

The Impact of Texas Senate Bill 19 on Elementary School Children's Level of Physical Activity

Active Living Research
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Steven H. Kelder, PhD, MPH
Carolyn Smith, BS
Cristina Barroso, MPH, DrPH
Andrew Springer, DrPH



University of Texas-Houston, School of Public Health, Austin Regional Campus
Michael & Susan Dell Center for Advancement of Healthy Living

What is Texas Senate Bill 19?

- Enacted September 1, 2001.
- Requires all elementary school children to participate in **30 minutes of structured daily physical activity** or a total of 135 minutes per week.
- Requires school districts to form **School Health Education Advisory Councils (SHAC)**.
- Requires **coordinated school health program** designed to prevent obesity, cardiovascular disease, and type 2 diabetes
 - The program must provide for coordinating health education, physical education and physical activity, nutrition services, and parental involvement
 - Each school district shall participate in training and implement the program in each elementary school in the district during the 2006 – 2007 school year

Legislation 2005 – SB 42

- September 1, 2005
 - Middle School Coordinated School Health Program: 6-8th grade
 - Each school district shall participate in training and implement the program in each school in the district during the 2007 – 2008 school year

Legislation 2007- SB 530

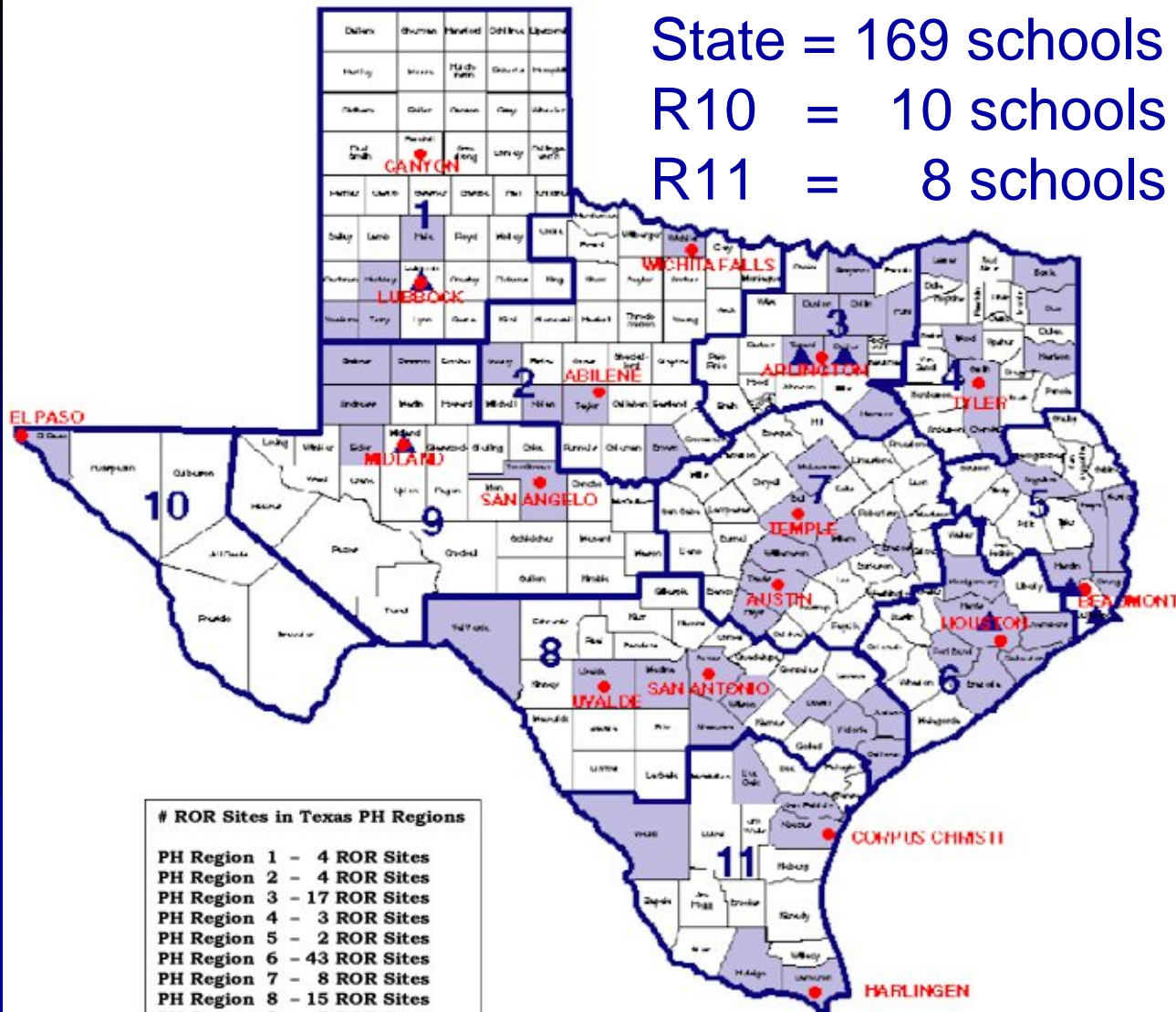
(Amends Sections 28.002 and 28.004, Education Code)

