Active kids learn better. When students get more time for health and physical education (HPE) they do better physically, mentally, and emotionally.

**IOWA PHYSICAL EDUCATION**

**SHAPE America Recommendations:**
All children deserve the benefits of a well-rounded education which includes effective health and physical education provided by trained and certified teachers.

- 30 minutes of daily PE for elementary grade levels
- 45 minutes of daily PE for secondary school grade levels

70% of U.S. high school students did not attend PE class at all during an average school week.

<table>
<thead>
<tr>
<th>DOES IOWA...</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have state-adopted PE standards?</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Require 30 minutes per day of elementary school PE?</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Require 45 minutes per day of middle school/junior high school PE?</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Require 45 minutes per day of high school PE?</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Require that only certified physical educators teach elementary PE?</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Require that only certified physical educators teach middle school/junior high school PE?</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Require that only certified physical educators teach high school PE?</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

**TAKE ACTION:** Any red “X” above indicates an opportunity for improvement.

**HEALTH EDUCATION TRENDS IN THE UNITED STATES**

**Percentage of Schools that Follow Standards-Based Health Education**

- Elementary: 74.9%
- Middle/Junior High School: 75.1%
- High School: 90.6%

**Percentage of Programs Taught by a Certified Health Educator**

- Elementary: 23.5%
- Middle/Junior High School: 50.3%
- High School: 78.3%

**SPEAK OUT FOR HEALTH & PE**

The Every Student Succeeds Act (ESSA) identifies school health and physical education (HPE) as part of a student’s well-rounded education, giving all HPE teachers an opportunity to elevate their program and gain support from their school and local community.

**PARENT SUPPORT FOR HPE**

91% of parents feel that there should be more physical education in schools, particularly for addressing obesity.

Sources:
- SHAPE America/American Heart Association, 2016 Shape of the Nation™.
- Centers for Disease Control and Prevention, 2015 Youth Risk Behavior Surveillance System.
- Harvard School of Public Health, Obesity as a public health issue: A look at solutions.

shapeamerica.org/states #SHAPEadvocacy
PE + Health = Student Success

Benefits of Health & Physical Education to Students

- Positive relationship with academic achievement and test scores
- Positive association with attention, concentration and on-task behavior
- Encourages lifetime healthy habits
- Strategy for reducing childhood obesity
- Reduces discipline referrals and participation in high-risk behaviors

SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

Nearly 92% of students that attended health education class believe it is important to their future health.

Findings from 2016 myCollegeOptions®/SHAPE America research study: National sample includes 132,096 high school students.

PE in Schools and Long Term Effects

<table>
<thead>
<tr>
<th>% OF SEDENTARY U.S. ADULTS</th>
<th>PE IN SCHOOL</th>
<th>NO PE IN SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.30%</td>
<td></td>
<td>41.10%</td>
</tr>
</tbody>
</table>

Children who have PE are 2.5 times more likely to be active adults.

Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance

Increased Fitness Levels = Higher Test Scores!

Average Composite of 20 Student Brains Taking the Same Test

**COLOR KEY**
- COOL COLORS: low to minimum brain activity
- WARM COLORS: mid to high

BRAIN AFTER SITTING QUIETLY

BRAIN AFTER 20 MINUTE WALK


shapeamerica.org/advocacy  #SHAPEadvocacy