

Health and Physical Education Requirements



Health Education & Physical Education Requirements

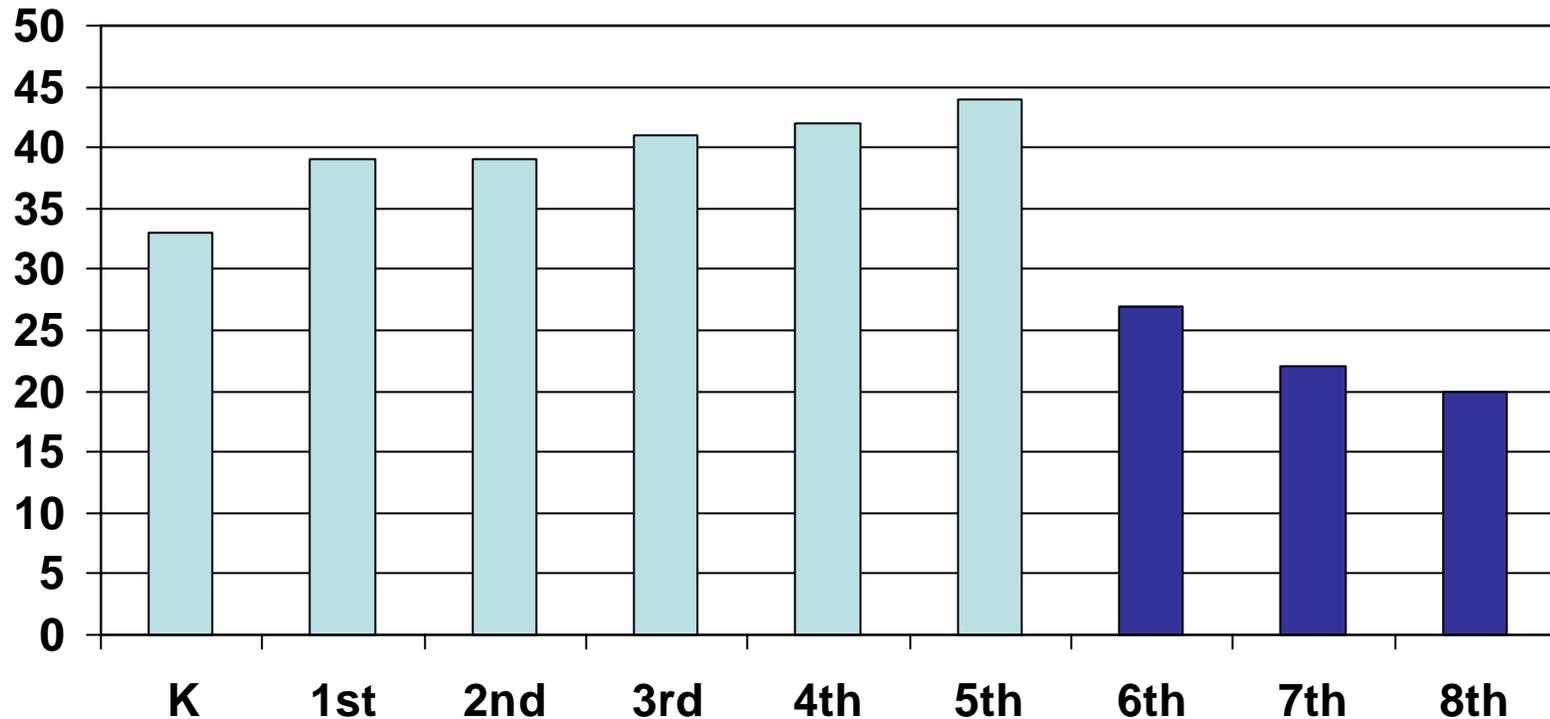
➤ The Research

- Although states continue to strive toward quality improvements, no state currently meets national standards.
- In Michigan, there are currently no requirements for the duration of physical education and health education instruction.
- Currently, schools are allowed to credit a student's participation in other activities in place of participation in physical education.



