







Nutrition	M	A
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X

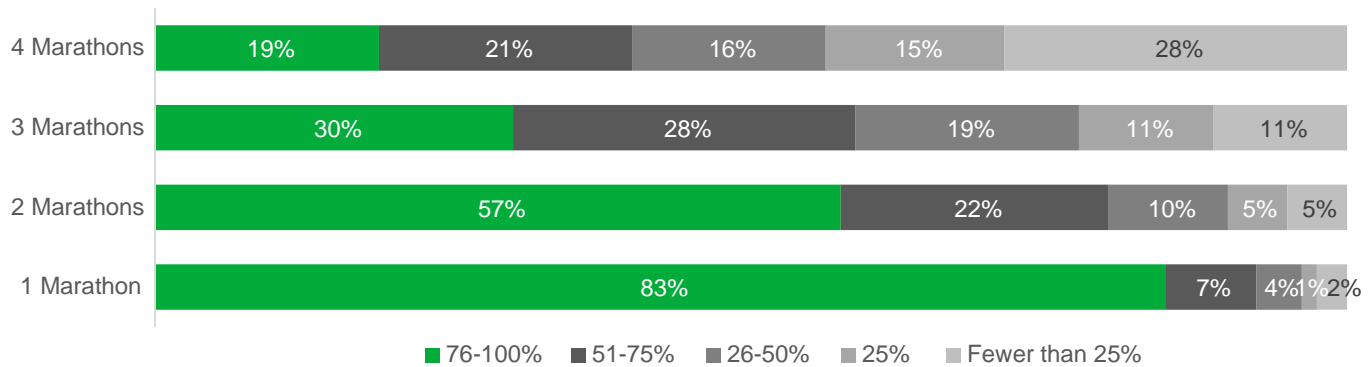
Brain Breaks	M	A
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X
* [Illegible]	X	X

\* All items with an asterisk were required by the AISD Department



Figure 4

The majority of students across AISD elementary schools completed at least one marathon, and 19% of elementary schools reported that 76-100% of their students completed the equivalent of 4 marathons.



Source. 2016-2017 Elementary Coordinated School Health data collection. Percentages are rounded to the nearest whole number

### Fitnessgram Results

CHANGE IN HEALTH FITNESS ZONE (HFZ) FROM PRIOR TO CURRENT YEAR (PERCENTAGE OF CAMPUSES REPORTING IN EACH CATEGORY)

Fitness Area Tested	Sanchez 2016 Final	Sanchez 2017 Final	Sanchez 2016 to 2017 Change*	2017 All Elementary Final Average	Comparison of Sanchez 2017 Final to All Elementary Final
BMI	8	8	0	8	0
Aerobic Capacity	8	8	0	8	0
Curl-Ups	8	8	0	8	0
Push-Ups	8	8	0	8	0
Sit and Reach	7	7	0	7	0
Trunk Lift	8	8	0	8	0

Source. 2016-2017 Elementary Coordinated School Health data collection.

\* Campuses provided change information was not calculated from the scores.

## AUSTIN INDEPENDENT SCHOOL DISTRICT

Author  
Cinda Christian, Ph.D.

### Department of Research and Evaluation



1111 West 6th Street, Suite D-350 | Austin, TX 78703-5338  
512.414.1724 | fax: 512.414.1707  
www.austinisd.org/dre | Twitter: @AISDRE

July 2017

Publication 16.34 RB 1.67