

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

Active Living Research
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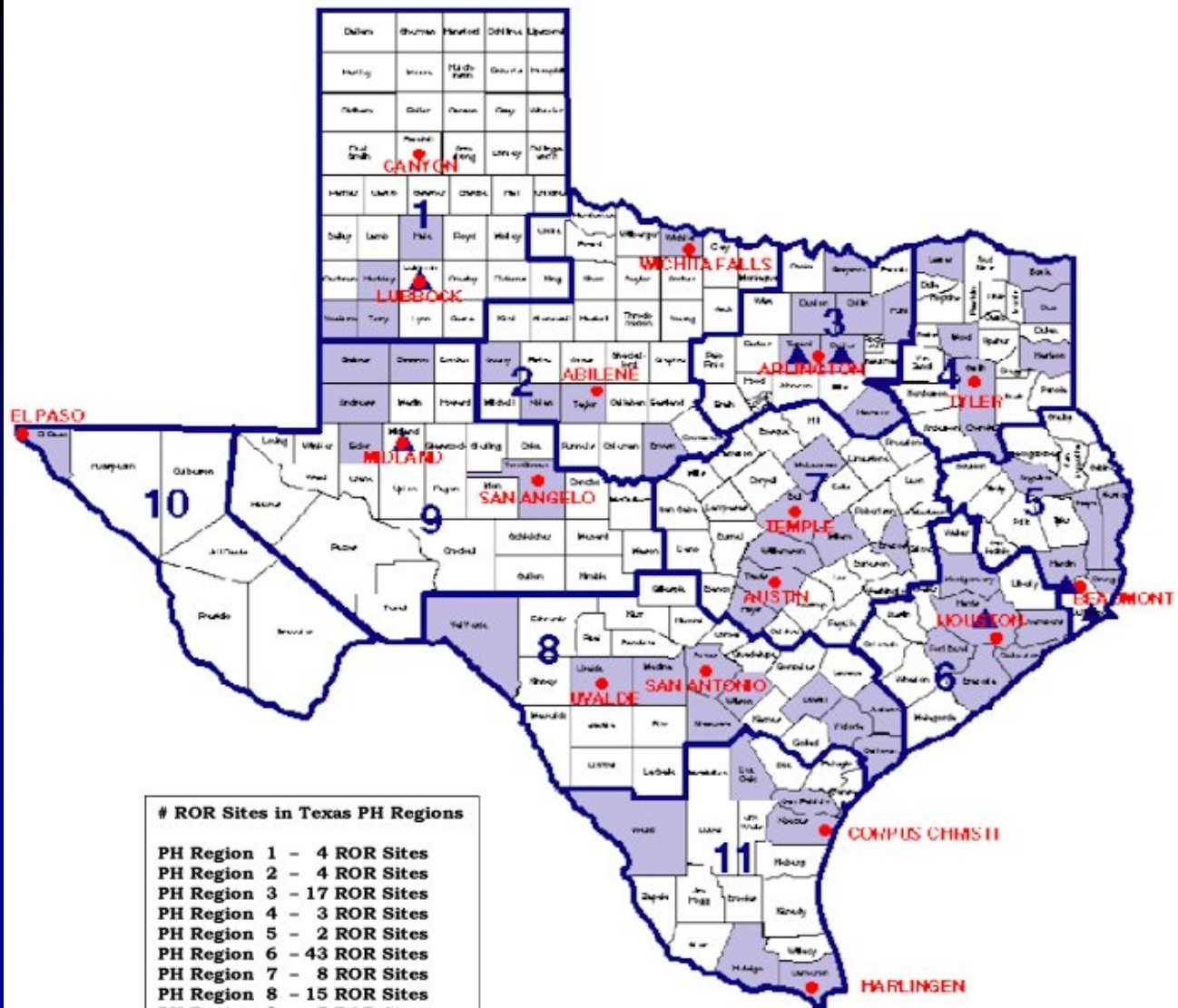
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What is Texas Senate Bill 19?

- 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

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.



Where are we at?