- Effective 2007-2008, Middle School physical activity must be met by:
 - 30 minutes/d
 - 135 minutes/week
 - 225 minutes/every two weeks
- School must offer 30 min daily PA/PE in 4 semesters
- Effective September 1, 2007, physical assessments must take place in grades 3-12
- SHAC should determine importance of daily recess for elementary school students
- SHAC should evaluate CSHP

Primary Research Aims

- **Aim 1:** To monitor **adherence** to requirements of SB 19.
- **Aim 2:** To monitor **impact** of SB19 on Texas/Mexico border elementary schools:
 - school and district physical activity policy,
 - observed and measured child physical activity,
 - self reported physical activity, and related psychosocial measures,
 - child overweight.
- **Aim 3:** To **compare** CATCH **trained** schools to **untrained** schools on:
 - school and district physical activity policy,
 - observed and measured child physical activity,
 - self reported physical activity, and related psychosocial measures,
 - child overweight.

State = 169 schools
 R10 = 10 schools
 R11 = 8 schools



Aim 1: Awareness SB19 Requirements

(2005-2006)

	State	R10EP	R11BV
● Physical Activity + CSHP*	96%	92%	100%
● 30 min day; 135 min/week	97%	100%	100%
● Required CSHP			
– Health Education	88%	92%	100%
– Physical Education	88%	92%	100%
– School Food Service	84%	92%	100%
– Family Involvement	59%	75%	88%
● Who Informed you			
– School district	68%	75%	50%
– Professional education	8%	8%	13%

