

**Kentucky Public Health Association
Resolution #2 – 2010**

**Increase physical activity in schools to reduce obesity and improve
body mass index in children.**

WHEREAS Kentucky has the third highest rate of overweight youth in the nation.

WHEREAS Kentucky is the fourth most sedentary state in the nation.

WHEREAS providing physical activity for students has been shown to improve “on task behavior” during academic instruction.

WHEREAS students who perform well on measures of physical fitness tend to score higher on state reading and math exams, regardless of socioeconomic status or gender.

WHEREAS during the school week, children spend almost half of their waking hours in a school setting. 30 minutes of physical activity during this six to eight hour period should be incorporated.

WHEREAS collecting BMI data can serve to expand the understanding of childhood obesity trends and determine the efficacy of obesity prevention programs.

WHEREAS requiring the collection of BMI data on the required health entrance forms for kindergarten and 6th grade students in Kentucky public schools would encourage physicians to educate families about healthy weight, physical activity and diet.

NOW THEREFORE BE IT RESOLVED that the Kentucky Public Health Association supports legislation for integrating physical activity during the school day. This legislation should contain elements to develop a reporting mechanism for schools containing grades K – 8 to report physical activity, aggregate BMI and wellness program data; to require that school council wellness policies provide for at least 30 minutes of structured moderate to vigorous physical activity daily, 150 minutes per week, or the equivalent per month; require school councils to report progress data; require that structured physical activity be considered part of the instructional day; prohibit exclusion from structured physical activity as a form of discipline; encourage schools with grades 6-8 to adopt similar policies; amend KRS 158.6453 to require inclusion of physical activity and wellness data in school report card and:

BE IT FURTHER RESOLVED, a copy of this resolution be forwarded to the Governor, the Secretary of the Cabinet for Health Services, the Commissioner of the Department for Public Health and to all members of the Kentucky General Assembly.

This resolution was approved by the Board of Directors of the Kentucky Public Health Association this 13th day of January 2010.

Sarah Wilding, RN, MPA
President, Kentucky Public Health Association