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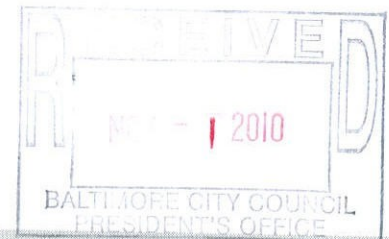
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Physical Education and Childhood Obesity

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Chief Executive Officer



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What is Childhood Obesity?

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Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height.

Childhood obesity is particularly troubling because the extra pounds often start kids on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol.



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Major Contributors to Childhood Obesity

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- **Diet.** Regular consumption of high-calorie foods, such as fast foods, baked goods and vending machine snacks, contribute to weight gain. High-fat foods are dense in calories. Loading up on soft drinks, candy and desserts also can cause weight gain. Foods and beverages like these are high in sugar and calories.
- **Inactivity.** Sedentary kids are more likely to gain weight because they don't burn calories through physical activity. Inactive leisure activities, such as watching television or playing video games, contribute to the problem.

SOURCE: 2009 Mayo Foundation for Medical Education and Research

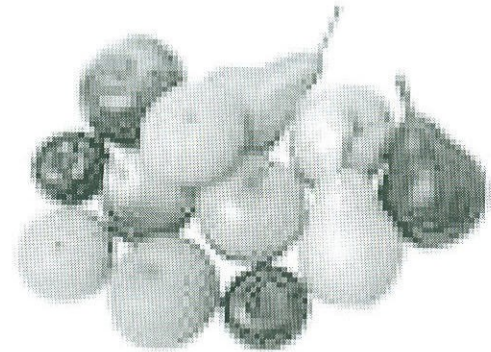
How is City Schools Addressing Childhood Obesity?

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City Schools is implementing a Local Wellness Policy:

The policy is mandated by Maryland State Department of Education (MSDE) and has multifaceted guidelines established in the areas of:

- Physical Education
- Nutrition Standards
- Nutrition Education
- Other School-based Wellness Activities



Physical Education: State Standards

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State Standard COMAR 13A.04.13.01

- *Instructional programs must be offered in physical education each year for all students in grades Pre-K through 8.*
- *Instructional programs must be offered in physical education in grades 9-12 which enables students to meet graduation requirements and to select physical education electives.*
- *The comprehensive instructional program shall provide for the diversity of students' needs, abilities, and interests at the early, middle, and high school learning years, and shall include all of the following Maryland physical education content standards set forth in SSC-I of this regulation.*



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Physical Education in Baltimore City Schools

