



Physical Education and Health Standards Review Team Meeting Notes

Date: Thursday, Nov. 15, 2018

Time: 9:30 a.m. to 2:45 p.m.

Location: Prairie Meadows Plaza View Room, Grandview University, Student Center, 2811 E. 14th, Des Moines 50316

TEAM MEMBERS PRESENT:

- Barb Bakker, University of Northern Iowa
- Charity Campbell, Norwalk Community School District
- Kurt Denahy, Clinton High School
- Neil Gray, Northeast Community School District
- Jan Grenko-Lehman, IAHPERd
- Donna Heying, Keystone Area Education Agency
- Craig Johnston, Central Springs High School in Manly
- Jodi Larson, Ankeny Centennial High School
- Betsy Luck, Oskaloosa Middle School
- Pam Richards, Central College, co-facilitator
- Brian Rhoads, West Des Moines Community School District, co-facilitator
- Carlye Satterwhite, Des Moines Independent Community School District
- Sarah Taylor Watts, Iowa Department of Public Health.
- Shari Walling, Johnston Community School District

Team members who were absent: Erin Drinnin, United Way of Central Iowa; Cindy Elsbernd, Iowa Kidstrong; Stacy Frelund, American Heart Association; Jesse Howard, Middletown Army Reserve/Iowa National Guard; Jesse Nitchals, Estherville Lincoln Central High School; and Jeff Workman, Durant Community School District

Also in attendance were Erika Cook, the Iowa Department of Education's bureau chief for standards and curriculum and co-facilitator; Tom Deeter, Iowa Department of Education; Wesley Franklin, American Heart Association; Kris Kilibarda, a department consultant with the bureau of leading, teaching and learning services; Rita Martens, Iowa Department of Education; Lisa Stange, a department consultant with the bureau of career and technical education; Pat Thieben, the career and technical education lead for the department; Jazmine Thomas, American Heart Association; Melissa Walker, Iowa Department of Education; and Melissa Walker, writer for the standards review team.

Agenda item: Welcome; review of October meeting

Notes: Kris Kilibarda introduced some guests at the meeting: Wesley Franklin and Jazmine Thomas from the American Heart Association.

Review team co-chairs Brian Rhoads and Pam Richards reviewed the October meeting and reminded the group it decided with a fist-to-five vote to have the public review the five national standards and grade level outcomes for the physical education standards on the survey as the Iowa standards; and the eight national standards and the grade-band performance indicators for health standards on the public feedback survey.

Agenda item: Reflections from Health Choices Summit

Notes: Rhoads and Richards then shared information about their attendance at the Healthy Choices Summit. They heard former U.S. Sen. Tom Harkin speak. They shared with the group a video about the 5-2-1-0 healthy choices initiative: five servings of fruits and vegetables a day, two hours or less of screen time, one four of physical activity and no sugary drinks.

Richards said the conference was helpful because there were a variety of community partners who participated and shared information about the concepts they're trying to teach to students. She viewed it as an opportunity to create bridges between schools and community partners.

Rhoads said one of the key pieces was the "why" behind the 5-2-1-0 initiative, which also explains why the PE and Health Standards Review Team is meeting: Iowa ranks 10th in the nation for childhood obesity and fourth in the nation for adult obesity; and one-in-three people nationwide cannot enter the military because of obesity.

Richards shared information about the creation of PE, and that it began as a result of World War I when Americans were too out of shape for the military. She said health and PE standards aren't just about obesity, it's about the ability for people to function. She shared about Harkin's presentation about legislation he tried to pass in order to make crops and food production in the country healthier and provide better food to schools.

Rhoads said Harkin spoke about the Grundy Center School District and how their students have heart rate monitors, and would like see this occur for all schools in Iowa.

Richards says the 5-2-1-0 initiative will create behavioral changes that will make people think about the choices they make on a daily basis and the curriculum that's taught in schools to support this.

There were discussion panels that shared information about what they were doing, including a childcare panel that spoke about what's happening in childcare centers to make children more physically active and offer them healthier snacks. Rhoads says he think's this is a piece that has been missing because some centers didn't have policies in place to provide healthy nutrition for children.

Other panels shared information about initiatives to get students to walk to school rather than ride the bus, and how tax dollars are used to repair sidewalks. A group of

pediatricians shared how they are trying to use the 5-2-1-0 initiative to help children who are overweight and headed toward obesity and to inquire about the food they eat and their amount of screen time, so the issue can be addressed through the entire family. Pediatricians shared that they have child patients who are overweight and realize it and understand the consequences but are stuck in a spiral or they can't get help from their families.

