

Supportive Evidence

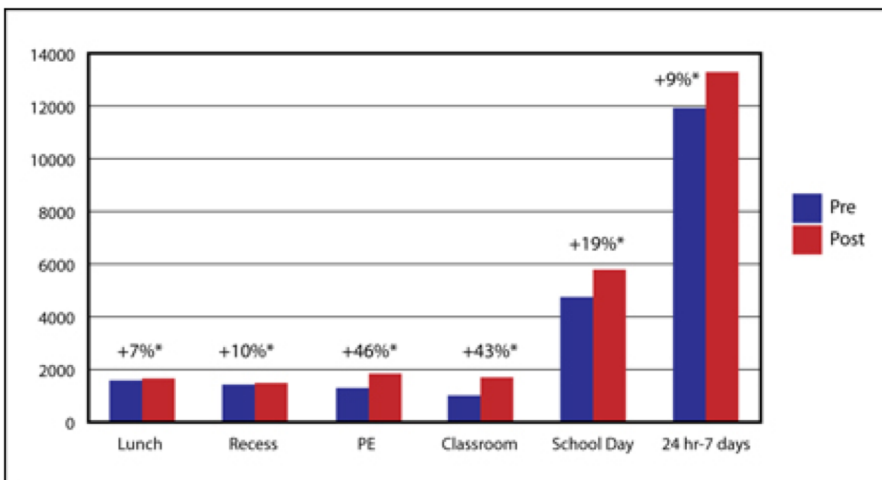
The **Active & Healthy Schools™ (AHS™)** Program is an evidence-based program designed to change the current environment of schools. Research reveals that it is an effective approach that focuses on increasing physical activity and teaching healthy eating habits. The program is an effective supplement to existing physical education curriculums.

A research study was conducted by the Arizona Department of Education and Arizona State University. The purpose of the study was to evaluate the effectiveness of the **AHS™** Program implemented by the Mesa School District in Mesa, Arizona.

The following is a synopsis of the final report submitted by Dr. Tom Horne, Superintendent of Public Education, Arizona Department of Education.

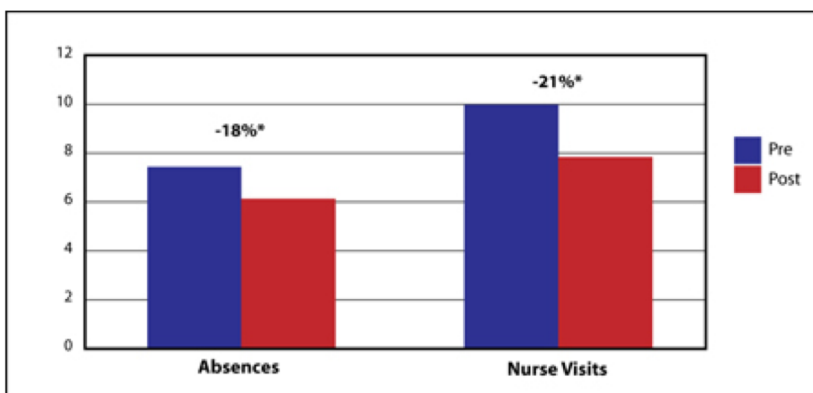
[1] Impact of the AHS™ Program on Student Physical Activity (Steps)

Students in the **AHS™** Program show a significant increase in steps accumulated (* = statistically significant) when examining pre- and post-test results. Results show every little bit counts when trying to increase total daily activity levels of students. Increasing each of the areas below result in a 9% increase in 24-hour activity step levels.



[2] Impact of the AHS™ Program on Student Absences/Nurse Visits

Data shows that absenteeism among students in the **AHS™** Program decreases significantly. Nurse visits also decrease substantially (results not significant because of the limited number of visits).



[3] Parents' Perceptions of the AHS™ Program

Parents are very positive on all responses to the questions and perceived changes in student activity levels due to the **AHS™** Program. Parents view physical education as being just as important as academic subjects. They are also aware that the school is making more effort to increase physical activity for students.

Parents' Questions

(1.0=Very Untrue 4.0 = Very True)

Mean

I am very aware of the increased focus of promoting daily PA at my child's school.	3.59
Currently my child's school is doing more to promote daily PA during the school day than last year.	3.55
My child has lots of opportunities to be physically active during school times.	3.34
I believe PE is as important as classroom subjects (e.g., math, reading, & writing).	3.68
I try to be physical activity with my child.	3.37
Because of my child, I am more physically active.	3.27
My child always likes being physically active.	3.44
My child is now more physically active after school.	3.49
My child is now more physically active on weekends.	3.41
My child is now more physically active during PE.	3.48

[4] Students' Perceptions of the AHS™ Program

Students in the **AHS™** Program are very positive about their perceptions of physical activity. Almost all students respond that they liked physical activity and physical education. Positive feelings about activity in physical education classes are the highest ranked items.

Student's Questions

(1.0=Very Untrue 4.0 = Very True)

Mean

I like to be physically active.	4.74
I like to be physically active in PE.	4.82
I am now more physically active in PE.	4.69
I am now more physically active during recess.	4.45
I am now more physically active during lunch.	4.28
I am now more physically active after I leave school.	4.43
I am now more physically active on Saturdays and Sundays.	4.28
My classroom teacher encourages me to be physically active in the classroom	3.64
Every day during school I have lots of time to be physically active.	4.31

[5] School Personnel Perceptions of the AHS™ Program

School personnel (administrators and teachers) respond favorably to the **AHS™** Program. Strong feelings are indicated about understanding the importance of physical activity for children. Of particular interest is that teachers feel students are better behaved because of the **AHS™** Program. Surprisingly, teachers strongly disagree that increased emphasis on physical activity is compromising academic programs. All teachers feel that the program should be funded in the future to assure adequate student activity.

Student's Questions

(1.0=Very Untrue 4.0 = Very True)

Mean

I regularly participate in PE with students.	3.08
Daily PE breaks are needed for teachers as well.	3.15
I now understand better the importance of daily PE for children.	3.50
My/our students frequently talk about keeping themselves healthy and physically active.	3.11
My/our students are better behaved because of the increased number of physical activities throughout the day.	3.11
My/our students have better academic performance because of the increased number of physical activities throughout the day.	3.00
I have consistently implemented the use of classroom-based physical activity breaks.	3.18
I am happy to continue using classroom-based activity breaks.	3.45
For me, time for increased emphasis on PE is as important as time for classroom subjects (e.g., math, reading, writing).	3.15
I believe the increased emphasis on PE is taking away from classroom subjects.	1.55
Our school should do everything possible to continue funding current efforts to promote our students' physical activity during the school day.	3.75