

Resolution

To Support the Requirement of Daily Physical Education for Mid-Ohio Valley, WV Students to promote their health and wellbeing

Whereas, the 2010 Surgeon General's *Vision for a Healthy and Fit Nation* strongly recommends that school systems should require daily physical education (PE) for students in pre-kindergarten through grade 12¹; and

Whereas, the National Association for Sport and Physical Education (NASPE), the Centers for Disease Control and Prevention (CDC), and national health-related organizations – the American Heart Association (AHA), the American Stroke Association (ASA), the American Cancer Society (ACS), the Institute of Medicine (IOM), and the American Diabetes Association (ADA) – strongly recommend 150 minutes of daily PE each week for children in elementary school and 225 minutes per week for middle school and high school²; and

Whereas, the 2008 *Physical Activity Guidelines for Americans* published by the U.S. Department of Health and Human Services recommend 1 hour (60 minutes) or more moderate/vigorous physical activity (MVPA) for children and adolescents daily³; and

Whereas, the Year 2 Evaluation of the West Virginia Healthy Lifestyles Act found that a majority of parents support daily physical education for their children and only 32% reported their child achieved the recommended amounts of physical activity in the previous week⁴; and

Whereas, according to recent *National Health and Nutrition Examination Survey* analyses, an estimated 16.9% of children and adolescents aged 2–19 years were obese, 14.8% of children and adolescents 2 to 19 years of age were overweight^{5a}, and 33.8% of adults were obese^{5b}; and

Whereas, a report issued by Trust for America's Health in 2011, *F as in Fat: How Obesity Threatens America's Future* found that West Virginia has the third highest rate of adult obesity in the nation at 32.2 percent, and the tenth highest rate of obese youth (ages 10-17) at 18.9 percent, and the second highest rate of physical inactivity at 32.4%⁶; and

Whereas, West Virginia ranked 43rd among all states in overall health according to the 2010 America's Health Rankings, as compared with 42nd last year, and 45th in prevalence of obesity⁷; and

Whereas, according to the Coronary Artery Risk Detection in Appalachian Communities (CARDIAC) surveillance and screening project, 28.5% of West Virginia 5th grades were obese and 19% were overweight during the 2009-2010 school year⁸; and

Whereas, a 2010 Mission: Readiness, Military Leaders for Kids *Too Fat to Fight* report, warns that child obesity has become so serious in this country that the number of recruits who fail their physical due to overweight has increased nearly 70% since 1995, a threat not only to the overall health of America but also the future strength of the military⁹; and

Whereas, the 2008 medical costs of obesity in the United States were estimated at \$147 billion¹⁰; and

Whereas, the 2008 medical costs of obesity in West Virginia were estimated at \$668 million¹¹; and

Whereas, according to the Center for Disease Control and Prevention's Youth Risk Behavior Surveillance System (YRBSS) 2009 results, only 63% of US high school students and 58.2% of WV high school students reported physical activity (that increased heart rate and made them breathe hard some of the time) at least 60 minutes/day on less than 5 days during the 7 days before the survey¹²; and

Whereas, accumulating studies indicate

- time in physical education does not negatively impact academic achievement¹³; and
- student physical fitness is positively correlated to academic achievement^{14a}, including a study conducted in one West Virginia school district^{14b}; and
- moderate or vigorous physical activity is associated with higher grades^{15a} and improved cognitive responses^{15b-c}; and
- 7th grade students in one West Virginia school district who were in the healthy fitness zone in 5th and 7th grades for aerobic fitness had higher standardized test scores than students in the needs improvement zone in both grades, or if they moved into or out of the healthy fitness zone¹⁶; and

Whereas, the US National Physical Activity Plan includes strategies calling for access to high-quality, comprehensive physical activity programs, anchored by physical education in pre-kindergarten – 12th grades¹⁷; and

Whereas, the First Lady's *Let's Move* initiative recommends increasing the physical activity of our nations' youth in order to address childhood obesity within a generation, and the White House Task Force on Obesity recommends that physical education be the cornerstone of school physical activity programs¹⁸;

Resolved, that _____ *County Schools* calls upon the State of West Virginia Board of Education to adopt a physical education requirement ensuring that all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive quality daily physical education as an integral part of their education for the entire school year; and

Resolved, that the young people of West Virginia are our most valuable resources, and that their health, education and well-being are the most important responsibility of families, teachers, and community members; and

Resolved, that _____ *County Schools* believes that physical activity and exercise are essential for good health and must be encouraged during the developmental years of students; and

Resolved, that without healthy bodies, young people cannot take full advantage of their educational opportunities; and

Resolved, that _____ *County Schools* supports quality evidence-based physical education, 50% of time in physical education spent in moderate to vigorous activity, and no more than 25 students per physical education teacher, or the same size as other subject areas; and

Resolved, that _____ *County Schools* supports high-quality, comprehensive physical activity programs, anchored by physical education; and

Resolved, that _____ *County Schools* will report progress toward daily physical education, class size, percent PE time spent in MVPA, physical activity programming, and FITNESSGRAM scores as part of the school's annual yearly progress reports to the County Board of Education and parents.

Dated, _____, 2011.