

SCR108 / SR60

Measure Title: REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH WEEKLY MINIMUM STANDARDS FOR TIME DEDICATED TO PHYSICAL EDUCATION IN ELEMENTARY, INTERMEDIATE, AND MIDDLE SCHOOLS.

Report Title: Physical Education; Curriculum; Elementary, Intermediate, and Middle Schools

Description:

Companion:

Package: Keiki Caucus

Current Referral: EDU

Introducer(s): CHUN OAKLAND, BAKER, HARIMOTO, Kidani, Kim, Ruderman, Shimabukuro, L. Thielen, Wakai



STATE OF HAWAII
DEPARTMENT OF EDUCATION
P.O. BOX 2360
HONOLULU, HAWAII 96804

Date: 04/01/2015

Time: 01:30 PM

Location: 229

Committee: Senate Education

Department: Education

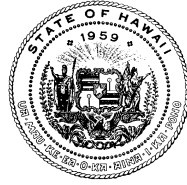
Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

Title of Resolution: SCR 108 REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH WEEKLY MINIMUM STANDARDS FOR TIME DEDICATED TO PHYSICAL EDUCATION IN ELEMENTARY, INTERMEDIATE, AND MIDDLE SCHOOLS.

**Purpose of
Resolution:**

Department's Position:

The Department of Education (Department) appreciates the intent of SCR 108. We look forward to collaboratively working together to gather input and feedback on this measure from school principals.



**STATE OF HAWAII
DEPARTMENT OF HEALTH**

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**Testimony in SUPPORT of SCR108
REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH WEEKLY
MINIMUM STANDARDS FOR TIME DEDICATED TO PHYSICAL EDUCATION IN
ELEMENTARY, INTERMEDIATE, AND MIDDLE SCHOOLS**

SENATOR MICHELLE N. KIDANI, CHAIR
SENATE COMMITTEE ON EDUCATION

Hearing Date: April 1, 2015 Room Number: 229

1 **Fiscal Implications:** The Department of Health defers to the Department of Education on the
2 cost of implementation.

3 **Department Testimony:** The Department of Health (DOH) supports the intent of Senate
4 Concurrent Resolution 108 (SCR108). The purpose of SCR108 is to establish weekly minimum
5 standards for physical education (PE) provided to students in elementary and middle school
6 grades. The language in SCR108 aligns with the National Association of Sport and Physical
7 Education (NASPE) recommendation that schools provide 150 minutes of instructional physical
8 education for elementary school children, and 225 minutes for middle and high school students
9 per week for the entire school year.

10 The proposed resolution for minimum PE standards is congruent with the policy priority
11 set forth by the Obesity Prevention Task Force to move towards implementation of National PE
12 Recommendations in public schools. The Task Force developed and recommended legislation
13 pursuant to Act 269 (SB2778 CD1), Session Laws of Hawaii 2012. The policy supporting PE
14 was proposed to reinforce the need for sufficient amounts of physical education at all levels of
15 instruction.

16 Today in Hawaii, 28.2 percent of high school students are overweight or obese [Youth
17 Risk Behavioral Survey (YRBS) 2013]. Students in middle school grades are not getting enough
18 physical activity, with only 40.8% of boys, and 23.4% of girls meeting the recommendation of
19 60 minutes per day (YRBS 2013). These gender disparities in physical activity continue in high
20 school with only 30.6% of boys and 13.6% of girls meeting physical activity goals.

1 In addition to the student health benefits, research indicates that schools that provide time
2 for quality physical education generate a positive effect on academic achievement even when
3 provided as part of the regular school day – including increased concentration; improved
4 mathematics, reading and writing scores; and a reduction in disruptive behaviors.¹

5 Thank you for the opportunity to provide testimony.

6

¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.



To: The Honorable Michelle N Kidani, Chair, Committee on Education
The Honorable Breene Harimoto, Vice Chair, Committee on Education
Members, Senate Committee on Education

From: Jessica Yamauchi, Executive Director

Date: March 31, 2015

Hrg: Senate Committee on Education; Wednesday, April 1, 2015 at 1:30 p.m. in Rm 229

Re: **Support for SCR 108/SR 60, Relating to Education**

Thank you for the opportunity to offer testimony in support of Senate Concurrent Resolution 108 and Senate Resolution 60, requesting the Department of Education to establish weekly minimum standards for time dedicated to physical education in Elementary, Intermediate, and Middle Schools.

The Hawaii Public Health Institute (HIPHI) supports and promotes policy efforts to create a healthy Hawaii. HIPHI weaves silos into working relationships as an effective network, ensuring that we come together across sectors to advance collaboration and innovation in public health and work towards making Hawaii the healthiest place on earth.