- Aim 1. 169 out of 171 schools participated in phone interview
- Aim 2. Completed 16 of 26 onsite interviews
- Aim 2. Completed 9 of 26 SOFITS
- Aim 2. Completed 65 of 140 Teacher Surveys
- Aim 2. Student surveys scheduled
- Aim 3. Next school year

Aim 1: Awareness

- Of SB 19 requirements:
 - Physical Activity + CSHP* 96%
 - 30 min PA/day or 135 min/week 97%

 - Required CSHP 88%
 - Health Education 100%
 - Physical Education 100%
 - School Food Service 96%
 - Family Involvement 68%

* CSHP: Coordinated School Health Program

Aim 1: Awareness

- Required district SHAC** 70%
 - District have SHAC? 75%
 - School have SHA committee? 34%
- Federal law:
 - Aware district wellness policy requirement? 49%
- Supportive of:
 - BMI home report card? 19%

** SHAC: School Health Advisory Council

Composition of School Health Advisory Committee (not district)

- PE teacher 86.8%
- Classroom teacher 64.2%
- Administration 60.4%
- School food service 56.2%
- Nurse 41.5%
- Parent 41.5%
- Counselor 17.0%
- Coach 17.0%

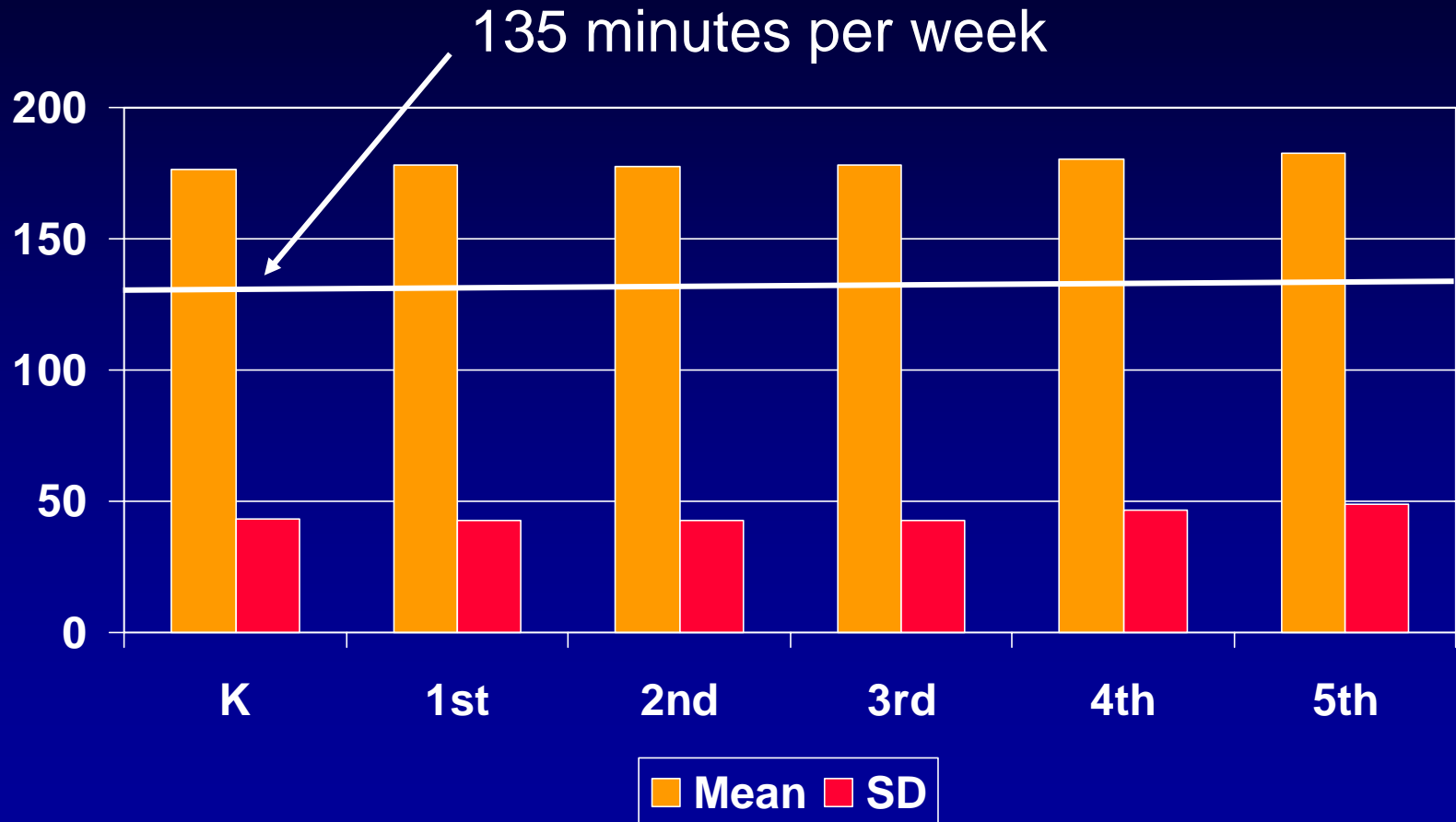
Aim 1: How did you become aware?

