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GREATER FLINT HEALTH COALITION

**RESOLUTION TO SUPPORT THE ENACTMENT
OF PHYSICAL ACTIVITY MINIMUM
STANDARDS FOR ALL K-5 STUDENTS IN
GENESEE COUNTY ELEMENTARY SCHOOLS**

WHEREAS, obesity leads to at least 300,000 deaths among adults in the United States each year due in part to physical inactivity and a poor diet¹;

WHEREAS, inadequate participation in physical activity is a significant contributor to the “epidemic of obesity” that has plagued the nation’s young people during the past few decades;

WHEREAS, physical activity offers young people many health benefits, including improving aerobic endurance and muscular strength, helping to control weight, building lean muscle and reducing fat, and helping to build greater bone mass, all of which thwart the development of osteoporosis in adulthood and prevent or reduce high blood pressure;

WHEREAS, a growing body of evidence suggests that providing students with more physical education and physical activity opportunities helps improve academic performance and reduce the cost schools incur by reducing absenteeism, improving student health, and reducing staff time spent addressing academic performance;

WHEREAS, a growing body of evidence suggests that improvement in test scores and overall academic achievement can be linked to increased time in physical education;

WHEREAS, the National PTA considers “Early Physical Education” a “Parent Priority” and urges its members to promote physical education in the schools;

WHEREAS, Genesee County has a 36% adult obesity rate compared to 32% for the state of Michigan and 25% as the national benchmark due in part to physical inactivity and poor diet²;

WHEREAS, there are currently no minimum standards of physical education and activity for elementary students within Genesee County;

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WHEREAS, the American Heart Association recommends at least 60 minutes of moderate-vigorous intensity aerobic activity every day (300 minutes per school week) for children³;

WHEREAS, the Michigan State Board of Education recommends that all public elementary schools offer at least 30 minutes of moderate to vigorous physical activity during the school day (150 minutes per week), outside of physical education class⁴;

WHEREAS, the Michigan State Board of Education recommends offering a total of 150 minutes of physical education each week for all elementary students⁴;

WHEREAS, a voluntary survey conducted in 2014 by the Greater Flint Health Coalition's Health Improvement Steering Committee and the Genesee Intermediate School District found that currently no schools within Genesee County are providing the American Heart Association's recommended amount of daily physical activity to all students;

WHEREAS, the Greater Flint Health Coalition is a nonprofit Michigan collective impact organization whose mission is to improve the health status of the residents of Genesee County and to improve the quality and cost effectiveness of the health care system in Genesee County;

WHEREAS, the Greater Flint Health Coalition Board of Directors is composed of representatives and leadership from Genesee County's hospitals, physicians, healthcare providers, health insurers, business, government, educators and schools, organized labor, and community residents.

WHEREAS, the Greater Flint Health Coalition's strategic business plan has a focus area of Health Improvement with a goal to promote and advocate for policies and practices at multiple levels of society that engage our community's residents in healthy behaviors;

WHEREAS, the Greater Flint Health Coalition's *County Health Rankings Action Plan*, approved with unanimous support by member organizations in December of 2010, identified a priority area of influencing local school curriculums regarding nutrition and physical activity requirements for children as a strategy to improve health behaviors in Genesee County;

WHEREAS, the Greater Flint Health Coalition seeks to support environments that promote the practice of healthy behaviors which include reducing sedentary lifestyles and increasing physical activity among children and adults;

NOW, THEREFORE, IT IS HEREBY RESOLVED, that the Greater Flint Health Coalition strongly encourages all schools and school districts within Genesee County to adopt and implement a minimum standard for physical activity that is given in a planned and sequential manner to all students, kindergarten through grade five, to develop good health and physical fitness and improve motor coordination, physical skills and support academic achievement, such that:

- (I) All students in elementary school shall be provided a daily program of physical activity totaling a minimum of 150 minutes each week;
- (II) This weekly minimum physical activity program for all students should include structured physical education for K-5 students of all abilities;
- (III) Any minutes not consisting of physical education shall consist of developmentally appropriate, moderate to vigorous activity, including recess.

THIS RESOLUTION has been adopted effective May 18, 2015.



Peter Levine, Secretary

GR-1K1 Resolution.K-5.PA.letterhead.042215nb

¹ Flegal, Katherine. M. et al. "Estimating Deaths Attributable to Obesity in the United States." *American Journal of Public Health* 94.9 (2004): 1486–1489. Print.

² Genesee (GE) health rankings. *County Health Rankings & Roadmaps*. (2013, March 20).

³ "The AHA's Recommendations for Physical Activity in Children." *The American Heart Association*. 22 Mar. 2013. Web.

⁴ "Model Policy On Quality Physical Education and Physical Activity In Schools." *Michigan State Board Of Education*. 20 Nov. 2012. Web.