

# 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 negatively affecting 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

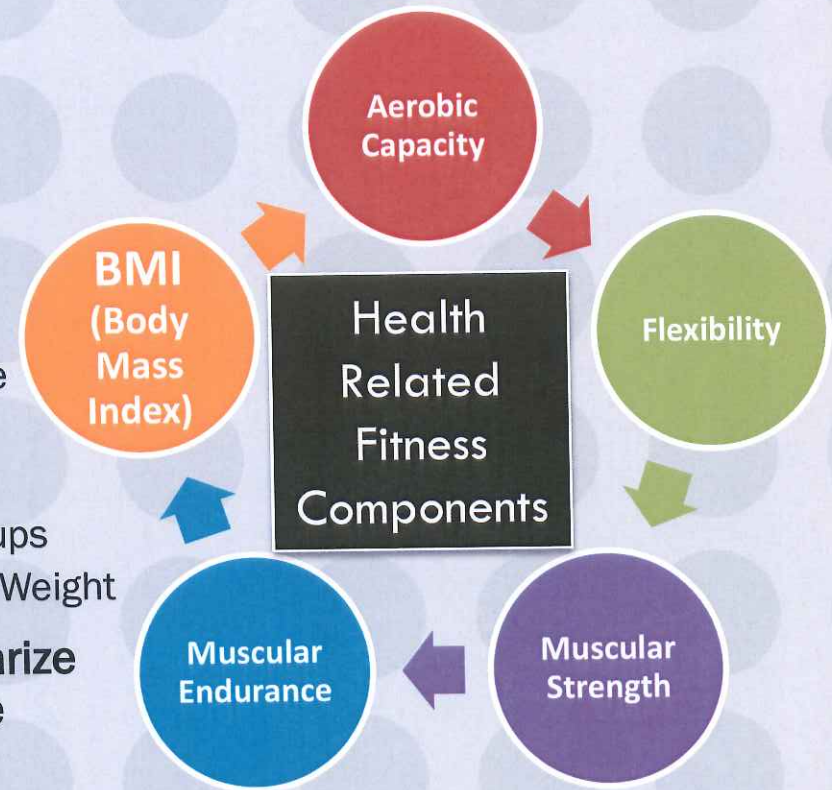
A key aspect of Georgia SHAPE is a wide partnership of stakeholders including the Governor's Office, the Department of Education, the Division of Public Health, the Georgia Children's Health Alliance, and Children's Healthcare of Atlanta

# 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



Gloria Smith  
Grade: 7 Age: 13  
Northside Middle School

Instructor(s): Read, Kathy

Date	Height	Weight
Current: 01/14/2010	5' 3"	90 lbs
Past: 09/15/2009	5' 1"	85 lbs

**Report for Parents**

People come in all shapes and sizes, but everyone can benefit from regular physical activity and a healthy level of physical fitness. The FITNESSGRAM fitness test battery evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Parents play an important role in shaping children's physical activity and dietary habits. This report will help you evaluate your child's current level of health-related fitness and help you identify ways to promote healthy lifestyles in your family.

**AEROBIC CAPACITY**

Aerobic capacity is a measure of the ability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more your child exercises, the higher his or her aerobic capacity level will be. Aerobic capacity is measured with the PACER test, the 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

**The PACER**

Current	Past
24	24

**VO2Max**

VO2Max is based on your aerobic test score. It shows your ability to do activities such as running, cycling, or sports at a high level. HFZ begins at 36.

Current	Past
41	40

**(Abdominal) Curl-Up**

Current	Past
17	16

**(Trunk Extension) Trunk Lift**

Current	Past
8	10

**(Upper Body) Push-Up**

Current	Past
10	7

**(Flexibility) Back-Saver Sit and Reach R, L**

Current	Past
10.00, 10.00	9.00, 9.00

**Body Mass Index**

Current	Past
15.94	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.

