

Talking Points PE Resolution

The role of schools is to prepare students for higher education, the world of work and, ultimately their role as responsible, productive citizens. Students who leave high school with poor health habits will not be as productive as healthy graduates. Obese graduates will not be eligible for U.S. military service, nor will they be eligible for state and local law enforcement and fire/rescue recruitment.

Mounting evidence in the literature documents associations between physical activity, physical fitness, and academic achievement. Additional studies Other work shows that time in physical education does not negatively impact academic achievement - that is, less desk time does not negatively impact academic achievement. (See Resolution Bibliography, consider highlighting WV longitudinal study)

Furthermore, the recent childhood obesity epidemic is considered a serious public health issue because:

- Cardiovascular risk factors are associated with obesity in both youth and adults.
- Childhood obesity is a risk factor for adult obesity and the increased risk of chronic diseases in adulthood.
- Our children are being diagnosed with once-considered adult issues, such as Type II diabetes.
- If current obesity trends continue, obesity related health care spending in the U.S. will rise from \$80 billion annually to \$343 billion by 2018.

The 2008 Physical Activity Guidelines for Americans (US DHHS) recommend 60 minutes or more of moderate/vigorous physical activity for children and adolescents daily. The Institute of Medicine recognizes that children and adolescents spend a majority of their weekdays in school, and so recommends that they should accumulate 30 minutes of physical activity each school day.

According to the CDC's 2009 Youth Risk Behavior Surveillance System (YRBSS), 58.2% of WV high schools students reported physical activity (that increased heart rate and made them breathe hard some of the time) at least 60 minutes on less than 5 days during the past 7.

No federal laws require PE, nor do incentives for physical education exist (*2010 Shape of the Nation Report: Status of Physical Education in the USA*. Reston, VA: National Association for Sport and Physical Education; 2010).

A National Association for Sport and Physical Education (NASPE) position statement recommends development of Comprehensive School Physical Activity programs anchored by physical education. Components include quality physical education, school-based physical activity opportunities, school employee wellness and involvement, and family/community involvement (National Association for Sport and Physical Education. (2008). *Comprehensive school physical activity programs* [Position statement]. Reston, VA: Author).

"Leadership from school wellness councils and administrators can support translation of physical education/activity initiatives into sustainable policy-supported programming. Policies that increase aerobic activity opportunities in school settings may also increase overall academic performance, encourage positive health habits, and improve immediate and future overall health."

(Wittberg, Cottrell, Davis, & Northrup. Aerobic Fitness Thresholds Associated with Fifth Grade Academic Achievement. *Am J Health Educ*, 2010;41(5), p. 290.)