Health Education & Physical Education Requirements

Current Health Education Requirements in U.S. Schools, by Grade

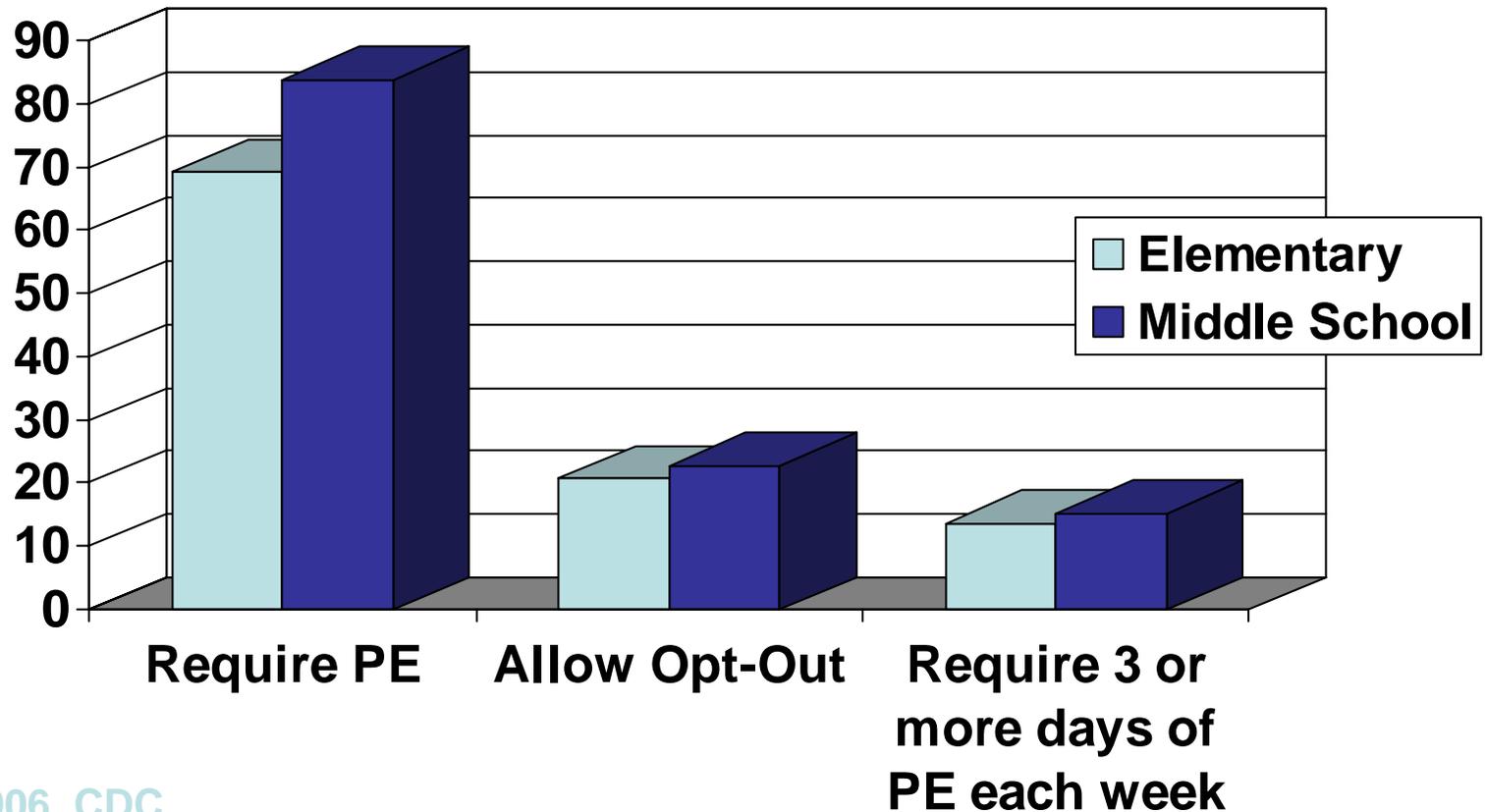


SHPPS 2006, CDC



Health Education & Physical Education Requirements

Current Physical Education Requirements in U.S. Schools



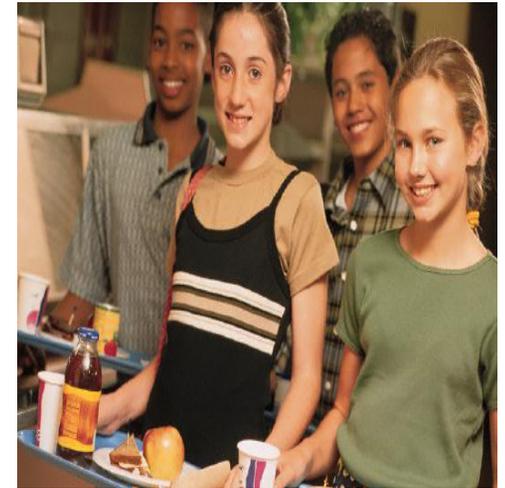
SHPPS 2006, CDC



Health Education & Physical Education Requirements

➤ The Legislative Analysis

- Other states have enacted various legislation mandating PE/HE policies and practices. Each vary in their requirements although major focuses include:
 - Student Assessment
 - Grade & Credit Requirements
 - Certified Instructors
 - Specification of instruction by grade & duration



