A photograph of three young children playing on a playground structure. The children are smiling and holding onto the bars of the structure. The image is overlaid with a semi-transparent blue and green filter. The text is centered over the image.

# Promoting Physical Activity in Schools: Thriving Schools Initiative Results

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# Thriving Schools Evaluation Team

## Kaiser Permanente

- Cheryl Kelly, Investigator
- Carmen Luna, Evaluator
- Carmen Martin, Grants Officer
- Curtis Robbins, Senior Manager of Arts Integrated Resources

## University of Colorado Colorado Springs

- Dick Carpenter, Investigator
- Julaine Field, Investigator
- Elizabeth Tucker, Evaluator  
Northern Arizona University
- Timothy Behrens, Investigator

# Overview and Context



## Colorado

- Colorado does not require PE at any grade
- House Bill 1069



## Kaiser Permanente Colorado

- Social mission to improve the health of our members and communities we serve
- Increase physical activity and provide support to schools



## Thriving Schools Initiative

- Support professional development for teachers and staff; resources to enhance physical activity
- Goal: schools provide at least 30 minutes of PA/day

# Evaluation Question: *How many schools comply with House Bill 1069?*

## Classroom Minutes

- Teachers self-reported
- Reported # of minutes, # of students, type of activity
- 20-30% of teacher's were selected to participate each week

## Before & After School Minutes

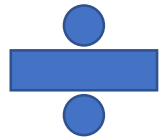
- School Wellness Coordinators self-reported
- Reported # of minutes, # of students and grade, type of activity

## PE & Recess Minutes

- School schedules reviewed
- Documented # of minutes of recess/day, # of school days, # of minutes of PE/day, # of days PE offered

# Classroom Physical Activity (PA) Minutes Calculation

Sum of all teachers' daily PA minutes



# of school days



Each school's minutes/day

B/A minutes provided (same for PE/recess)



# of days offered



B/A minutes per/year (PE/Recess minutes per/year)





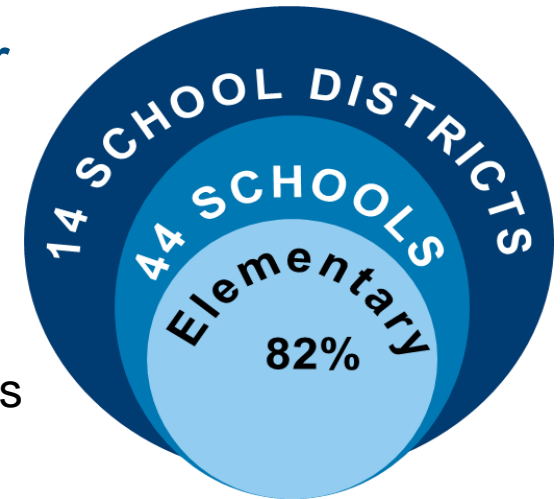
# Final Calculations


$$\text{Classroom Minutes} + \text{B/A Minutes} + \text{PE Minutes} + \text{Recess Minutes} = \text{Total Minutes/year}$$

