

# Research Highlights from the ACT II Study

## School Assessments

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# School Assessments: Sources of Data

- **School Written Questionnaires**
  - Physical Education, Interscholastic Athletics, Food Service, Health Education, Transportation
- **Onsite Observations**
  - Cafeteria, Vending machines, School stores and snack bars
- **Wellness Interviews**

# School Assessments: School Participation & Demographics

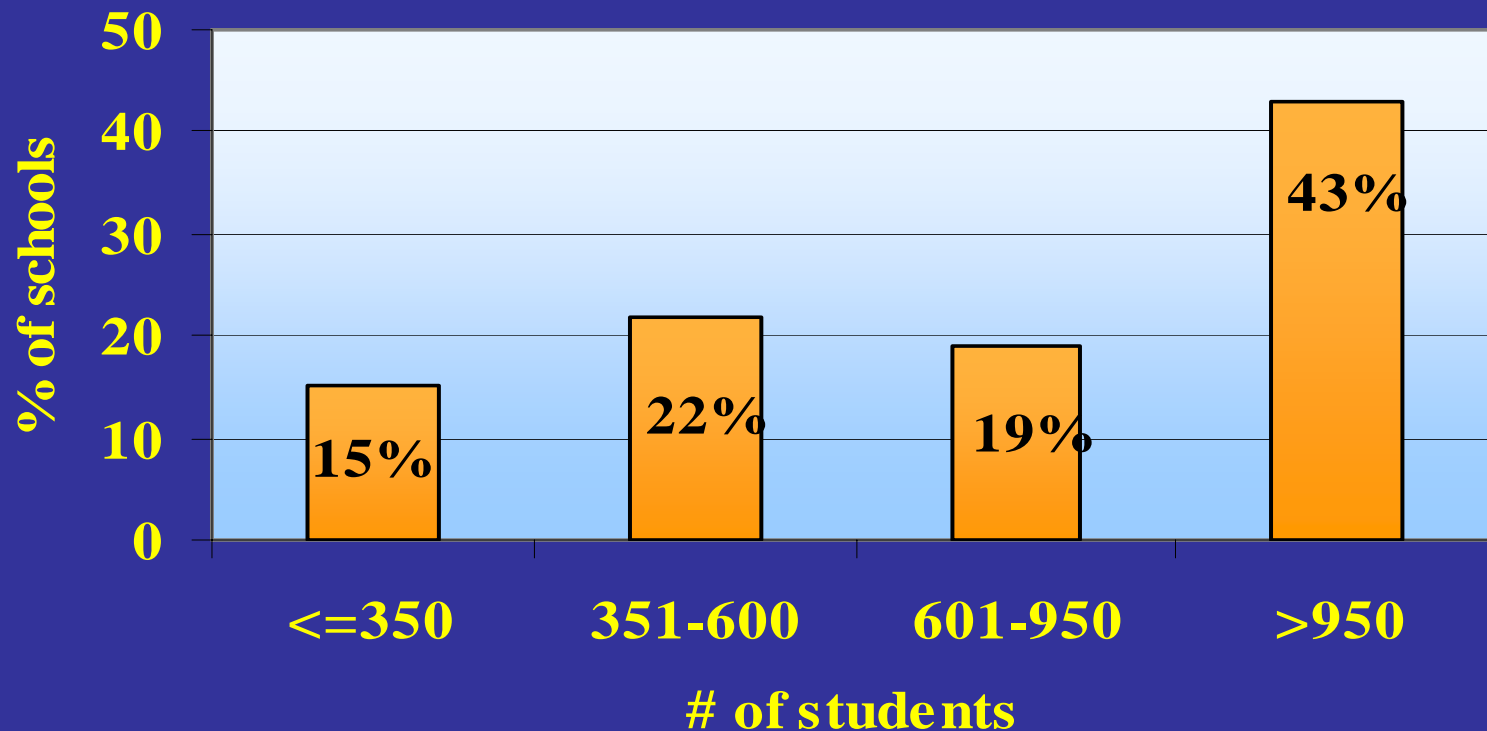
## 32 schools participated

- **School Location**
  - 59% - Vermont
  - 41% - New Hampshire
- **Town Median Household Income**
  - 44% of towns  $\leq$  \$42,000
- **School Type**
  - 62% High School (grade 9-12)
  - 19% Middle/High school combined
  - 19% Elementary/Middle school combined

