

SCHOOL HEALTH PROFILES

The School Health Profiles (Profiles) is a system of surveys developed by the Centers for Disease Control and Prevention (CDC) to assess school health policies and programs in states and large urban school districts. The Profiles survey is conducted in Kentucky biennially among middle

and high school principals and lead health education teachers. To view the 2020 Kentucky School Health Profiles data and multi-year trend report, visit <https://education.ky.gov/curriculum/WSCC/data/Pages/School-Health-Profiles.aspx>.

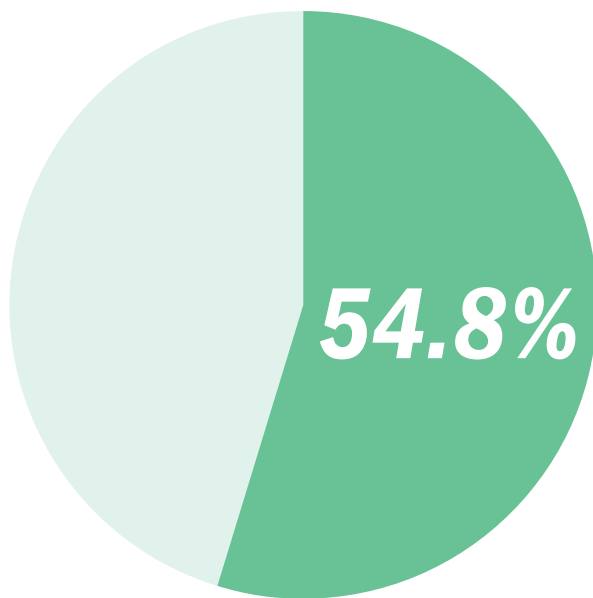
COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAMS

A Comprehensive School Physical Activity Program (CSPAP) is a framework for planning and organizing activities for physical education and physical activity in schools. The goal of a CSPAP is to increase physical activity opportunities before, during and after school and to increase students' overall physical activity and health. Healthy and physically active students tend to have better grades, increased school attendance, higher cognitive performance (e.g., memory), and better classroom behaviors (e.g., on-task behavior).



Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA

Schools that offer opportunities for students to participate in physical activity.

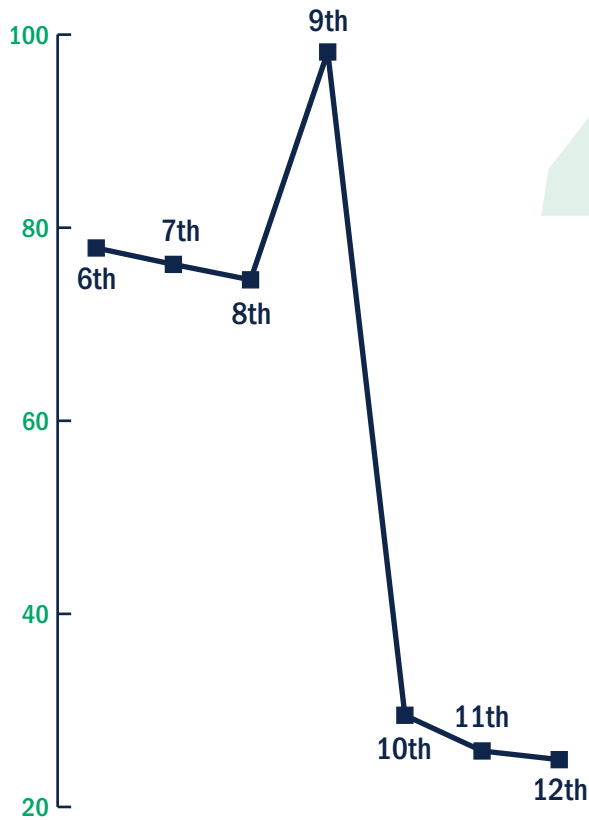


Schools in which students participate in physical activity in the classrooms during the school day.



BEFORE THE SCHOOL DAY
32.3%

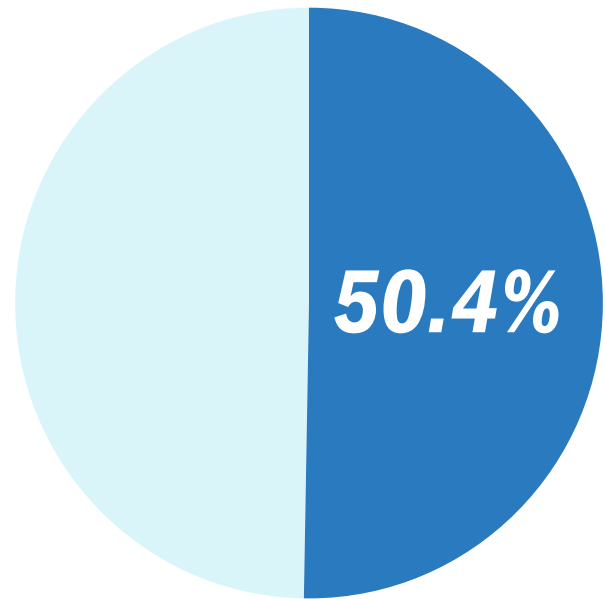
AFTER THE SCHOOL DAY
85.3%



Percentage of schools that required a physical education class in the following grades.

49.3%

49.3% of schools that offer physical activity during the school day (e.g. recess, intramurals or physical activity clubs.)



Schools that have a joint use agreement for shared use of physical activity or sports facilities.

BEST PRACTICES FOR IMPLEMENTATION AT THE SCHOOL AND COMMUNITY LEVELS

- All students receive physical education from a certified physical education teacher.
- Schools offer physical activity opportunities before and after school (walking, use of the gym, use of weight lifting facilities, implementation of before and after school curriculums such as SPARK, CATCH, BOKS, etc.).
- Physical activity during school (stretching, classroom physical activity energizers, walking classroom, etc.).
- Staff is involved, such as active during recess, participates in classroom physical activity with students and participates in staff wellness opportunities.
- Families and the community is engaged, such as shared use agreements and family fun nights.

