

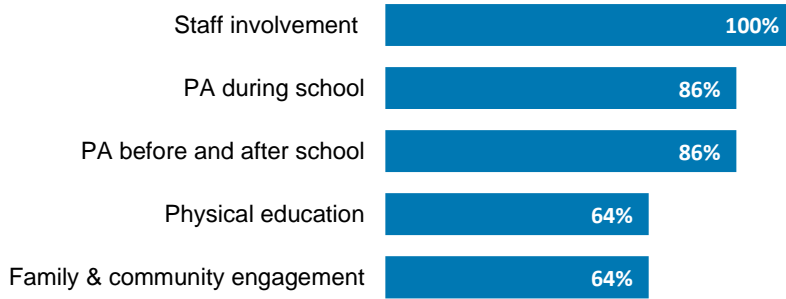
THRIVING SCHOOLS INITIATIVE

2014-2017, 14 Colorado School Districts

- ✓ Colorado passed House Bill 11-1069, effective 2011-2012 academic year
- ✓ Requires all public elementary schools to provide students with a minimum of 600 minutes of physical activity (PA) per month (or 30 minutes per school day)
- ✓ Kaiser Permanente Colorado provided funding for schools to increase PA before, during and after school

ACTIVITIES

9 School Districts Implemented Comprehensive PA Programs*



*Based on the CDC Comprehensive School Physical Activity Program Framework

CLASSROOM ACTIVITY

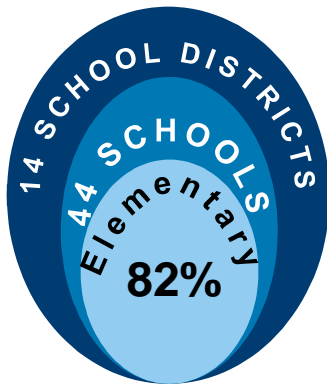
75% MVPA*

"Everyone is always laughing in the brain based learning trainings and having fun so then they have the confidence to go back to their classroom and actually implement what they've learned." ---School Wellness Coordinator

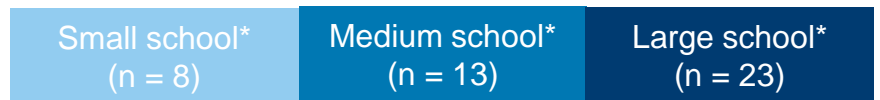
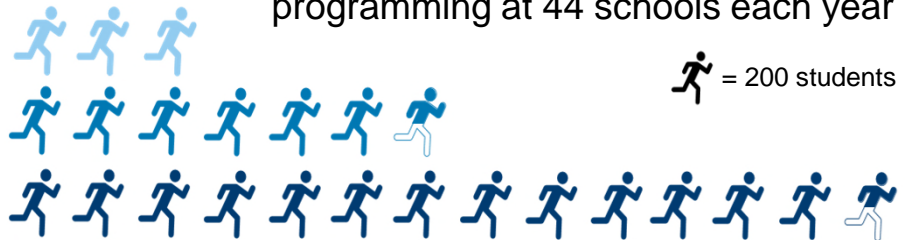
*MVPA – Moderate to Vigorous Physical Activity

REACH

The majority of districts targeted **elementary schools**



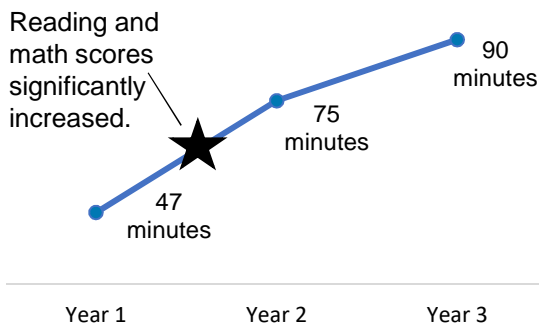
An average of **21,058 students** were exposed to programming at 44 schools each year



*Small <1,227; Medium 1,227 < 1,586; Large ≥ 1,586

IMPACT

Average PA Minutes per Day Significantly Increased from Year to Year



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 and Before & After School Programs