Health Education & Physical Education Requirements

➤ Physical Education Policy Language Highlights:

- Will specify the frequency, class size, and the duration for physical education for grades K-8.
- Will specify that curriculum be aligned with physical education grade level content expectations approved by the State Board of Education.
- Will establish that extracurricular activities may not be substituted for physical education.



Health Education & Physical Education Requirements

➤ Health Education Policy Language Highlights:

- Will specify the duration for health education instruction for grades K-8.
- Will specify that curriculum be aligned with health education grade level content expectations approved by the State Board of Education.



Health Education & Physical Education Requirements

- How the research affected our direction...
 - Chose to focus on grades K-8 only.
 - Chose to separate health education and physical education as they are distinct academic subjects with their own unique requirements.
 - Chose to align the health education and physical education curriculum with the State Board of Education approved grade level content expectations.



Health Education & Physical Education Requirements

- Why the legislative approach?
 - Specifying the grade level, quantity, and quality of physical education and health education will ensure all Michigan students receive regular, quality physical education and health education instruction to improve their fitness, health, and readiness to learn.



Legislative Committee Visits

- Senators:
 - Birkholz, Cherry, George, Jacobs, Kahn, Thomas and Whitmer
- Representatives:
 - Ball, Bauer, Gonzales, Proos
- Bi-partisan support from each branch



Bill Sponsors

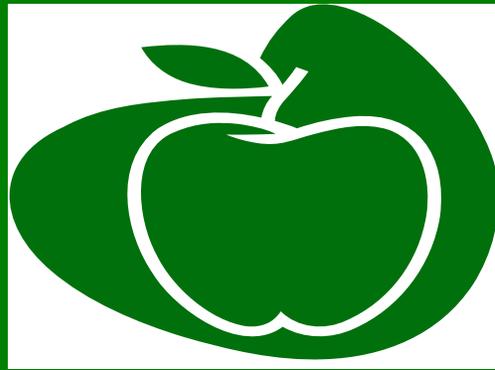
- Senate Support
 - PE Bill, Senator Buzz Thomas (D)
 - HE Bill, Senator Tom George (R)
- House Support
 - PE Bill, Representative Joan Bauer (D)
 - HE Bill, Representative John Proos (R)



Physical & Health Educators

- 162 advocates
- 110 legislative meetings
- Participation in press event
- Ongoing commitment to pass the bills





District Coordinated School Health Councils



Coordinated School Health Programs Model



District Coordinated School Health Councils

➤ The Legislative Analysis

- Other states (including RI, TN, IN, KY, MS, & PA) have enacted legislation requiring the formation of **District Coordinated School Health Councils**.
- These states have reported significant improvements in the following:
 - Absenteeism
 - School nurses and health promotion staff
 - Available social services
 - Student health screenings
 - Health promotion events for students



District Coordinated School Health Councils

➤ The Research

- Health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance.
- Health-risk behaviors such as substance use, violence, and physical inactivity are consistently linked to academic failure.
- The goal of a coordinated school health program is to facilitate student success and academic achievement.



District Coordinated School Health Councils

➤ Coordinated School Health Council Policy Language Highlights:

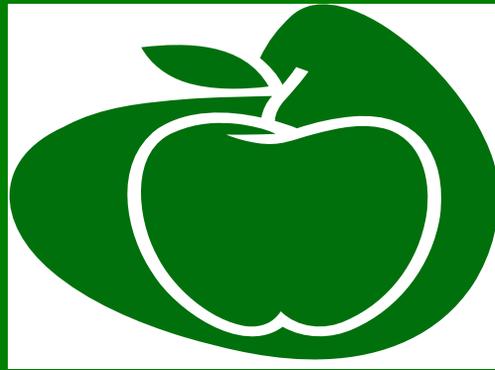
- Will mandate that districts create and maintain a council to annually develop a Healthy School Action Plan.
- Will establish who should be a part of the council and how often they meet.
- Will provide districts with technical assistance in drafting, implementing, and evaluating their plan.
- Will require districts submit their Healthy School Action Plan to the Department of Education annually.