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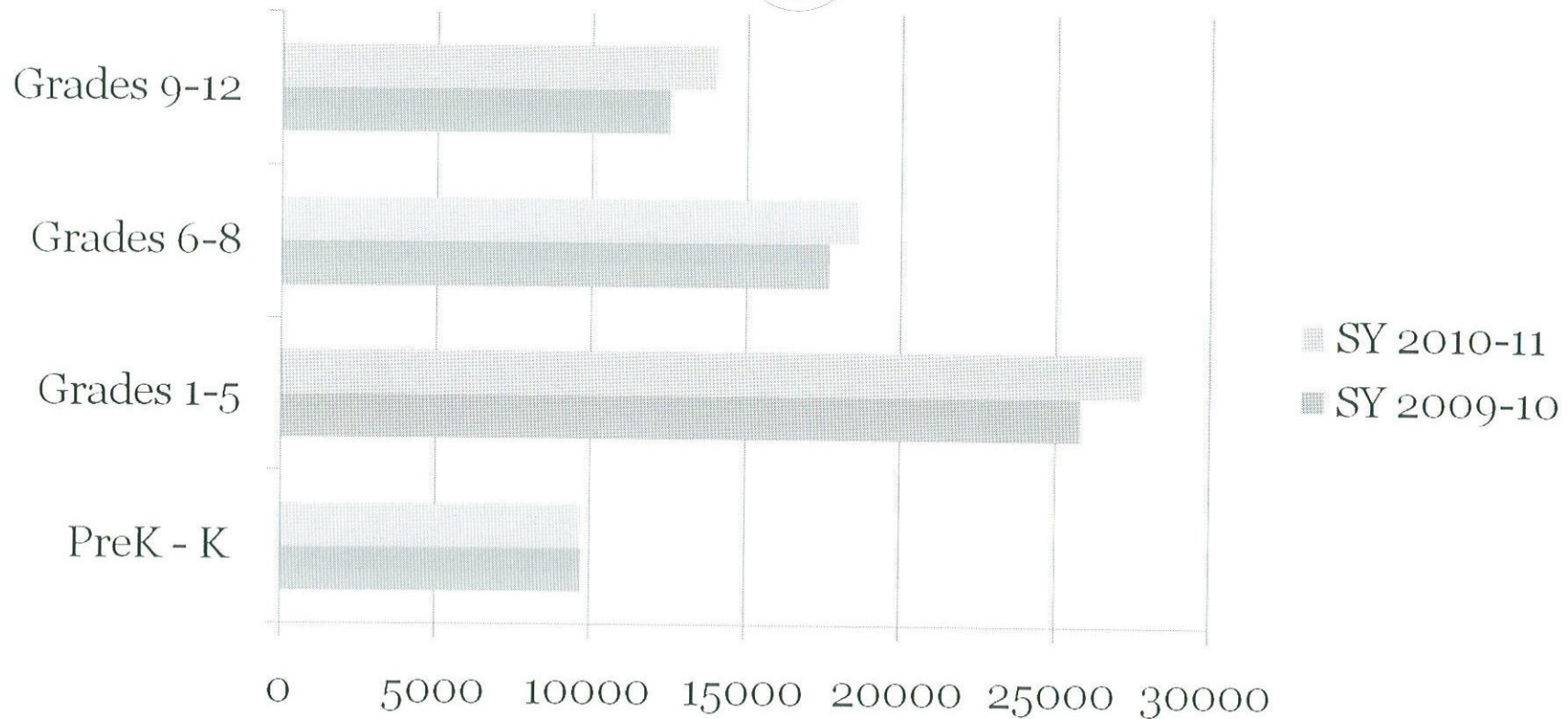
- *Physical Education courses in grades Pre-K – 8 are scheduled as quarter, semester, or year-long classes.*
- *COMAR requires students in grades 9 – 12 to complete .5 physical education credits prior to graduation.*
 - *City Schools offer over 30 unique physical education courses at the high school level*
- *City Schools employees over 165 full-time physical education teachers (an increase of 9 teachers from 2009-2010).*
 - *All schools have a physical education program.*
- *During 2010-2011, 79,887 City School students are enrolled in physical education courses.*



Physical Education Enrollment in Baltimore City Schools

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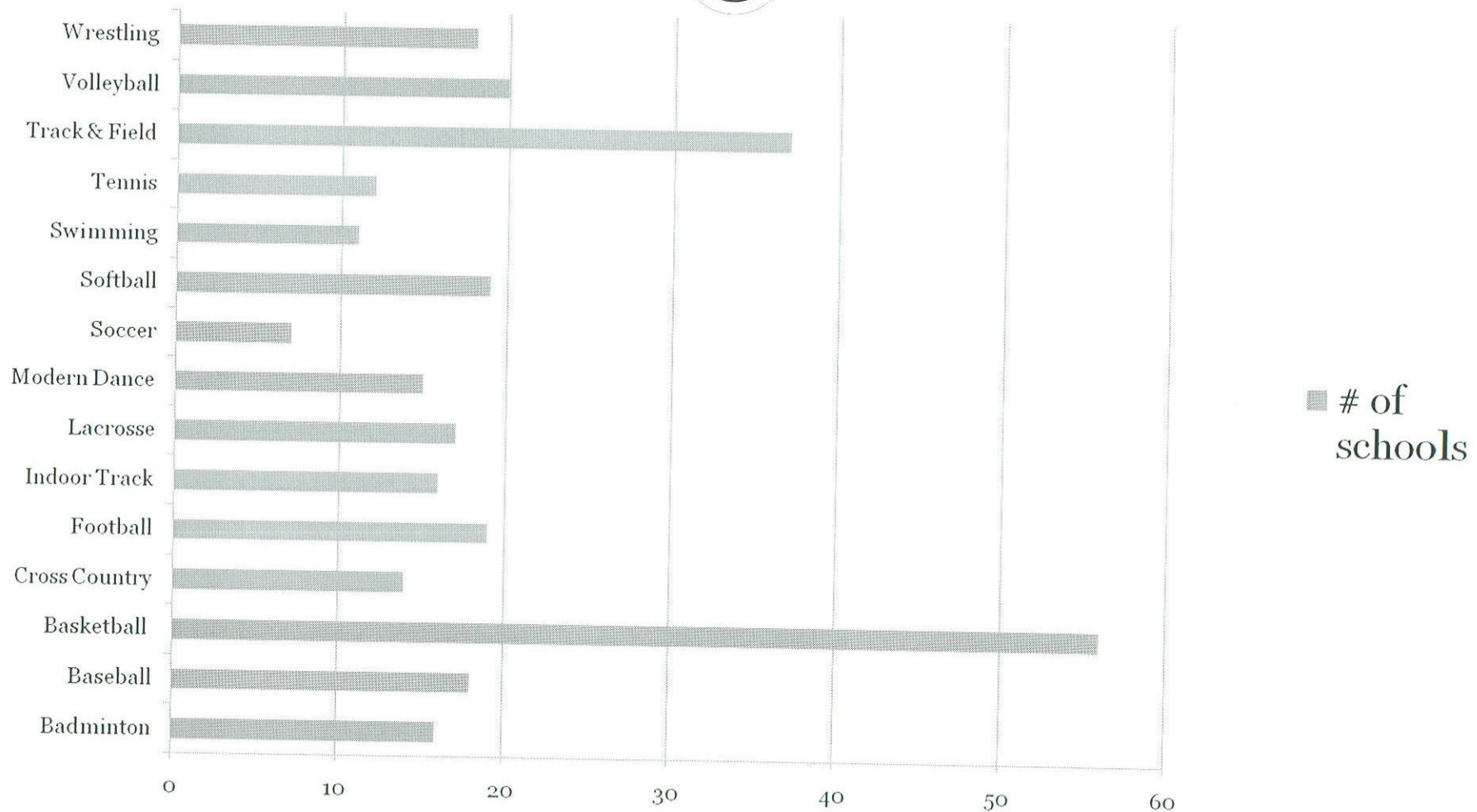
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2009-2010 Number of Schools Participating in Extra-Curricular Sports

