

## **Executive Summary**

### **What's Going Well**

PE4life has identified several positive trends in health and wellness in the Commonwealth of Pennsylvania, including the following:

- ✓ Pennsylvania Department of Education policy...
  - ✓ requires that schools teach PE at all levels (K-12),
  - ✓ requires that PE teachers be certified,
  - ✓ has established standards for both PE and health education, and
  - ✓ designates an individual with responsibility for oversight of PE.
- ✓ Pennsylvania Governor Ed Rendell focused attention on the importance of health and wellness, particularly among Pennsylvania's youth, by sponsoring a 2006 initiative titled "PA Healthy Kids, Pennsylvania's Strategy for Balancing Nutrition and Exercise in Kids." Key findings included the following:
  - ✓ Acknowledged areas of concern, including the rate of overweight and obese children, adolescents, and adults across both urban and rural areas, and demographic disparities among low-income and minority residents
  - ✓ Cited "...the irrefutable call for change in Pennsylvania"
  - ✓ Identified "Pennsylvania's Plan in Action" to address these problems
  - ✓ Listed programs already in place, including Keystone Active Zone & Healthy Zones, Team Nutrition, BMI Screening, and Governor's Institute for Educators
  - ✓ Provided a comprehensive, topical guide to available resources.
- ✓ Other organizations have addressed issues and courses of action. For example, Pennsylvania Action for Healthy Kids published a May 2005 report titled "PA Action for Healthy Kids Parent Outreach: Change in Nutrition and Physical Activity Outcomes."
  - ✓ Results showed that parents who participated in the outreach program showed "significant gains in knowledge" related to the "importance of children eating nutritiously and being physically active, and of the importance of parents modeling these behaviors."

## **Executive Summary**

### **What Could Be Better**

PE4life also identified several issues within the Commonwealth of Pennsylvania that could be better, including the following:

- Pennsylvania ranked worse than all but one of its six neighboring states for the level of adult physical inactivity in a Trust for America's Health study.
- 26% of Pennsylvania's adults are considered obese, ranking Pennsylvania in the bottom half of U.S. states.
- In two key factors commonly associated with adult obesity – diabetes and hypertension – Pennsylvania ranked near the bottom-third of U.S. states, and worse than all but one of its six neighboring states.
- Pennsylvania ranked last in the nation for children and teens not exercising regularly in a 2007 National Survey of Children's Health.
- While Pennsylvania's adults need to be more active for their own health, this is critical for parents, whose level of activity sets an example – good or bad – for their children.
- Increased activity and nutrition, especially among Pennsylvania's children, will lead to improvements in health and wellness and decreased health costs.
- Pennsylvania Department of Education policy should be strengthened to...
  - prohibit the use of PE as punishment for actions either in a PE class or another subject area,
  - mandate the use of assessments to monitor student progress,
  - specify a required number of hours of PE per week for each grade level (e.g., 175 hours per week for elementary grades, and 225 hours for all grades at the middle and high school levels), and
  - incorporate fitness-based programs that address the needs of all students.

Please see details of the above points, as well as additional information, on the following pages.

# State Wellness Report Card Pennsylvania

## Physical Education Data

State Physical Education Policies	Elementary	Middle	Senior High
PE teachers must be certified, licensed, or endorsed	Yes	Yes	Yes
State has policy stating that schools will teach PE	Yes	Yes	Yes

Source: Centers for Disease Control & Prevention

*Good. These PE policies establish the base expectation.*

Physical Education Policies	Pennsylvania Policy
Someone in state designated to oversee/coordinate PE	Yes
State requires or recommends that elementary schools provide regularly scheduled recess	Neither requires nor recommends
State policy prohibits or discourages use of physical activity as punishment for bad behavior in PE	Discourages
State policy prohibits or discourages excluding PE as punishment for bad behavior in another class	Neither discourages nor prohibits

*Good. Offers focused oversight.*

*Use or exclusion of PE as a form of punishment should be prohibited.*

Source: Centers for Disease Control & Prevention

Physical Education Standards	Pennsylvania Standard
Physical Education Standards	State has developed own PE standards
State policy requires or encourages schools to follow national or state PE standards or guidelines	Requires
State requires student assessment in PE	No
State requires that PE be included in comprehensive assessment for graduation	No
State PE student requirements - Elementary	Mandates PE in K-6
State PE student requirements - Middle School	Mandates, but does not specify year or grade
State PE student requirements - High School	Mandates, but does not specify year or grade