**INTERPRETING THE FITNESSGRAM REPORT**

Health-related fitness includes a variety of factors. With regular physical activity most children will be able to score in the Healthy Fitness Zone for most of the tests. It is important for all children to be physically active every day (a total of 60 minutes is recommended) even if they are already fit. If your child is in the Needs Improvement area on a particular test, it is important to provide opportunities to be active so they can improve their levels of fitness. **See back of page for more information.**

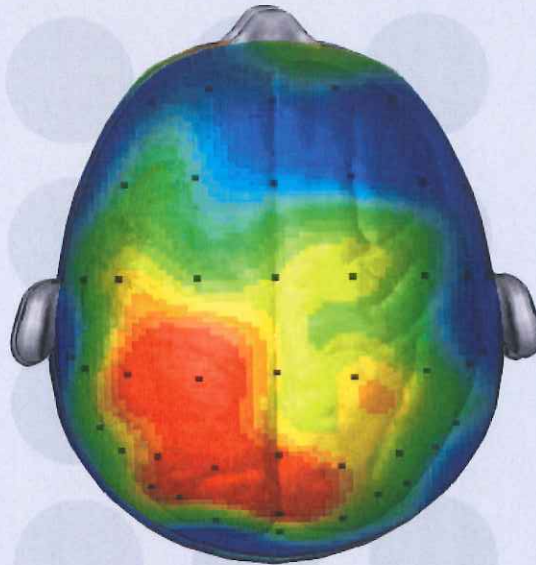
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# POWER UP FOR 30

- 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”

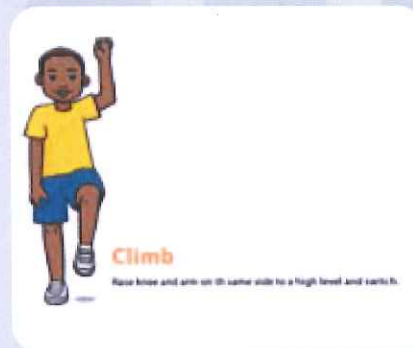
- Online recipes kids can make themselves like turkey roll-ups and “smashed” apples
- Recipes to prepare traditional Southern food staples in more health conscious ways

