

PARTICIPATORY ACTION RESEARCH TO IMPROVE PHYSICAL EDUCATION IN SAN FRANCISCO PUBLIC SCHOOLS

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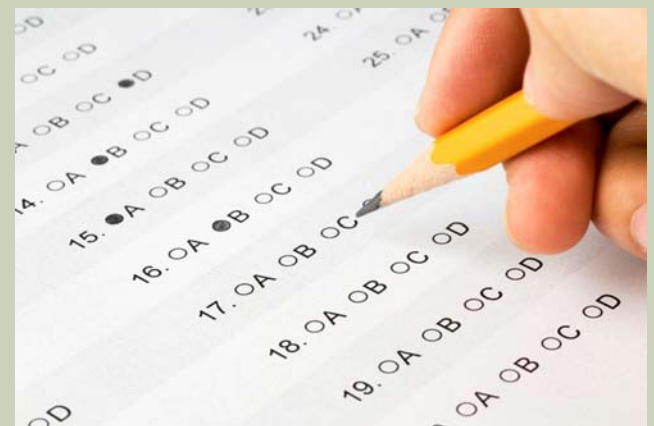


EVIDENCE-BASED RECOMMENDATION

**60 minutes of
MVPA
*during school***

WHY PE

- PE is the most important public health tool to increase physical activity
- PE just doesn't happen
 - Particularly in elementary schools



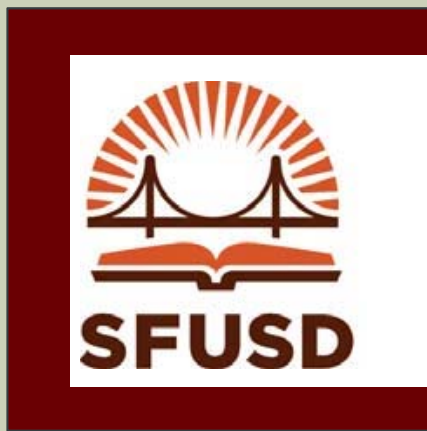
PE LAWS AND RECOMMENDATIONS

- California - 200 minutes/10 days (elementary schools)
 - Nationally = 300 minutes/10 days
- Students spend 50% of PE class time in MVPA



WHY PARTICIPATORY ACTION RESEARCH

- Focuses on research to enable action
- Power deliberately shared between the researcher and the researched
- Those being researched are actively involved in the research process



GOALS

■ Immediate

- To gather data on the state of PE in San Francisco schools, with a focus on elementary schools

■ Long term

- To improve PE in San Francisco

■ Ultimate

- To improve student health



SAN FRANCISCO UNIFIED SCHOOL DISTRICT

- 56,000 students
- 88% non-white
- 60% qualify for free or reduced price meals
- 72 elementary schools



STUDY METHODS, TIME 1 –SPRING 2011

- 20 elementary schools
- Collected 5th grade teachers' PE schedules
- Systematic observations of 5th grade PE classes using SOFIT
 - 2-3 teachers per school
 - N = 30 teachers
 - 3 PE classes per teacher
 - N = 91 PE class observations

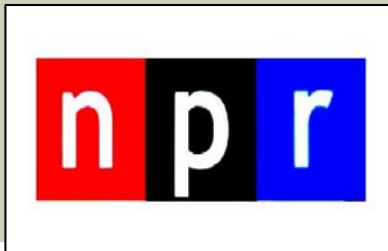


PRIMARY RESULTS – TIME 1 (2011)

- Only 20% of schools met the state PE minute mandate of 200 minutes of PE/10 days, based on teachers' schedules
- 71 scheduled minutes of PE/week
- 56 observed minutes of PE/week
- 54% of class time in MVPA
- Average of 7 minutes of MVPA/day from PE

WHAT WE DID NEXT

- Presented our results to the district
 - The Board of Education
 - District administrators
 - Principals
 - Teachers
- Publically disclosed data
 - Newspaper articles
 - TV news spots
 - Radio