*A good base, but stronger standards needed*

*Assessments help monitor student progress*

*Ideally, mandate daily PE for 45 min. minimum for every child every year*

Source: Centers for Disease Control & Prevention and National Association for Sports & Physical Education

State Health Education Policies	Elementary	Middle	Senior High
Health education standards are based on the National Health Education Standards	Yes	Yes	Yes
State policy states that students will be tested on health education topics	Yes	Yes	Yes

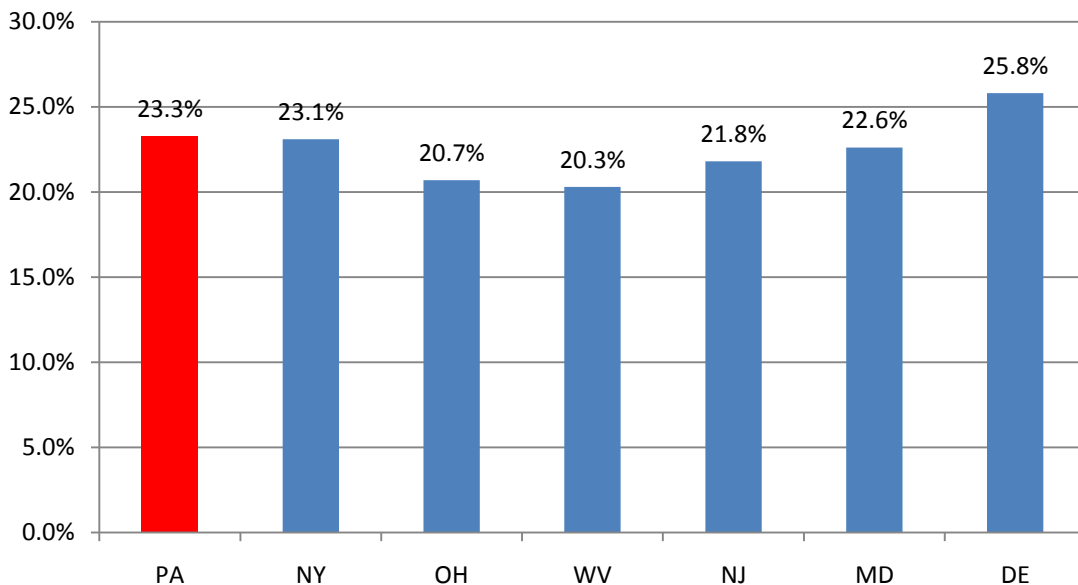
Source: Centers for Disease Control & Prevention

*Good. These Health Education policies establish the base expectation.*

### Health & Wellness Data

#### Physical Activity

**Adult Physical Inactivity - 2006-08 Avg.**

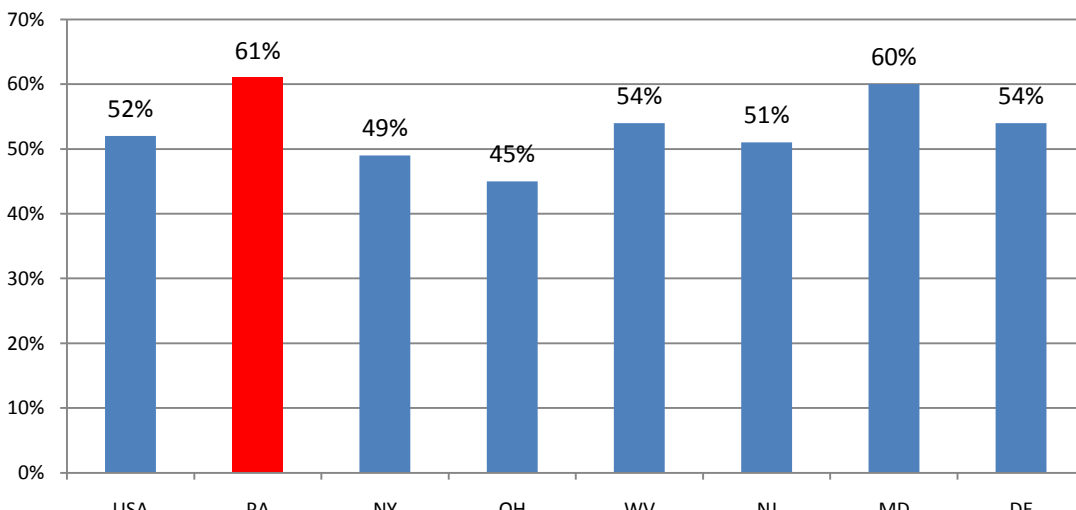


PA Rank Nationally: 26

Source: Trust for America's Health

**Although Pennsylvania's Adult Physical Inactivity Rate ranks at the midpoint of the United States, it is worse than all but one of its neighboring states.**

