

Promoting the Comprehensive School Physical Activity Program (CSPAP)

The Problem: Insufficient participation in physical activity (PA) by young people

In California, only **49.3% of teens** (ages 12 to 17)¹, and only **55.5% of children** (ages 6 to 11) from low-income families² reported that they participated in at least 60 minutes of physical activity (PA) during the previous day, as recommended by CDC.

¹CDPH. *California Teen Eating, Exercise and Nutrition Survey*. Sacramento, CA. 2012

²CDPH. *California Children's Healthy Eating and Exercise Practices Survey*. Sacramento, CA. 2013.

CSPAP Background

- Developed by CDC and SHAPE (Society of Health and Physical Educators) America
- CSPAP was created to provide greater opportunity for children and adolescents to participate in at least 60 minutes of daily physical activity

CSPAP's Five Core Components

- PE (physical education)
- PA at school (beyond PE)
- PA before & after school
- Staff involvement
- Family & community support

Academic CSPAP-Related Benefits

Children who are more active experience:

- Improved brain function
- Greater attention span
- Faster cognitive processing speed
- Better performance in taking standardized academic tests

IOM report (May 23, 2013). *Educating the Student Body: Taking Physical Activity and Physical Education to School.*

Integrating CSPAP into Standard School Practice

- Establish a team/committee
- Conduct a needs assessment
- Create a vision, goals, objective
- Identify intended outcomes
- Develop a CSPAP plan
- Implement the CSPAP plan
- Evaluate the CSPAP plan

Getting Support for Implementing CSPAP

Sign up with Let's Move Active Schools:

www.letsmoveschools.org. Has many partners

Including the Alliance for a Healthier Generation.

18,389 schools have joined.

- School staff can ask for technical assistance to help them implement CSPAP.
- School staff can connect to a PA leader network.

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