The two showed a map of the counties that are part of the 5-2-1-0 initiative, and there are 16 that are registered. Rhoads shared information about how to become registered in the initiative.

Agenda item: Perspectives on current state of the state for health, wellness and PE/panel discussion

Notes: Melissa Walker, with the education department's bureau of nutrition and health services, and Sarah Taylor Watts, with the Iowa Department of Public Health, presented information about the current state of health, wellness and physical education in the state.

Walker answered questions about the requirements the health requirements the state has for children, how the 5-2-1-0 initiative is being used, and the data the state collects for students who have chronic conditions such as diabetes and how often they're levels are checked throughout the day and how this affects the student's school day.

She was asked how standards would influence students' health. She explained she thought it would help students learn about prevention, healthy skills and activities, so they can take these skills into adulthood. Without standards, she said students would fall through the cracks because they can't control their home environment.

Walker explained how she thought community organizations could be partners. She said a student's family, environment or past experiences cannot be controlled, but outside organizations could provide support for students.

Taylor Watts, the physical activity coordinator for the public health department, said physical activity is one of the most important things Americans can do to improve their health because it prevents chronic conditions, and helps with healthy aging, physical health and better mental health. Most American aren't getting enough physical activity.

She shared the following statistics from 2013: One out of four high school students meet aerobic guidelines of 60 minutes of activity every day of the week. Only about half of adults meet the guidelines of 30 minutes a day, five days a week; but three out of 10 haven't had any physical activity in the last month. She explained why people aren't active: The culture and mindset have changed during the past 50 years, and people don't see the opportunities that exist in front of them to be active and think physical activity has to occur at the gym. Instead, they need to look for ways to incorporate physical activity into their daily lives.

She said one of the best ways to show how culture has change is that in 1969, about half of students rode their bicycles or walked to school. Now, almost everyone rides in

the family vehicle. As a result, about 70 percent of people are obese or overweight – about 36 percent of Iowa adults are obese.

The federal Centers for Disease Control and Prevention has identified eight things to focus on in the next five years to improve health and increase physical activity:

1. School-based programs to increase physical activity
2. School-based violence prevention
3. Safe routes to school
4. Motorcycle injury prevention
5. Tobacco control interventions
6. Access to clean syringes
7. Pricing strategies for alcohol products
8. Multi-component worksite obesity prevention

Taylor Watts also notified the team about data the state health department collects both about adults and through the Iowa Youth Survey for students in grades 6, 8 and 11, the Iowa Youth Risk Behavior Survey for grades 9 through 12, and school health profiles that include how much PE students have, where vending machines are located and more. The school data that is collected is sent to districts' superintendents for dissemination.

There have been changes with tobacco usages and smoking, but that took a systemic policy approach, and Taylor Watts said the same will need to happen for physical activity.

The team's table groups were asked to process the information that had been shared with them and to answer the following:

Members of the review team are often asked to talk about the standards. Based on what you have heard so far today, make a bulleted list of talking points you might share with people about "Why standards? Why now?"

Here are the groups' reasons:

- 1 in 3 aren't military ready
- Iowa is the 4th obese state (adults)
- Standards will guide quality physical education which is cognitive as well as physical
- Academic benefits of physical activity
- Educate families about quality PE and the standards.

- Jump on the opportunity to educate all stakeholders regarding the overall effect physical education and health can have on all dimensions of students well-being.
- The direction of health education is skills-based. Knowledge alone cannot develop healthy behaviors. The 8 National Health Education Standards consists of 1 Standard regarding health concepts and 7 Standards defining the development of Health Skills. By utilizing the National Health Education

Standards in Iowa, students will be provided the opportunities to practice the skills needed to develop healthy behaviors.