Inadequate participation in physical activity is a significant contributor to the obesity epidemic that has plagued our nation's youth for the past two decades. Currently, nearly one-third of children and youth in the United States are overweight or obese. Physical education programs are critical to providing and teaching skills needed to achieve and maintain life-long physical fitness. In 2013, the Institute of Medicine identified daily school physical education for all students as a strategy for obesity prevention across the nation. Research indicates that schools that provide time for quality physical education generate a positive effect on academic achievement even when provided as part of the regular school day – including increased concentration; improved mathematics, reading and writing scores; and a reduction in disruptive behaviors. The National Physical Education Standards recommend 150 minutes per week of quality physical education for elementary school students and 225 minutes per week of quality physical education for intermediate and middle school students. According to the Hawaii Youth Risk Behavioral Survey, student physical activity drastically drops during the middle school age, with only 40.8% of boys, and 23.4% of girls meeting physical activity recommendations. These gender disparities in physical activity continue in high school with only 30.6% of boys and 13.6% of girls meeting physical activity recommendations. Physical Education in elementary, intermediate and middle school will also provide students with knowledge, attitudes, motor skills, behavioral skills, and confidence needed to adopt and maintain a physically active lifestyle throughout their lives.

Obese children and youth struggle with obesity-related medical and physical challenges, and are more likely to face increased risks in adulthood of developing long-term chronic or terminal conditions. Many health advocates believe that adults acquire and establish patterns of health-related behaviors during childhood and adolescence. A national study conducted in 2003 found that 95 percent of parents surveyed supported the implementation of daily physical education, believing that regular physical exercise helps students to perform better academically.

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Children who are encouraged to engage in regular daily physical activity in their youth are more likely to continue a pattern of physical activity in adulthood that can contribute to better overall physical health during their lifetime.

For these reasons, The Hawaii Public Health Institute supports SCR108/SR60, and asks the committee to pass this measure. Thank you for the opportunity to testify.

Respectfully,

A handwritten signature in black ink that reads 'Jessica Yamauchi'.

Jessica Yamauchi, MA
Executive Director



American Cancer Society
Cancer Action Network
2370 Nu`uanu Avenue
Honolulu, Hawai`i 96817
808.432.9149
www.acscan.org

Senate Committee on Education
Senator Michelle Kidani, Chair
Senator Breene Harimoto, Vice Chair

**SCR 108 – REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH WEEKLY
MINIMUM STANDARDS FOR TIME DEDICATED TO PHYSICAL EDUCATION IN
ELEMENTARY, INTERMEDIATE, AND MIDDLE SCHOOLS.**

Cory Chun, Government Relations Director – Hawaii Pacific
American Cancer Society Cancer Action Network

Thank you for the opportunity to provide testimony in support of SCR 108, which requests the Department of Education to establish minimum standards for physical education.

The American Cancer Society Cancer Action Network (ACS CAN), the advocacy affiliate of the American Cancer Society, is the nation's leading cancer advocacy organization. ACS CAN works with federal, state, and local government bodies to support evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem.

Many youth are increasingly sedentary throughout their day, meeting neither physical education nor national physical activity recommendations. Moreover, physical education in schools has been decreasing in recent years due to budgetary cut backs and competing academic demands. The following are some important national statistics to consider:

- Children's physical activity levels drop dramatically between the ages of 9 and 15.¹
- Only 3.8% of elementary, 7.9% of middle, and 2.1% of high schools provide daily physical education or its equivalent for the entire school year.² Twenty-two percent of schools do not require students to take any physical education at all.³

¹ Nader PR. Bradley RH. Houts RM., et. al. Moderate to vigorous physical activity from 9 to 15 years. JAMA. 2008;300(3):295-305.

² CDC.School Health Policies and Programs Study (SHPPS) 2006. Journal of School Health. 2007; 27(8).

³ U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Available at <http://www.health.gov/paguidelines/>.

- Nationwide, only 51.8% of high school students attend at least some physical education (PE) classes and 31.5% of those students have daily physical education.⁴

To address this, public schools should provide all students with 150 minutes per week of physical education in elementary schools and 225 minutes per week in middle schools and high schools. This is the national standard the State should strive for. We recognize, however, that the solution is not as simple as mandating these PE requirements in all public schools. There are issues to address such as having enough qualified physical education instructors, budgeting for PE programs, modifying the school day to accommodate PE, and many other implementation barriers. The Childhood Obesity Task Force, of which we are a member, has worked with the Department of Education under the previous administration by opening up a dialogue to address some of these issues. Due to changes in departmental personnel, some of the group's key partners are no longer with the Department of Education, and our hope is that this measure will work towards opening up that dialogue again.

Thank you for the opportunity to provide testimony on this important issue.

⁴ Eaton, DK, Kann L., et al., Youth Risk Behavior Surveillance 2011. Surveillance Summaries. MMWR. June 8, 2012. 61(SS04); 1-162.