



## Physical Activity

This is the sixth in a series of eight handouts summarizing the statewide results for each category of the School Wellness Policy Report. All handouts are available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322168>.

### Background

The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) required that schools participating in the U.S. Department of Agriculture’s child nutrition programs establish a school wellness policy by the 2006-07 school year. During the 2007-08 school year, the Connecticut State Department of Education (CSDE) conducted a review of district school wellness policies in partnership with the Rudd Center for Food Policy & Obesity at Yale University. In June 2008, each district received a *School Wellness Policy Report*, which included district, state and District Reference Group (DRG) scores for comprehensiveness and strength in seven policy categories: Nutrition Education; School Meals; Other School Food and Beverages; Physical Education; Physical Activity; Communication and Promotion; and Evaluation.

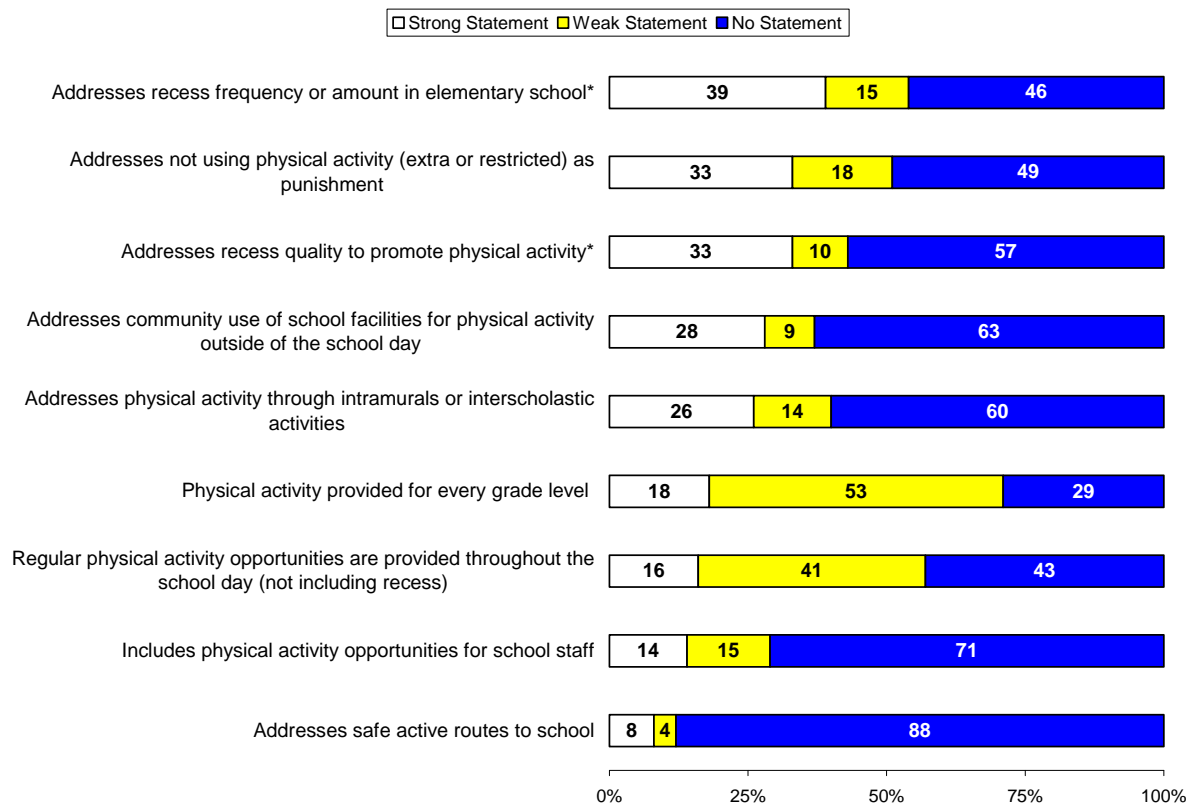
### Results

Federal law specifies that school wellness policies must include goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate. Nearly all of Connecticut school wellness policies (99 percent) met this requirement.

Based on state standards, Figure 1 below indicates the percent of public school districts receiving a score of 2 (strong statement), 1 (weak statement) or 0 (not mentioned) for each policy item in the *Physical Activity* component. Weak statements are hard to enforce because they are vague and/or only recommended. Strong statements include a concept followed by specific plans or strategies for implementation and use wording that indicates action is required. Detailed information on policy scoring is contained in the *Coding Tool for Connecticut School Wellness Policies* at [http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SWP/SW\\_CodingTool.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SWP/SW_CodingTool.pdf).

Weak statements often use words such as *may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort and try*. Strong statements use words such as *shall, will, must, have to, insist, require, all, total, comply and enforce*.

