




Georgia Department of Public Health

Georgia Fiscal Management Council
Brenda Fitzgerald, M.D., Commissioner
September 16, 2012



We Protect Lives.

Overweight/Obesity in Georgia's Children

- Georgia ranks second in the nation for childhood obesity.
 - 21.3% of Georgia's children are obese.
 - Georgia ranks third in the nation for children who are overweight or obese.
 - 37.3% of Georgia's children are overweight or obese.
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A Statewide Initiative to Address Childhood Obesity

Georgia SHAPE

Georgia SHAPE is a statewide multiagency, multidimensional initiative of Governor Nathan Deal that brings together the governmental, philanthropic, academic and business communities to address childhood obesity in Georgia.



Georgia SHAPE

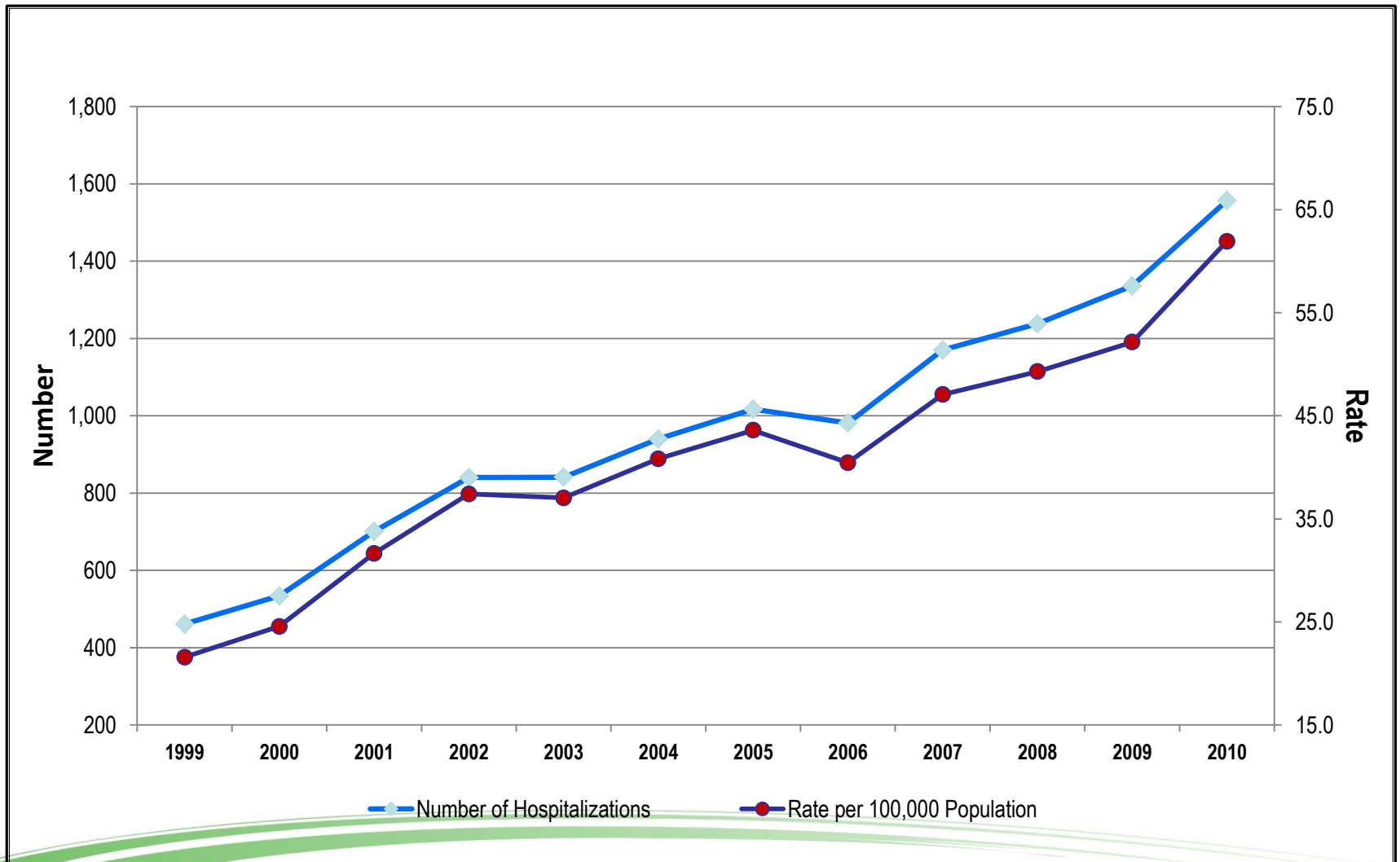
- Department of Public Health
 - Department of Agriculture
 - Georgia Grown
 - Department of Natural Resources
 - Tons of Fun
 - Department of Education
 - Children's Healthcare of Atlanta
 - Atlanta Falcons Youth Foundation
 - The Atlanta Braves Foundation
 - Coca Cola
 - Arthur M. Blank Family Foundation
 - Department of Early Care and Learning (DECAL)
 - Department of Transportation
 - University of Georgia
- 