**Children and Teens Not Exercising Regularly - 2007**



PA Rank Nationally: 51

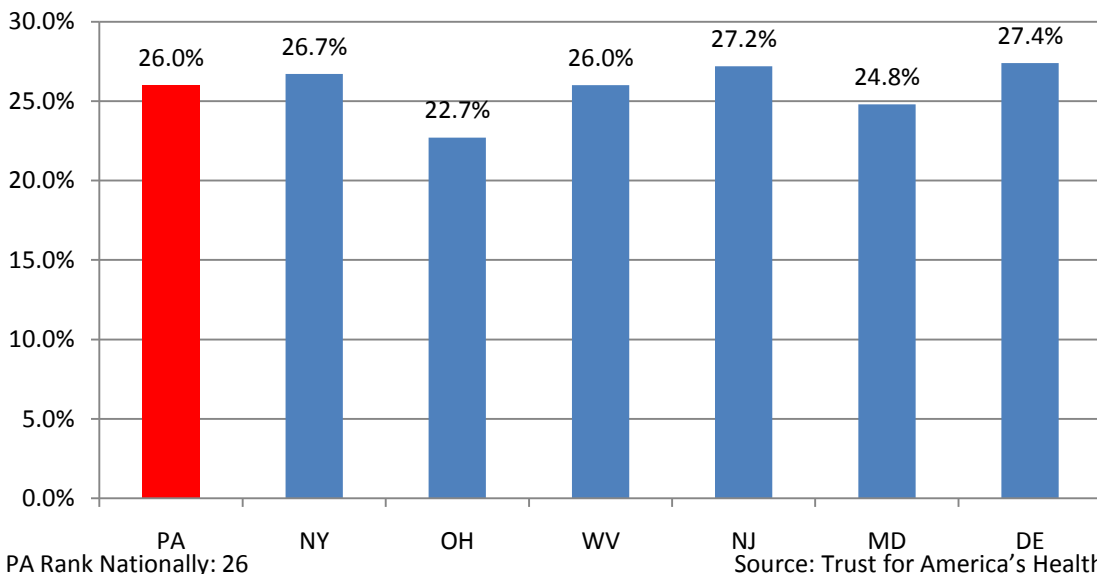
Source: National Survey of Children's Health

**Pennsylvania children and teens ranked last in the nation in exercising regularly, defined as "less than 5 days of vigorous physical activity in the past week."**

