

# FLORIDA CoIIN

## Physical Activity Workstream

### GOAL:

Incorporate an evidence-based physical activity program called GoNoodle into select classrooms to stimulate classroom physical activity and increase students' daily movement before, during and after school.



Florida is working to reduce obesity among children living in rural counties of the state. The Florida CoIIN team was able to increase students' physical activity in targeted rural schools over a two year span. The Florida CoIIN team also leveraged existing partnerships to increase the availability of nutrition education resources designed to assist at-risk populations.

## PARTICIPANTS

- **FIRST YEAR:** A Somerset Academy Charter School, Jefferson County  
**165 students** served  
**13 teachers** trained
- **SECOND YEAR:** W.R. Tolar K-8 School & Hosford Elementary School, Liberty County  
**160 students** served  
**22 teachers** trained

## PARTNERS

- Florida Department of Health
  - Bureau of Chronic Disease Prevention, Healthiest Weight Florida, and Healthy Schools Program
  - Bureau of Family Health Services, Maternal and Child Health Section
- Jefferson County School District
- Liberty County School District

## MATERNAL AND CHILD HEALTH SERVICES TITLE V BLOCK GRANT CONNECTION

- Domain: Child Health
  - Utilize evidence-based programs for the reduction of childhood obesity
  - Increase the percentage of children and adolescents who are physically active at least 60 minutes per day

## METHODOLOGY

- Offer classroom-based physical activity using GoNoodle, supervised by a classroom teacher
- Expand the inclusion model by implementing physical activity that includes, encourages, and challenges kids of all abilities in rural elementary schools
- Tailor existing physical activity programming to fit diverse instructional models
- Before and after implementation, surveyed participating teachers to determine the effects that the movement breaks had on academic achievement and student behavior

## OPPORTUNITIES CREATED

- Multi-sector partnerships that promote school-based physical activity
- Equitable physical activity opportunities for all students of all abilities
- Coordination and synergy across components of a Comprehensive School Physical Activity Program

## RESULTS

- Increased number of advocates for the expansion of physical activity in local districts
- Increased opportunities for children to achieve 60 minutes of physical activity per day



*“Shaping healthy habits for life.”*



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