# School Assessments: School Participation & Demographics

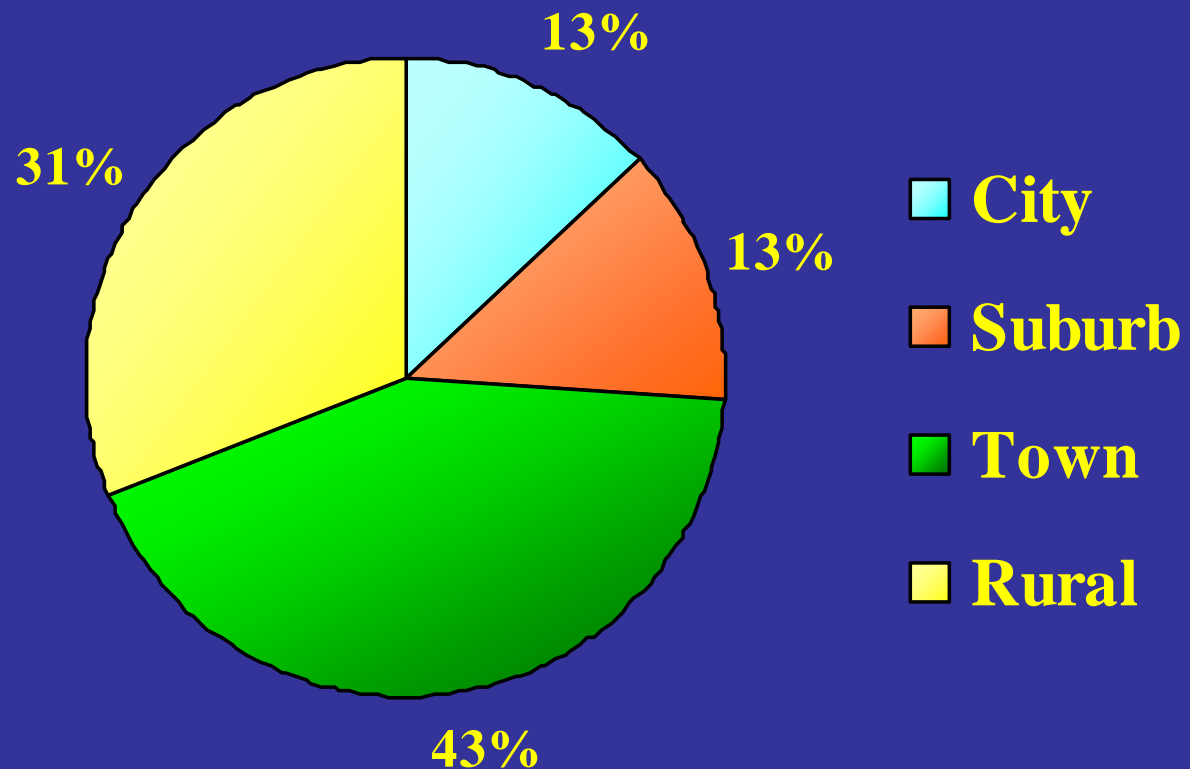
- **School Size**

## School Size - Enrollment Groups



# School Assessments: School Participation & Demographics

- **School Location: Urban-Rural Status**



# ACT II Research Highlights: Physical Education, Intramurals and Interscholastic Athletics



# Physical Activity Guidelines

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## Physical Activity Guidelines for Americans, 2008

Children and adolescents aged 6-17:

- *At least 60 minutes of moderate-to-vigorous activity daily*

## Institute of Medicine, 2004

- At least 30 minutes of physical activity during the school day, daily
- Expanded opportunities: interscholastic athletics, intramurals & clubs

# School Assessments: Physical Education

## Physical Education Requirements

*(High School Data Only)*

- NH: 25% require *more* than 1 credit
- VT: 23% require *more* than 1.5 credits

## Length of PE Class & Time Spent Moving

### High School Data

Range: 30-120 min.

Avg. length: 70 min.

Moving: 48 min.

### Middle School Data

Range: 40-50 min.

Avg. length: 45 min.

Moving: 33 min.



