SHAPE

STUDENT HEALTH AND
PHYSICAL EDUCATION ACT
STATE OF GEORGIA 2009
BACKGROUND

• Childhood obesity is a national problem

• A combination of poor nutrition, physical inactivity, and lack of knowledge about both is negativity effecting children's learning and health

• To address this on a statewide level Georgia passed the Student Health and Physical Education (SHAPE) Act in 2009

• SHAPE is designed to address the issue and provide data to assess the effects of efforts to combat obesity
PROGRAM

The Georgia SHAPE program combines several components to attack the multiple issues that contribute to childhood obesity.

- Training & Equipment
- Fitness Assessments
  - Fitness-Gram
  - Power Up for 30
- Georgia SHAPE Website
- Rewards & Recognition
- Strategic Plan

A key aspect of Georgia SHAPE is a wide partnership of stakeholders including the Governor's Office, the Department of Education, the Division of Public Health, the Georgia Children's Health Alliance, and Children's Healthcare of Atlanta.
TRAINING

- The Georgia Dept. of Education in partnership with HealthMPowers, developed a comprehensive professional learning model and training manual
- Trainings were developed to ensure
  - Consistency of fitness test administration
  - Data collection
  - Messaging about fitness testing
  - Improved knowledge about health and fitness
- Trainings were scheduled across Georgia to ensure access and minimal travel for teachers from all Georgia public schools
- Over 3,000 physical education teachers, paraprofessionals, and other school staff members were trained in a six month period
- Equipment for administering the fitness assessments was provided to schools
ASSESSMENT

- Five components are assessed by specially trained physical education teachers
  - Aerobic capacity- Measured using PACER mile
  - Flexibility- Measured using Sit & Reach test
  - Muscular strength- Measured using Curl-ups
  - Muscular endurance- Measured using Push-ups
  - Body composition- Measured using Height & Weight

- For grades 1-3, assessments are done to familiarize students with the process. Individual reports are optional, and aggregate data is reported

- Grades 4-12 participate in full battery of assessments both individual and aggregate student data reported and recorded in all areas

- Healthy Fitness Zones (HFZ) - Fitness scores in the HFZ indicate a fitness level associated with positive health benefits. Scores not in the HFZ over a sustained period of time may indicate some health risk
FITNESS-GRAM

- Software that generates easy to read reports on where a child is in relation to the Healthy Fitness Zone (HRZ) on each assessment
- Aggregate reports
- Individual Student Reports- Guardians Only
  - Recommendations are made on the Fitness-Gram Report for Guardians to help children attain or maintain HFZ

INTERPRETING THE FITNESSGRAM REPORT

Aerobic Capacity:
Aerobic capacity is a measure of the suitability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more you exercise, the higher your aerobic capacity level will be. Aerobic capacity is measured with the Pacer test, a one mile run, or the walk test. Importance: Good aerobic capacity can reduce risks of heart disease, stroke, and diabetes. Although generally not present in children, these diseases can begin during childhood and adolescence. Healthy Fitness Zone for 13-year-old girls = 23 - 51 laps

Muscle Strength, Endurance, & Flexibility:
These components of health-related fitness measure the overall fitness of the musculoskeletal system. A variety of tests are used to assess these different components. Importance: The fitness level of muscles is important for injury prevention and overall body function. Strength, endurance, and flexibility are important for maintaining good posture, low back health, and total body function. Healthy Fitness Zone for 13-year-old girls = Trunk Lift = 8-12 inches, Push-Up = 7-12 repetitions, Back-Saver Sit and Reach = 46-10 inches on R.E.