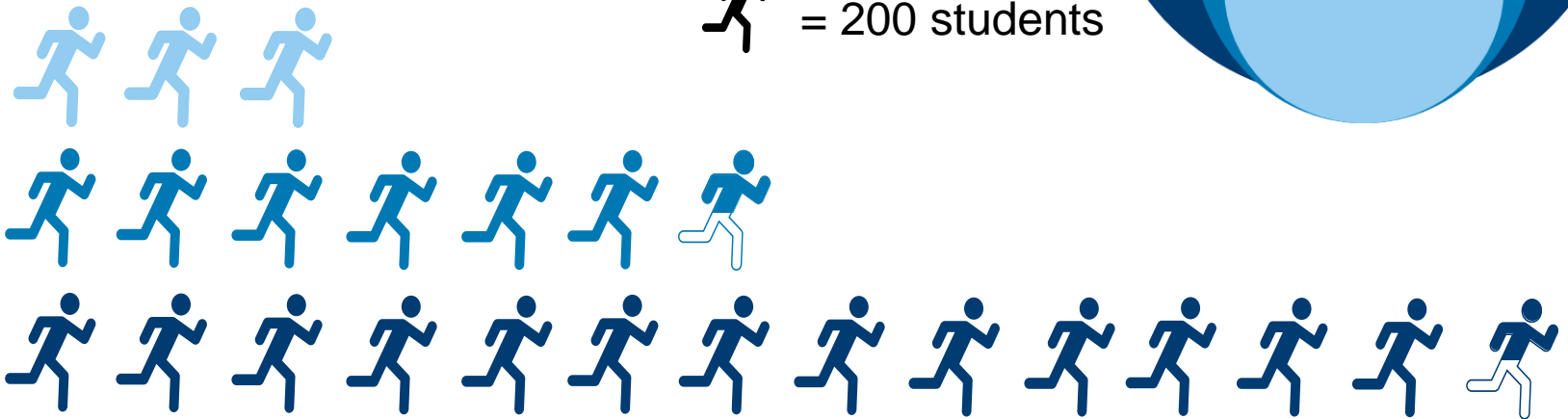
$$\frac{\text{Total Minutes/year}}{\text{Number of School Days}} = \text{Average Minutes/day}$$



