

**Are your Kids  
Fit to Make the  
Grade ?**

**There is  
Something the  
School's Report  
Card**

**Isn't Telling you**

**Many Disciplines  
are represented**

**On the School  
Report Card**

**Except!**

**Those Most  
Important to  
Your Child**



**Health**  
**Physical Education**  
**Family & Consumer**  
**Sciences**

# Are you Aware?

**Of the New York State  
Learning Standards for  
Health, Physical  
Education, Family &  
Consumer Sciences**

## **Standard 1**

- Personal Health & Fitness

## **Standard 2**

- Safe & Healthy Environment

## **Standard 3**

- Resource Management

# **The Disciplines of Health Physical Education, Family & Consumer Sciences**

**Provide a natural  
foundation for the  
NYS Learning  
Standards**



**Each makes a  
contribution to the  
education and  
development of the  
whole child**

**Together they embrace a  
broad range of related  
skills, concepts and  
attitudes**

**Current research  
indicates:**

**Healthy children learn  
better**

**Physical activity aids in  
knowledge retention**



Exercise

Eating Habits

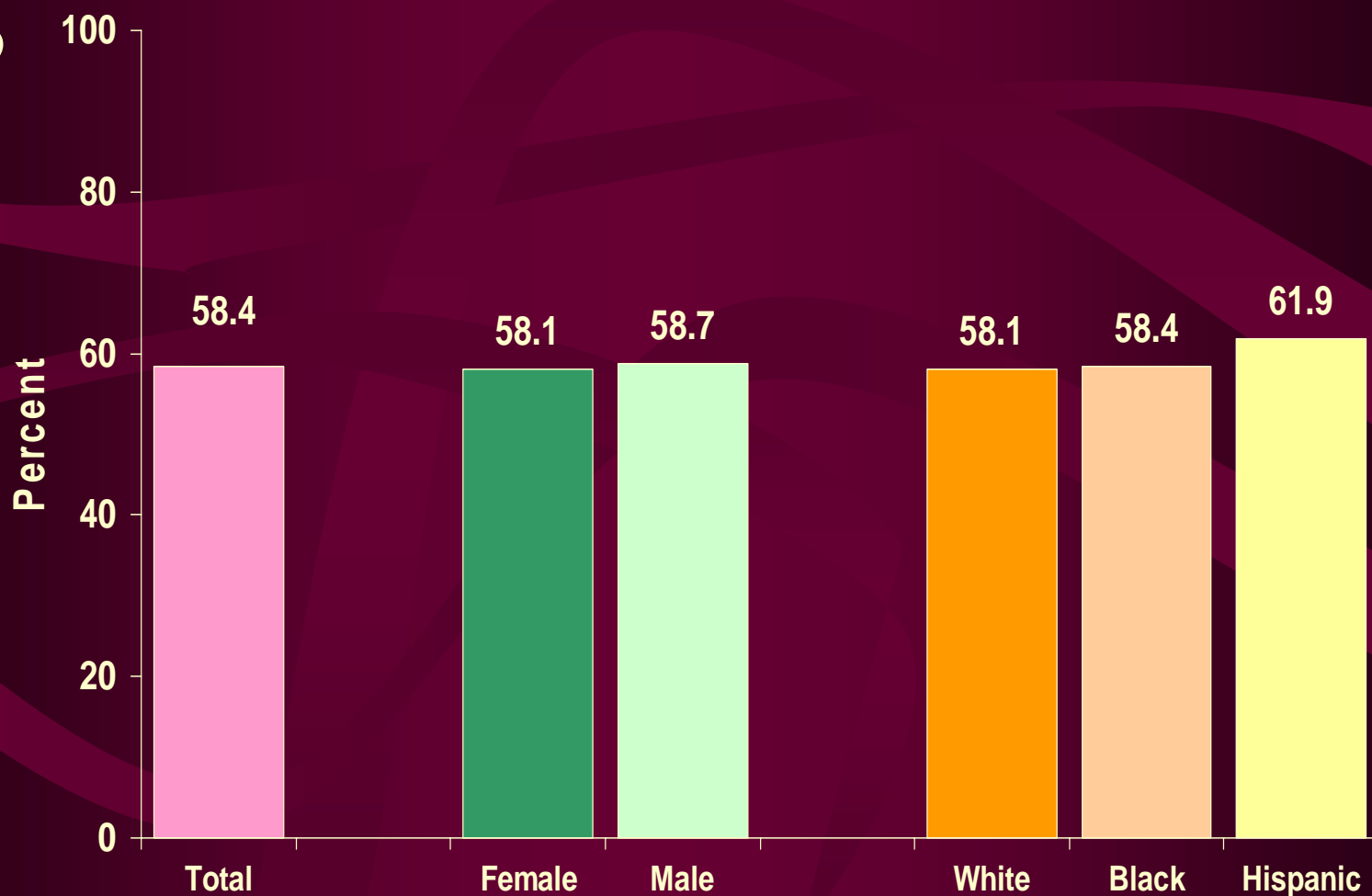
Respect for the  
Environment



**Communities  
are at  
Risk**

**Teen  
Tobacco use  
is up  
26.3% since  
1991**

# Percentage of High School Students Who Reported Lifetime Cigarette Use,\* by Gender and Race/Ethnicity, 2003



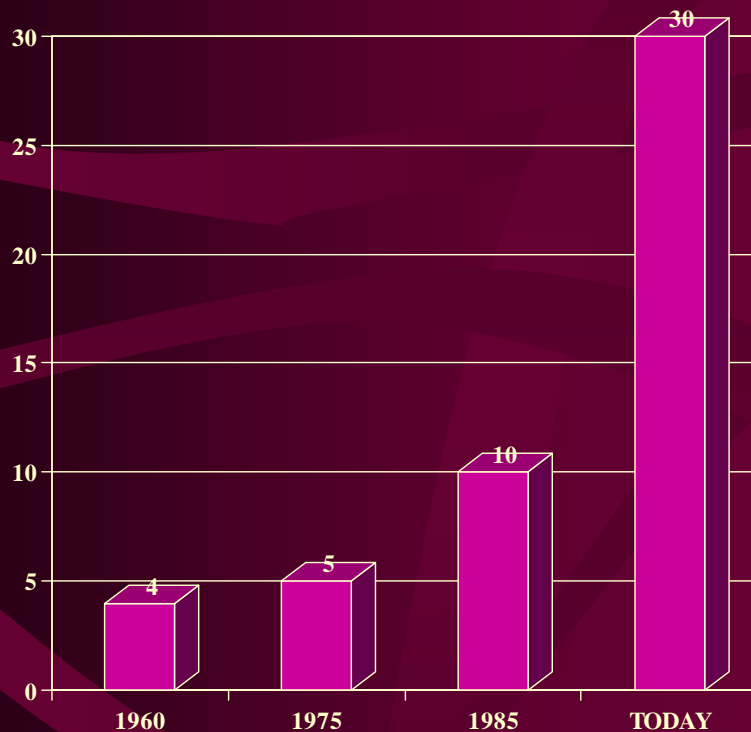
**More than 30%  
describe  
themselves as  
overweight**



# CHILDHOOD OBESITY FACTS

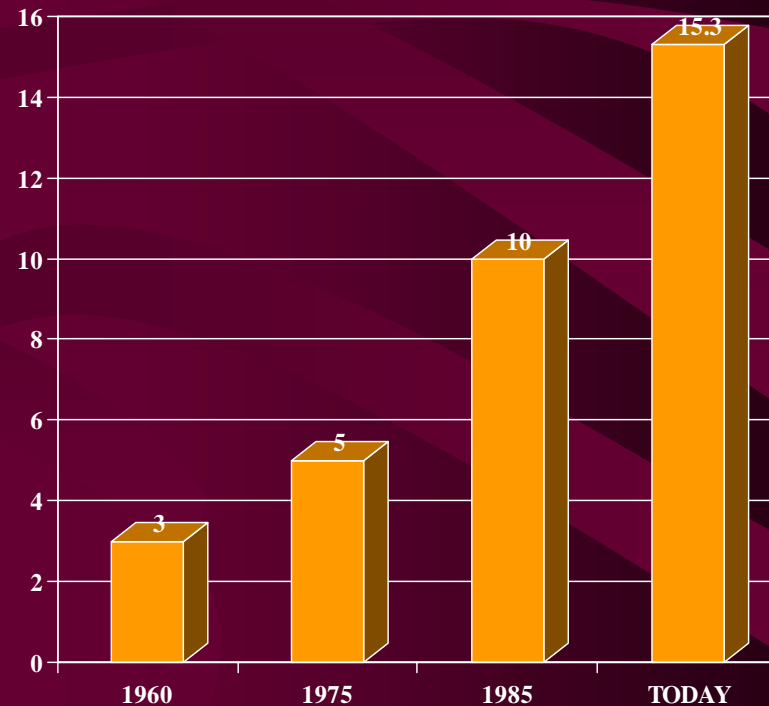
Approximately 30.3 percent of children (ages 6 to 11) are overweight and 15.3 percent are obese.

