

GROW Healthy Kids & Communities

Promoting Healthy, Active Schools



Hudson Park Elementary 2014-2015 School Physical Activity and Nutrition Report

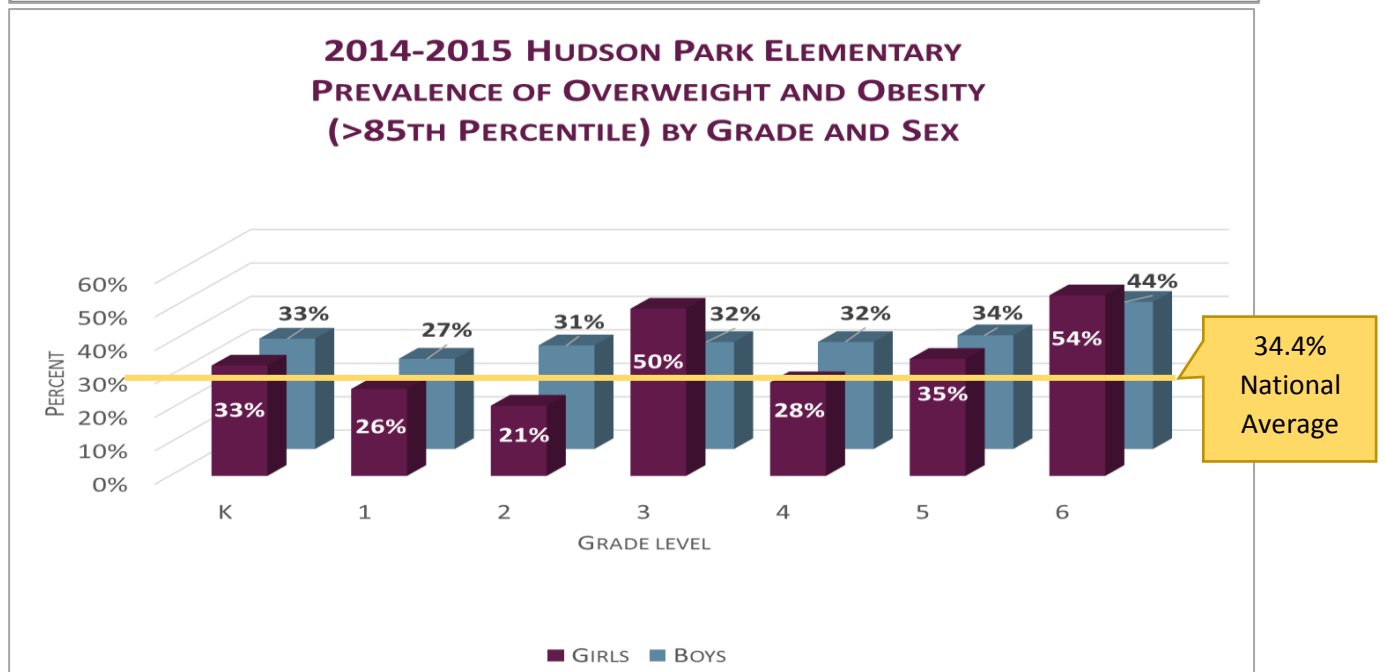
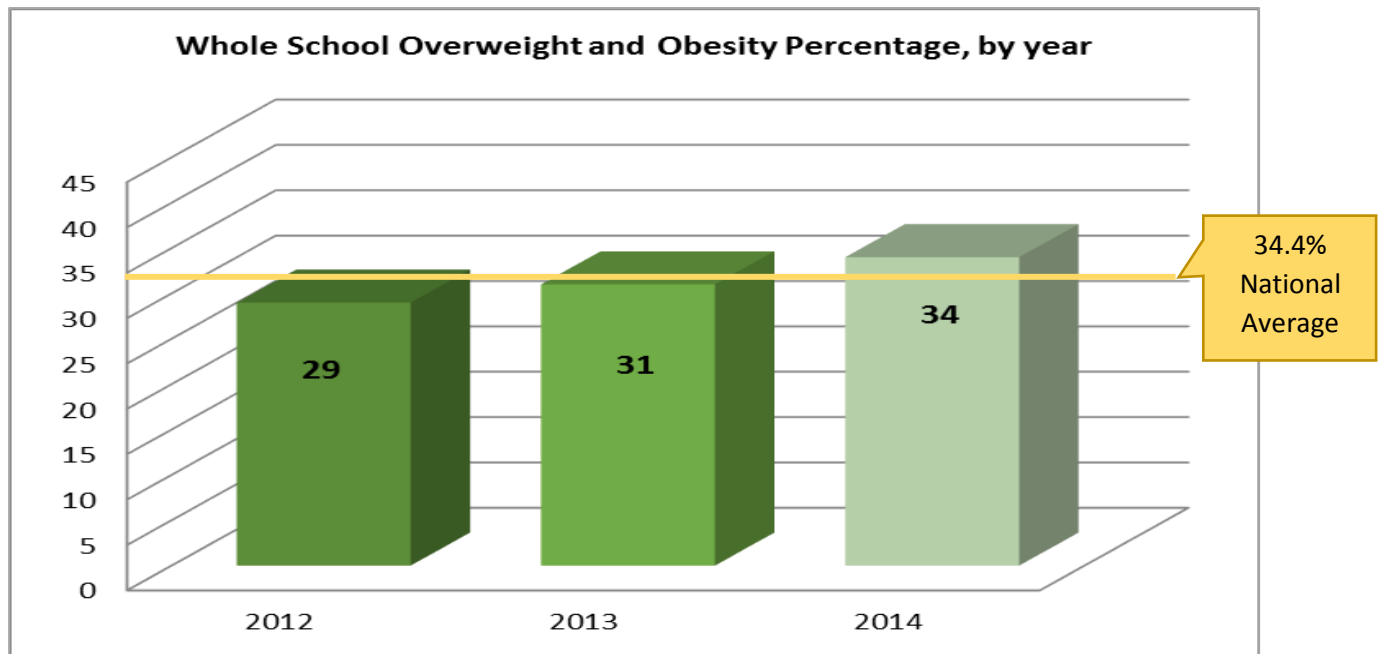
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Hudson Park Elementary School Fact Sheet

