WHAT’S ALL THE HYPE?

An overview of where we are, how we got here, and what we have learned.
Where we are.

• “Educating the Whole Child”
  • Pressure to provide in-school physical activity
• Academic priorities – time
• Funding – space, staff, equipment

Estimates show that only about half of youth meet the current *Physical Activity Guidelines for Americans’* recommendation of at least 60 minutes of daily vigorous or moderate-to-vigorous physical activity.
How we got here.

Confounding Factors
- Social Determinants
- Natural Environment
- Built Environment
- Culture

National ISPA Guidelines

Region

State-level Legislation

Region

District-level Policy

School-level Policy

Grade-level (Age-appropriate)

Sex

Childhood Obesity & Pediatric Chronic Disease

START
What we have learned.