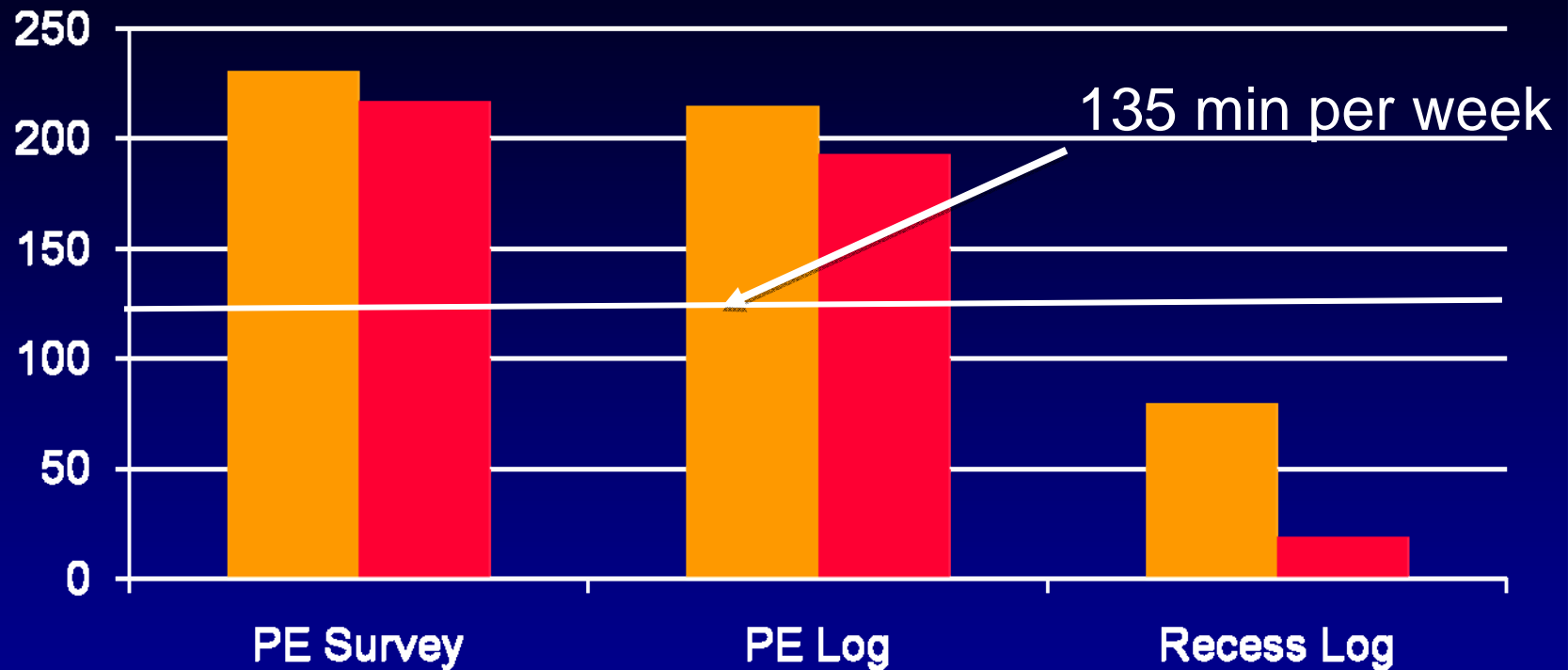
* CSHP: Coordinated School Health Program

Aim 1: Action (2005-2006)

● PE Planning	State	R10 EP	R11 BV
– District issued PE policy stmt	69%	58%	63%
– PE in Campus Improvement Plan	40%	42%	38%
– HE in Campus Improvement Plan	27%	42%	25%
● Required district SHAC*			
– Aware SHAC Requirement	49%	75%	75%
– District have SHAC?	33%	58%	38%
– School have SHA committee?	33%	83%	88%