- The CDC states: *Research shows that school health programs reduce the prevalence of health risk behaviors among young people and have a positive effect on academic performance. Leading national education organizations recognize the close relationship between health and education, as well as the need to foster health and well-being within the educational environment for all students.*
- The skills developed through the National PE and Health Standards are also **life skills.**

- Obesity rates - why is Iowa so high?
- To educate teachers, parents, leaders what their students should be learning in PE and how this is incorporated in their DAILY lives. This needs to be full community effort/ engagement.
- The lack of physical activity for ALL kids at a young age.
- Is it the culture of Iowa that we need to create ways to get ALL Iowans involved in being active on a daily basis? Who do we target to turn naysayers into people who want to be active?
- Wellness policies

- What percentage of student (and staff) absences are (preventable) health-related?
- Physical activity and health awareness as part of the Social Emotional Learning supports for students (and staff)
- Add “teeth” to schools’ nutritional/healthy snacks guidelines (we often don’t walk the walk)
- Obesity rates are high in children these children have a greater risk of becoming obese as adults; increasing our adult obesity rates.
- There are outside community partnerships available to help with these standards that can be introduced into the schools and outside of school.
- Co-morbidities children have that impact their attendance and quality of life due to obesity.
- Lack of nutritional education at home - having standards at school can help them make better choices outside of school

The teams also were asked to pick their top items that have to be included in the final report the team will send to the State Board of Education for review:

- If Iowa was a healthier society, there would be less absences and fewer substitute teachers. Is there data on the percentage of student and staff absences that are health related?
- Can schools/districts prove the food staff members eat is healthy and lead by example? How do they strike a balance with the person who wants to have a diet soft drink and not be judged? This is something that will need to be enforced at the local level. The state education department will not mandate it.

- Could intramurals be introduced to provide physical activity and also connectivity between students and staff? Health and wellness aren't just about physical activity; they incorporate social and emotional well-being, too.
- The community needs to understand what the student is learning and how it relates to their daily health and lives. The focus needs to be on the fact that Iowa is the only state in the Midwest with a high obesity rate, while its counterparts in Minnesota promote outdoor activities year-round.
- These aren't just PE skills; these are skills for life. The adults in the community and the teachers need to model these skills. There can be all of the talk and discussion in the world, but nothing will change until people live it.
- The statistics will be important to share, especially at the high school level when students want to opt out of PE for one reason or another. Families will need to be educated on what the standards are and why they matter, how PE is different today than their version of PE. State standards will help with this and make people accountable at all levels.

Agenda item: Review the survey instrument

Notes: Kilibarda presented the team with a draft of the public information survey that will be open for individuals to complete online. The survey includes information about demographics, introductory questions, standards review questions, and professional learning/implementation needs.

The team reviewed the initial part of the survey and provided feedback about each section for revisions or clarification:

- Could an Area Education Agency map be included to assist those who are unsure of their AEA?
- How will they handle the grade band issue for schools/districts that divide grades differently? This could be changed to grade level instead of band.
- Can the survey provide an example of what an assessment is and how a student would be assessed based on each standard? Kilibarda explained that information is beyond the scope of the survey. Rhoads said the information could be part of supplemental documentation that will accompany the standards.

The team also made edits to the individual standards from SHAPE America, the Society of Health and Physical Educators, which are one set that is being presented for feedback.

The team also asked the following be added at the top of the standards review section:

“In physical education and health, there are anchor and grade-level standards. Anchor standards are general expectations that transcend grades. Grade- level standards specify what students should know and be able to do by the end of each grade-span.”

Agenda item: Process for Public Feedback

Notes: A press release was released on Nov. 26 about the public information survey. The survey also was sent to all superintendents in the state and each review team member to distribute. The email and release included a link to the survey and information about two upcoming public forums. Each team member was tasked with getting the survey to as many people as possible and encouraging them to fill it would.

Team members were asked to brainstorm lists of individuals and groups they will reach out to ask to take the survey.

The following public forums were to be held: 4:30 to 6:30 p.m. Dec. 4 in Pella; and 4:30 to 6:30 p.m. Dec. 6 in West Des Moines. There also would be Zoom meetings on those nights at a variety of locations for anyone who was unable to attend in person. Kilibarda asked whether any team members were willing to host a Zoom meeting. The Zoom locations included Cedar Falls/UNI, Clinton, Manly, Estherville, Iowa City and Council Bluffs. There was a practice meeting on Nov. 26.

Kilibarda said the intent of the public forums are to provide public feedback about the standards; they are not an opportunity for people to learn about the standards or an information-gathering forum. Each person who speaks will sign up and receive three minutes to do so.

Rita Martens with the education department said public discussion is good for the process, and that the state wants as much feedback as possible before the standards are presented to the state board for review. Kilibarda said the public forums and survey are an opportunity for the public to share its opinions.

Agenda item: Future Work/closing

Notes: The review team will not meet in December. The next meeting will be at 9:30 a.m. Jan. 10.

The meeting adjourned at 2:45 p.m.