District Coordinated School Health Councils

- How the research affected our direction...
 - Chose to have districts focus not only on creating the council but also maintaining and improving their goals annually.
 - Chose to have districts report their action plan to the Department of Education.
 - Chose to provide districts with technical assistance.





Health, Family & Childcare Services Policy Action Team

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Senior Policy Analyst, Altarum Institute

Matt Longjohn, MD, MPH

Consultant to the Michigan Department of Community Health

Health, Family and Child Care Services Policy Action Team

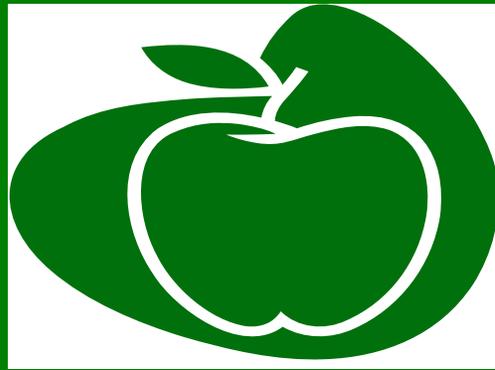
- Altarum Institute
- American Academy of Pediatrics, Michigan Chapter
- American Cancer Society
- American College of Cardiology, Michigan Chapter
- American Heart Association-Midwest Affiliate
- Arab Community Center for Economic & Social Services (ACCESS)
- Association for Child Development
- BCBSM Social Mission
- Beaumont Hospital Healthy Kids Program
- Blue Cross Blue Shield of Michigan
- Center for Childhood Weight Management
- CHASS/REACH Detroit 2010
- Children's Health Initiative Program (CHIP)
- Children's Hospital of Michigan, Wayne State University School of Medicine
- Governor's Office
- Interfaith Health & Hope Coalition
- Medical Services Administration, Michigan Dept of Community Health
- Medical Weight Loss Clinic, Inc.
- Michigan Academy of Family Physicians
- Michigan Association for the Education of Young Children
- Michigan Association of School Nurses
- Michigan Community Coordinated Child Care Association
- Michigan Department of Community Health
- Michigan Department of Education
- Michigan Dietetic Association
- Michigan Head Start Association
- Michigan Health & Hospital Association
- Michigan Primary Care Association
- Michigan Public Health Institute
- Michigan State Medical Society
- Michigan State University
- MSU Department of Pediatrics and Human Development
- Pediatric Comprehensive Weight Management Center
- Quality and Healthier Communities, Spectrum Health and Helen DeVos Children's Hospitals
- School-Based and Community Health Program
- Sparrow Health and Wellness Education
- St. Joseph Mercy Hospital
- University of Michigan Prevention Research Center
- University of Michigan Program for Multicultural Health
- Washtenaw County Department of Public Health
- West Branch Regional Medical Center



Health, Family & Childcare Services: Policy Areas

- Body Mass Index Surveillance
- Medicaid Coverage of Childhood Obesity
- Licensed child care physical activity requirements
- Licensed child care juice reimbursement restricts and incentives for serving fresh fruit and vegetables





BMI Surveillance

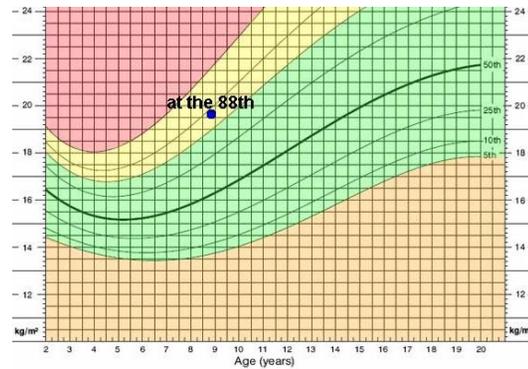


BMI Surveillance Rationale

- Permit state level surveillance of emerging public health epidemic
- Opportunity to improve care delivery
- Support community-level prevention efforts