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Posted in ENVIRONMENTAL HEALTH Last updated 02/22/2012 at 8:48 p.m. PST

SF Kids Don't Get Enough Physical Education

Study finds city's public elementary schools are not meeting state standards

SFGate

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S.F. elementary schools falling short on exercise

Emma Anderson
Published 4:00 a.m., Thursday, February 23, 2012

Study finds elementary school students not getting enough in-school exercise

COMMENT (2) FAVORITE VOTE (0)

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NEW AT 6 JOHN FOWLER IN SAN FRANCISCO

00:00 01:51

PLAY

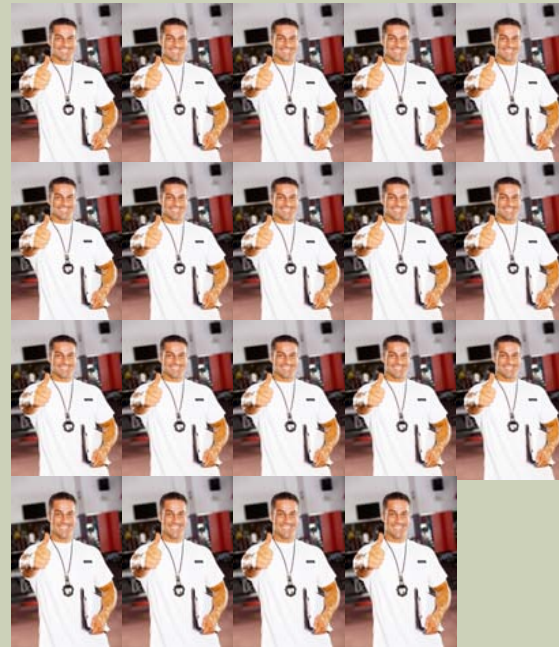
SAN FRANCISCO — Getting good grades may be influenced by more than just focusing on academics, as several reports have noted that physical education programs in schools can boost academic performance. Physical activity has also been linked to improved self-confidence, self-esteem and memory performance. However, in San Francisco, a

SFUSD CHANGES FOLLOWING PUBLIC DISCLOSURE

- Funding for PE specialists increased 25% from 2010-11 to 2011-12.



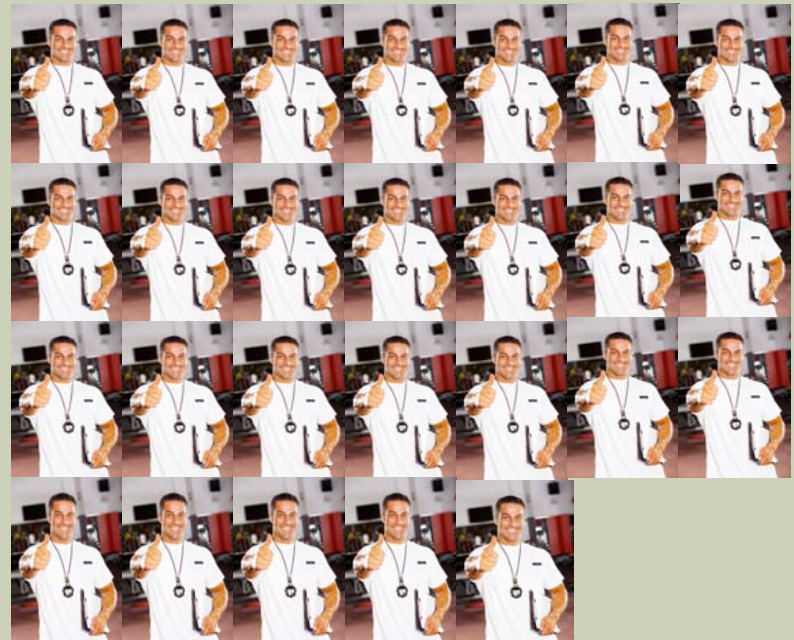
72 Elementary Schools



19 PE Specialists

SFUSD CHANGES FOLLOWING PUBLIC DISCLOSURE

- Funding for PE specialists increased 78% from 2010-11 to 2012-13.