Individuals living in rural areas in the US are significantly more likely to be overweight or obese compared to those living in metropolitan areas.¹ Many factors may be contributing to this increased likelihood such as limited availability and accessibility to healthy foods and physical activity opportunities, and an unfavorable built environment for walking and biking.

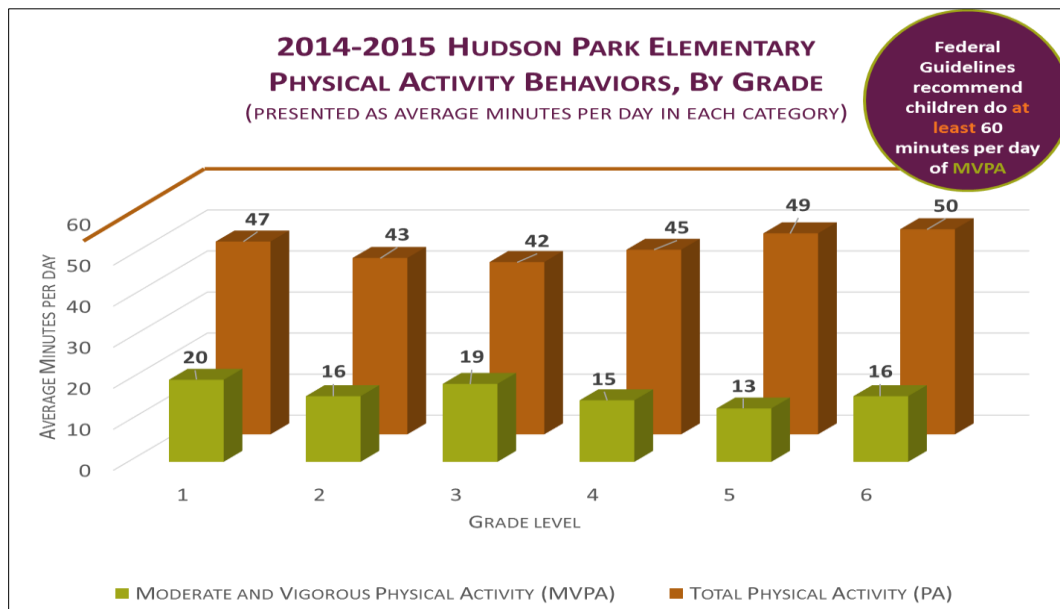
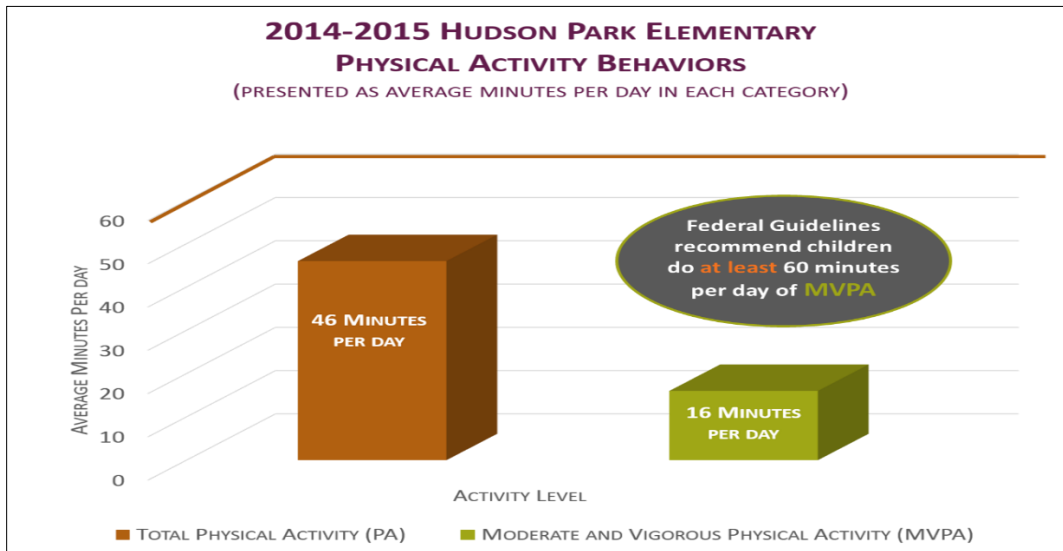
The first graph shows your school's data from Fall 2012 compared to Fall 2013 and Fall 2014. The second graph shows a comparison between BMI across grades and sex for Fall 2014. The percentages reflect the combined prevalence of overweight and obesity. Nationally, 34.4% of 6-11 year olds are overweight and 17.7% are obese².



Physical Activity Data

Research presenting rural and urban differences in physical activity (PA) among children is somewhat mixed. However, meeting PA recommendations can protect kids who live in rural areas against unhealthy weight gain.¹

