GOAL: Accelerate progress in implementing new physical education standards and laws requiring more physical activity during the school day for elementary and middle school students, and strengthen education and public health partnerships to improve the health and well-being of students and staff.

The Oregon Children’s Healthy Weight CoIIN team sought to increase physical activity among Oregon students using a two-pronged approach: conducting focus groups to examine the opportunities and barriers to implementing physical activity and education in school districts; and creating a Supplemental Instructional Materials (SIM) Alignment Tool that organizations can use to align their materials to Oregon state physical education content standards.

METHODOLOGY

• Studied and described the process to align supplemental instructional materials (SIM) to physical education/activity with state education standards
• Documented the process and created a flowsheet to encourage further development of classroom materials
• Engaged school administrators to learn about opportunities and barriers to physical activity before, during, and after school

RESULTS

• Developed PROCESS to help organizations align supplemental instructional materials to Oregon health and physical education content standards
• OSU aligned BE Physically Active 2Day! (BEPA 2.0) materials to the Oregon health and physical education content standards
• OSU is training classroom teachers to use BEPA 2.0 Toolkit to increase the number of minutes of physical education and physical activity students receive
• BEPA 2.0 toolkit and energizers are being used in summer programs and out-of-school-time programs
• The organizations involved in the CoIIN benefited through new partnerships, awareness of each other’s work and ability to collaborate and leverage opportunities

PARTICIPANTS

• 3 school districts with 41 participants:
  — Centennial School District
  — North Marion School District
  — Umatilla School District
• 3 pilot organizations:
  — Oregon Health and Science University (OHU)
  — Moore Institute - Nutrition in a Box
  — Oregon Safe Routes to School
  — Oregon State University (OSU) Extension Services - BE Physically Active 2Day! (BEPA 2.0)

OPPORTUNITIES CREATED

• Leveraged newly gained knowledge and partnerships for CDC Healthy Schools grant funding

TITLE V PROGRAM CONNECTION

• Physical activity is a selected Title V priority for Oregon.
• 6 counties and 2 tribes have participated over the last 5 years
• Two Title V members participated on the CoIIN team
• Title V team member trained to conduct focus groups
• Counties in which Title V was actively working on physical activity were used for focus groups
• Met with public health representatives in 5 Title V counties to gauge needs

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ASPHN’S CHILDREN’S HEALTHY WEIGHT COLLABORATIVE IMPROVEMENT & INNOVATION NETWORK

OREGON CoIIN

Physical Activity Workstream

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