

# IN-SCHOOL PREVENTION OF OBESITY AND DISEASE

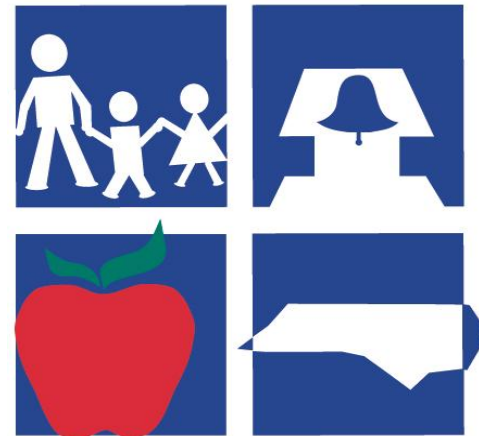
FITNESSGRAM





# The North Carolina Alliance for Athletics, Health, Physical Education, Recreation and DANCE

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.



**North Carolina Department  
of Public Instruction**

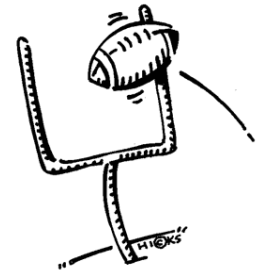


***Education*** encourages changes in attitudes and behaviors.

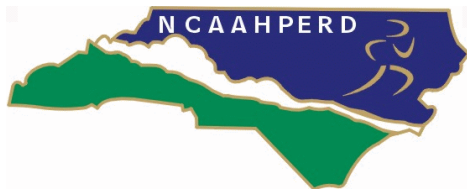
***Daily, quality*** physical education provides the foundation for knowledge and the skills to become more physically fit, healthier and happier adults.



# 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
- 21<sup>st</sup> 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
  - We will provide reports to those requesting them – i.e. counties, DPI, legislators, health groups, parents

A sample FITNESSGRAM report card for a student named Joe Jagger, Grade 6, dated April 15. The report is divided into several sections: AEROBIC CAPACITY, MUSCULAR ENDURANCE & FLEXIBILITY, BODY COMPOSITION, and ACTIVITY. Each section includes a 'Current' score and a 'Healthy Fitness Zone' target. For example, in the Aerobic Capacity section, the current score is 14:42 and the target is 14:00. The report also includes a 'Messages' section with advice on how to improve performance and a 'Percent Body Fat' section with a current score of 12.0% and a target range of 12.00-14.00. At the bottom, there are instructions for teachers and students on how to use the report.

# 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

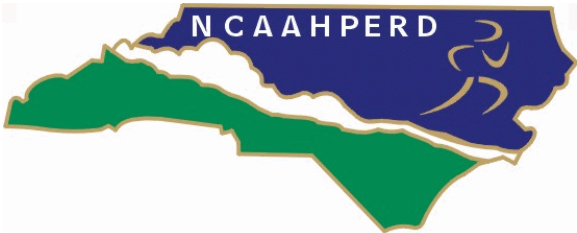


KATE B. REYNOLDS  
CHARITABLE TRUST



**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.



## DATA FROM ORIGINAL PILOT PROGRAM

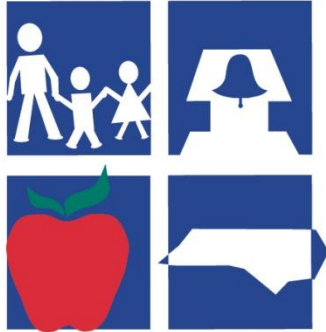
♥ Their post-tests also reflected less preference for sweets or high fat snacks.

♥ 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



BlueCross BlueShield  
of North Carolina  
Foundation



# CONTACT US



- Questions about IsPOD, SPARK or FITNESSGRAM programs?

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