Obesity-Related Hospitalizations

Georgia data show a 338% increase in overweight/obesity-related hospitalizations among children ages 2-19 in the last 11 years



Obesity/Overweight-Related Hospitalizations, 2-19 Years of Age, Georgia, 1999-2010



Obesity-Related Spending

State of Oregon:


Obesity accounted for **30 percent** of increased healthcare costs

Source: The Impact of Obesity on Rising Medical Spending in Oregon From 1998-2005


- Kenneth Thorpe and Katya Galactionova



Policies Schools Set Make a Difference

- Research has shown that children are much more physically active if they attend schools that schedule, promote and supervise opportunities, such as:
 - Structured recess
 - Short classroom-based activity breaks
 - Before and after-school activities
 - A review of 57 studies shows that including school-based programs with multiple components can increase physical activity in adolescents
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Physical Activity vs. Physical Education: What's the Difference?

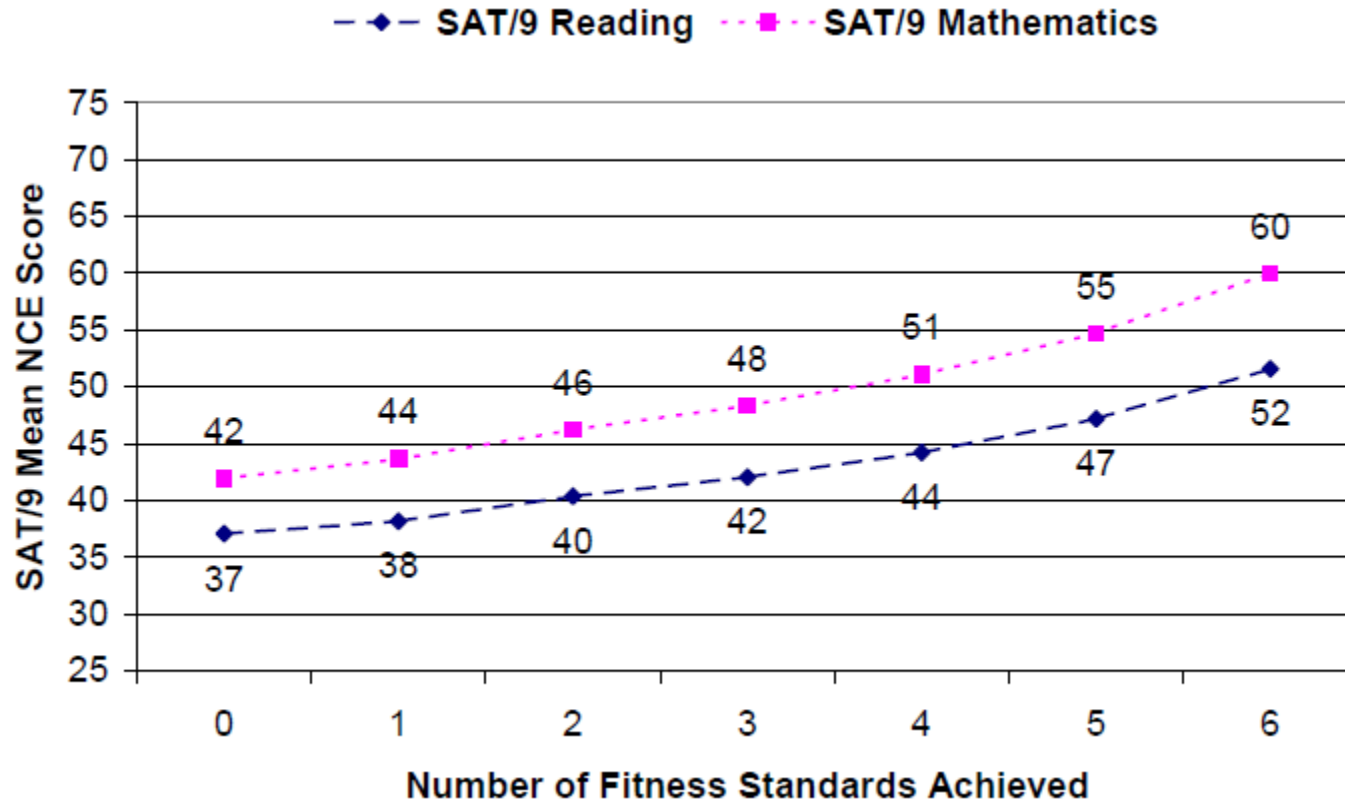
- Physical Education:
 - Planned, sequential program of curricula and instruction
 - Goal is to develop knowledge, attitudes, motor skills, self-management skills, and confidence needed to adopt and maintain an active lifestyle
 - Taught by a certified teacher
 - Should be treated on the same level as other learning environments.
 - Physical Activity:
 - Can be structured or unstructured
 - Will preferably involve moderate to vigorous physical exertion
 - Can be led by any teacher
 - Should be used to compliment – *not replace* – PE
- 