* SHAC: School Health Advisory Council

Reported PE and Recess Min per Week

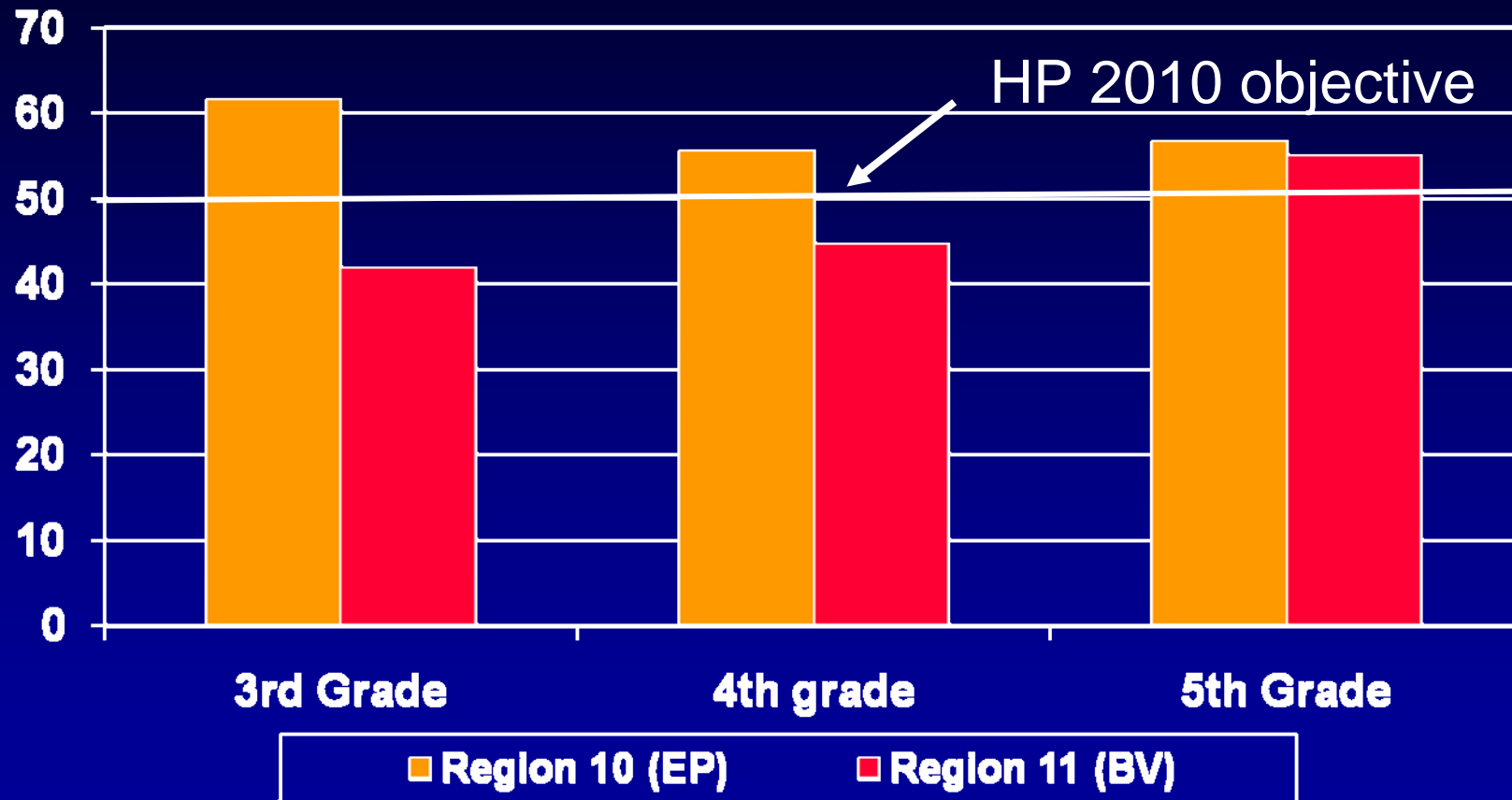


■ Region 10 (EP) ■ Region 11 (BV)

PE days - log	4.83	4.41
PE days – child	4.23	3.46
Recess days – log	4.16	1.18

**R10-R11 =
82 min/week**

Direct Observation of PE Class (SOFIT; n = 19 schools)

