

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

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Background and Information

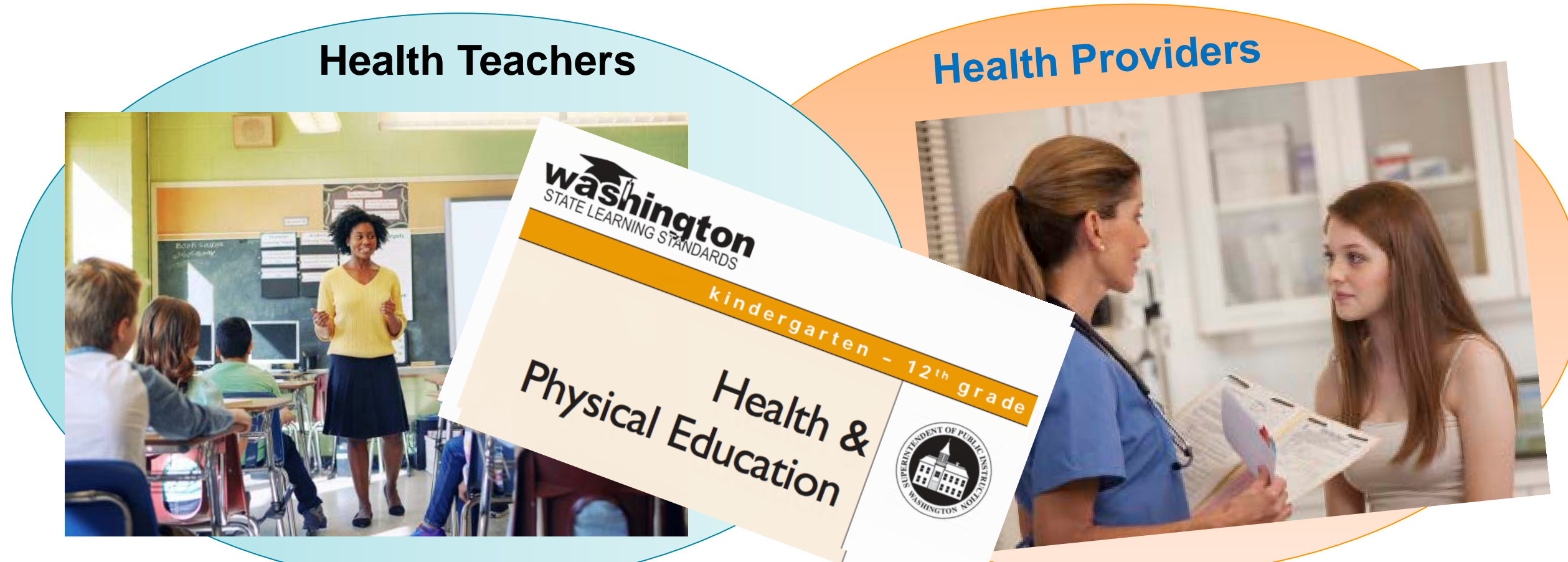
- Washington State Health and Physical Education K-12 Learning Standards (Standards) were updated for 2016-2017 by the Office of Superintendent Public Instruction (OSPI).¹
- Standards are a general framework for public school curricula, and include 6 Core Ideas (e.g., Nutrition).¹
- The Healthy Youth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