Physical Activity and Academic Performance

- The California Department of Education (2004)
 - Studied the relationship between physical fitness and academic achievement
 - Found a strong positive relationship between physical fitness and academic achievement



Physical Activity and Academic Performance



2002 grade 5, 7, & 9 SAT/9 mean reading and mathematics NCE scores by overall PFT scores; n = 890,280 (reading) 888,241 (mathematics)

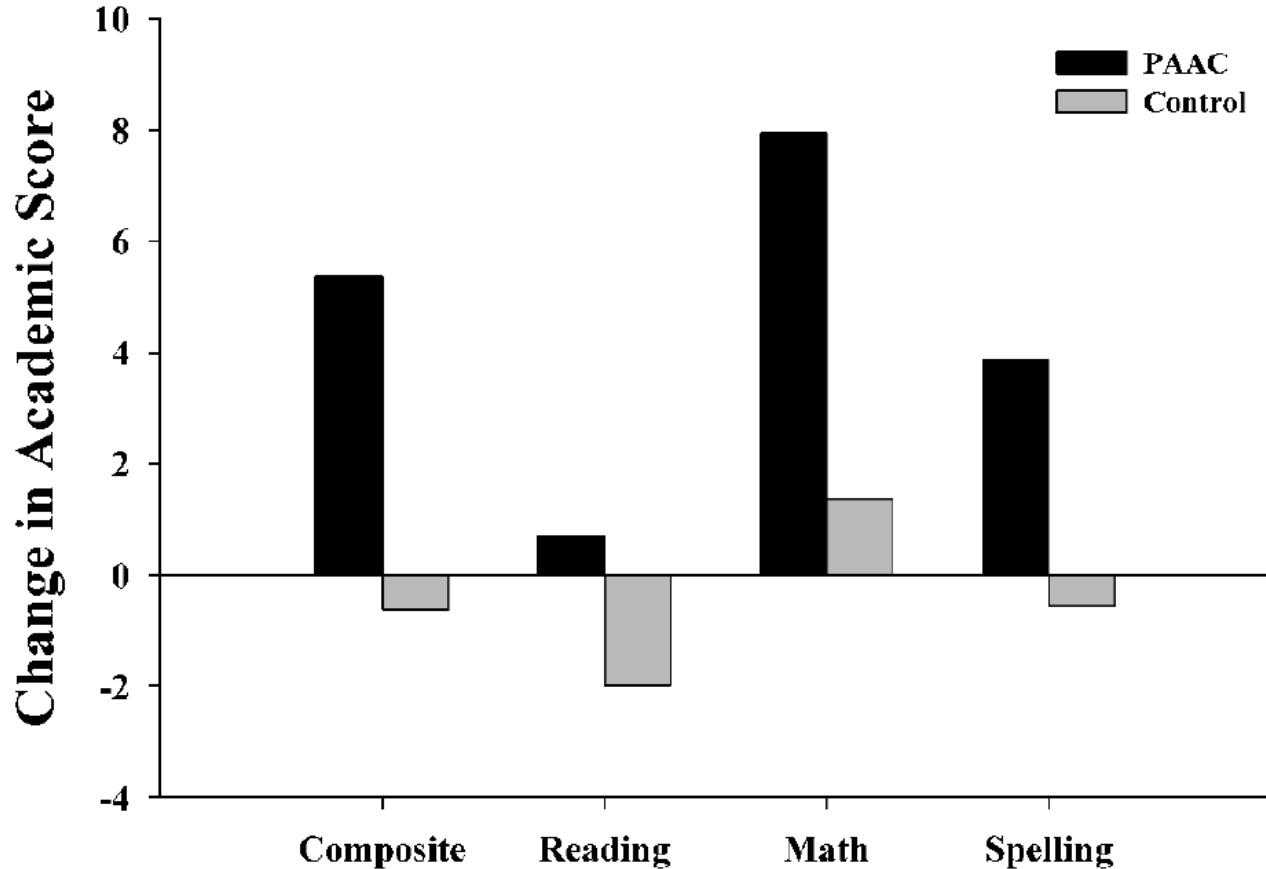
Physical Activity and Academic Performance