**Figure 1. Percent of District Policies with Strong, Weak and No Statements for Physical Activity**



\*Summary scores for districts without elementary schools (e.g., regional high schools) were adjusted to account for nonapplicable items.  
Connecticut State Department of Education • Rudd Center for Food Policy & Obesity at Yale University • September 2008

# School Wellness Policy Report • Data Summary 6

## Physical Activity, continued

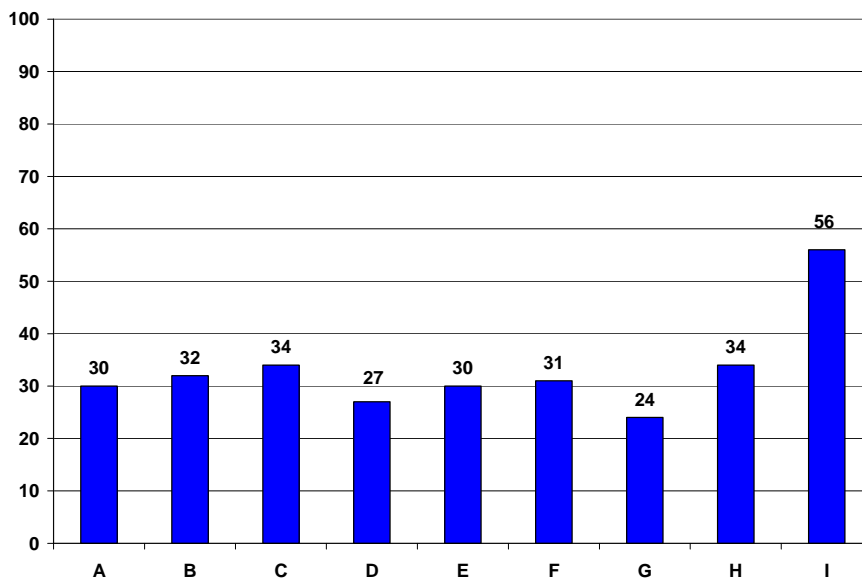
### Results by District Reference Group

District Reference Group (DRG) is a classification system in which districts that have public school students with similar socioeconomic status and need are grouped together. DRGs are based on the following seven variables: income, education, occupation, family structure, poverty, home language and district enrollment. They include nine groups, from group A (very affluent, low-need suburban districts) to group I (high-need, low socioeconomic urban districts). Charter schools, Connecticut Technical High Schools and Regional Educational Service Centers are not given DRGs. For additional information, see [http://www.csde.state.ct.us/public/cedar/databulletins/db\\_drg\\_06\\_2006.pdf](http://www.csde.state.ct.us/public/cedar/databulletins/db_drg_06_2006.pdf).

Figure 2 shows the average *Physical Activity* strength score for each DRG. Group I, the DRG containing the state's seven highest need districts (Bridgeport, Hartford, New Haven, New Britain, New London, Waterbury and Windham), made stronger policy statements and received higher average scores for the *Physical Activity* component than all other DRGs.

**Figure 2. Average Physical Activity Score by DRG\***

\*Based on a scale from 0 to 100



### Connecticut District Reference Groups

**DRG A:** Darien, Easton, New Canaan, Redding, Ridgefield, Weston, Westport, Wilton, Region 9

**DRG B:** Avon, Brookfield, Cheshire, Fairfield, Farmington, Glastonbury, Granby, Greenwich, Guilford, Madison, Monroe, New Fairfield, Newtown, Orange, Simsbury, South Windsor, Trumbull, West Hartford, Woodbridge, Region 5, Region 15

**DRG C:** Andover, Barkhamsted, Bethany, Bolton, Canton, Columbia, Cornwall, Ellington, Essex, Hebron, Mansfield, Marlborough, New Hartford, Oxford, Pomfret, Salem, Sherman, Somers, Suffield, Tolland, Region 4, Region 7, Region 8, Region 10, Region 12, Region 13, Region 14, Region 17, Region 18, Region 19

**DRG D:** Berlin, Bethel, Branford, Clinton, Colchester, Cromwell, East Granby, East Hampton, East Lyme, Ledyard, Milford, Newington, New Milford, North Haven, Old Saybrook, Rocky Hill, Shelton, Southington, Stonington, Wallingford, Waterford, Watertown, Wethersfield, Windsor

**DRG E:** Ashford, Bozrah, Brooklyn, Canaan, Chaplin, Chester, Colebrook, Coventry, Deep River, Eastford, East Haddam, Franklin, Hampton, Hartland, Kent, Lebanon, Lisbon, Litchfield, Norfolk, North Branford, North Stonington, Portland, Preston, Salisbury, Scotland, Sharon, Thomaston, Union, Westbrook, Willington, Woodstock, Region 1, Region 6, Region 16, Woodstock Academy,

**DRG F:** Canterbury, East Windsor, Enfield, Griswold, Montville, North Canaan, Plainville, Plymouth, Seymour, Sprague, Stafford, Sterling, Thompson, Voluntown, Windsor Locks, Wolcott, Region 11

**DRG G:** Bloomfield, Bristol, East Haven, Groton, Hamden, Killingly, Manchester, Middletown, Naugatuck, Plainfield, Putnam, Stratford, Torrington, Vernon, Winchester, Gilbert School, Norwich Free Academy

**DRG H:** Ansonia, Danbury, Derby, East Hartford, Meriden, Norwalk, Norwich, Stamford, West Haven

**DRG I:** Bridgeport, Hartford, New Britain, New Haven, New London, Waterbury, Windham

District school wellness policy reports can be accessed online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#SW>. For additional information, please contact Susan Fiore, Nutrition Education Coordinator, CSDE, at [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov) or (860) 807-2075 or Marlene Schwartz, Deputy Director, Rudd Center for Food Policy & Obesity, at (203) 432-0662 or [marlene.schwartz@yale.edu](mailto:marlene.schwartz@yale.edu).

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