BMI Surveillance

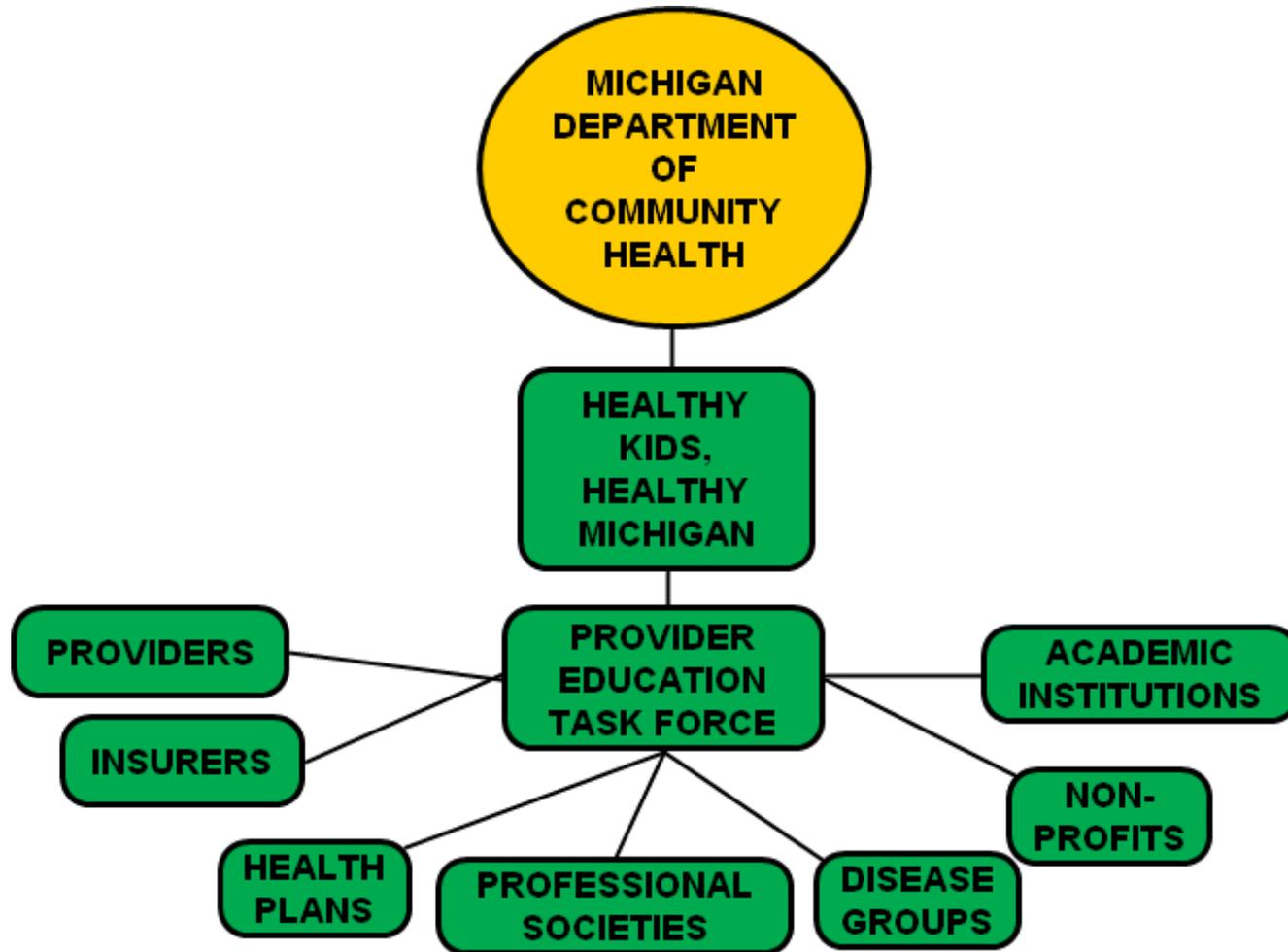


Benefits to:

Providers - Patients/Families - Health Plans - State - Community



BMI Surveillance



BMI Surveillance: MCIR Opportunity



- 4.7 million records
- Over 57 million shot records
- 13,000 user log-ins to MCIR every day
- 2,334 provider sites submitted data in 2007
- Over 35,000 registered users