But did this impact PE quantity?

STUDY METHODS, TIME 2 - SPRING 2013

- 20 elementary schools from Time 1
- Systematic observations of 5th grade PE classes using SOFIT
 - N = 34 teachers
 - N = 101 PE class observations
- Key stakeholder interviews



DATA ANALYSIS

- Linear mixed effects models
 - Account for clustering by school and teacher

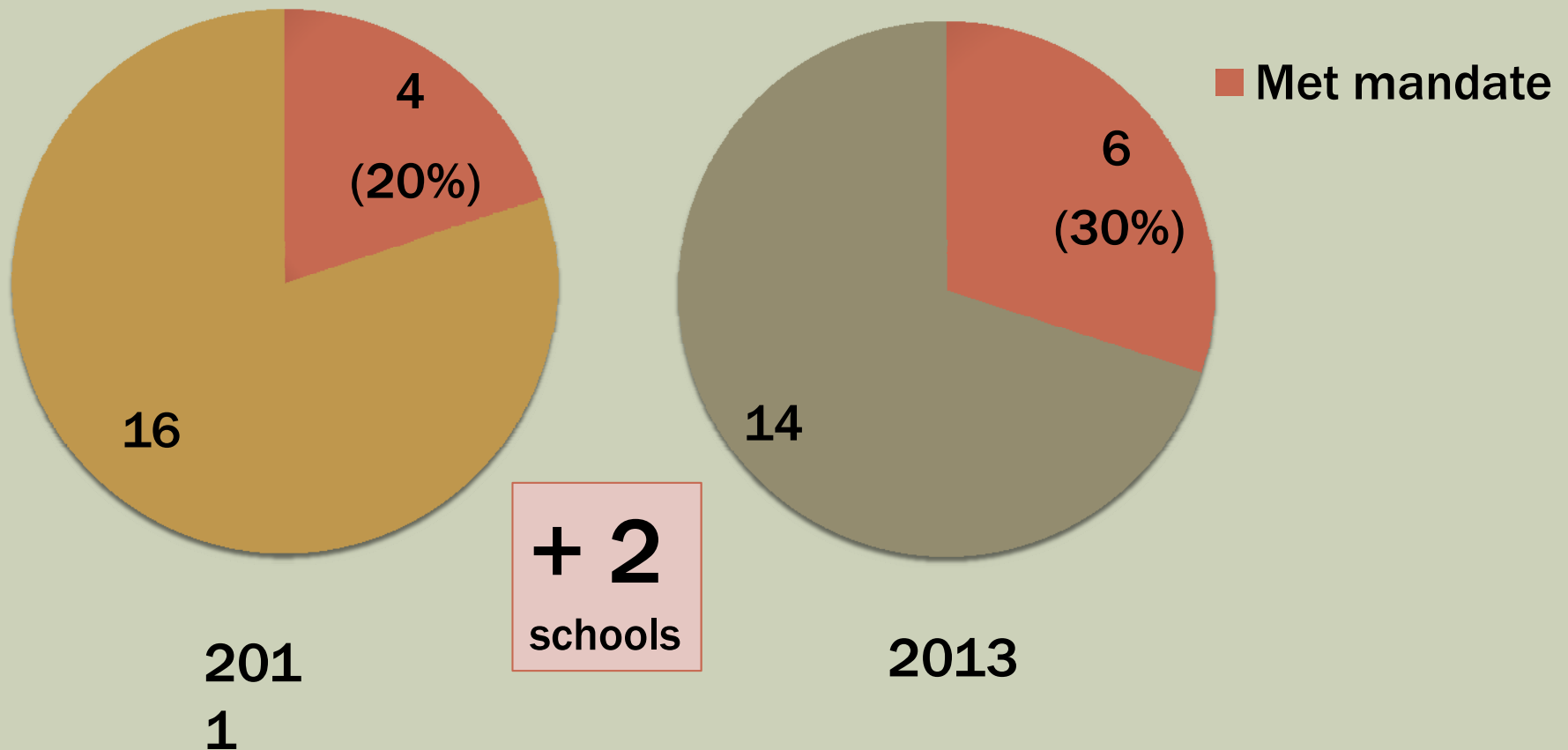


RESULTS

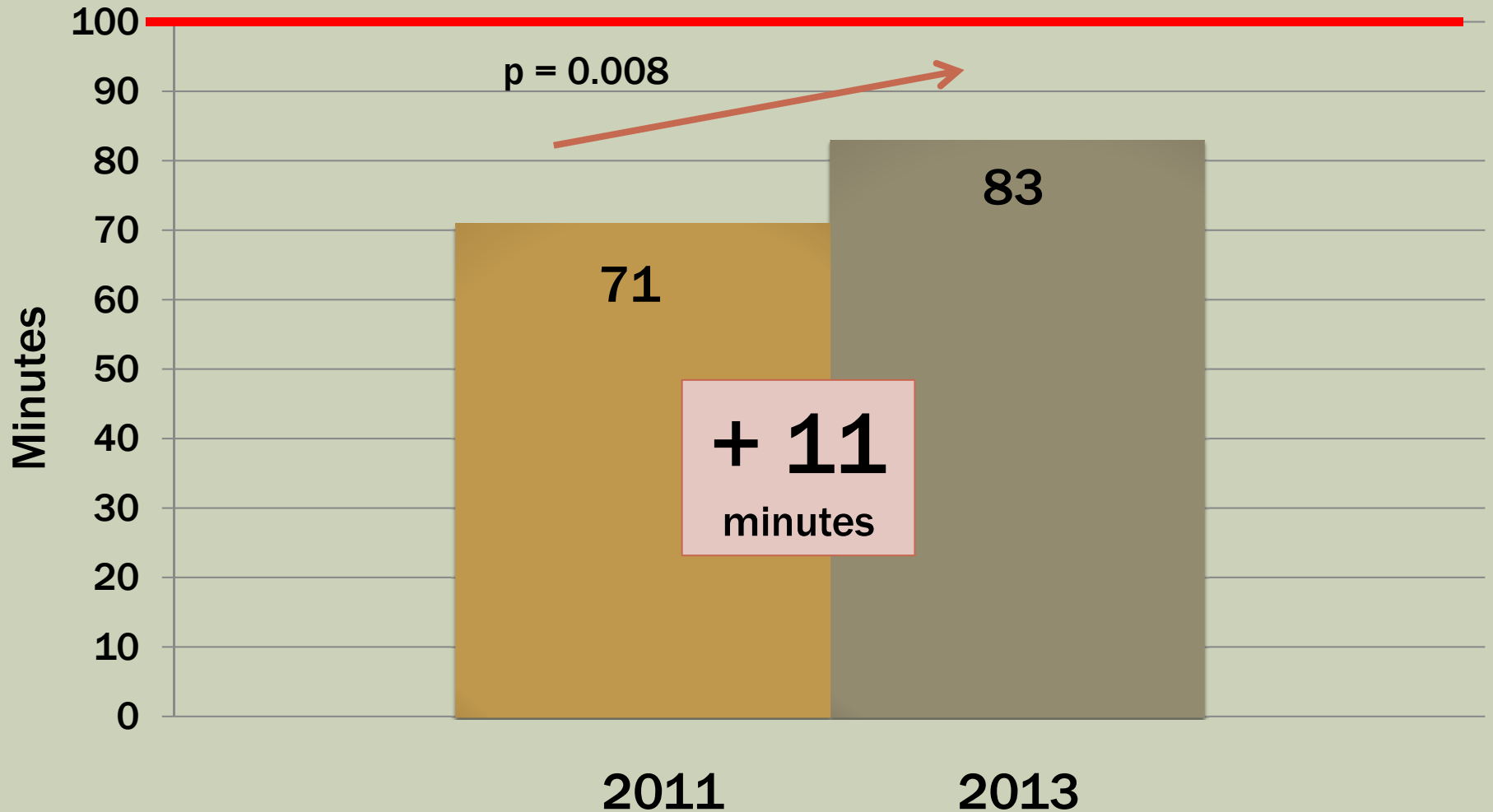
- Changes from 2011 (Time 1) to 2013 (Time 2)



