve all students' well-being.

8. Funding for a Permanent Physical Education Specialist Position:

Create a regular fulltime State position and associated funding for a Maryland State Department of Education Physical Education Specialist Position. The Maryland State Department of Education should be provided funding and a position identification number (PIN) for a permanent position of Specialist for Physical Education to guide the implementation of these recommendations.

Current Status:

The Physical Education Specialist Position is currently still a contractual position.

9. Separate Gymnasium Facilities:

Future legislation on construction should include wording that requires a designated gymnasium for physical education rather than a designated space for physical education. A designated space allows for continued construction of a multipurpose room or cafetorium that does not satisfy the spatial and safety needs of children in physical education. The Interagency Committee on School Construction should establish regulations requiring all new elementary schools to include a designated gymnasium for physical education instruction.

Current Status:

During the 2010 legislative session, passage of House Bill 334 required the Maryland State Department of Education to adopt regulations to require all new schools and schools that are completely renovated and occupied after January 1, 2013, to include a gymnasium and support spaces for physical education instruction. The physical education program facilities requirement will primarily affect construction projects at elementary schools, since new and renovated secondary schools are almost invariably designed with a gymnasium and support spaces (the exception being certain small, specialized, secondary schools).

The State Board of Education has asked approval to publish the Maryland State Department of Education requirements for facilities in public schools. The proposed combines the existing regulation on facilities for School Health Services (COMAR 13A.05.05.10) with a new section for Physical Education Programs.

The statute also required the Department to adopt guidelines for facilities for physical education programs. The proposed guidelines are in draft form and will come to the Board for approval when this regulation is submitted for Final Approval at the August 2011 State Board of Education Meeting.

10. Snack Tax:

Propose legislation that would provide a sustainable revenue source to support increased physical activity and physical education initiatives through the imposition of a tax levy such as a tax on snack foods.

Seventeen states and D.C. currently have laws that tax foods of low nutritional value.

"Some public health officials view the positive impact on taxing tobacco products in behavior." *F as in Fat 2007*

Slots legislation was passed by popular vote on November 4, 2008. This along with other funding opportunities might provide additional sustainable revenues for physical activity and physical education initiatives.

Current Status:

I have been informed that just recently the Senate Budget and Taxation committee was given a briefing by Department of Legislative Services (DLS) on the revenue that could be generated if Maryland implemented a snack tax.