

NATIONAL SCHOOL BOARDS ASSOCIATION (NSBA)

Project:

School Board Leadership to Promote Physical Activity among Youth through School Policies and Programs and School-Community Partnerships

Type of program:

- Policy
- Other: communications tool kit containing "issue briefs," policy assessment tool, and other documents to support school policies and programs promoting physical activity

Setting:

- School-based (school boards)

Partners:

- Other: National Association of State Boards of Education (NASBE)

Goal:

- To strengthen the capacity and commitment of local school boards and local education agencies to support policies and programs that promote physical activity and related healthy behaviors among youth by providing information, technical assistance, and educational programming.

Description:

Sample policies and related information that will help inform decision making by school policy makers are being added to the NSBA School Health Resource Database. In addition, 101 packets on physical activity and healthy eating have been developed and/or revised to make available the most current, basic information. The School Health Programs website also includes database abstracts that are searchable online and links to breaking news about physical activity and to other organizations that have useful information. A communications tool kit that will include a variety of materials useful to increasing understanding and support of school policies and programs in support of physical activity is being developed.

Successes:

- Multiple resources have been added to the NSBA School Health Resource Database and website.
- Final drafts of all tool kit contents are almost ready for CDC review, including the district-level policy assessment tool.
- A session on how a school district (Titusville, Pennsylvania) has moved forward with requiring physical education for its students will be featured at the 2003 NSBA annual conference in San Francisco.



Challenges:

- The amount of time needed to develop the written materials and policy assessment tool has been more than anticipated.

Strategies for sustainability:

- NSBA's School Health Resource Database will continue to maintain sample policies and related information; the 101 packets will be updated regularly; the School Health Programs website will update information and links related to physical activity and health promotion.

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