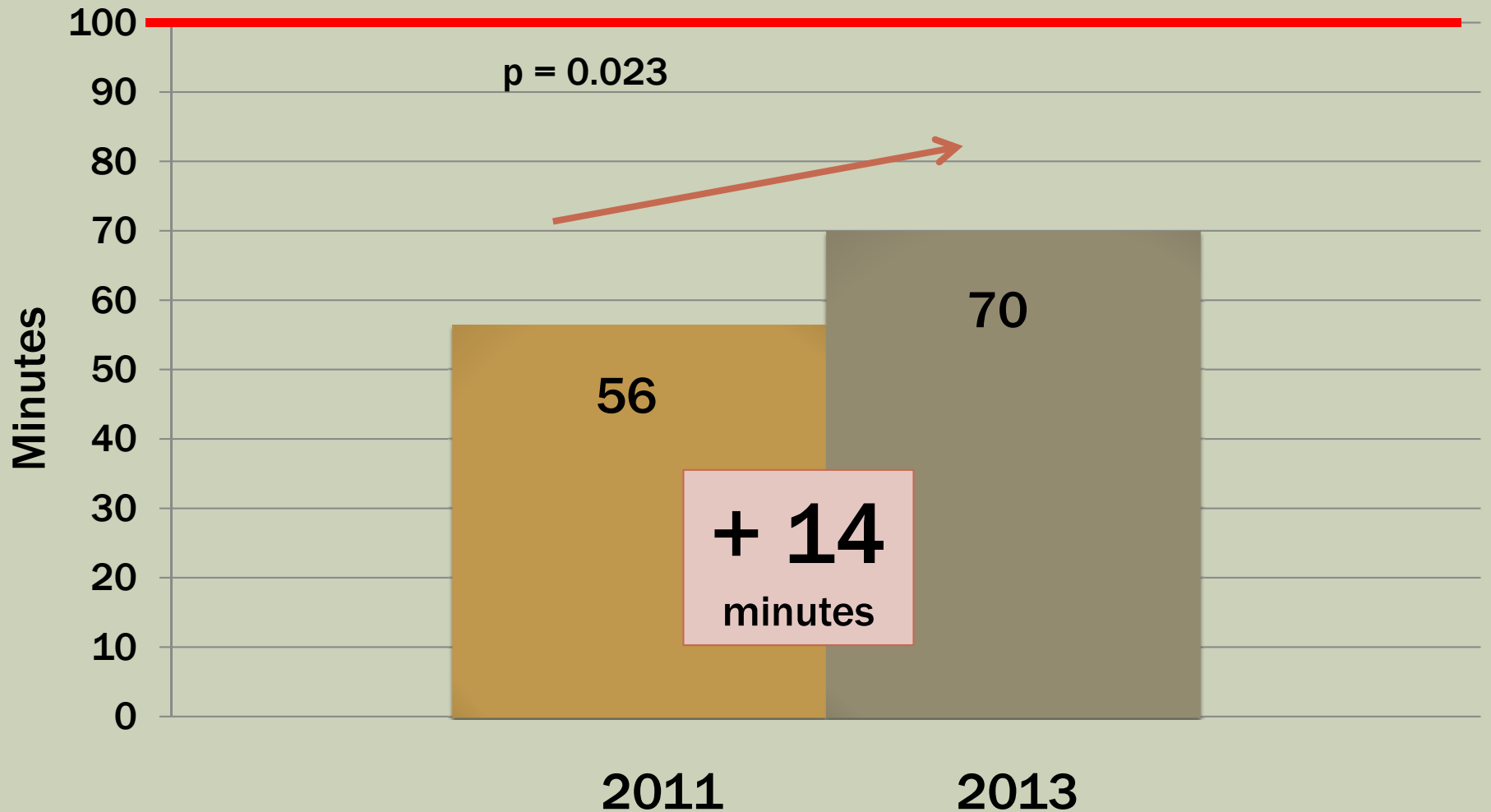
SCHOOLS MEETING PE MANDATE (BASED ON TEACHERS' SCHEDULES)



