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2014–2015 COORDINATED SCHOOL HEALTH IMPLEMENTATION REPORT AND FITNESSGRAM RESULTS: HIGH SCHOOL SUMMARY

The CSH Program promotes health education and services designed to support students' physical and mental wellbeing and to establish long-lasting healthy behaviors. There are eight components to the CSH program: health education and services, physical education, counseling, healthy and safe school environment, staff wellness promotion, nutrition services, and parent and community outreach. Austin Independent School District's (AISD) CSH Program design is based on State mandates for health, physical education, and coordinated school health, as well as on AISD's requirements.

CSH Program implementation data were collected from each AISD campus in Spring 2015. Fifty-six percent of AISD elementary school received an **exemplary** rating for their CSH Program implementation. Campus results will be reflected their House Bill 5 ratings, i.e., the School District Evaluation of Performance in Community and Student Engagement for wellness and physical education (TEC §46 (C) 39.0545). Campuses are also encouraged to use their results to set CSH goals for their Campus Improvement Plan.

Results

CSH Implementation Summary

Campuses with exemplary rating	56% (n=9)
Campuses with recognized or acceptable rating	0% (n=0)
Campuses with unacceptable rating	44% (n=7)

Source. 2015 AISD CSH Program Report

Rating scale: unacceptable – achieved 11 or fewer required items; acceptable – achieved 12 or more required and 4 or fewer supplemental items; recognized – earned an acceptable rating and achieved 5 to 10 supplemental items; exemplary – earned an acceptable rating and achieved 11 or more supplemental items

The rating scale was based on AISD identified activities that support CSH efforts. There were 13 required and 35 supplemental opportunities for campuses to meet or exceed the state CSH Program standards. All 16 campuses submitted enough data to be rated. AISD schools achieved an average of 11 required items and 18 supplemental items in the 2014–2015 school year.

In addition, AISD campuses were given credit for yearly Fitnessgram improvements. The Fitnessgram measure includes a variety of health-related physical fitness tests that assess aerobic capacity, muscular strength and endurance, flexibility, and body composition. Scores from these tests are compared with Healthy Fitness Zone (HFZ) standards to determine students' overall physical fitness. The HFZ is composed of criterion-referenced standards set specifically for boys and girls of various ages. In 2014–2015, AISD campuses showed improvements on an average of three (out of six) Fitnessgram areas (body mass index [BMI], aerobic capacity, curl-ups, push-ups, sit and reach, trunk lift).



Coordinated School Health Item Implementation Inventory[†]

Implementation of PE	% "Yes"
* PE teacher(s) planned and implemented 50% or more Moderate to Vigorous Physical Activity (MVPA) per week	94
* The campus assessed at least 80% of the students for Fitnessgram	88
* PE teachers are certified in CPR/First Aid and AED	94
* All PE teachers followed the CRMs and Assessments for planning lessons	94
The PE teacher(s) followed the National PE Appropriate Practices	81
The PE teacher(s) maintained the required PE inventory and materials	81
The PE teacher(s) used a projector and/or other technology in a lesson at least 1 once per week	56
The PE teacher(s) informed parents about what units will be taught and assessed per grading period	56
Coordinated School Health Planning	
The campus identified a CSH/Wellness team that planned various CSH events throughout the year	81
The campus identified a Healthy Lifestyle chair PTA member	13
The campus established a Student Wellness Team	63
Coordinated School Health Implementation	
* The campus participated in the CSH Kick-Off Week in September by taking part in the identified District activity (provided by the Health and PE Department)	69
The campus participated in Tobacco Awareness Week in the month of November	81
The campus participated in Wear Red for Women (Heart Awareness) in the month of February	94
The campus participated in Healthy Texas Week in the month of April	81
Students were informed of various health and wellness services on their campus and in their community	88
The PE Department head or the CSH team provided annual information or training for classroom teachers/staff regarding the CSH initiatives for the campus	88
The campus provided opportunities for a Student Wellness Team to advocate for nutrition and physical activity to their peers	63

[†] All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

Nutrition	% "Yes"
* The campus did not provide students access to Foods of Minimal Nutritional Value (FMNV) or other forms of candy during the school day, including rewards, unless stated in a student's IEP	100
* The campus did not sell food or beverages for any fund-raising activity during the school day, except during 1 of the 3 identified exemption days	94
* The campus scheduled 3 or less identified campus exemption days in which food and beverages might have been provided to students	75
* Healthy options were available when food/beverages were provided to teachers/staff during meetings, such as faculty meetings and professional development days	94
* The students had access to healthy foods/beverages during the 3 identified exempt days in which food and beverages were provided at campus events	63
* The campus provided healthy food alternatives for students and parents when food and beverages were served at after school events/activities	94
* Vending machines were turned off during meal times if located in areas of food service	81
The campus had less than 2 food type fund-raisers per year	50
Brain Breaks	
The CSH chair provided annual training for staff on how to implement Brain Breaks and where to find Brain Break resources	69
At least 25% of the classroom teachers used some type of brain breaks at least once during the day	50
At least 50% of the classroom teachers used some type of brain breaks at least once during the day (if this is true, please also check the 25% option above)	38
At least 1 brain break goal was identified in the CIP	38
Other Physical Activity Opportunities	
The campus provided before-school physical activity opportunities, such as running clubs or open gyms	81
The campus provided after-school physical activity opportunities, such as running clubs or open gyms	88
School Health Environment	
The campus posted nutrition information in the school hallways/cafeteria	88
The campus posted physical activity information in the school hallways	81
The campus sent home nutrition and physical activity information to parents	38
The campus posted nutrition and physical activity information on their website	31
Parent and Community Participation	
* Parents were notified that they could request their child's Fitnessgram results (Required)	81
Students' individual Fitnessgram scores were sent home to parents	50
The campus identified a Healthy Lifestyle chair PTA member	25
There was at least 1 parent on the CSH team	13

† All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus.

Fitnessgram Results

Change in Healthy Fitness Zone (HFZ) from Prior to Current Year (percentage of campuses reporting in each category)

Fitness Area Tested	Increased	Decreased	Remained the same	Not Available
BMI	63%	16%	11%	11%
Aerobic Capacity	42%	47%	0%	11%
Curl-Ups	26%	53%	11%	11%
Push-Ups	47%	42%	0%	11%
Sit and Reach	37%	53%	0%	11%
Trunk Lift	47%	42%	0%	11%

Mean # of Areas in which % of students in HFZ Increased (prior to current year):

3

* Fitnessgram data were not submitted by Rosedale and the Alternative Learning Center.



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