

CDC Operationalized 1305 Performance Measure

Date: 12/18/2015

Performance Measure 2.6.01: Number of local education agencies receiving professional development and technical assistance to establish, implement, evaluate comprehensive school physical activity programs (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 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 educate and inform staff in LEAs about establishing, implementing and evaluating comprehensive school 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</p>

	assistance may be delivered by the State Department of Health and/or its partners.
Unit of Analysis	<ul style="list-style-type: none"> Local education agencies (i.e., school districts)
Intended/Targeted Population	<ul style="list-style-type: none"> Local education agencies with no knowledge or limited knowledge about CSPAP.
Numerator/Count	<ul style="list-style-type: none"> Actual number of local education agencies (i.e., school districts) that have received professional development or technical assistance on CSPAP.
Denominator	<ul style="list-style-type: none"> N/A Please note: the denominator does <i>not</i> need to be reported for this performance measure
Rate/Percentage	<ul style="list-style-type: none"> N/A
Disparities Focus	Approach related/specific: <ul style="list-style-type: none"> Approach related/specific: In selecting high-need LEAs consider using the following data: academic, health, SES, free and reduced priced lunch data
	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"> Training/professional development/technical assistance tracking system developed by the state or other organization Professional development and technical assistance provided by partners you work with closely on relevant physical education and physical activity content can count for this performance measure. Below is a list of professional development and technical assistance options, noting length and degree of effectiveness: <ul style="list-style-type: none"> Trainings, 3+ hours long, Highly Effective* Workshops, 3+ hours long, Highly Effective* Technical Assistance, Length varies, Effectiveness varies Presentations, 0.5 – 3 hours long, Knowledge Transfer Only Information Session, 0.5 – 1 hour long, Minimum Knowledge Transfer
	Not Appropriate: <ul style="list-style-type: none"> School Health Profiles
Frequency of Data Collection	<ul style="list-style-type: none"> Annually
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/facts.htm 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**

- LEAs should include those targeted for professional development or technical assistance (e.g., all LEAs in state, LEAs not previously targeted for physical education and physical activity professional development and technical assistance, high-need LEAs based on academic, health, SES, free and reduced priced lunch data).