- “Spark” by Harvard physician John Ratey (2008)
 - Examined the stimulation of cognitive and physiological pathways by exercise that result in enhanced learning capabilities
 - Illustrates the interdependent connection between the human mind and body
 - The literature highlights the adaptability of the brain as an organ and its responses to repeated stimulation and activation causing synaptic plasticity and increased synaptic connections thus improving one’s learning capacity

Physical Activity and Academic Performance

- Physical Activity Across the Curriculum (PAAC): University of Kansas (2009)
 - 26 elementary schools integrated physical activity into the curriculum for a 3 year period
 - promoted 90 minutes a week of moderate to vigorous physically active *academic* lessons
 - Lessons were encouraged to be about 10 minutes and delivered intermittently throughout the day
 - Most teachers indicated they incorporated the majority of lessons during language arts and mathematics
 - Significant improvements in academic achievement from baseline to three years were observed in the PAAC compared to the control schools for the composite, reading, math, and spelling scores


Physical Activity and Academic Performance



Change in academic score baseline to 3 years in elementary schools in northeast Kansas (2003-2006). All between group differences were significant ($p < 0.01$). PAAC (n=17). Control (n=86)

Physical Activity and Academic Performance


Meadowview Middle School (2012) Minnesota

- Students were selected based on their scores on fall state assessments
 - Students who needed to improve their reading scores started attending 15 minute activity session in the mornings
 - After one year, students who participated in the physical activity program had improvements in test scores that were **double** the school average
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Sope Creek: Physical Activity Model

- The daily physical activity at Sope Creek Elementary provide examples of programs that are:
 - Effective
 - Low cost
 - Student focused
 - The physical activity programs focus on:
 - Academic performance

AND

 - Overall health and fitness
- 

Sope Creek: Physical Activity Model

Program Development

- Regular academic schedule is maintained
 - Classroom time *is not* reduced
- School schedule was slightly altered
 - This allows a 20 minute window for exercise in the morning
- Pre-class time exercises start at 7:15 am as students arrive at school



Public Health Recommendations

Support providing 30 minutes of daily physical activity for every student

- This could be done while giving schools broad discretion in implementation
- Schools could satisfy requirements through:
 - Structured recess
 - “Brain Breaks”
 - Curriculum-based physical activity



GeorgiaSHAPE.org



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Fiscal Reality

Department of Community Health
Medicaid Costs Due to Diabetes:

CY2011

\$129,761,957.30



Thank You