Body Composition:
The body composition measure refers to the relative proportion of fat and lean tissues in the body. Body fat percentage can be estimated by skinfold calipers or other measuring devices. The Body mass index (BMI) is another indicator that determines if a person is at a healthy weight for his or her height. Importance: Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life. It is important to begin healthy eating and regular activity early. Healthy Fitness Zone for 13-year-old girls = 14.90 - 24.50

Body Mass Index

Healthy Fitness Zone
BMI Healthy
BMI Not Healthy
Current: 15.94
Past: 16.06

Being too lean or too heavy may be a sign of (or lead to) health problems. However, not all people who are outside the healthy fitness zone are at risk for health problems. For example, a person with a lot of muscle may have a high BMI without excess fat.
POWER UP FOR 30

- Voluntary program providing training and low/no cost ways to integrating physical activity into the school day, even the classroom
- Focuses on link between increased physical activity and increased brain functioning
- For Example: A University of Illinois study conducted brain imaging of students taking a test

Once after sitting quietly
Again after a 20 min walk
WEBSITE

Recipes Kid Friendly and “Southern Bites Done Light”
- Online recipes kids can make themselves like turkey roll-ups and “smashed” apples
- Recipes to prepare traditional Southern food staples in more health conscious ways

Fitness at Finger Tips App
- Enter Zip code
- Receive list of places and events to find fitness activities and healthy food options

Exercise Ideas
- Broken into age groups
- Individual or Family
- No Equipment Needed
REWARD AND RECOGNITIONS

Fitness Celebration with the Atlanta Falcons

Photos of Activities on Website

Governor's Honor Roll
RESULTS

- 232 Schools have pledged to Power Up for 30
- Number of Students with unhealthy BMIs dropped 2% between 1st and 2nd year
- Number of students passing all five assessments increased 5% between 1st and 2nd year
- Georgia now has statewide baseline data for childhood fitness
## Georgia SHAPE Strategic Plan 2014: March

Georgia is currently ranked 17th in the nation for Childhood Obesity (down from 2nd in 2009). In 2013, 41% of Georgia’s public school youth were not in the Healthy Fitness Zone for Body Mass Index, and 25% of this population was unable to pass a single FitnessGram fitness component. Only 19% were able to pass all five components (Muscular Strength, Muscular Endurance, Flexibility, Aerobic Capacity, and Body Mass Index).

Georgia Shape's 10 Year Goal is to increase the percentage of Georgia's Fitnessgram assessed student population that fall in the Healthy Fitness Zone for Body Mass Index by 1% each year for 10 years. Body Mass Healthy Fitness Zone measures improve from 59% (2013) to 69% by 2023

### Objectives

<table>
<thead>
<tr>
<th>Objective 1</th>
<th>Objective 2</th>
<th>Objective 3</th>
<th>Objective 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve Aerobic Capacity Healthy Fitness Zone measure for the Public School 4-12 Population by 1% each year, beginning with the 2013 data set.</td>
<td>Increase Georgia’s student population not currently being assessed by Fitnessgram by 50%</td>
<td>Improve the Georgia Breastfeeding 6th Month Initiation/Duration rate by 35% over 3 years, according to the CDC Breastfeeding Report Card.</td>
<td>Increase the percentage of Quality Rated Early Care and Learning Centers that are SHAPE Awarded by 50% over 3 years.</td>
</tr>
<tr>
<td>Aerobic Capacity FTP measures improve from 64% (2013) to 77% by 2016</td>
<td>Home School Population assessed moves from 0% (2013) to 50% by 2016</td>
<td>CDC data report includes new WIC participants, and those served by public health programming Breastfeeding initiation rate improves from 31.8% (2013) to 45% by 2018</td>
<td>Quality Rated Early Care Centers that are SHAPE Awarded increases from 11% (2013) to 14% by 2018.</td>
</tr>
</tbody>
</table>

### Strategies

#### Objective 1

**Physical Activity**
- Council Members include: Clark, Johnson, Applebaum, Cape and Shipman

**Nutrition**
- Council Members include: Hersey, Russ, Ryan, Hamilton and Apisaer

**Marketing and Communications**
- Council Members include: Schreiner, Apisaer, Ryan, Fitzgerald and Applebaum

**Healthcare**
- Council Members include: Schreiner, Hyland and Fitzgerald

**Data Collection**
- Council Members include: Williams and Setcher

**Multi Group Goal Based Strategies**
- All Shape Members, Activists and Supporters

**Promote increased physical activity through role modeling, encouraging staff, peers and family using creative placement, time management skills.**

**Constantly create and develop an atmosphere of health rather than fear. Emphasize promotion, and/or negative obesity training.**

**Emphasize and promote real, whole, local food including breastfeeding to all populations with an emphasis on disparate populations.**

**Encourage small, achievable health-related behavior changes across all Georgia populations from students to CEOs.**

---

**Strategies - Objective 1**

Promote and spread Power Up for 30 Initiative to all 6A Elementary Schools, Home/ Private Schools and related organizations, and Community based programs (YMCA, Boys and Girls Clubs, etc.). Walk Georgia initiative to various populations.

