

Coordinated School Health Implementation Inventory

| Implementation of PE | Travis Response | % Yes All High Schools |
|--|-----------------|------------------------|
| * PE teacher(s) planned and implemented physical education weekly that included 50% (or more) Moderate to Vigorous Physical Activity (MVPA). | Yes | 100% |
| * Campus staff assessed at least 85% of students who were enrolled in a PE course or PE substitution course for Fitnessgram. | Yes | 100% |

| | Travis Response | % Yes All High Schools |
|---|-----------------|------------------------|
| CSH Implementation | | |
| * Campus students and staff participated in the PE Department's district-wide activity for CSH Kick-Off Week in September. | Yes | 93% |
| Campus students and staff participated in Anti-Tobacco Week in the month of November. | Yes | 100% |
| Campus students and staff participated in Healthy Heart Week in the month of February. | Yes | 100% |
| Campus students and staff participated in Breakfast Week in the month of March. | Yes | 93% |
| The PE Department head or the CSH Committee provided information for all classroom teachers/staff regarding this year's CSH initiatives for the campus. | Yes | 93% |
| Students were informed of health and wellness issues on campus and in their community. | Yes | 100% |
| The Student Wellness Team was given opportunities to advocate physical activity to their peers. | Yes | 93% |
| Other (please specify): | No | 36% |

Nutrition

* Healthy options were available when food/beverages were provided. T q 1 BT 10.98 0 08 0 T 1ble when food/beverage

| | Travis Response | % Yes All High Schools |
|---|-----------------|------------------------|
| Brain Breaks | | |
| The CSH chair provided staff training on how to implement Brain Breaks and locate Brain Break resources | Yes | 93% |
| At least one Campus Improvement Plan goal this year was related to student brain breaks | Yes | 100% |
| Other (please specify): | No | 29% |
| Approximately how many classroom teachers used brain breaks at least once each day? | 50% or more | (See Figure 3) |

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

| | Travis Response | % Yes All High Schools |
|---|-----------------|------------------------|
| Parent and Community Participation | | |
| * Parents were notified that they received their child's Fitnessgram results. | Yes | 100% |
| Campus staff has a Healthy Lifestyle champion position on their PTA. | Yes | 36% |
| There was at least one parent on the CSH team. | | 64% |
| Other (please specify): | No | 36% |

*All items with an asterisk were required by the AISD Department of Physical Education and Health to be implemented at each campus

Fitnessgram Results

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

| Fitness Area Tested | Travis 2016 Final | Travis 2017 Final | Travis 2016 to 2017 Change* | 2017 All AISD High School Final Average | Comparison of Travis 2017 Final to All High School Final |
|---------------------|-------------------|-------------------|-----------------------------|---|--|
| BMI | <30% | <30% | Stayed the same | 64% | Less than |
| Aerobic Capacity | <30% | <30% | Stayed the same | 63% | Less than |
| Curl-Ups | 88% | 89% | Increased | 88% | Greater than |
| Push-Ups | 88% | 89% | Increased | 79% | Greater than |
| Sit and Reach | 88% | 89% | Increased | 77% | Greater than |
| Trunk Lift | 88% | 89% | Increased | 85% | Greater than |

Source. 2016-2017 Coordinated School Health data collection.

* Campuses provided change information was not calculated from reported scores.

AUSTIN INDEPENDENT SCHOOLS DISTRICT

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