- School district notification 71.0%
- State TDA, TEA, TDSHS 34.6%
- Mass Media 9.3%
- Professional education 8.1%
- Another school employee 5.6%

Aim 1: Common strategies for meeting 30/day, 135/week PA minute requirement:

- Vast majority implementing PE everyday.
- Added structured activity to recess.
- Physical activity during class time instruction.
- In come cases, music is being counted in PE minutes (rhythm & dance, marching band).
- Students have regular exercise in morning.

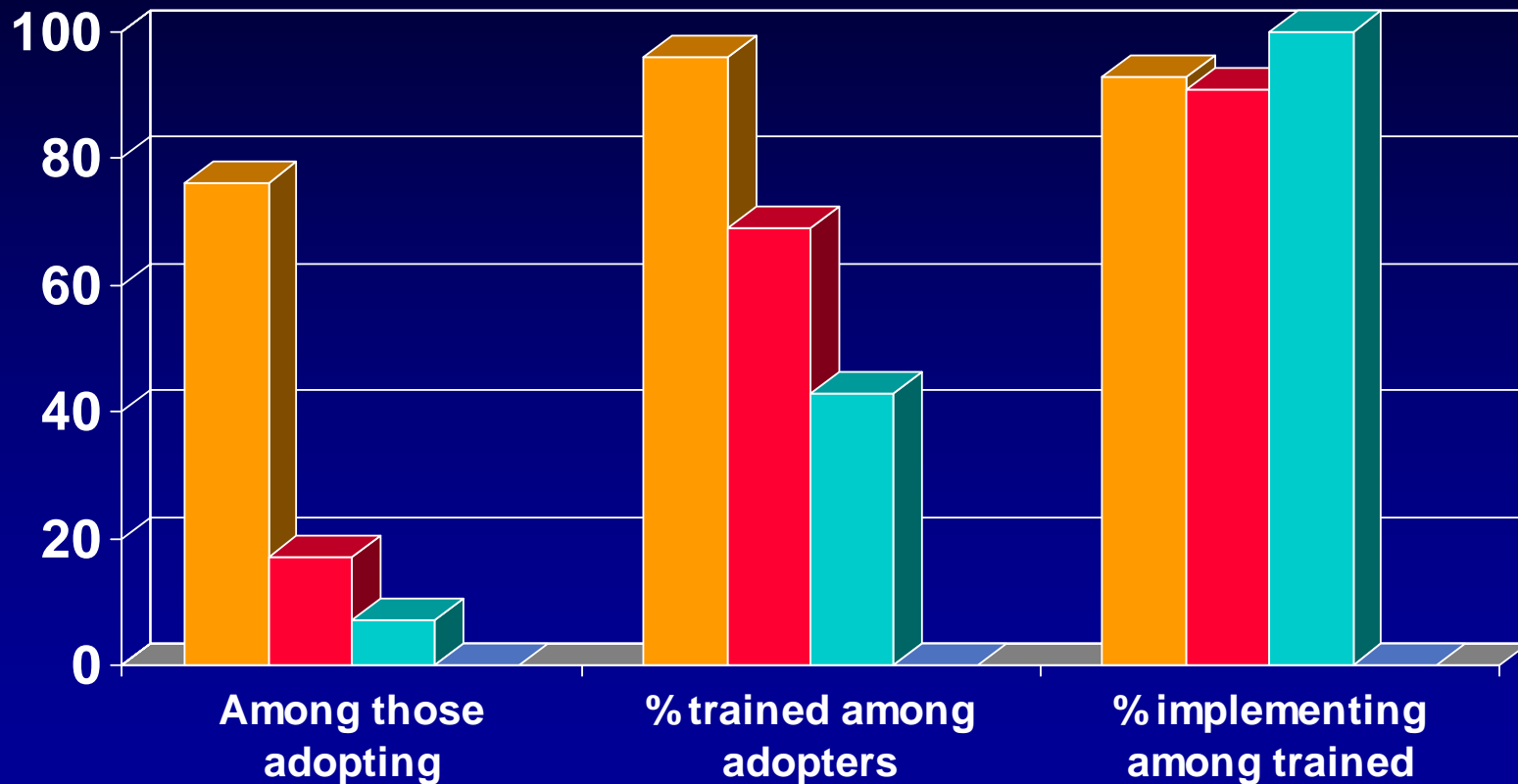
Aim 1: Physical Activity Minutes per Week



