IN-SCHOOL PREVENTION OF OBESITY AND DISEASE

FITNESSGRAM

HUMAN KINETICS
The Information Leader in Physical Activity

SPARK
Sports, Play & Active Recreation for Kids

NCAAHPERD
By partnering with the NCDPI, we will work with current physical education programs and teacher education programs to create change within the educational system. This change will specifically address obesity in our state during a time that policy change around health needs for students is at its peak.
Education encourages changes in attitudes and behaviors.

Daily, quality physical education provides the foundation for knowledge and the skills to become more physically fit, healthier and happier adults.
GOALS

- To train all physical educators grades K-8 in the SPARK curriculum
- To have all schools utilizing FITNESSGRAM and its software
- To change attitudes toward physical education
- To change behaviors
- To effect public policy
THE IN-SCHOOL PREVENTION OF OBESITY AND DISEASE: IsPOD

- Comprehensive school prevention program to improve physical activity and eating habits
- Reduce the number of overweight and obese children in grades K-8
- Specialized curriculum training for physical educators
- Fitness Testing and evaluation

Introducing ISSY: Our mascot
**IsPOD is a Multi-faceted Program**

1) SPARK Curriculum Training
2) FITNESSGRAM Training
3) Extensive Evaluation Process
4) Train the Trainer – SPARK Institute
5) University/College IsPOD Expansion Program
6) IsPOD Advisory Committee
7) Ambassador Program
8) SPARK Booster Sessions
9) Partnering
10) Legislative action
Research-based
21st century physical education
Healthy lifestyles
Motor skills
Movement Knowledge
Social and Personal Skills
And FUN!!!
SPARK trains physical educators in the classroom and in the gym!
FITNESSGRAM

- Students are tested for strength, flexibility and endurance
- BMI is collected
- Reports are generated for students and parents
- Teachers will send FITNESSGRAM results to NCAAHPERD and the NC State Center for Health Statistics
  - We will provide reports to those requesting them – i.e. counties, DPI, legislators, health groups, parents
EVALUATION

- Evaluation is an important component of the IsPOD program

- Students and teachers complete online surveys and submit FITNESSGRAM scores

- This evaluation procedure is unlike any other in the U.S.

- Teachers will send FITNESSGRAM results to NCAAHPERD and the NC State Center for Health Statistics
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THE INITIAL COSTS OF IsPOD

- SPARK training sessions (3) - $3,000/$9,000
- SPARK Manuals - $150 each
- FITNESSGRAM Kits - $300/school
- Substitute Teachers - $80/average
- Lunches - $8/person
- NCAAHPERD expenses - $600/training

For a county of 10 schools, we will spend approximately $20,000
For training sessions (3) of 40 teachers - $52,000
WHAT DOES ISPOD TRAINING ENTAIL?

- Contact the county Superintendent, county principals and curriculum coordinators – explain IsPOD program & send literature
- Once on-board, get all teachers email addresses and send IsPOD information
- Finalize details w/SPARK – trainers, manuals, equipment
- Secure a site – gym, classroom
- Set-up lunches, substitute teacher pay
- Prepare teacher packets
- Staff (Ambassadors) training sites
- By-monthly updates to teachers – i.e. news, complete surveys etc
In-school Prevention of Obesity & Disease

Map Key
- **Purple** = HWTF & BCBSNCF Original 6 Counties K-8
- **Blue** = Legislative/DPI Funded DHS COPDP Counties K-12
- **Green** = 2008 Counties K-8
DATA FROM ORIGINAL PILOT PROGRAM

Kindergarten through eighth graders in seven counties: Duplin, Durham, Robeson, Union, Iredell, Macon, and Jackson. More than 126,000 children experienced the pilot program.

Data showed from pre-test to post-test:
♥ Positive indicators of attitudinal and behavioral change
♥ A slight increase in students' exposure to physical activity
♥ Students reported spending less time on TV or video games and a greater likelihood of choosing activities such as bicycling, dancing, outdoor games during their free hours.
♥ Participating students reported enjoying physical activity and wishing they had more physical education classes.
♥ Eating habits also showed improvement. Students indicated greater consumption of fruit, fruit juice, green salad and vegetables.
Their post-tests also reflected less preference for sweets or high fat snacks.

Although Body Mass Index (BMI) did not change significantly from pre-test to post-test, the lack of a significant increase in BMI as students aged seemed to indicate a positive program effect.
THANK YOU FOR YOUR SUPPORT...

North Carolina Department of Public Instruction

Kate B. Reynolds Charitable Trust

BlueCross BlueShield of North Carolina Foundation

North Carolina PTA

everychild. one voice.

NCAAHPERD

Eat Smart Move More North Carolina
CONTACT US

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