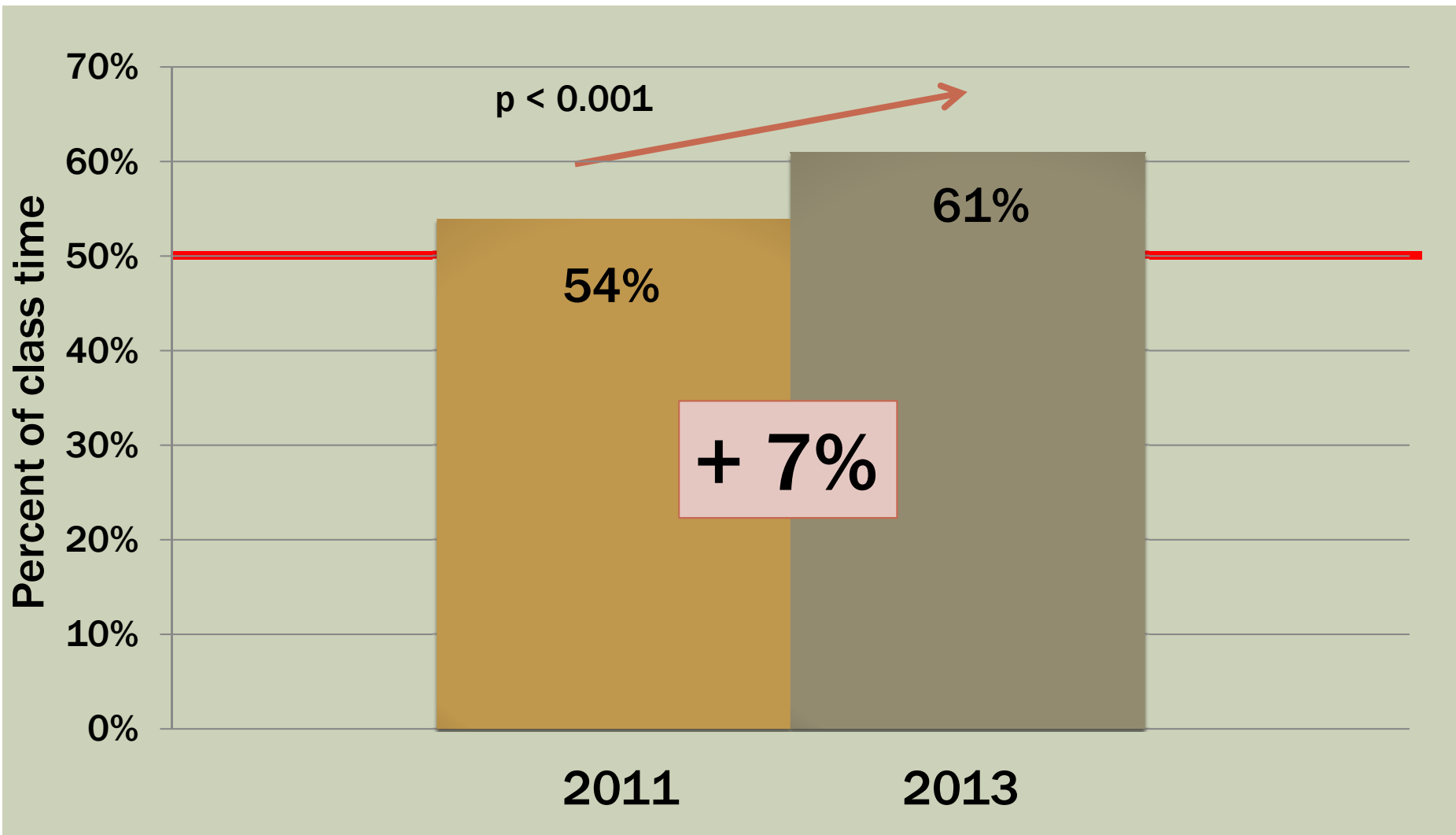
SCHEDULED MINUTES OF PE/WEEK



OBSERVED MINUTES OF PE/WEEK



% OF CLASS TIME IN MVPA

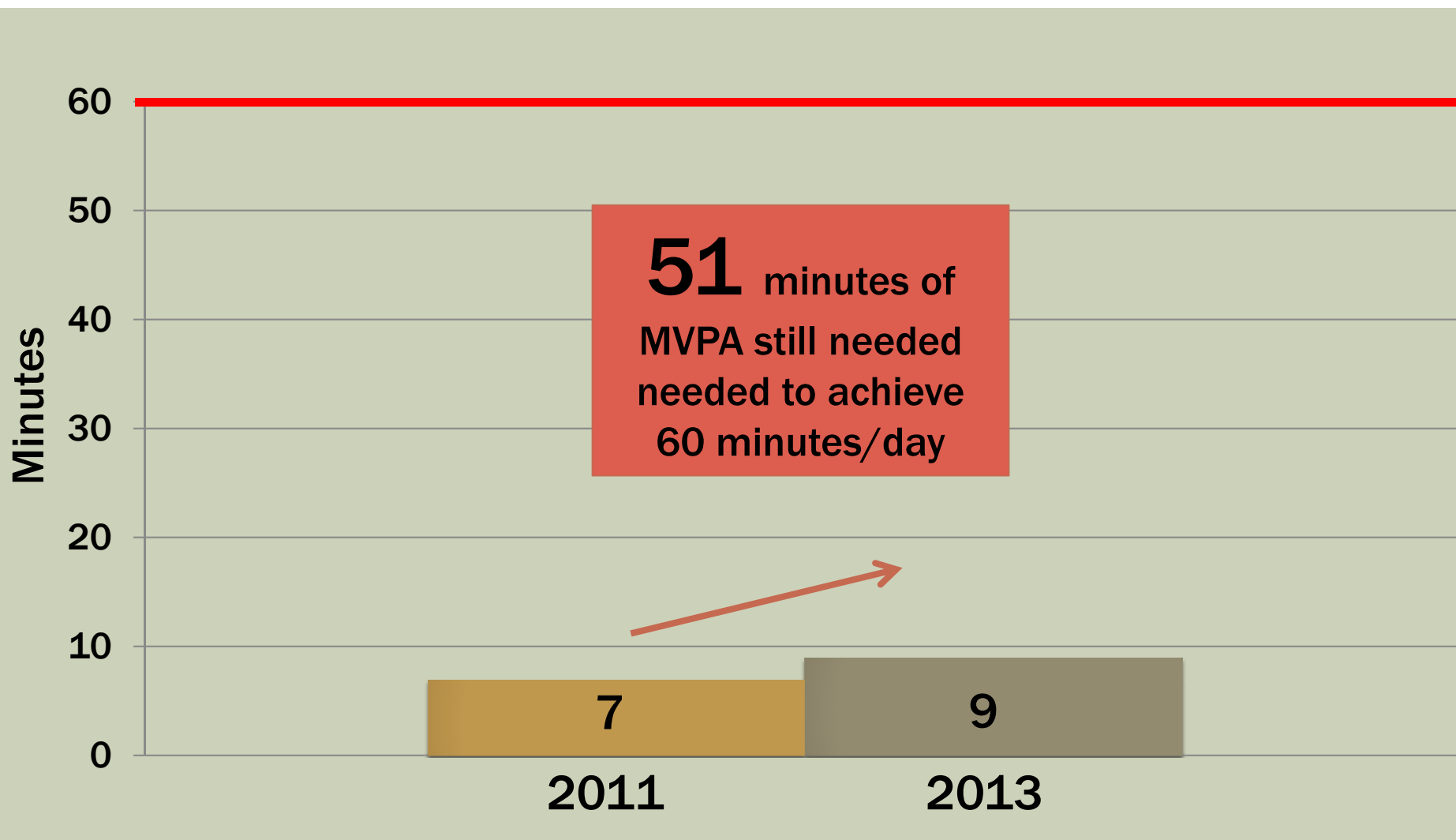


WHAT STAKEHOLDERS SAID

- “PE’s now got a place at the table, so to speak, in terms of what’s valued in terms of use of time.” – *District Partner*