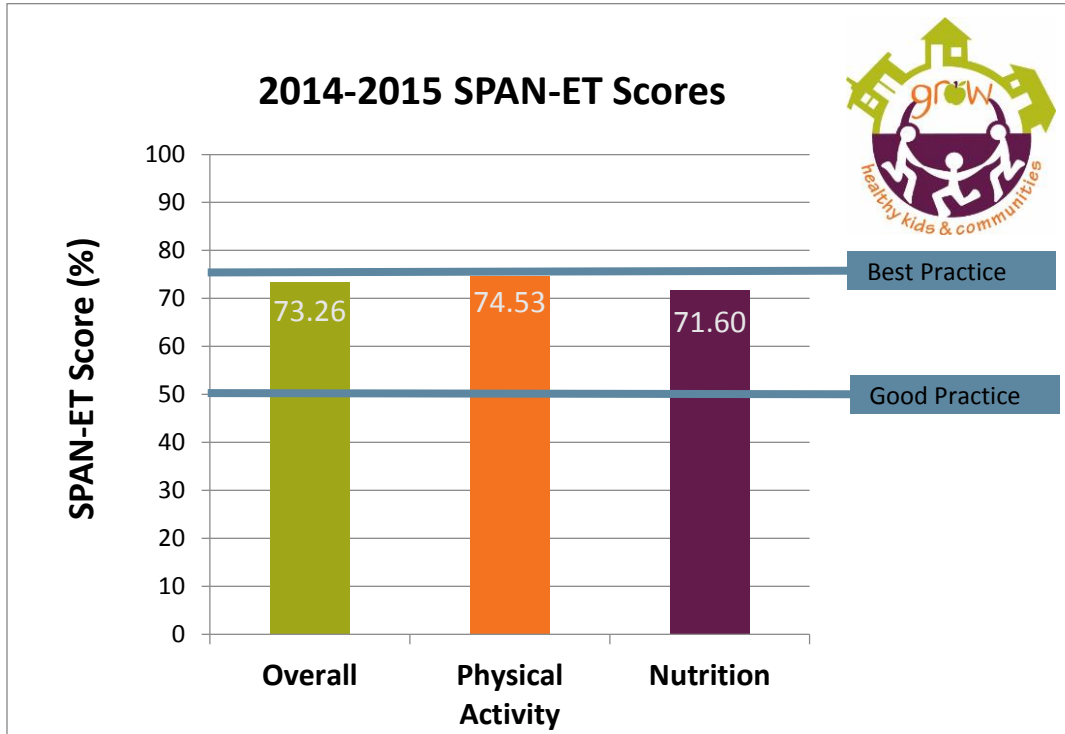
It is recommended that children get at least 60 minutes of moderate to vigorous physical activity (MVPA*) each day.³ The first graph shows your school's PA broken into Total PA and MVPA for the entire school. The second graph shows the school's physical activity data broken down by grade.



* Refer to the Physical Activity Guidelines for more information about the recommended levels of physical activity and definitions of “moderate and vigorous” physical activity:
<http://www.health.gov/paguidelines/midcourse/youth-fact-sheet.pdf>

School Physical Activity and Nutrition Environment

Schools are critically important environments that have significant impacts on children’s learning and health behaviors.⁴ The GROW Healthy Kids & Community Program is committed to helping increase awareness about your school’s physical activity and food environments and the impact those environments may have on child health. The School Physical Activity and Nutrition Environment Tool (SPAN-ET) was used to assess the PA and nutrition environments at your school.



<input type="checkbox"/> Poor Practice	<input type="checkbox"/> Fair Practice	<input type="checkbox"/> Good Practice	<input type="checkbox"/> Best Practice
≤ 25%	26% ≤ 50%	51% ≤ 75%	76% ≤ 100%
No/very few criteria are met, can be seen or documented.	Some criteria are met, can be seen or documented.	Many criteria are met, can be seen or documented.	Most criteria are met; some may exceed current criterion.

Scores are based on the percentage of criteria met for each area of interest and for each category – overall, PA, nutrition. The graph above shows that your school met 73% of the total SPAN-ET criteria. This is your school’s overall score. For the PA and nutrition domains, more than 50% but less than 75% of criteria were met, which is labeled “good” practice.

More information about your school’s PA and nutrition environments is provided in your 2014-2015 SPAN-ET Report and Resource Guide. The Report highlights areas where your school has been successful in providing an environment that supports healthy physical activity and nutrition behaviors, and areas where there is room for improvement. The Resource Guide indicates your school’s scores for all SPAN-ET criteria, provides evidence-based and effective resources for action strategies, and can be used to help your school wellness committee prioritize and track changes over time.

References

1. Befort CA, Nazir N, Perri MG. Prevalence of obesity among adults from rural and urban areas of the United States: Findings from NHANES (2005-2008). *J Rural Health*. 2012; 28(4): 392-397.
2. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA : the journal of the American Medical Association*. Feb 26 2014;311(8):806-814.
3. Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, DC: U.S. Dept. of Health and Human Services; 2008.
4. McGuire S. Institute of Medicine. 2012. Accelerating progress in obesity prevention: solving the weight of the nation. Washington, DC: the National Academies Press. *Advances In Nutrition (Bethesda, Md.)*. 2012;3(5):708-709.