## 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

# STRATEGIC PLAN

## 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**

Georgia Shape Sub Committees	Objective 1	Objective 2	Objective 3	Objective 4
<p>Georgia Shape's Implementation Committee and Governor's Council on Childhood Obesity Members are grouped into subcommittees.</p> <p>Those subcommittees are outlined below.</p>	<p>Improve Aerobic Capacity Healthy Fitness Zone measure for the Public School 4-12 Population by 1% each year beginning with the 2013 data set.</p> <p>Aerobic Capacity HFZ measures improve from 64% (2013) to 67% by 2016</p> <p>Aerobic Capacity HFZ measures improve from 64% (2013) to 74% by 2023</p>	<p>Increase Georgia's student population not currently being assessed by Fitnessgram by 50%</p> <p>Home School Population assessed moves from 0% (2013) to 50% by 2016</p> <p>Private School Population assessed moves from 0% (2013) to 50% by 2016</p> <p>Public School Population assessed moves from 76% (2013) to 88% by 2016</p>	<p>Improve the Georgia Breastfeeding 6th Month Initiation/Duration rate by 5% over 5 years, according to the CDC Breastfeeding Report Card*.</p> <p>*CDC data report includes mainly WIC participants, and those served by public health programming</p> <p>Breastfeeding Initiation rate improves from 31.8% (2013) to 48% by 2018</p>	<p>Increase the percentage of Quality Rated Early Care and Learning Centers that are SHAPE Awarded by 30% over 5 years.</p> <p>Quality Rated Early Care Centers that are Shape Awarded increases from 11% (2013) to 16% by 2016.</p>
	Strategies - Objective 1	Strategies - Objective 2	Strategies - Objective 3	Strategies - Objective 4
<p><b>Physical Activity</b> Council Members include: Clark, Johnson, Applebaum, Cagle and Shipman</p>	<p>Promote and spread Power Up for 30 initiative to all GA Elementary Schools, Home/Private Schools and related orgs, and Community based program (YMCA, Boys and Girls Club, BBBS, etc). Promote Walk Georgia Initiative to various populations.</p>	<p>Use existing coalitions to reach Churches, Community Clubs, Afterschool 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 FG assessment.</p>	<p>Increase the number of workites in GA with lactation rooms and increase policies that support breastfeeding. Promote best practices for breastfeeding mothers relating to PA through WIC.</p> <p>Identify best practices/research for healthy nutrition for breast feeding mothers (and adults in general). Recommend possible "Shape Plate" that could be used across food sources and populations. Increase access to commercial grade pumps for WIC mothers. Increase community lactation rooms (malls, stores, parks, etc.).</p>	<p>Identify Early Care wellness champions and how to effectively train providers how to implement the Quality Rated PA components. Identify best practices for increasing PA in low income Early Care Facilities.</p>
<p><b>Nutrition</b> Council Members include: Hensley, Bare, Ryan, Hampton and Alpers</p>	<p>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.</p>	<p>Identify outlets (Farm to school, school nutrition, etc) to cross promote Shape Initiatives (FG, Pu30, Walk GA).</p>	<p>Publicly support partners in engaging mothers/families and communicate success stories; highlight Baby Friendly Hospital initiative/create buzz. Include BF measure for Shape City/Community designation. Poll Georgia's parental population regarding breast feeding knowledge and readiness to change and/or adopt the practice.</p>	<p>Promote and identify ways to increase healthy nutrition levels in early care centers. Identify how to train and teach providers to increase healthy/local foods being served in early care centers. Identify how to start a Farm to Pre-school garden program.</p>
<p><b>Marketing and Communications</b> Council Members include: Schreiner, Alpers, Ryan, Fitzgerald and Applebaum</p>	<p>Identify exemplary examples of K-12 local 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 aerobic capacity. Include related measures for Shape City/Community designation. Measure and evaluate Georgia's current physical activity levels and readiness to change level.</p>	<p>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 FG and Pu30. Identify effective technology that would increase participation in FG and Pu30. Include FG measures for Shape City/Community. Gather various Georgia population data related to the current state of that communities health and wellness, possibly poll readiness to change.</p>	<p>Identify future strategies and action plans including but not limited to Obesity prevention training for WIC, OBGIN's; identify ways to use Tele-health to promote breast feeding; identify ways to train/teach future medical professionals to promote BF and healthy nutrition. Create BF communication plan.</p>	<p>Create an engaging, vibrant website to portray success. Advertise the award to public, create buzz around the Shape award. Create a parent campaign based on Wang findings (small caloric changes). Poll Georgia's parents regarding how important nutrition and physical activity at pre-school is to them. Assess current parental 0-3 knowledge of best practices.</p>
<p><b>Healthcare</b> Council Members include: Schreiner, Hyland and Fitzgerald</p>	<p>Identify plan of action to increase the number of Strong4Life trained providers (MD, PA, NP, RD); identify/evaluate if training needs to include more regarding V02max and/or activity levels.</p>	<p>Identify functional ways to increase obesity coding whereby gaining insight into obese population that may or may not be captured via FG.</p>	<p>Identify subject matter and process experts and best practices regarding and related to increased breast feeding rates.</p>	<p>Identify best practices regarding physical activity and nutrition for the 0-3-year old population. Identify ways healthcare facilities can promote Shape awarded early care facilities.</p>
<p><b>Data Collection</b> Council Members include: Williams and Satcher</p>	<p>Develop and share a database of credible resources related to the improvement of childhood aerobic capacity. Identify research regarding the ROI of improved childhood aerobic capacity.</p>	<p>Identify current best practices to reach disparate populations and schools in need and then train/ implement current Shape initiatives (FG/Pu30).</p>		<p>Evaluate/identify best early care indicators of childhood obesity. Identify best practices associated with Early Care provider PA and Nutrition training. Increase the number of Early Care sites with PA and Nutrition policies (including snack guidelines).</p>
<p><b>Multi Group Goal Based Strategies</b> All Shape Members, Activists and Supporters</p>	<p>Promote increased physical activity through role modeling, encouraging staff, peers and family using creative placement/time management skills</p>	<p>Constantly create and develop an atmosphere of health rather than fear, fitness promotion, and/or negative obesity labeling</p>	<p>Emphasize and promote real, whole, local food including breastfeeding to all populations with an emphasis on disparate populations.</p>	<p>Encourage small, achievable health related behavior changes across all Georgia populations from students to CEO's</p>

# RESOURCES

- <http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Documents/Georgia%20Annual%20Fitness%20Assessment%20Report%202012.pdf>
- <http://www.cdc.gov/obesity/downloads/SchoolBasedPhysicalEducation.pdf>
- <http://georgiashape.org/story/why-should-your-school-power-30>