### Health & Wellness Data

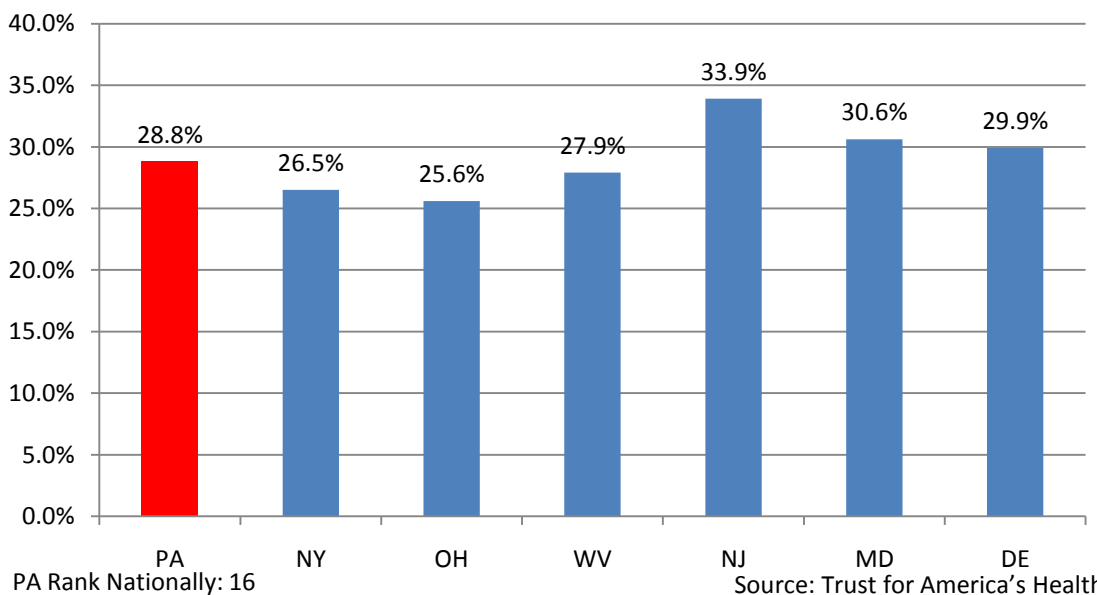
#### Obesity

**Adult Obesity Rate - 2006-08 Avg.**



**Pennsylvania's Adult Obesity Rate ranks near the midpoint of the United States, and of its neighboring states as well.**

**Youth (10-17) Obesity & Overweight - 2007**



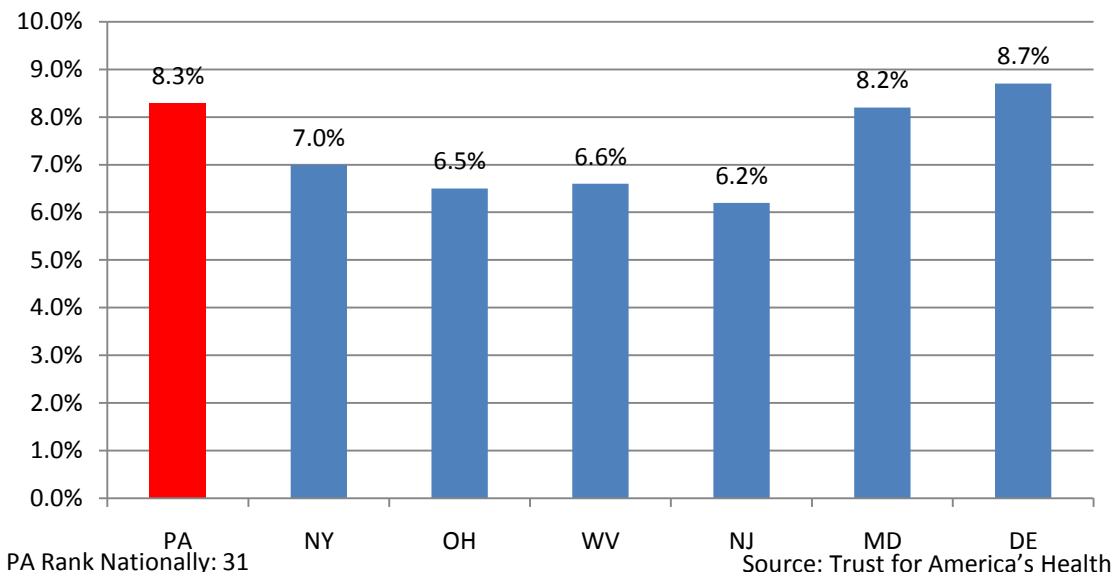
**Although Pennsylvania's Youth Obesity Rate ranks in the top-third of the United States, its rate is worse than 3 of its neighboring states (Ohio, New York & West Virginia).**