**21,058 students** were exposed to programming at 44 schools each year

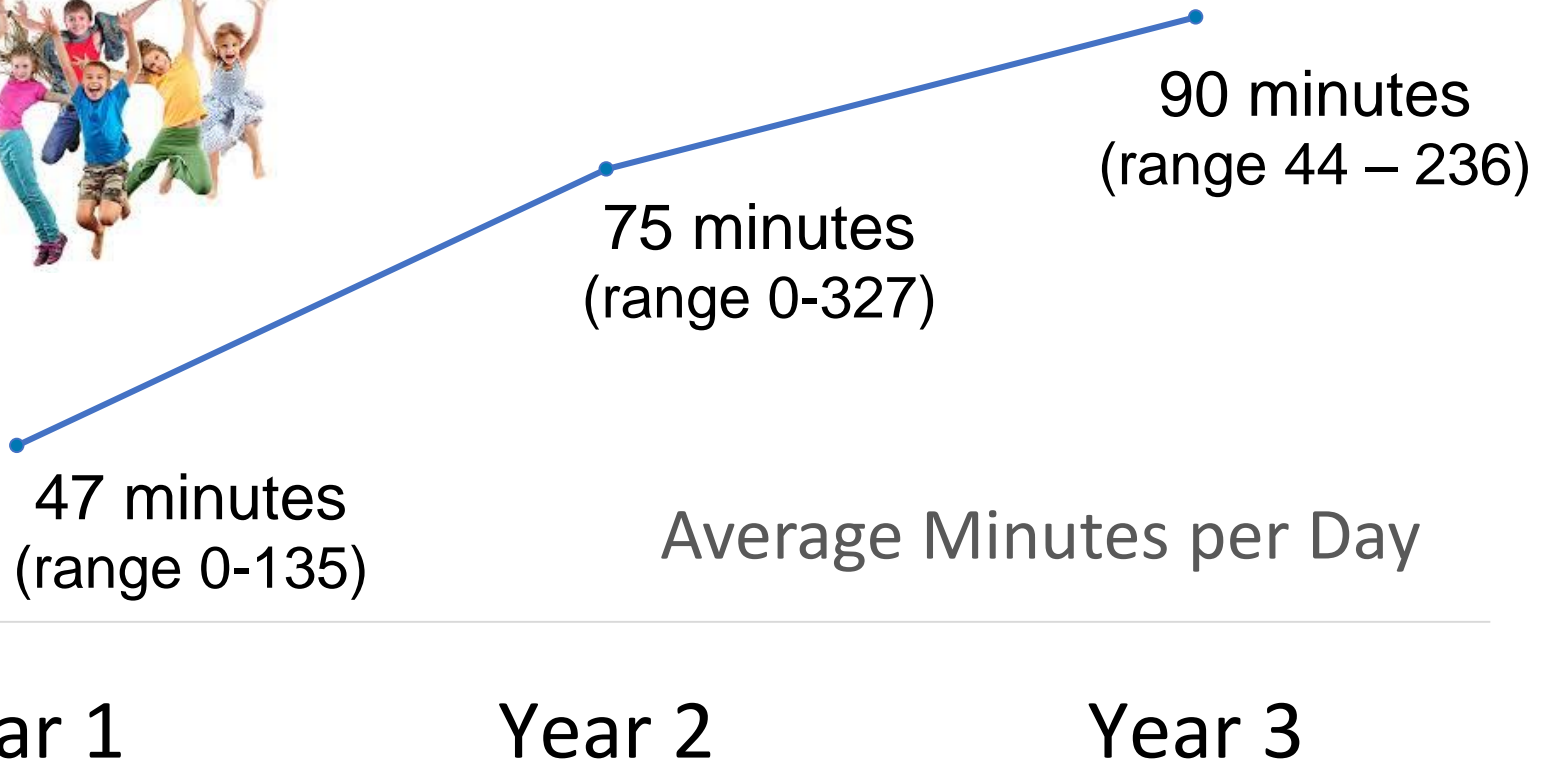


 = 200 students



Small school (n = 8)	Medium school (n = 13)	Large school (n = 23)
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# Physical Activity Minutes Per Day Significantly Increased Year to Year





Do Schools Comply  
with House Bill 1069  
by Year 3?

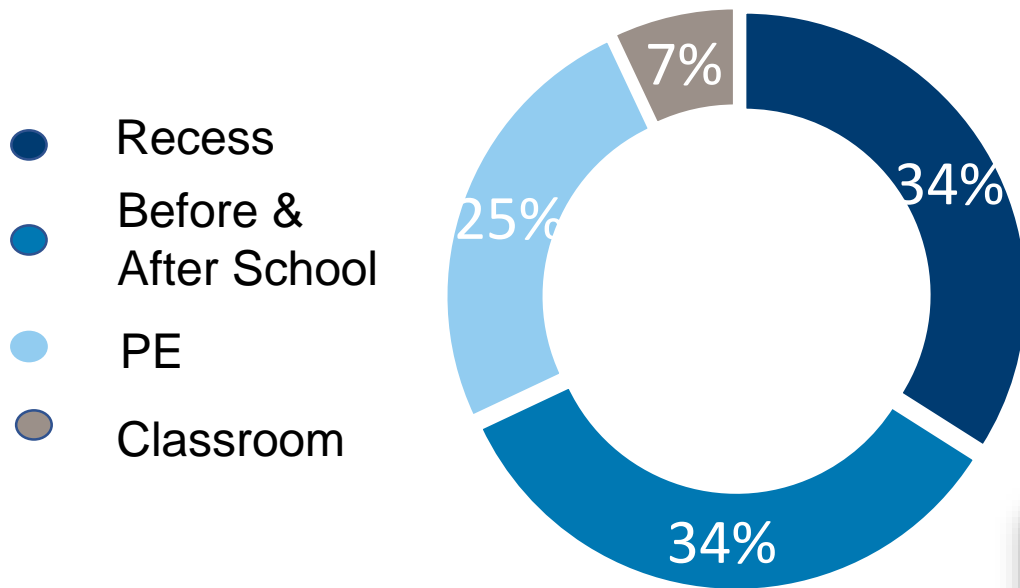
Are Schools Providing  
Enough Minutes to  
Meet Youth PA  
Recommendations?