# School Assessments: Physical Education

## PE Courses & Electives *(High school data only)*

<u>% of schools</u>	<u>Total # courses &amp; electives offered</u>
46%	1-2
27%	3-4
27%	5+

- About two-thirds offered PE electives beyond graduation requirements
- 25% of boys & 11% of girls take PE electives beyond graduation requirements

# School Assessments: Intramurals

## ACT II Data

- 83% middle schools
- 78% high schools
- Skiing, snowboarding, frisbee, dance, basketball
- ~20% of students participate

## National Data\*

- 49% middle schools
- 45% high schools
- Basketball, volleyball, running, weight training, baseball/softball
- ~18% of students participate

\* SHPPS 2006; Johnston et al., Am J Prev Med 2007.

# School Assessments: Interscholastic Athletics

## Interscholastic Athletic Offerings & Participation:

- 100% of schools offered athletics to boys and girls
- Avg. 10 sports for boys (range 4-17) & 10 for girls (range 4-18)
- 1 in 5 schools charged a fee for athletics, but most waived the fee if student could not afford
- Overall, 49% of boys & 49% of girls participate in at least 1 sport

# School Assessments: Interscholastic Athletics

## Limits on Athletics

- 23% of schools indicated “*every* student makes a team”
- Most limiting factors: (lack of) indoor facilities, financial reasons, (lack of) field space

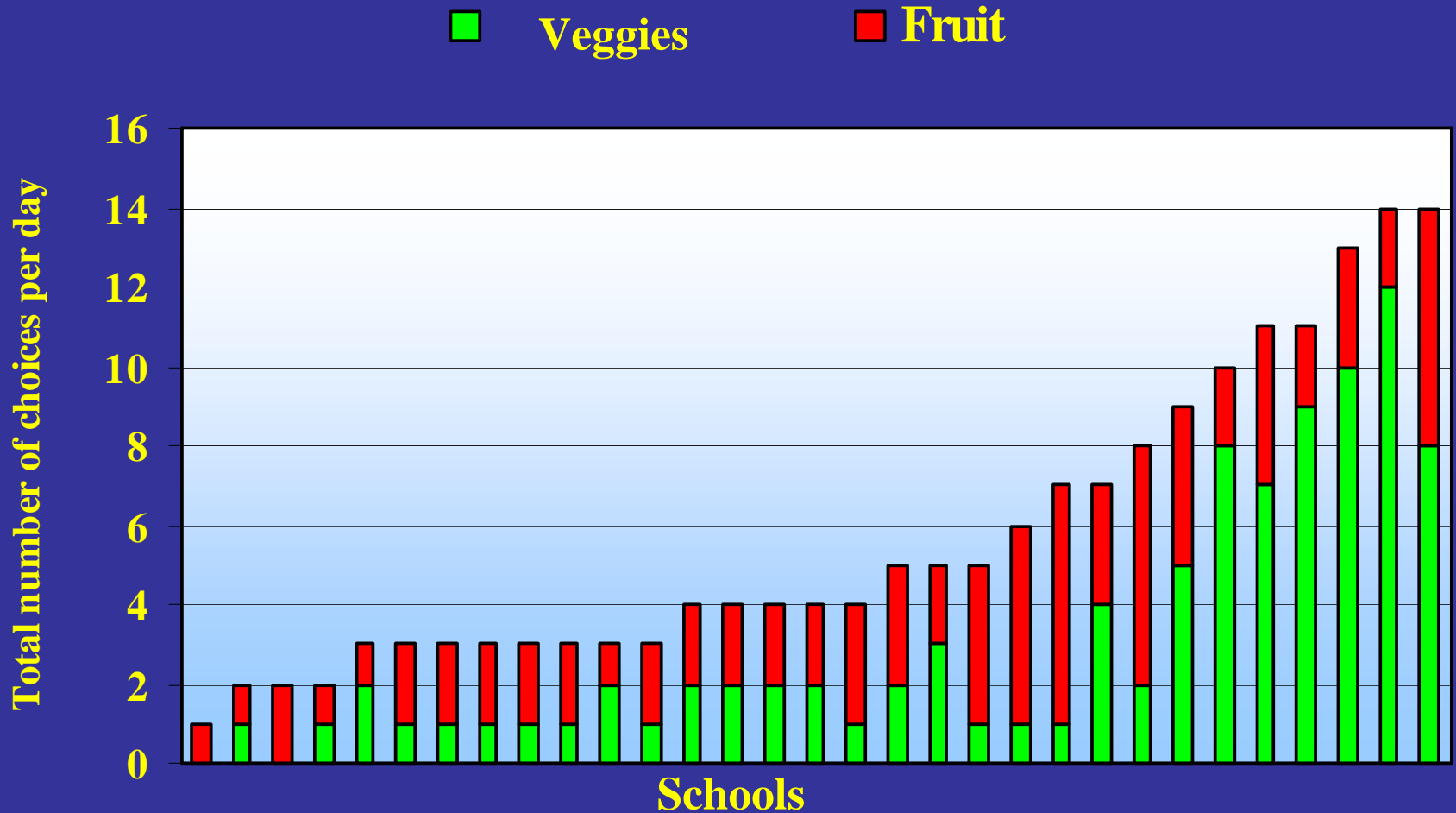
# ACT II Research Highlights:

## School Food Environment



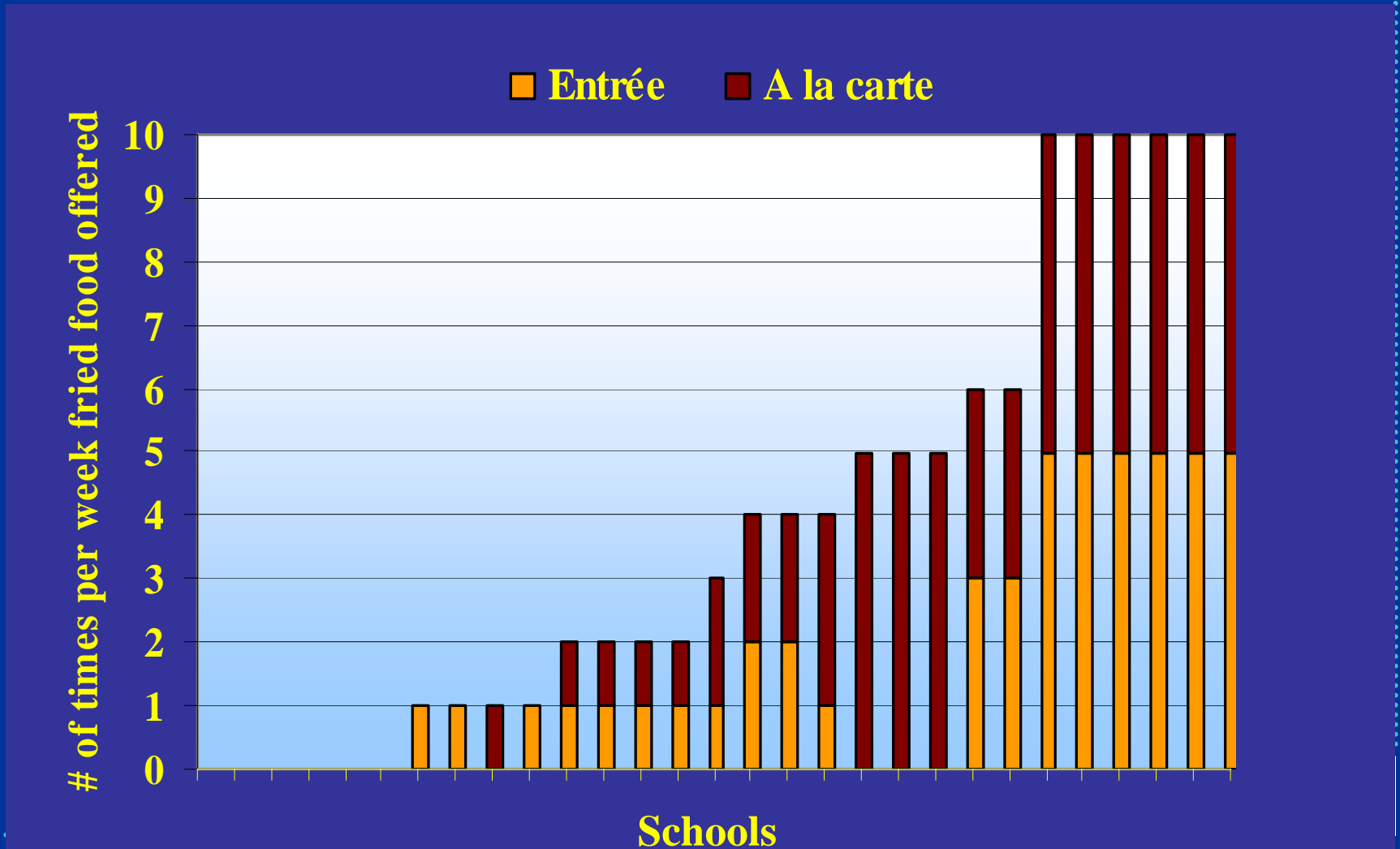
# School Assessments: Food Environment

## Daily Fresh Fruit & Vegetable Offerings



# School Assessments: Food Environment

## Times/Wk Fried & Pre-Fried Food Offered for Lunch



# School Assessments: Food Environment

## A La Carte Lunch Offerings

### Fruits and Veggies

Fruit	97%
Veggies	91%
Pre-made salads	66%
Salad bar	56%

### Sweet/Salty Snacks

Chips/popcorn	97%
Cookies/brownies	84%
Ice cream/Fro-Yo	81%
Donuts/muffins	31%
Candy/chocolate	6%

### Prepared Foods

Pizza bar	84%
Grill station	78%
Sandwich station	78%
Soup bar	50%



