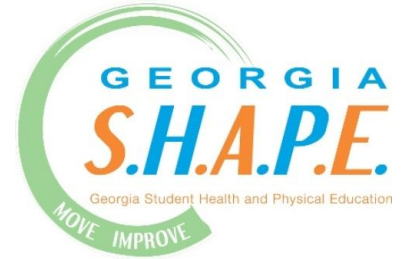




Georgia Department of Education

The Georgia Student Health and Physical Education (SHAPE) Partnership



Background: The Georgia Student Health and Physical Education (SHAPE) Act was passed in the 2009 Georgia legislative session and is now Official Code of Georgia 20-2-777. Beginning in the 2011-2012 school year, the law requires each local school district to conduct an annual fitness assessment program for all students in grades 1 - 12 enrolled in Georgia public school physical education classes taught by certified physical education teachers.

Collaboration: In 2010, the Governor's Office recognized the opportunity to bring together the Georgia SHAPE Partnership, a group of government, education, healthcare and non-profit leaders to collaborate on this statewide effort. These partners support funding, training, data centralization, reward/recognition, and a sustainable plan for long-term results.

- **The Georgia Department of Education (GaDOE)** is responsible for compliance with the law, coordinating school activities, and collecting and reporting data. They also lead the fitness advisory committee of subject experts.
- **Children's Healthcare of Atlanta (Children's)** provides overall leadership coordinating public-private funding, overall communication strategy, and the implementation plan for both the pilot and the statewide roll-out.
- **The Georgia Governor's Office** provides for a reward and recognition program to incentivize school participation.
- **The Georgia Department of Community Health, Division of Public Health (DPH)** analyzes and links data.
- **Atlanta Falcons Youth Foundation (AFYF)** provides guidance for securing private investments and helps coordinate the reward and recognition program to incentivize school participation.
- **The DOE Fitness Advisory Committee, a valued resource, provides:**
An expert panel assembled to develop the details of the approach—identifying the testing tool, testing requirements for each grade level, and communicating reporting needs.

Georgia's Vision: To be a nation-wide model for the use of a standardized fitness assessment in schools, and to develop data-driven strategies to address childhood obesity.

Benefit: A full roll-out of SHAPE Act implementation will benefit the state in three primary ways:

1. Consistent data collection on height, weight, and other physical health standards will
 - Establish baseline data
 - Track and monitor trends and changes over time
 - Enhance the impact of these data through linkages to other indicators



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- Enable us to develop strategies to combat childhood obesity which are measurable, and based on data-driven results
- 2. Parents will receive reports detailing their child's fitness level, along with recommendations for improvement. Though not meant to be a diagnostic tool, these results can facilitate important conversations with a care provider by bringing awareness to the areas of physical health and fitness.
- 3. As part of a physical education program, this fitness testing endorses a long-term view of health in which promoting lifelong habits of physical activity is the primary goal. The rewards and recognition takes this a step further by providing incentives to improve and maintain certain fitness standards.

Assessment Tool: In June 2010, the Georgia Department of Education selected *FITNESSGRAM*, a comprehensive health-related physical fitness and activity assessment and computerized reporting system developed by The Cooper Institute. This system includes a complete battery of health-related fitness items that are scored using age and gender specific standards based on how fit children need to be for good health. The *FITNESSGRAM* uses objective criteria to evaluate performance for each fitness area (e.g., body composition, abdominal strength, flexibility, and endurance). The Cooper Institute established these criteria using current research and expert opinions.

Time Frame:

The pilot program, which includes training and testing within five school systems (214 schools) is being conducted during the 2010 school year. The school systems who have agreed to participate in the pilot program are Gwinnett, Bibb, Hall, Lowndes, and White. Statewide implementation will be conducted during the 2011-2012 school year.