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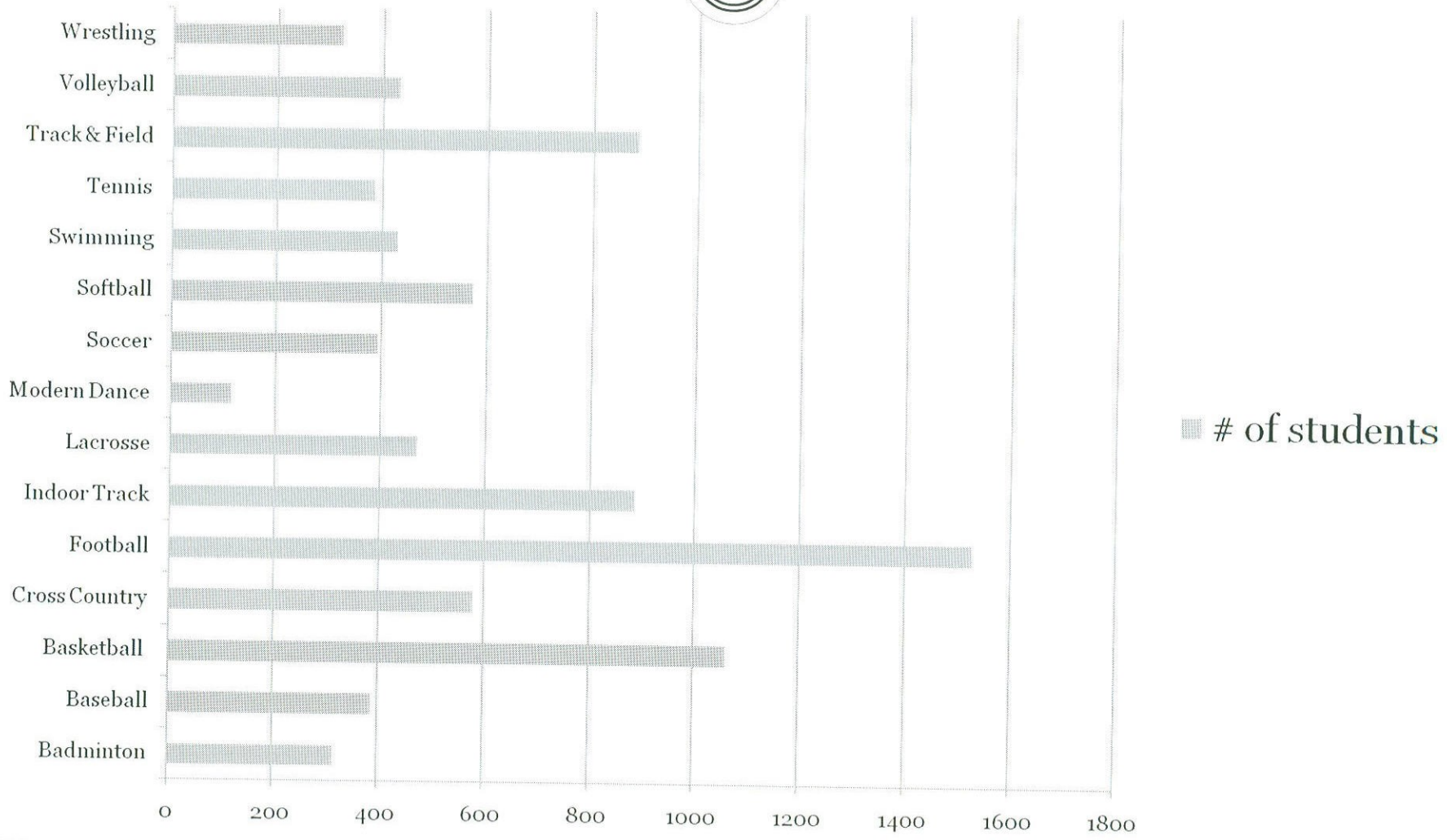
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2009-2010

