

CDC Operationalized 1305 Performance Measure

Date: 12/18/2015

Performance Measure 2.6.03: Percent of schools within local education agency that have established, implemented and/or evaluated CSPAP.

Strategy: Implement quality physical education and physical activity in K-12 schools.

Intervention (*Enhanced only*): Develop, implement, and evaluate comprehensive school physical activity programs (CSPAP).

Basic

Enhanced

Domain 2: Environmental Approaches that Promote Health

Domain 3: Health Systems Interventions

Domain 4: Community Clinical Linkages

Short Term

Intermediate

Long Term

AREAS	EXPLANATION
Purpose of Performance Measure	<ul style="list-style-type: none"> The purpose of this performance measure is to determine reach of professional development and technical assistance to local education agencies on establishing, implementing, and evaluating comprehensive school physical activity programs (see CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity).
Results Statements	<ul style="list-style-type: none"> In the US, CDC funded grantees worked to ensure that students have access to comprehensive physical activity programs.
Definition of Terms (<i>Key concepts defined</i>)	<p>A comprehensive school physical activity program (CSPAP) is a multi-component program that includes the following: quality PE as the foundation, PA before, during, and after school, staff involvement, and family and community engagement. In addition to quality PE, examples of activities that are implemented within a CSPAP are recess, classroom PA breaks, intramurals and PA clubs, interscholastic sports, walk and bicycle to school initiatives, and joint-use agreements.</p> <p>Quality physical education consists of four main areas: 1) curriculum, 2) supportive policies and environment, 3) instruction that keeps students physically active for at least 50% of class time, and 4) student assessment. Ideally, PE should be required daily for students in grades K-12 with 150 minutes per week required for Elementary school students and 225 minutes per week required for Secondary school students (i.e., Middle and High School).</p> <p>Local education agency (LEA) is another word for school district and will be referred to as LEA throughout this document.</p> <p>Professional development (PD) refers to a set of skill-building processes and activities designed to assist targeted groups of participants in mastering specific learning objectives. Such events are delivered in an adequate time span (at least 3 hours) and may include curriculum and other training, workshops, and on-line or distance learning courses. Professional development should be focused on highly effective trainings and workshops. Professional development may be delivered by the State Department of Health and/or its partners.</p> <p>Technical assistance (TA) refers to tailored guidance to meet the specific needs of a site or sites through collaborative communication between a specialist and the site(s). Assistance takes into account site-specific circumstances and culture and can be provided through phone, mail, e-mail, Internet, or in-person meetings. Technical assistance may be delivered by the State Department of Health and/or its partners.</p>

Unit of Analysis	<ul style="list-style-type: none"> Schools
Intended/Targeted Population	<ul style="list-style-type: none"> Schools in targeted local education agencies where staff have no knowledge or limited knowledge about CSPAP and/or CSPAP has not been fully developed, implemented, or evaluated
Numerator/Count	<ul style="list-style-type: none"> N/A
Denominator	<ul style="list-style-type: none"> N/A
Rate/Percentage	<ul style="list-style-type: none"> Percent of schools within local education agency that have established, implemented and/or evaluated CSPAP.
Disparities Focus	Approach related/specific: <ul style="list-style-type: none"> N/A
	Stratification: <ul style="list-style-type: none"> N/A
Data source(s)	The following data sources can/should be used to collect data for this measure: <ul style="list-style-type: none"> 2014, 2016, 2018 School Health Profiles (2016 Principal Survey, Q5, 6f, 14, 17, 18, 19, 20, 21)
	Not Appropriate: <ul style="list-style-type: none"> State-developed professional development or technical assistance tracking system
Frequency of Data Collection	<ul style="list-style-type: none"> Biannually, every even year
References/Resources	<ul style="list-style-type: none"> CDC’s Comprehensive School Physical Activity Program Guide http://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf CDC’s School Health Guidelines to Promote Healthy Eating and Physical Activity http://www.cdc.gov/healthyschools/npao/strategies.htm CDC’s Healthy Youth Web site on physical activity facts www.cdc.gov/healthyschools/physicalactivity/ SHAPE America’s Comprehensive School Physical Activity Program Website: http://www.shapeamerica.org/CSPAP/
Questions/Issues for CDC Grantee Collaboration	<ul style="list-style-type: none"> N/A
Additional Information/Guidance	<ul style="list-style-type: none"> Please ensure that the School Health Profiles data received is entered into the performance monitoring/reporting system.