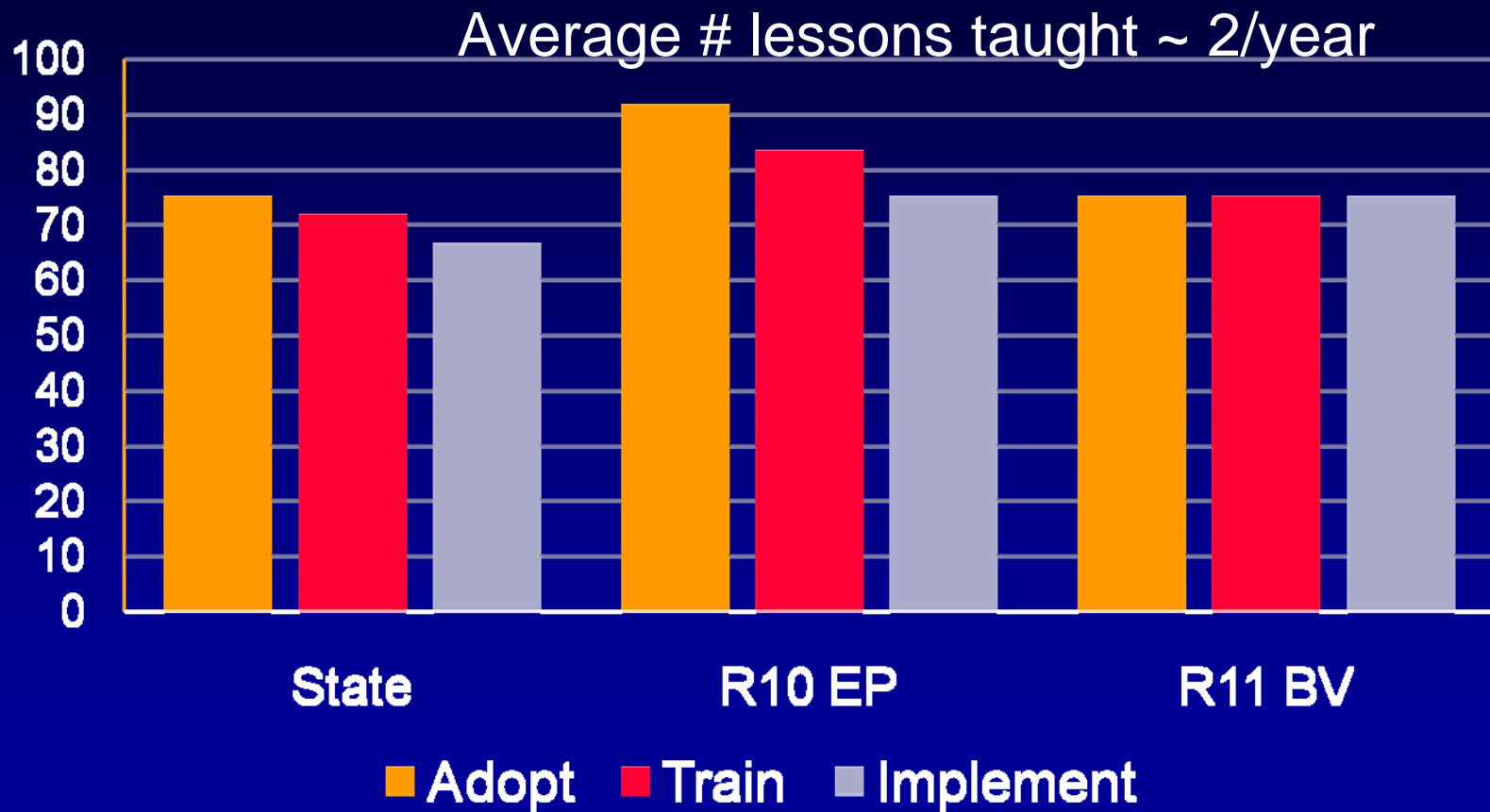


MVPA = % of PE class time where students are engaged in movement to vigorous physical activity

Health Education (2005-2006)