Promote School Gardens and exercise associated with real food. Identify ways to promote healthy school nutrition in conjunction with Fitnessgram training. Identify possible areas for cross-curricular content development.

Identify exemplary examples of K-12 school leadership and build on those to strengthen K-12 leadership throughout the state. Create a plan of action to communicate ROI findings associated with childhood aerobics capacity. Include related measures for Shape City/Community designation. Measure and evaluate Georgia’s current physical activity levels and readiness to change levels.

Identify plan of action to increase the number of StrongStart trained providers (MD, PA, NP, RD). Identify/evaluate if training needs to include more regarding VA/VAMC or other activity levels.

Develop and share a database of credible resources related to the improvement of childhood aerobics capacity. Identify research regarding the ROI of improved childhood aerobics capacity.

**Strategies - Objective 2**

Use existing coalitions to reach Churches, Community Clubs, After School Care, Parks and Recreation, to promote and implement county level best practices. Identify ways to influence and teach pre-service teachers the importance of the PG assessment.

Identify outlets (Parks to school, school to church, etc.) to cross promote Shape It... attests (PG, Public, Walk GA)

Identify best communication marketing approaches to take with different populations and geographic areas at greatest risk. Create plan of action to reach disparate populations and promote PG and Public Health. Identify effective technology that would increase participation in PG and Promote PG measures for Shape City/Community.

Obtain various Georgia population data related to the current state of that communities health and wellness, possibly pair readiness to change.

Identify functional ways to increase obesity coding, whereas gaining insight into obesite population that may or may not be captured via PG.

Identify current best practices to reach disparate populations and schools if need and then train/implement current Shape initiatives (PG/ProStart).

---

**Strategies - Objective 3**

Increase the number of work sites in GA with action rooms and increased policies that support breastfeeding. Promote best practices for breastfeeding mothers reaching to PA through WIC.

Identify best practices/research for healthy nutrition for breast feeding mothers (and adults in general). In an ideal command possible "Shape Paties" that could be used across food sources and populations.

Increase access to commercial grade pumps for WIC mothers. Increase community action rooms (mails, stores, parks, etc.

Publicly support partners in engaging mothers/ families and communicate success stories: highlight baby friendly hospital initiative. Create best practice for Shape City/Community designation. Post Georgia’s population regarding lactation feeding knowledge and readiness to change and or adopt the practices.

Identify future strategies and action plans including but not limited to Obesity prevention training for WIC/OSBPWIC; Identify ways to use Tele-Health to promote breastfeeding; Identify ways to train/health future medical professionals to promote BF and healthy nutrition. Create BF communication plan.

Identify subject matter and process experts and best practices regarding and related to increased breast feeding rates.

**Strategies - Objective 4**

Identify Early Care wellness champions and how to effectively train providers how to implement the QPA requirements. Identify best practices for increasing PA in low-income Early Care Facilities.

Promote and identify ways to increase healthy nutrition levels in early care centers. Identify how to train and teach providers to increase healthy foods being served in early care centers.

Identify how to start a Farms to Preschool garden program.

Create an engaging, vibrant website to portray success. Advocate the award to public, create buzz around the Shape awards.

Create a parent campaign based on WIC award (small changes)

Post Georgia’s parents regarding how important nutrition and physical activity are to preschool. Assess current parental 0-5 knowledge of best practices.

Identify best practices regarding physical activity and nutrition for the 0-5 year old population. Identify ways health care facilities can promote Shape awarded early care facilities.

Evaluate/identify best early care indicators of child health obesity. Identify best practices associated with Early Care provider PA and Nutrition training. Increase the number of Early Care sites with PA and Nutrition providers (including health guidelines).
RESOURCES

- http://georgiashape.org/story/why-should-your-school-power-30