

TEXAS CoIIN

Physical Activity Workstream

GOAL:

Create a School Physical Activity and Nutrition (SPAN) survey for distribution in school districts around the state and along the Texas-Mexico border to assess trends in children's Body Mass Index (BMI), physical activity, and nutrition behaviors.



The Texas Children's Healthy Weight CoIIN team was able to successfully build upon a survey that had been collecting data in the state every four to five years since 2000. Being able to track physical activity trends over time among children of different age groups was instrumental in providing information for the Title V needs assessment.

PARTICIPANTS

- Approximately **400 Public Schools**
- Between **15,000 - 17,000 students**
- **40 staff members**

PARTNERS

- Department of State Health Services — Maternal & Child Health Epidemiology Group
- Department of State Health Services — Health Promotion and Chronic Disease
- University of Texas Health Science Center

TITLE V PROGRAM CONNECTION

- CoIIN funded exclusively through Title V
- Title V provided **8 staff** to assist
- Title V trained **5 regional staffers** for data collection
- Tracking information over time of childrens' physical activity among different age groups **instrumental to Title V needs assessment**
- Possible **expansion of state performance measure** regarding obesity for kids from ages 1-11 to 1-17 and continued work on nutrition efforts

METHODOLOGY

- **Statewide** data collection in a mix of rural and urban settings
- Surveyed a representative sample of **grades 2, 4, 8, and 11**
- **Standard data collection protocols** used for self-reported surveys, biometric data and policy surveys
- Used best commercially available biometric products for **stadiometer and scale**

OPPORTUNITIES CREATED

- **Collaborative potential** with University of Texas on similar international surveys
- Data offers a regional overview needed to create **evidence-based programming**

RESULTS

- **Increased pre-sampling and sampling** for SPAN survey on a regional basis
- University of Texas Health Science Center using data for child health status reports to **inform legislators** on physical activity trends and key issues
- Data used on **interactive data-driven website** searchable by categories including race, ethnicity, gender, age and region
- Data can be used to **identify needs at regional levels** and track physical activity trends over time among different age groups
- **Prioritized nutrition and physical activity** within Maternal & Child Health leadership
- Participation in CoIIN has **strengthened partnerships**

“Shaping healthy habits for life.”