Aim 1: Coordinated School Health Program Implementation

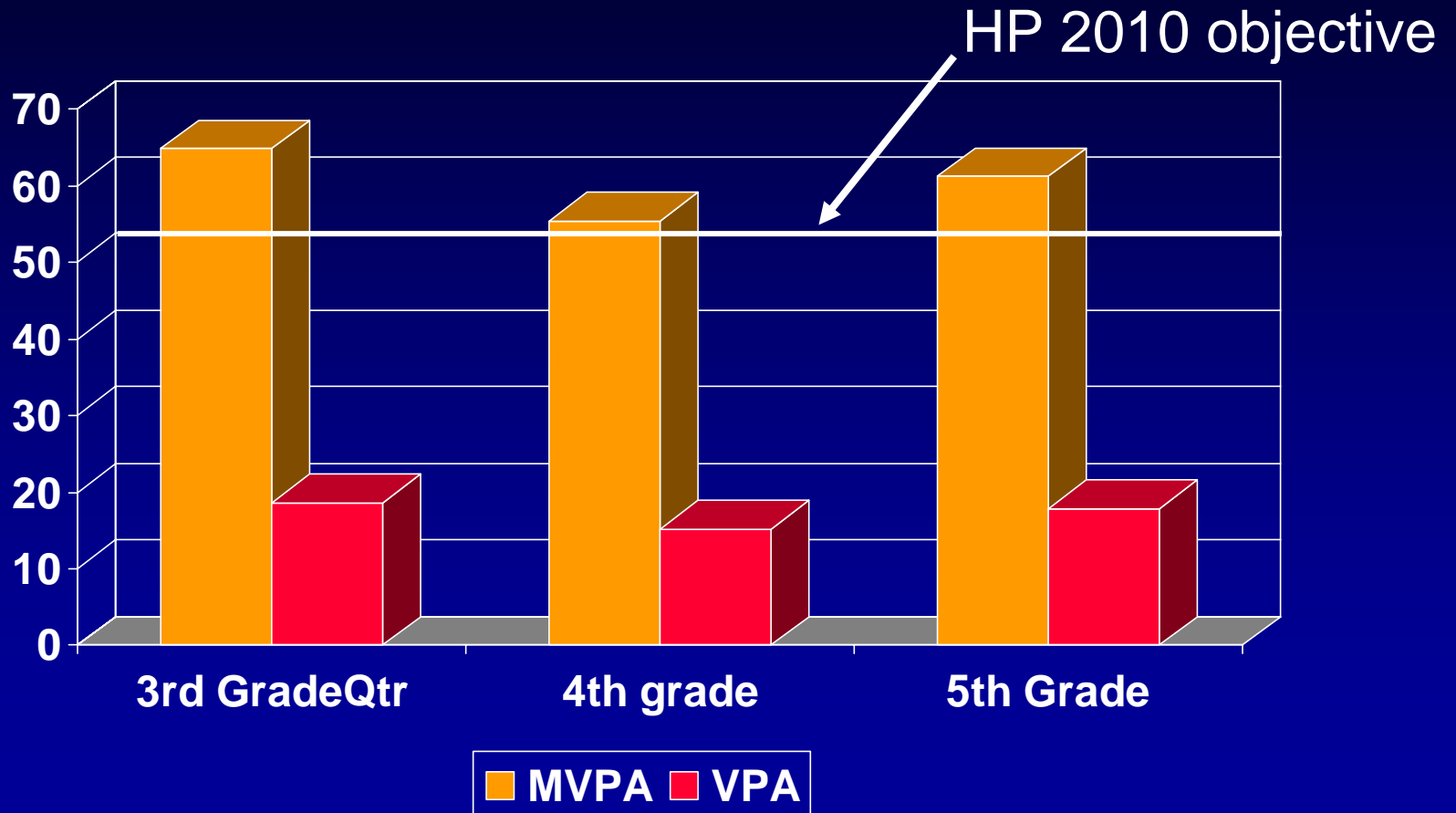
- 56% reported having adopted a CSHP:
 - 76% of adopters were CATCH
- Of the 47% reporting no program:
 - 64% were unsure if a CSHP had been selected.

Aim 1: Coordinated school health program implementation



■ CATCH ■ Great Body Shop ■ Health Wise ■ Bienestar

Aim 2: SOFIT (n=9 of 26)



Aim 2: On-site interviews (border)

- No money to support unfunded mandate
- Mandate not practical given focus on TAKS
- Physical Educators feel more respected as teachers
- Parents need to be educated and included more
- Need more bilingual materials for classroom as well as for use with the parents. (including more recipes)
- Although PE is scheduled for 45 minutes a day, students are released after 30 minutes for bathroom / water break before next class

Conclusions

- With exception of family component, Texas schools aware of mandated CSHP elements.
- Schools in compliance with PE mandates (30 min/day or 135/week)
- Only 56% in compliance with CSHP, although have to 2007 to fullfill
- Initial direct observation confirms self report on PE