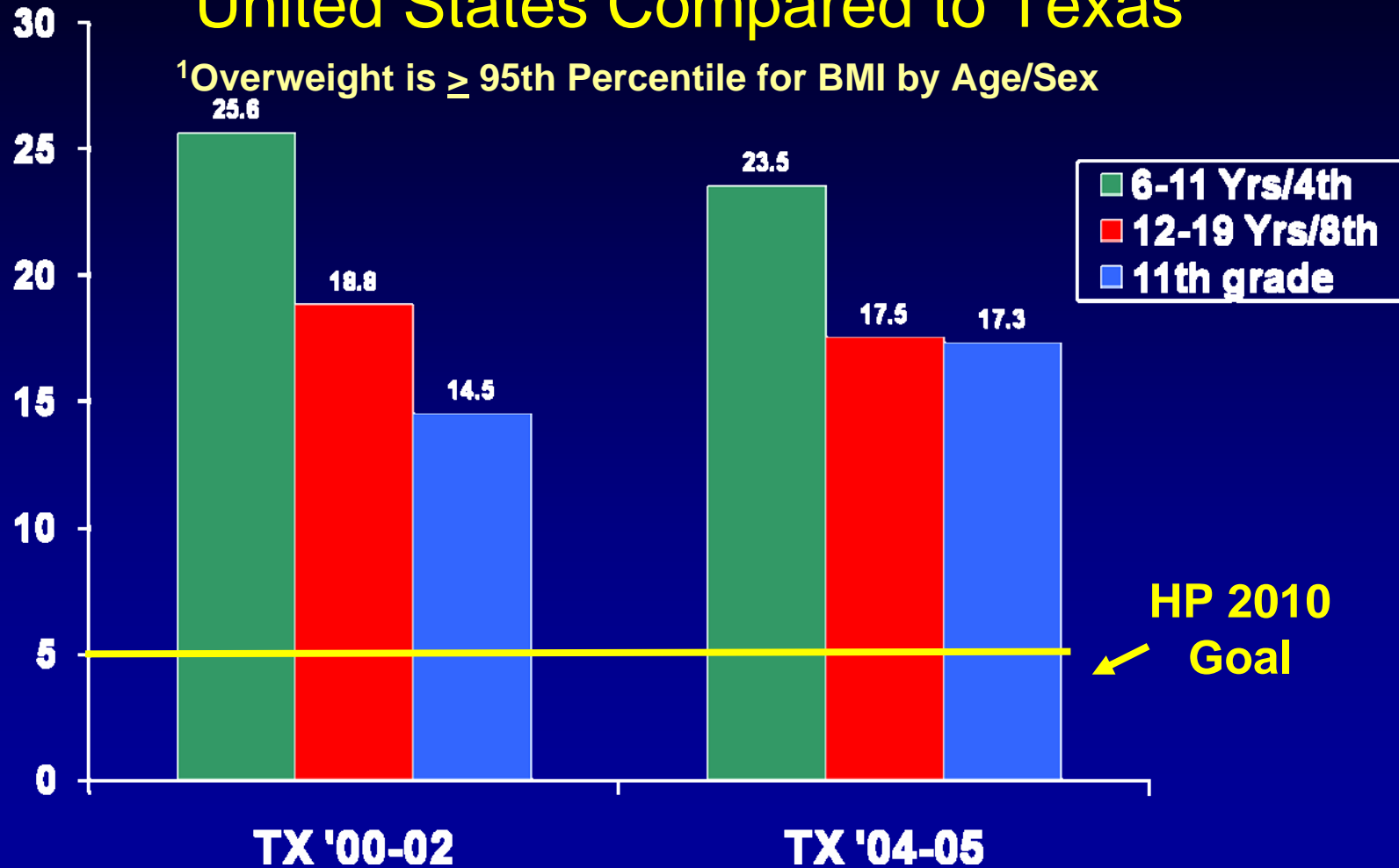
	State	R10 EP	R11 BV
● Program Adoption			
– Any Program	57%	100%	75%
– Unsure	64%	0%	12%
● Among adopters, what program			
– CATCH	75%	91.7%	75%
– Great Body Shop	16.7%	8.3%	0%
– Health and Wise	7.3%	0%	0%
– Bienestar	7.3%	0%	0%
– Other	3.1%	8.3%	0%

