

UW LEAH

LEADERSHIP EDUCATION in ADOLESCENT HEALTH

WA State's Health and Physical Education K-12 Learning Standards in Seattle Public High Schools

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Background and Information

- Washington State Health and Physical Education K-12 Learning Standards (Standards) were updated for 2016-2017 by the Office of Superintendent Public Instruction (OSPI).¹
- Standards are a general framework for public school curricula, and include 6 Core Ideas (e.g., Nutrition).¹
- o The Healthy Youth Survey (HYS) has been conducted every two years in Washington schools since 2002. Students answer questions on demographics, health and substance use.²
- o Seattle Children's Adolescent providers are unaware of Standards specifics, such as development, implementation and oversight.

Objectives

- 1. Analyze Federal, State and Local policies on development and implementation of Nutrition Education Standards in U.S. high schools.
- 2. Identify Standards implementation, oversight and evaluation processes at State, District and Seattle Public High School levels.
- 3. Describe School-Based Health Clinic (SBHC) providers' knowledge of Nutrition Education Standards and Healthy Youth Survey.

Methods

- Reviewed current WA State and National Nutrition and Health Education Standards.
- Reviewed Healthy Youth Survey questions and publically available results (2004-2016).
- Developed questions for OSPI, SPS and SBHC.
- Identified stakeholders (n=9) and conducted interviews.



Results

- OSPI updates Standards every 7-8 years
- Aligned with: National Standards (2008 CDC Health Education, 2012 Future of Sexuality Education, 2014 SHAPE America PE), Healthy Youth Survey, and various curriculums around the country

• Workgroup formed [13 educators (4 Elementary, 5 Middle, 4 High School) from 12 school districts]

- 1.5 year process (Sept. 2014-Mar. 2016) with 4 phases of completion
- 2016-17: Phase-In Standards are disseminated to school districts
- School districts notified of updated Standards (Listserv and online)
- OSPI offers Health and PE teachers training on Standards across Washington (online and in-person)
- December 2016 April 2017: 10 sessions, 392 teachers
- Nutrition is typically taught in 9th grade
- SPS offer on going training to Health and PE Teachers, focused on 'hot topics'
- Nutrition discussed every other year
- OSPI test bank of generated assessments to monitor effectiveness of Standards
- Schools can choose an assessment from OSPI's test bank for evaluation
- Standards compliance is not monitored
- Health and PE curriculums have not been updated
- Health: No set curriculum / PE: Five For Life
- OSPI assessments have not been updated
- HYS is used for revisions

Oversight

Changes

- SBHC providers are not familiar with the Nutrition Education Core Ideas or Topics; all review HYS
- No provider could identify the nutrition curriculum at their school
- Collaboration occurs once every 1-2 years, initiated by teachers by email
- No nutrition class activities or lessons discussed in SBHC
- 2017-18: Statewide Implementation
- 2018-19: Assessment and Coordination
- Changes may be halted due to budget cuts at the federal and state level

2016 High School Nutrition Education Core Idea Topics

Physical Education - Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.						
		High School Year 1	High School Year 2			
Benefit of PA	activ	stigate relationship between physical ity, nutrition, and body composition. 1.HS1				
Individual Plan	nutri impr log o	gn and implement a personal fitness and tion plan (assessment scores, goals for ovement, plan of activities for improvement, of activities to reach goals, timeline for ovement). PE3.8.HS1	Design and implement a strength, conditioning, and nutrition plan that develops balance in opposing muscle groups (agonist and antagonist) and supports a healthy, active lifestyle to maintain or improve body composition. PE3.8.HS2			
Health Education	n Co	re Idea: Nutrition (N)	High School Only			
Topic						
 Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS 						

Food Groups and Nutrients	healthy eating. H3.N1.HS - Collaborate with others to advocate for healthy eating at home, in school, or in the community H8.N1.HS
Beverages	 Analyze the impact of school rules and community and federal laws on beverage availability a choice. H2.N2.HS

Label Literacy	-	Cite evidence from Nutrition Facts labels useful for making informed and healthy choices. H5.N3.HS Analyze trends in portion size as compared to recommended serving sizes. H3.N3.HS
Caloric Intake and		Demonstrate how to balance caloric intake with caloric expanditure to maintain, gain, or redu

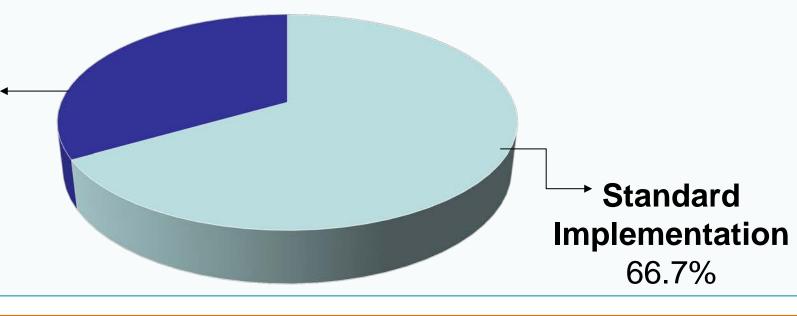
emonstrate now to palance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS Expenditure Analyze and describe the relationship between nutritional choices, physical activity, and chronic Disease Prevention

Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture. H7.N6.HS Nutritional Planning Apply strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors, H6.N6.HS

* Nutrition is not one of the 3 required health education topics.3

OSPI Health and Physical Education Budget

Other



Conclusions

- Many implementation barriers (e.g., budget cuts, teacher training, students opting out of PE).
- Standards create a natural pathway between SPS high schools and Seattle Children's Providers, allowing for collaboration on nutrition messaging reaching adolescents.

References Available Upon Request