# School Assessments: Food Environment

## School Stores & Snack Bars

- 12 schools had stores/snack bars outside cafeteria
- 83% of stores/snack bars sold the following items:
  - Water
  - Flavored waters
  - Sugar-sweetened beverages
  - Cookies
  - Chips
- Fruit available in 17% of stores
- Coffee available to students in 42% of stores

# School Assessments: Food Environment

## Vending Machines

- 31 schools had VMs. Among these schools:

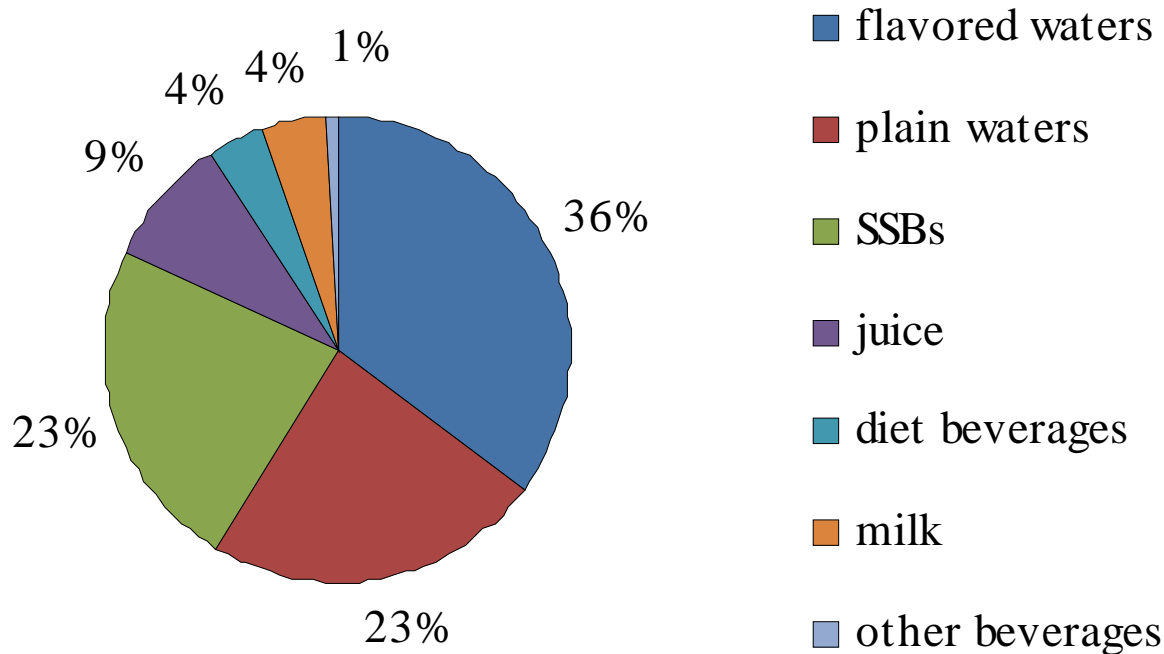
<u>Item available in VM</u>	<u>% of schools</u>
Plain water	100%
Flavored water	97%
Sugar-sweetened beverages	90%
Chips/popcorn, cookies, crackers	50-60%
Candy / chocolate	39%
Diet soda	13%
Regular soda	7%