**100%** of schools  
provided **30**  
**minutes** of  
PA per day

**86%** of schools  
provided **60**  
**minutes** of  
PA per day

# The Greatest Number of PA Minutes are Provided in Recess & Before/After School Programs

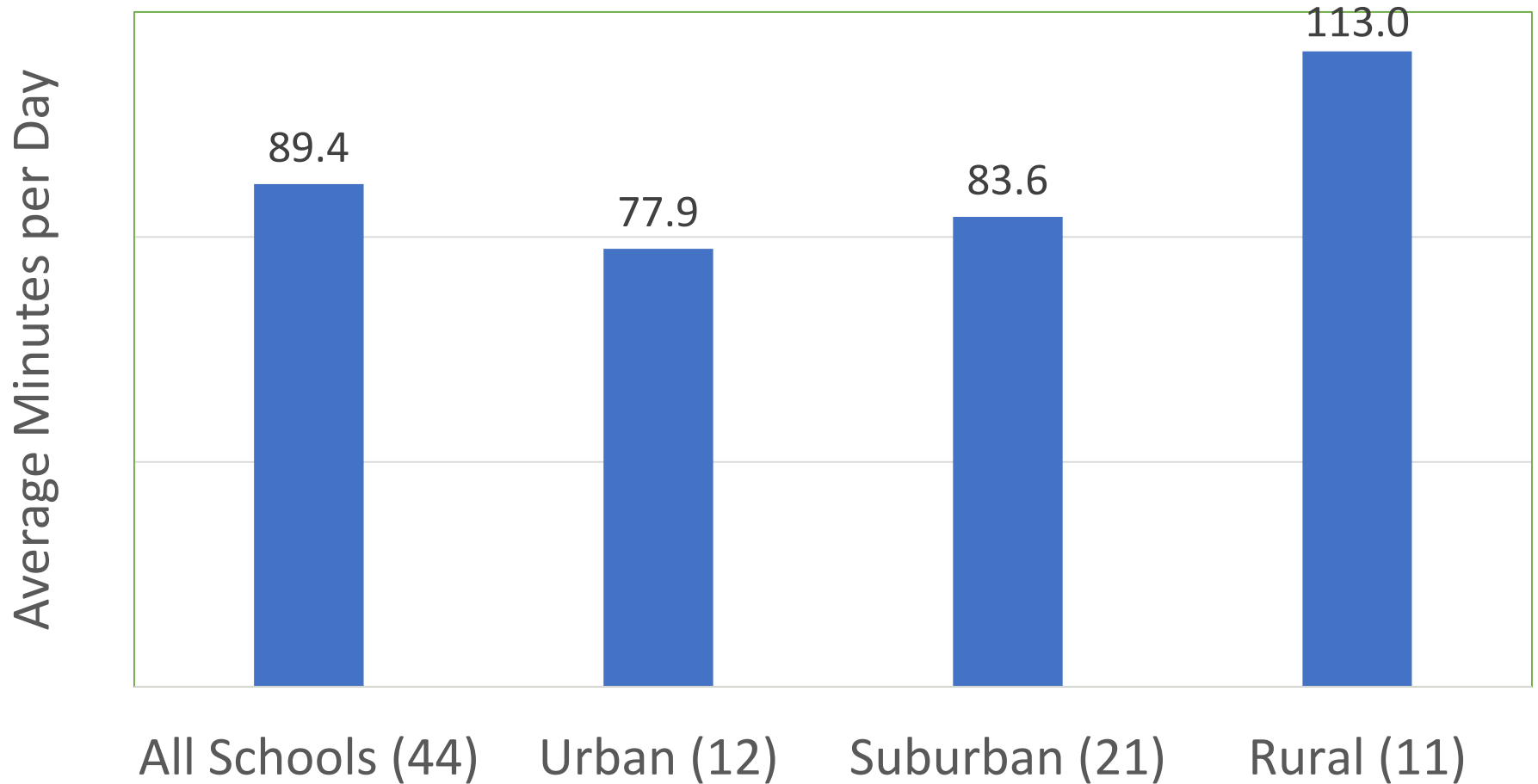


- Recess
- Before & After School
- PE
- Classroom

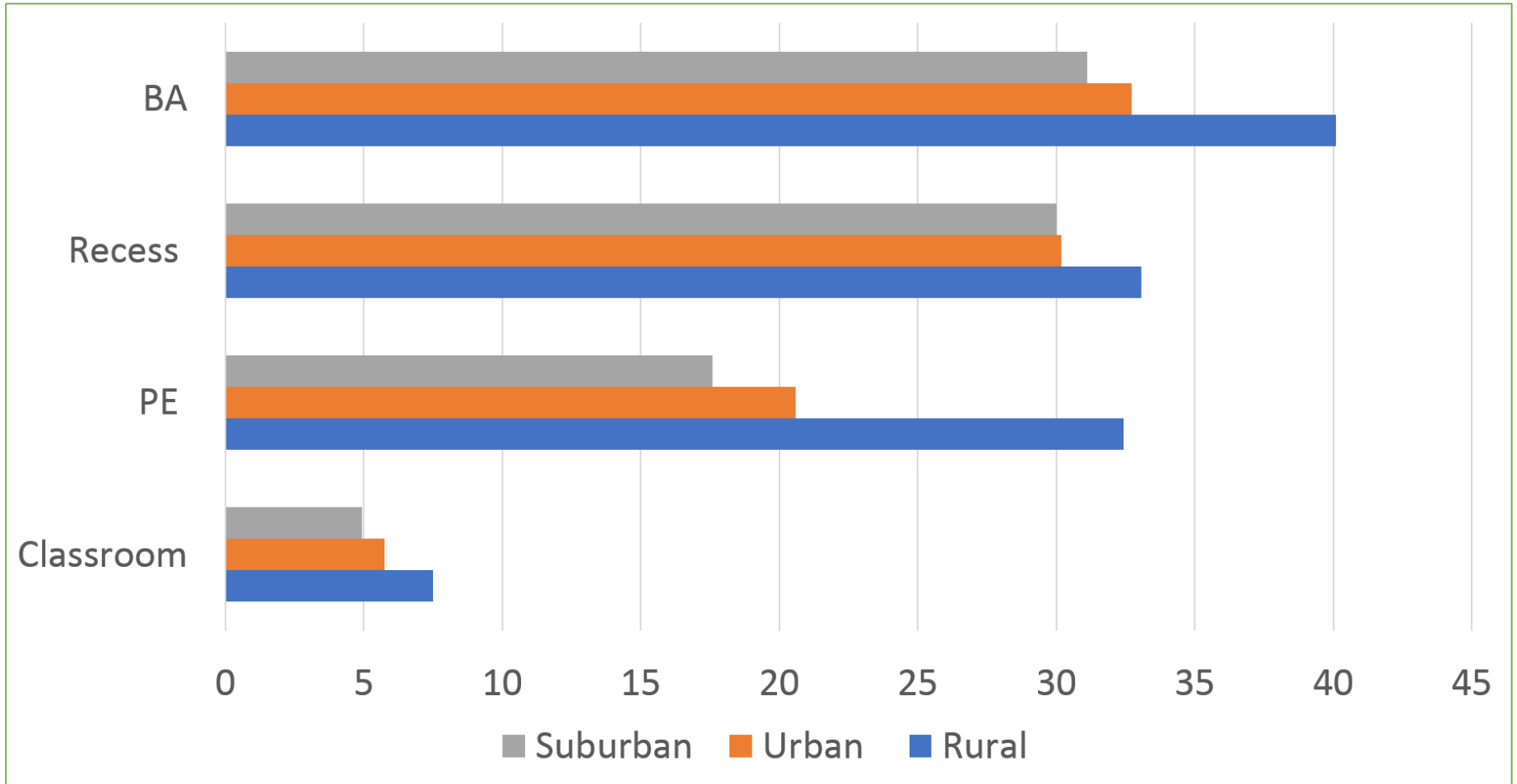
CLASSROOM ACTIVITY  
**75% MVPA**



# Rural Schools Provided More PA Minutes

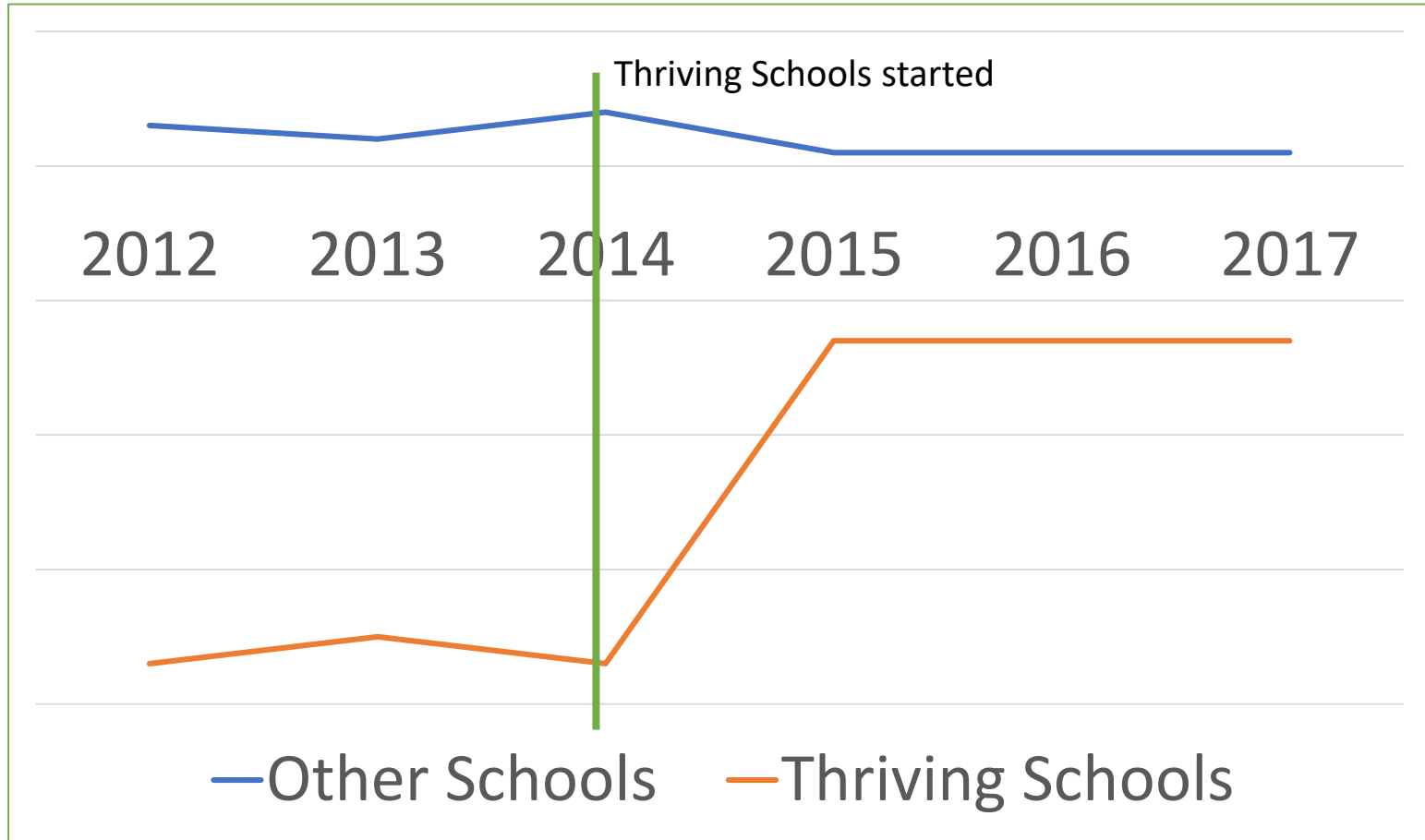


# Rural Schools Provided More PA Minutes Across all Time Periods



Average Minutes per Day

# Thriving Schools Significantly Increased Math and Reading Scores (z scores)



# Thriving Schools Compared to Other CO Schools

	Thriving Schools Schools (n=44)	SMART Source Schools (n=401)
Physical Education Minutes Goal: 150 minutes/week	111 minutes per week	82 minutes/week
Recess: Goal 30 minutes/daily	31 minutes/daily	29 minutes/daily
Classroom physical activity breaks (y/n)	100% report providing	92% report providing
Before & after school physical activity (y/n)	98% report providing	54% report providing



# Conclusions

- Physical activity minutes significantly increased from year to year
- Academic achievement significantly increased from year 1 to year 2
- All schools are now complying with House Bill 1069
- Most providing enough minutes for youth to meet public health recommendations
- Funding is really important for professional development (including paying substitute teachers) and ensuring administrative buy in will facilitate success
- Staff turnover is the biggest challenge to sustainability

Questions/Comments?  
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