CATCH Diffusion



Trends in Prevalence of Youth Overweight¹ United States Compared to Texas

¹Overweight is \geq 95th Percentile for BMI by Age/Sex



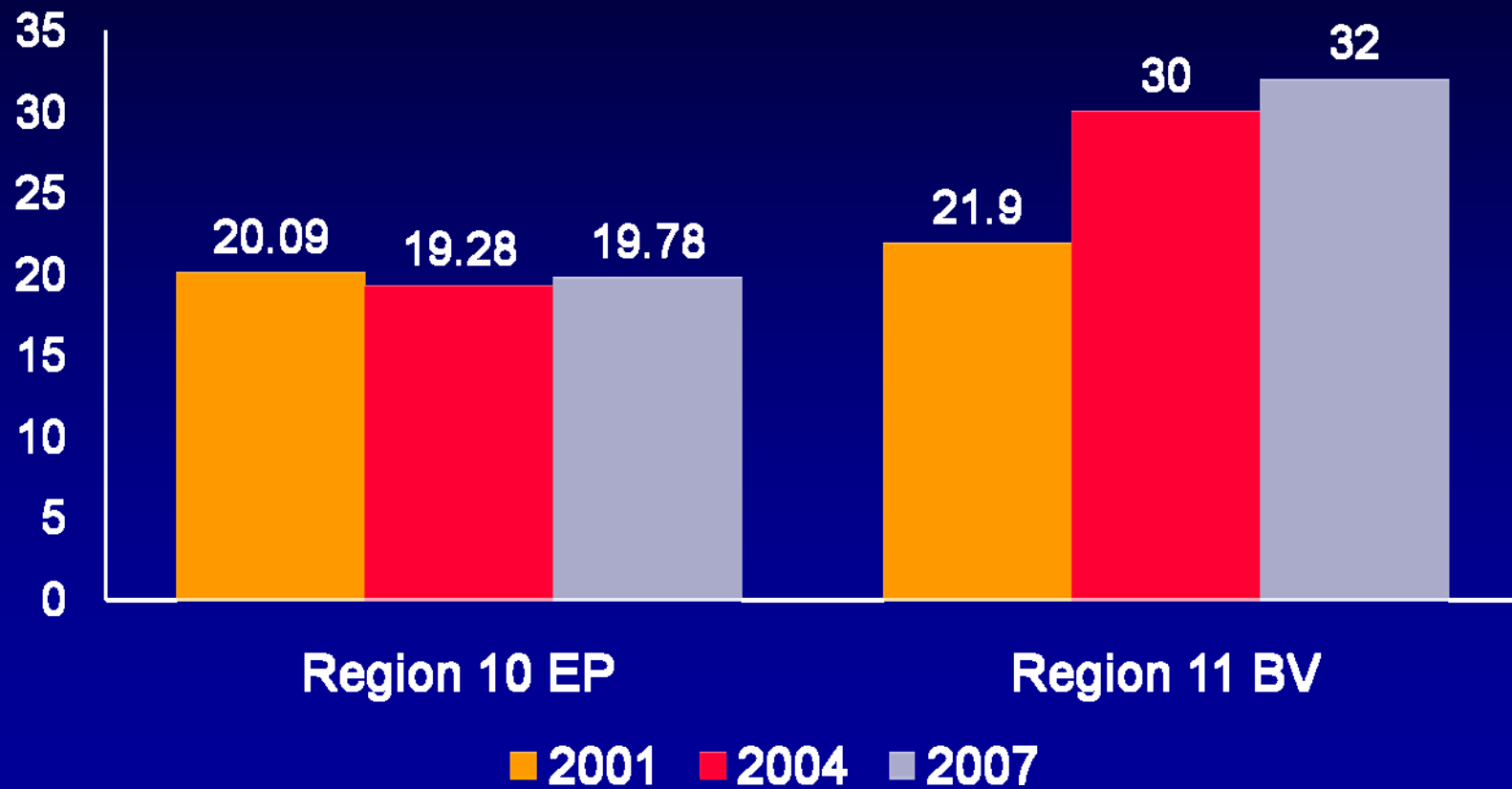
Sources: Hoelscher et al., SPAN, 2004-2005

Change in Prevalence of Overweight Among Texas Health Service Regions, SPAN, 2000-2002 to 2004-2005, 4th Grade

HSR	2000-2002	CI	2004-2005	CI
1	20.0	17.0-23.3	23.0	18.6-28.0
2-3	21.1	17.0-25.8	20.9	19.4-22.5
4-5N	21.3	18.9-23.9	20.6	18.0-23.6
6-5S	28.5	18.8-40.6	22.6	13.8-34.7
7	23.3	20.2-26.6	23.5	19.5-28.0
8	30.3	24.9-36.3	28.7	24.0-34.0
9-10*	25.8	23.5-28.3	18.8	15.1-23.3
11	25.8	21.8-30.3	30.6	26.8-34.7

*Statistically significant difference (CI do not overlap)

Average BMI



Why the difference?

- Higher PE time in EP: 14-22 min/week
- Higher PE time in EP: 60 min/week
- Higher MVPA: 10%
- Higher adoption CSHP: 25%
- Higher district central planning: 20%
- 7 year, 10 million investment by Paso del Norte Health Foundation; CATCH funding ended in 2005