Improving School Policies and Settings to Increase Physical Activity

Welcome and thank you for joining our Web Forum!

If you have technical difficulties call **1-866-229-3239** for assistance.

Use the **Q&A** function to submit questions or any technical issues.

Participate in the **polls** by selecting your answer and clicking **submit**.

Complete the Post-Web Forum online evaluation. **We need your feedback!**

The **Recording** and **Slides** will be available at [www.Dialogue4Health.org](http://www.Dialogue4Health.org)
Please submit questions via the Q&A Feature

Please send your questions to All Panelists
POLL #1

Are you attending this Web Forum:

a. Individually
b. In a group of 2-5 people
c. In a group of 6-10 people
d. In a group of more than 10 people
Polling Feature

Please

1. Choose your **answer**, then
2. Click **Submit**
Carmen R. Nevarez, MD, MPH
Vice President for External Relations and Preventive Medicine Advisor
Public Health Institute

Dr. Nevarez has over 32 years of experience as a physician and 29 years as a public health practitioner, having served as the Director of Department of Health and Human Services and Health Officer, City of Berkeley, California, as well as in various clinical settings including Medical Director at La Clinica de la Raza in Oakland. She is Immediate Past President of the American Public Health Association (APHA). Her areas of expertise include women's reproductive health, community based strategies for chronic disease prevention, and social media for public health.

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March 28, 2012
11:30 AM to 1:00 PM Pacific
2:30 PM to 4:00 PM Eastern
Deborah Lou, PhD
Program Analyst
Active Living Research
A National Program of the Robert Wood Johnson Foundation
University of California, San Diego

Debbie Lou is the program analyst with Active Living Research, a national program of the Robert Wood Johnson Foundation. Debbie engages advocacy, policy, and community groups to develop opportunities for research translation and dissemination, especially to ensure the research meets the needs of communities at highest risk for childhood obesity.

Debbie is co-author of a research synthesis with Dr. Wendell Taylor titled “Do All Children Have Places to be Active?” This synthesis reviews evidence showing that lower-income people and racial and ethnic minorities often live in communities that discourage active living.

Website: www.activelivingresearch.org
Thom McKenzie, PhD
Professor Emeritus
School of Exercise and Nutritional Sciences
San Diego State University

A native of Canada, Dr. McKenzie is a former school physical education and health teacher, coach, and administrator, the director of residential camping programs for the overweight, and a 16-year performance enhancement consultant to USA National Volleyball Teams. He has authored or co-authored over 170 scientific papers and chapters, developed numerous assessment and curricular materials, and presented over 400 papers at state, national, and international conferences.

Website:  http://ens.sdsu.edu/faculty/mckenzie.php
A former elementary physical education teacher, Aaron Beighle specializes in the areas of physical education and physical activity for youth. He is currently a faculty member in the Department of Kinesiology and Health Promotion at the University of Kentucky where he trains future physical educators and conducts research in the area of physical activity promotion for youth. Dr. Beighle has consulted with school districts, recreation programs, and youth sport organizations across the country in their efforts to maximize physical activity experiences and promote physical activity for youth.

Website: [http://education.uky.edu/KHP/content/faculty](http://education.uky.edu/KHP/content/faculty)
Martin Gonzalez is the California School Boards Association’s assistant executive director, member services. Martin has been instrumental in CSBA’s past efforts to focus and raise awareness on the importance of student health and its impact on academic achievement. Martin was instrumental in the development of the Student Wellness: a Healthy Food and Physical Activity Policy Resource Guide, Monitoring for Success: A Student Wellness Implementation Monitoring Report and Guide, and Building Healthy Communities: A School Leaders Guide to Collaboration and Community Engagement.

Website:  www.csba.org
POLL #2

In your opinion, how well does your local public school system support physical activity through physical education, recess, or other programs?

a. Very well
b. Adequate
c. Somewhat OK
d. Not well
e. Am not aware
POLL #3

According to the National Association for Sport and Physical Education, how many minutes per day at minimum should children be physically active?

a. 15  
b. 20  
c. 45  
d. 60  
e. 90
POLL #4

According to the National Association for Sport and Physical Education, how many minutes per week at minimum should elementary school children participate in instructional physical education?

a. 30
b. 60
c. 150
d. 200
e. 225
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