- “Having hard numbers and shining a really public light on it was really critical to the district paying more attention to PE.” – *District Partner*



ESTIMATED DAILY MINUTES OF MVPA FROM PE



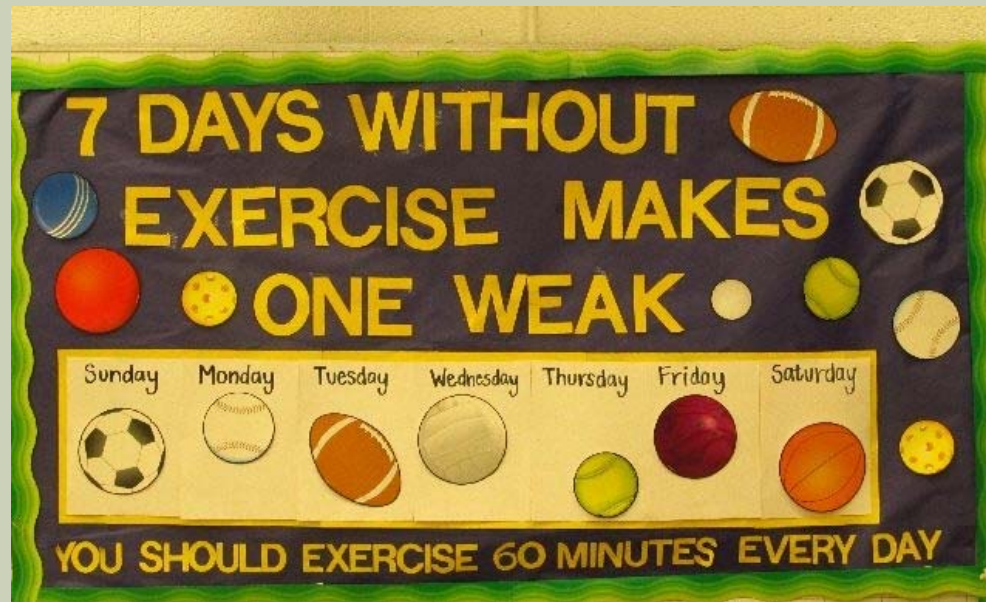
LIMITATIONS

- Drawing causal inference
- Generalizability



CONCLUSIONS

- Positive changes
- Still far from meeting PE mandates
- Methods to increase compliance



THANK YOU

■ SFUSD

- Michelle Zapata
- Desirae Feria
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■ Shape Up SF

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