# School Assessments: Food Environment

## Beverage Vending Machines

- 123 working beverage vending machines
- Range: 0-13 beverage VM / school

Percent of filled beverage vending slots by type of beverage



# School Assessments: Food Environment

## Reasons for Food Purchases

<u>Food Purchase Reason</u>	<u>% “Very Important”</u>
• Meeting <i>minimum</i> food guidelines	97%
• Offering students choice / variety of foods	87%
• Minimize food waste	81%
• Meeting <i>healthier</i> food guidelines	71%
• Student preferences	71%

# ACT II Research Highlights:

## School Wellness Interviews



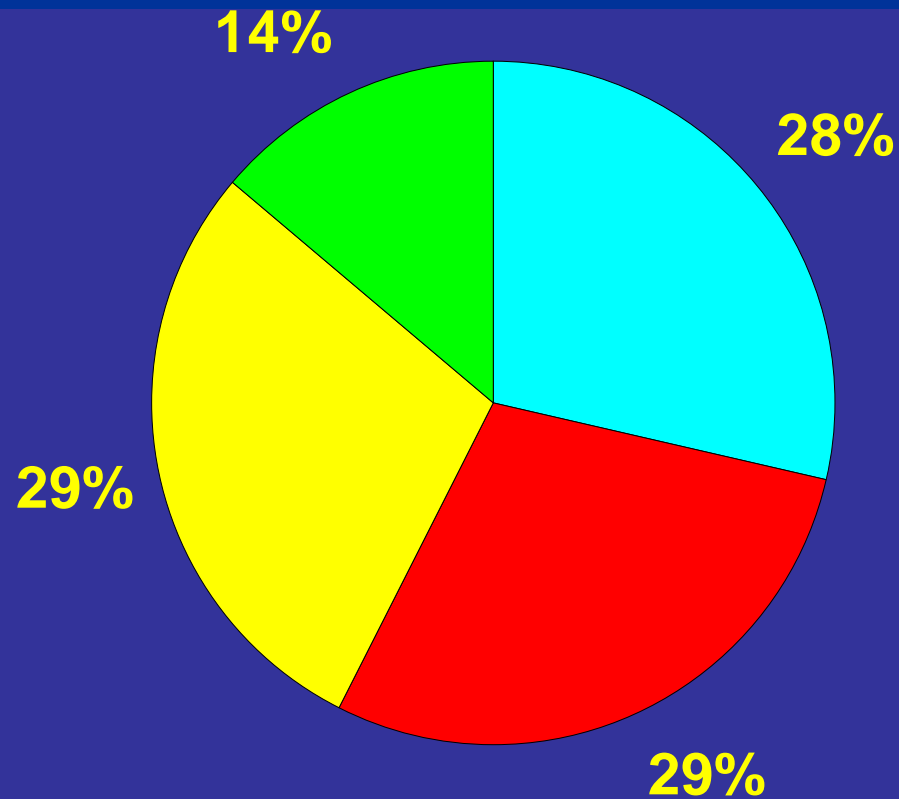
United States Department of Agriculture  
Food and Nutrition Service



**TEAM  
NUTRITION**

# Wellness Policy Interviews

## Participants



- School or District Senior Administration
- School Nurse
- PE/Athletics Director
- Food Services Director

# Wellness Policy Interviews

## Key Issues

- Support needed at multiple levels.

*“You need the administrative support, you need the faculty support, student support. And then, Superintendent & School Board. There’s lots of levels that need to be considered.”*

# Wellness Policy Interviews

## Key Issues

- **Support needed at multiple levels.**

*“You need the administrative support, you need the faculty support, student support. And then, Superintendent & School Board. There’s lots of levels that need to be considered.”*

- **Lack of funding.**
- **Improved evaluation plan.**



# Wellness Policy Interviews

## Physical Activity Environment

### Challenges

- **Maintaining academic standards limit extra PE time**
- **Limited availability of facilities**

### Successes

- **Offer activity clubs based on student interest**
- **PE programs more inclusive, emphasize lifetime fitness**

# Wellness Policy Interviews

## Food Environment

### Challenges

- Food service needs to be self-sustaining.
- Reliance on federal food commodities.

### Successes

- Soda no longer available.
- Students still have choices, but choices are healthier.

# Summary