



## H.B. No. 5467 (RAISED) AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM

Testifier Name: Constance Kapral, Executive Director

The Connecticut Association for Health, Physical Education, Recreation and Dance supports H.B. No. 5467. As an organization with a 95 year history of advocating for healthy lifestyles by providing leadership and professional development opportunities that increase knowledge and sound professional practices for our members, this bill is in direct alignment with our mission. It is important to recognize local and regional school districts that are promoting healthy lifestyles for children and youth by providing quality educational environment and programming.

This bill requests the establishment of a Red Ribbon PASS Program by the CT State Department of Education to recognize those local and regional school districts that qualify as highly performing, physically active school systems or as an improving physically active school system.

Many well documented reports and fact sheets point to the importance of physical activity to the well-being of children. More and more studies from around the world document that healthy students are better learners and that physical activity can improve academic achievement:

Active Living Research (2007) - Active education: Physical activity, physical education, and academic performance. Available at [http://www.activelivingresearch.org/files/Active\\_Ed.pdf](http://www.activelivingresearch.org/files/Active_Ed.pdf)

U.S. Department of Health and Human Services – Physical Activity Guidelines for Americans (2008) <http://health.gov/paguidelines/>

United States White House Task Force on Childhood Obesity (2010) Report of the President CDC | Physical Activity | Facts | Healthy Schools

[www.cdc.gov/healthyschools/physicalactivity/facts.htm](http://www.cdc.gov/healthyschools/physicalactivity/facts.htm)

Some local school districts and regional school districts in Connecticut are addressing the need for comprehensive school physical activity programs (CSPAP) and are becoming

physically active school systems (PASS). They are updating their policies and programs to educate the whole child. They are achieving positive results. It is time to recognize their efforts with a Red Ribbon PASS Program. It will serve as an incentive for more local school districts and regional school districts to look hard at their policies and make improvements for the benefit of children. A healthier Connecticut is the goal.

Be well,

Constance Kapral, MS

[ckapral@ctahperd.org](mailto:ckapral@ctahperd.org)

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