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### Health & Wellness Data

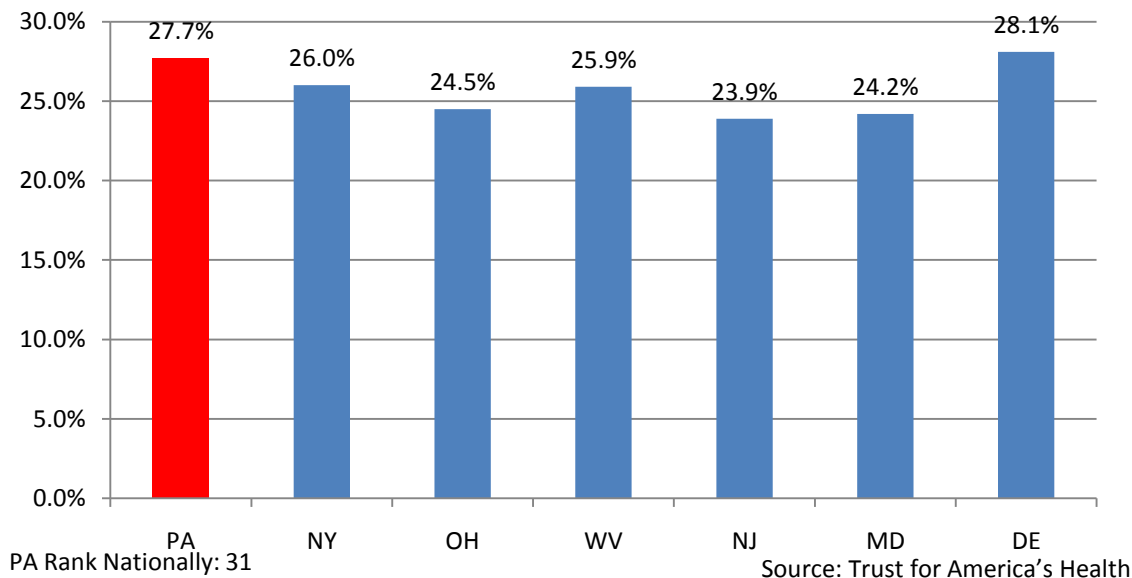
#### Health Issues

**Adult Diabetes Rate - 2006-08 Avg.**



**Pennsylvania's Adult Diabetes Rate ranks in the bottom-third of the United States, and worse than all but one of its neighboring states.**

**Adult Hypertension Rate - 2003-07 Avg.**



**As with its Adult Diabetes Rate, Pennsylvania's Adult Hypertension Rate ranks in the bottom-third of the United States, and worse than all but one of its neighboring states.**

# State Wellness Report Card Pennsylvania

## Demographic Data

	PA	USA	Diff.	U.S. Rank
<b>Population</b>				
Population, 2008 est.	12,448,279	304,059,724	-	6
Population Density (per square mile), 2007 est.	277.40	86.20	191.20	10
Persons under 18 years old, 2008 est.	22.2%	24.3%	-2.1%	

### **Economics**

Median household income, 2007	\$48,562	\$50,740	-\$2,178	26
Per capita money income, 2006	\$48,148	\$48,023	\$125	23
Persons below poverty, 2007	11.6%	13.0%	-1.4%	20
Poverty Rate for Children under 18, 2007	16.9%	18.3%	-1.4%	

### **Racial Makeup (2008)**

White, Non-Hispanic	81.4%	65.6%	15.8%
Black, Non-Hispanic	10.8%	12.8%	-2.0%
Hispanic or Latino	4.8%	15.4%	-10.6%
Asian/Pacific Islander	2.4%	4.5%	-2.1%
American Indian/Alaska Native	0.2%	1.0%	-0.8%

### **Education Level**

High school graduates, age 25+, 2000	81.9%	80.4%	1.5%
Bachelor's degree or higher, age 25+, 2000	22.4%	24.4%	-2.0%

Source: U.S. Census

**School Statistics & Demographics**

**School Statistics**

Number of Students in Public Schools	1,821,894
Number of Public School Districts	613
Average # Students per Public School District	2,972
Number of Students in Private Schools	292,000
Number of Students in Charter Schools	60,532
Total Students in Public, Private, & Charter Schools	2,174,426

Source: U.S. Department of Education

**School Food Program Statistics**

Number of Students Free & Reduced and Paid Lunch	1,133,604
% of Students Free & Reduced and Paid Lunch	52.1%
Number of Schools Participating in F&R and Paid Lunch	3,885

Source: Food Research & Action Center

<b>Public School Student Demographics</b>	<b>Total</b>	<b>%</b>
White persons not Hispanic	1,366,677	75.0%
Black persons	291,107	16.0%
Persons of Hispanic or Latino origin	116,251	6.4%
Asian/Pacific Islander persons	45,194	2.5%
American Indian and Alaska Native persons	2,665	0.1%
Totals:	1,821,894	

Source: U.S. Department of Education

<b>Private School Student Demographics</b>	<b>Total</b>	<b>%</b>
White, Non-Hispanic	240,658	82.4%
Black, Non-Hispanic	32,079	11.0%
Hispanic or Latino	10,395	3.6%
Asian/Pacific Islander	6,181	2.1%
American Indian/Alaska Native	2,687	0.9%
Totals:	292,000	

Source: U.S. Department of Education