Source: Hoyle, Dataspeak 2007



BMI Surveillance: Recommendations

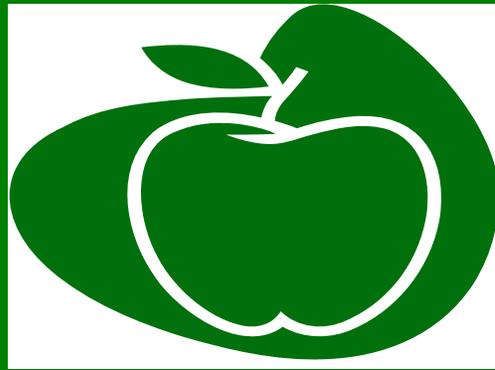
- Add height and weight reporting option to the Michigan Care Improvement Registry (MCIR) by:
 - Modifying MCIR's **regulations**
 - Possibly changing MCIR's **governing statutory language**



BMI Surveillance: Progress

- Since July 2008:
 - Paperwork has been submitted to add BMI surveillance capacity to MCIR
 - Taskforce convened to address provider education and incentives
 - Focus group planned at March AAP conference
 - Planning lab testing and clinic pilot





Medicaid Coverage of Childhood Obesity



Medicaid Coverage of Childhood Obesity

Rationale

- Doctors report confusion about which services qualify for reimbursement
- Doctors therefore do not often provide basic obesity management services



Medicaid Coverage of Childhood Obesity Recommendations

- Clarify policies in the Medicaid Providers Manual to clearly describe:
 - Coding and payment procedures related to pediatric overweight
 - EPSDT services to be provided to Medicaid patients



Medicaid Coverage of Childhood Obesity Recommendations

- Establish incentives for health plans and providers to screen for pediatric obesity
- Explore requirements for similar coverage by participating MIChild health plans
- Establish a system of Best Practices in Childhood Obesity Prevention to bundle obesity-related Medicaid services and to disseminate and monitor clinical practices



Medicaid Coverage of Childhood Obesity

Progress

- Development of a Michigan Medicaid Providers Manual Bulletin



Bulletin

Michigan Department of Community Health

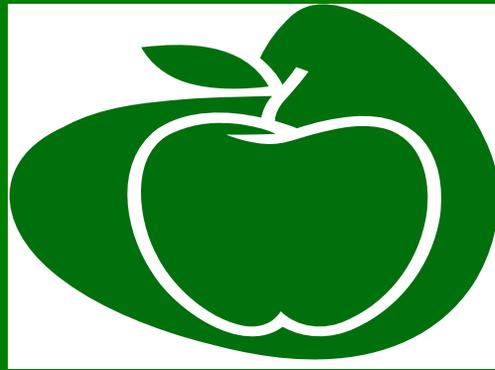


Medicaid Coverage of Childhood Obesity

Progress

- Medicaid transitioning to CHAMPS system
- New taskforce is identifying other ways of disseminating the information contained in the Bulletin





Community Policy Action Team

Olga Stella, Detroit Economic Growth Corporation

Kirsten Simmons, Michigan Food Policy Council

Co-Chairs, Improved Access to Healthy Foods

Andrea Brown, Michigan Association of Planning
Chair, Complete Streets and Safe Routes to School

Community Policy Action Team

- American Heart Association
- Associated Food and Petroleum Dealers, Inc.
- Detroit Economic Growth Corp.
- Detroit Science Center
- Governor's Office
- Graham Environmental Sustainability Institute
- Greening of Detroit
- League of Michigan Bicyclists
- Mayor's Time, Inc.
- Medical Weight Loss Clinic, Inc.
- Meijer, Inc.
- MI Apple Committee
- MI Assoc. of Neighborhoods
- MI Assoc. of Planning
- MI Cities of Promise
- MI Dept. of Agriculture
- MI Dept. of Community Health
- MI Dept. of Education
- MI Dept. of Transportation
- MI Economic Development Corp.
- MI Environmental Council
- MI Farm Bureau
- MI Farmers Market Assoc.
- MI Fitness Foundation
- MI Food Policy Council
- MI Governor's Council
- MI Grocers Assoc.
- MI Mountain Biking Association
- MI Nutrition Network
- MI Restaurant Assoc.
- MI Recreation and Park Assoc.
- MI State Housing Development Authority
- MI State University
- MI State University Extension
- MI Suburbs Alliance
- MI Township Assoc.
- MI Trails and Greenway Alliance
- Ostego Memorial Hospital
- Spartan Stores
- University of Michigan School of Public Health
- Washtenaw County Public Health Dept.