Number of Students Participating in Extra-Curricular Sports

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Physical Activity Beyond the Requirements

City Schools with Physical Activity/Health Focus

- Calvin Rodwell Elementary (Pre-K- 5)
- Tunbridge Public Charter (Pre-K – 3)
- Afya Public Charter (6- 8)

City Schools Partnerships (Extended Learning)

- Michael Phelps Swim School
- Marathon Kids
- Recreation and Parks
- Arena Players
- Baltimore Ravens/Orioles
- Johns Hopkins Hospital
- Playworks
- Baltimore Special Olympics
- Maryland Sports Rehab
- Peabody Institute
- bMorefit
- We Imagine
- Fit Families
- Baltimore Squash Wise

Local Wellness Policy: Nutrition Standards

The following comprehensive health education instructional programs are required for all City Schools students kindergarten through high school:

- Forty-five minutes of weekly instruction for all elementary students
- Thirty-five through forty-five classes of instruction for all middle school students
- High school students must complete a 0.5 credit course of health education to meet graduation requirements
- High school students are offered health education electives

Local Wellness Policy: Nutrition Standards

State Standard MOM 012 (3/05)

**City Schools meets and exceeds
federal and state nutrition standards**

Snack Standards

In elementary and middle schools packaged snacks, should be offered only in single-serving portions. The unit sold should contain:

- <9 grams of total fat
- <2 grams of saturated fat
- <15 grams of sugar

Trans-Fat, Saturated Fat Standards

- Total Fat- less than 30% calories over a week
- Saturated Fat- less than 10% calories over a week
- Trans-Fat- No State policy.

Whole Grain/Whole Wheat Standards

- No State Policy

Snack Standards

Snacks are sold in single-serving portions that contain:

- < 7 grams of total fat
- < 2 grams of saturated fat
- < 15 grams of sugar

Trans-Fat, Saturated Fat Standards

- Total Fat- less than 30% calories over a week
- Saturated Fat- less than 10% calories over a week
- Trans-Fat- Reduce and eliminate.

Whole Grain/Whole Wheat Standards

- The majority of breads offered contain at least 51% whole wheat, including hamburger buns, hotdog rolls, sliced bread, and pizza crust.

Health and Nutrition Focused Programs in City Schools



Although not required by COMAR, some City Schools have taken on initiatives that incorporate physical health and nutrition into school practices and activities.

Initiative	Purpose
Salad Day	School chefs go from classroom to classroom to teach students how to make various salads
Food Bags	Students prepare fruit and vegetable bags for low income families in the community
“Chef’s Corner”	A monthly newsletter articles about healthy eating and obesity.
Science/Nutrition lessons	Students study unhealthy micro organisms that attack food that has not been properly stored
Monthly Recipes	Students create healthy recipes monthly to cook at home
Fresh Meals	Students/Classes cook a meal for their parents centered around fresh fruits and vegetables
Learning to Work	Students cater events for the district and sell freshly grown produce <ul style="list-style-type: none"> •CUBE conference and the Commissioner reception •Booth at the Waverly Farmers Market