Objectives

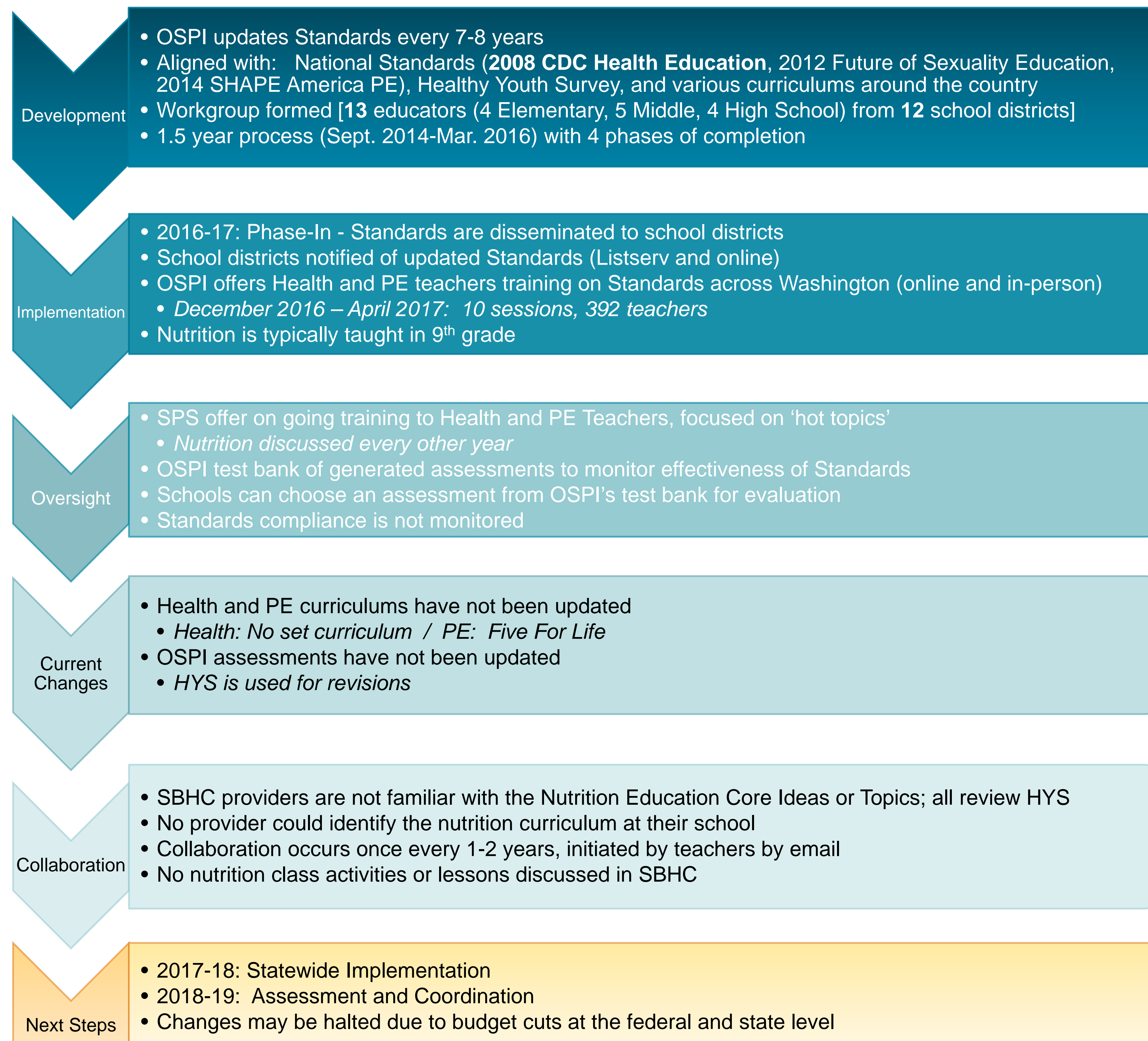
- Analyze Federal, State and Local policies on development and implementation of Nutrition Education Standards in U.S. high schools.
- Identify Standards implementation, oversight and evaluation processes at State, District and Seattle Public High School levels.
- Describe School-Based Health Clinic (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

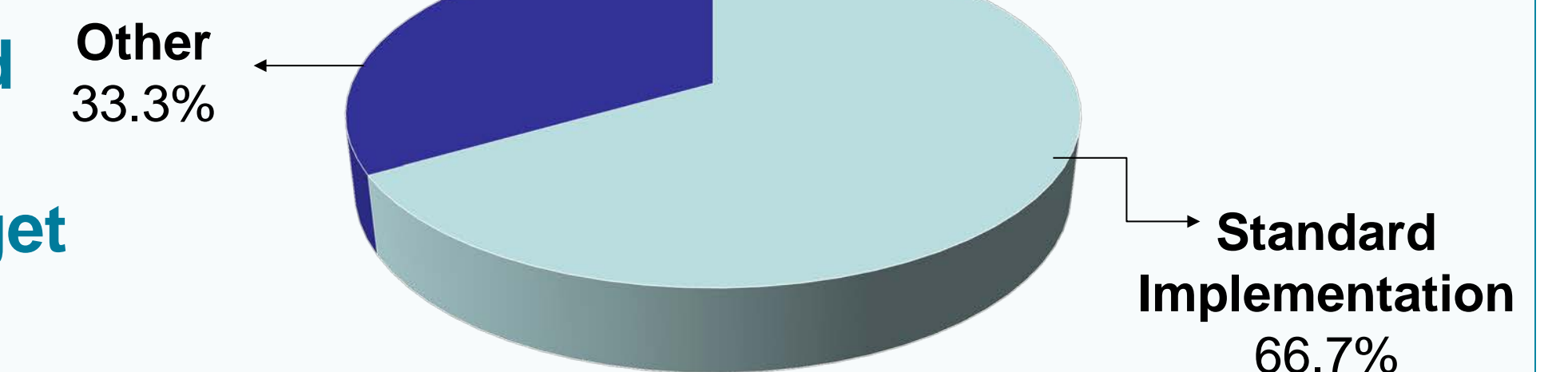


2016 High School Nutrition Education Core Idea Topics

| 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 | Investigate relationship between physical activity, nutrition, and body composition. PE3.1.HS1 | |
| Individual Plan | Design and implement a personal fitness and nutrition plan (assessment scores, goals for improvement, plan of activities for improvement, log of activities to reach goals, timeline for improvement). 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 Core Idea: Nutrition (N) High School Only | | |
| Topic | | |
| Food Groups and Nutrients | <ul style="list-style-type: none"> Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS Evaluate resources for accessing valid and reliable information, products, and services for 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 | <ul style="list-style-type: none"> Analyze the impact of school rules and community and federal laws on beverage availability and choice. H2.N2.HS | |
| Label Literacy | <ul style="list-style-type: none"> 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 Expenditure | <ul style="list-style-type: none"> Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS | |
| Disease Prevention | <ul style="list-style-type: none"> Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases. H1.N5.HS | |
| Nutritional Planning | <ul style="list-style-type: none"> Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture. H7.N6.HS 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



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.