

CDC Operationalized 1305 Performance Measure

Date: 12/18/2015

Measure ID: m_B.2.04

Performance Measure: Number of state-level recess policies for schools developed and adopted by the state

Strategy: Promote the adoption of physical education/physical activity (PE/PA) in schools

Intervention (*Enhanced only*):

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	DECISIONS
Purpose of Performance Measure	<ul style="list-style-type: none"> The purpose of this performance measure is to determine the number of states that have developed and/or adopted recess policies that require elementary schools to provide all students in all grades with at least 20 minutes of daily recess.
Results Statements	<ul style="list-style-type: none"> In the US, CDC funded grantees worked to develop and adopt recess policies to ensure that all students in K-5 or K-6 elementary schools have the opportunity to participate in at least 20 minutes of recess every day.
Definition of Terms (<i>Key concepts defined</i>)	<p>Recess: An intentional break in a school's daily and weekly schedule that enables students to participate in outdoor (or indoor, when appropriate) physical activity, free time play, structured and unstructured activity.</p> <p>State level recess policy: For purposes of the 1305 performance measure, a state-level recess policy has a clearly specified requirement of at least 20 minutes of daily recess for all students in elementary schools.</p>
Unit of Analysis	<ul style="list-style-type: none"> State-level policy
Intended/Targeted Population	<ul style="list-style-type: none"> Students in K-5/K-6 elementary schools in targeted LEAs
Numerator	<ul style="list-style-type: none"> N/A
Denominator	<ul style="list-style-type: none"> N/A
Rate/Count/Percentage	<ul style="list-style-type: none"> Number of state-wide recess policies
Disparities Focus	<p>Approach related/specific:</p> <ul style="list-style-type: none"> N/A
	<p>Stratification:</p> <ul style="list-style-type: none"> N/A
Data source(s)	<p>The following data sources can/should be used to collect data for this measure:</p> <ul style="list-style-type: none"> Shape of the Nation is a survey conducted by the American Alliance for Health, Physical Education, Recreation, and Dance. Shape of the Nation is conducted every other year. It was last conducted in 2012 and was conducted in 2015, with a report due to be published in early 2016. <p>The survey reports the presence of a state-level recess policy which clearly specifies requirements of at least 20 minutes of daily recess for all students in elementary</p>

	<p>schools.</p> <p>http://www.shapeamerica.org/advocacy/son/</p> <ul style="list-style-type: none"> • The actual codified law/policy/legislation from the state decision making body (e.g., board of education, state legislature) which clearly specifies requirements of at least 20 minutes of daily recess for all students in elementary schools. Shape of the Nation 2015/16 will include analysis of actual codified laws/policies/legislation.
	<p>Not Appropriate:</p> <ul style="list-style-type: none"> • NASBE’s Healthy School policy database might not be appropriate, as it is not updated frequently
Frequency of Data Collection	<ul style="list-style-type: none"> • Biannually
References	<ul style="list-style-type: none"> • Shape of the Nation http://www.shapeamerica.org/advocacy/son/ • SHAPE America's position statement on recess: http://www.shapeamerica.org/advocacy/positionstatements/pa/upload/Recess-for-Elementary-School-Students.pdf • School Health Guidelines to Promote Healthy Eating and Physical Activity www.cdc.gov/healthyschools/npao/strategies.htm
Additional Information/Guidance	