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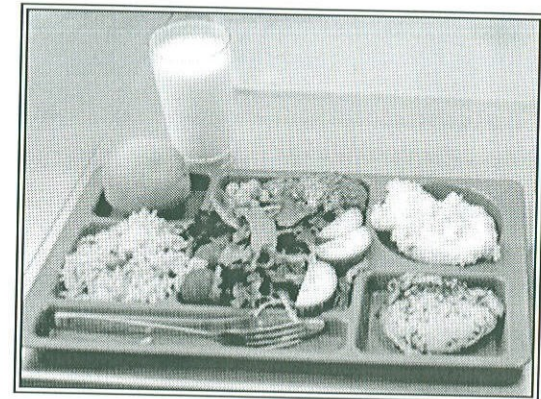
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Ongoing Bold Initiatives from City Schools

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- **Student-Designed Menu Project**
 - Provides direct student feedback on menu development
 - Utilizes skills in math, science, language, technology, and cooking
- **Fresh Fruit and Vegetable Program**
 - Currently provides over \$400,000 to spend on fresh produce for 20 City schools
- **Great Kids Café**
 - Offers entrepreneurial experience to vocational students in the district
- **Great Kids Farm**
 - Emphasizes our Farm-to-Fork initiatives
 - Provides agricultural work-based learning for students
 - Opportunities for educational field trips.



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City Schools Healthy Eating Initiative

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The following schools have established community gardens with the help of the Great Kids Farm:

- Curtis Bay
- Stadium School
- Arlington Elementary School
- Roland Park EMS
- Western High School
- George W. F. McMechen High School
- Montebello Elementary Junior Academy
- Holabird Academy
- Woodholme Elementary/Middle School
- Green Street Academy
- East Baltimore Community School
- Baltimore Montessori Public Charter School
- Sharp-Leadenhall Elementary School
- Samuel Coleridge Taylor Elementary School
- Hampstead Hill Academy
- KIPP Harmony Academy
- Furley Elementary School
- Digital Harbor High School
- Independence School
- Heritage High School

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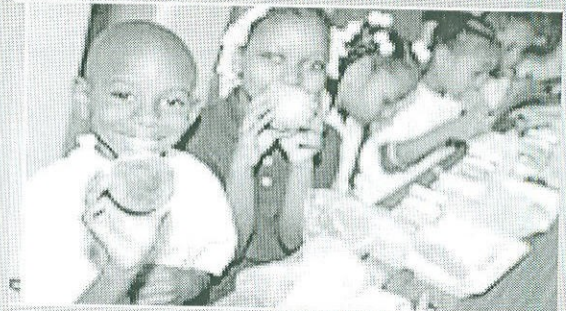
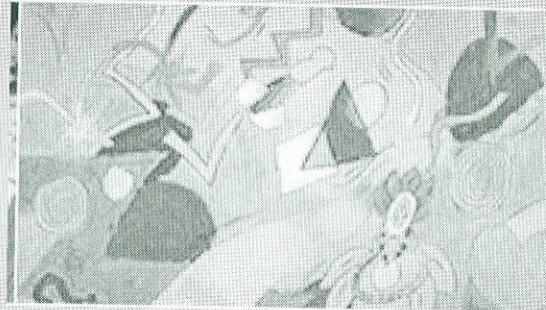
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City Schools Food Service

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NOURISH



Stellar Service

City Schools Food Service workers receive consistent accolades from MSDE for our rapport with students.

Serving up Health

Our wellness policy is more progressive than state regulations for sugar and fat content of snacks.

Menu Makeover

Locally grown produce will be a constant menu feature and the menu is on a new expansive six-week cycle.

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Overview of City Schools Implementation of the National School Lunch & Breakfast Program

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- Participation Drives Funding
- Meal applications qualify students for **Free or Reduced Meals** based **on** family income. To date, over 83% of City Schools applicants qualify for Free or Reduced Meals.
- Breakfast and lunch must meet 25% and 33% of the dietary needs of students by age in relation to the 1995 Dietary Guidelines for Americans.

Call to Action – Next Steps

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Nutrition Standards/ Education

- *Qualifying and functioning as a Provision 2 district (free breakfast and lunch).*
- *Implementing a free supper program.*
- *Building a central kitchen facility.*
- *Educating parents about healthy eating and importance of physical activity for youth.*

Physical Education

- *Continue to ensure that schools budget for and hire certified physical education teachers and partner with programs that implement the State's PE curriculum.*
- *Increasing the number of schools incorporating physical health and nutrition programming.*
- *Increasing the number of student participation in athletic and extra-curricular after school programs.*
- *Implementing the Fitness and Athletic Equity Act (House Bill 1411 and Senate Bill 849).*

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