OVERWEIGHT 1960 - TODAY



**OVERWEIGHT >85%BMI**

OBESITY 1960 - TODAY



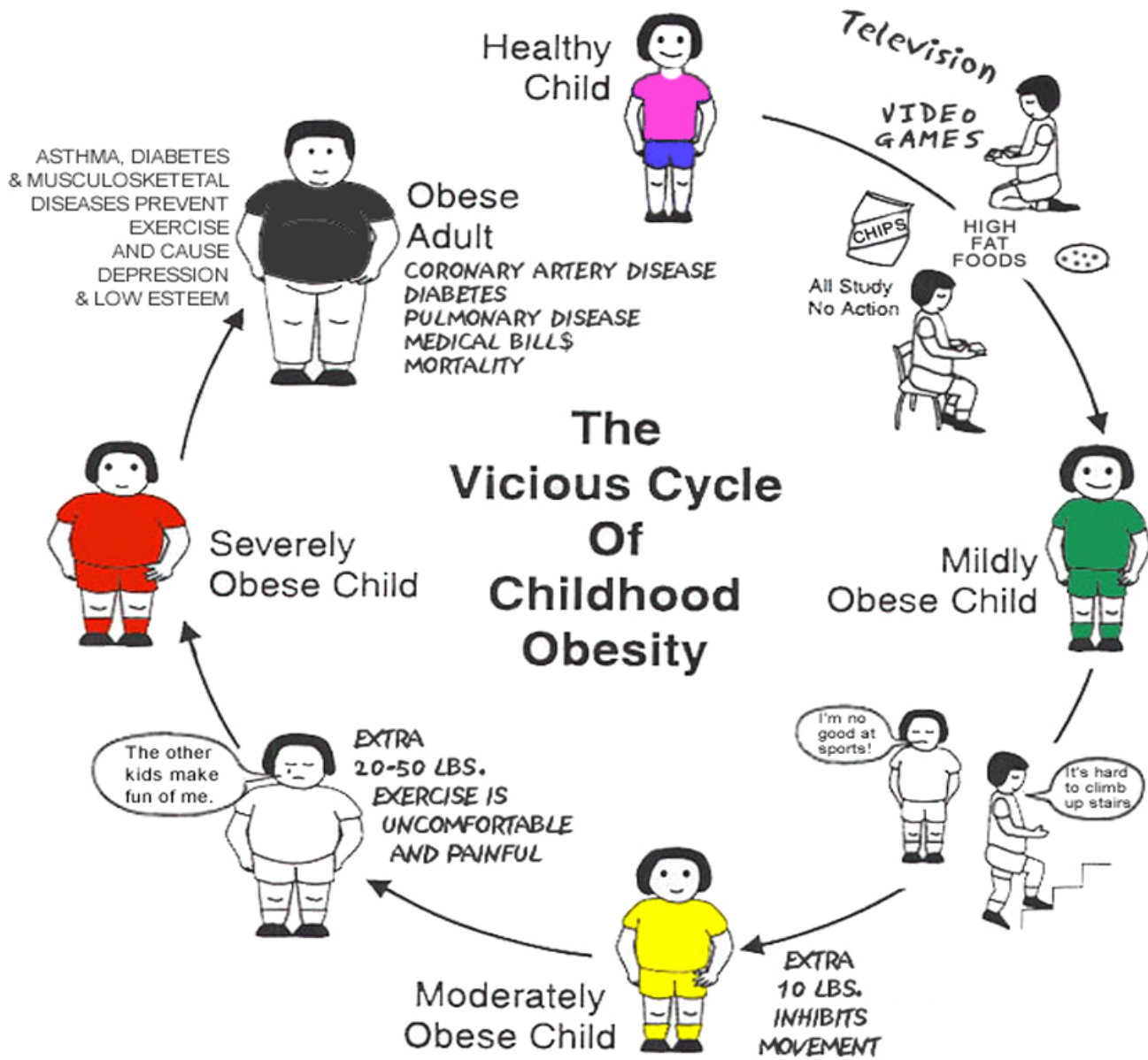
**OBESITY >95%BMI**

# HEALTHY EATING HABITS BEGIN WITH PARENTS



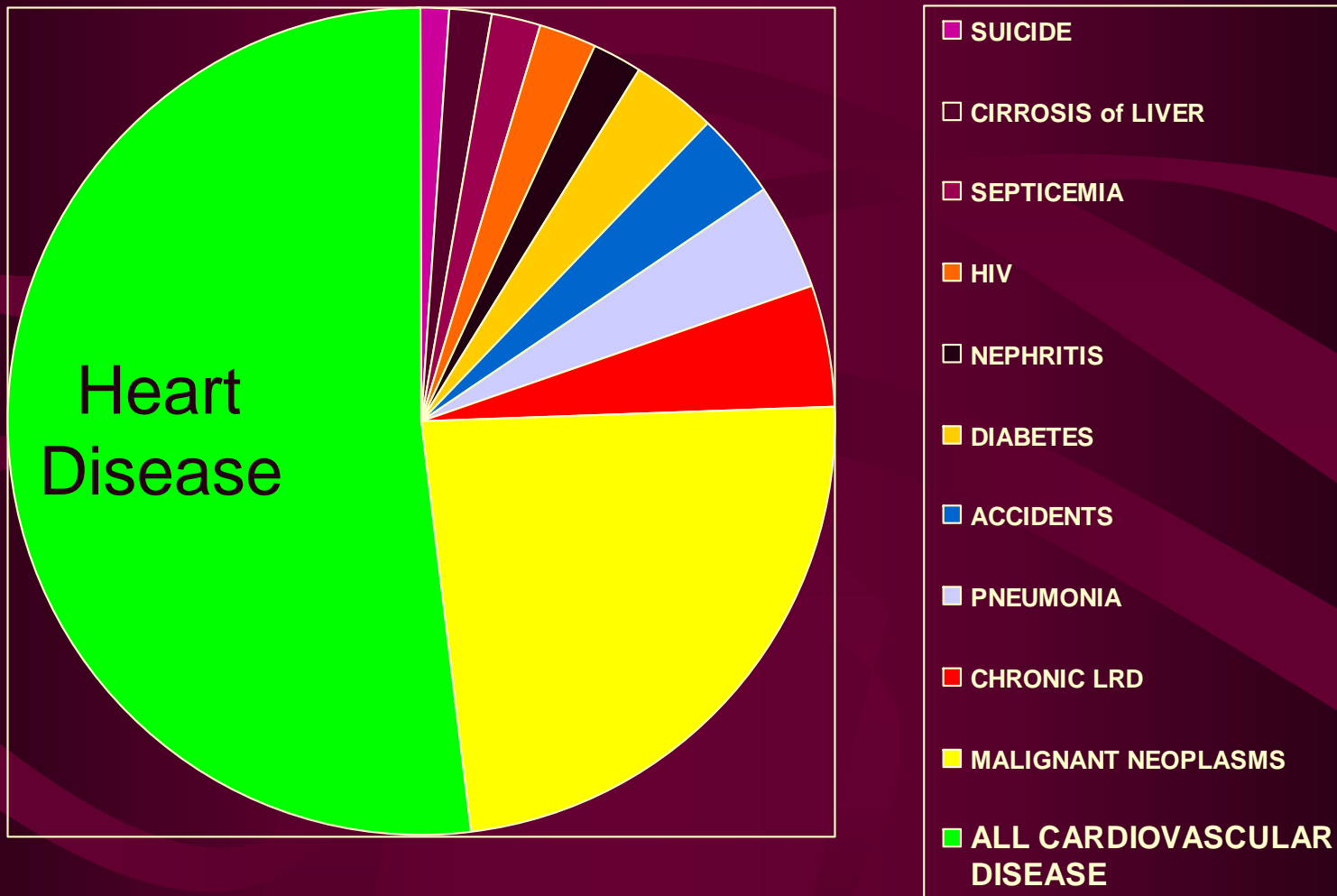
- A third of the mothers and 57 percent of fathers think their obese child is of normal weight.
- One third of mothers and half of fathers who were either overweight or obese rated themselves as "about right(1)."

(1) Paper presented to the Diabetes UK conference in Birmingham, England by Alison Jeffery, researcher at The Peninsula Medical School, Plymouth, England 2003



**Cardiovascular Disease**  
**is the**  
**Major cause of Death**  
**in the U.S.**

# Causes of death in N.Y.S.



**25% of all  
sexually  
transmitted  
diseases occur in  
school age  
youth**

# Impact of Sexual Behaviors

870,000 pregnancies occur each year  
among 15-19 year olds

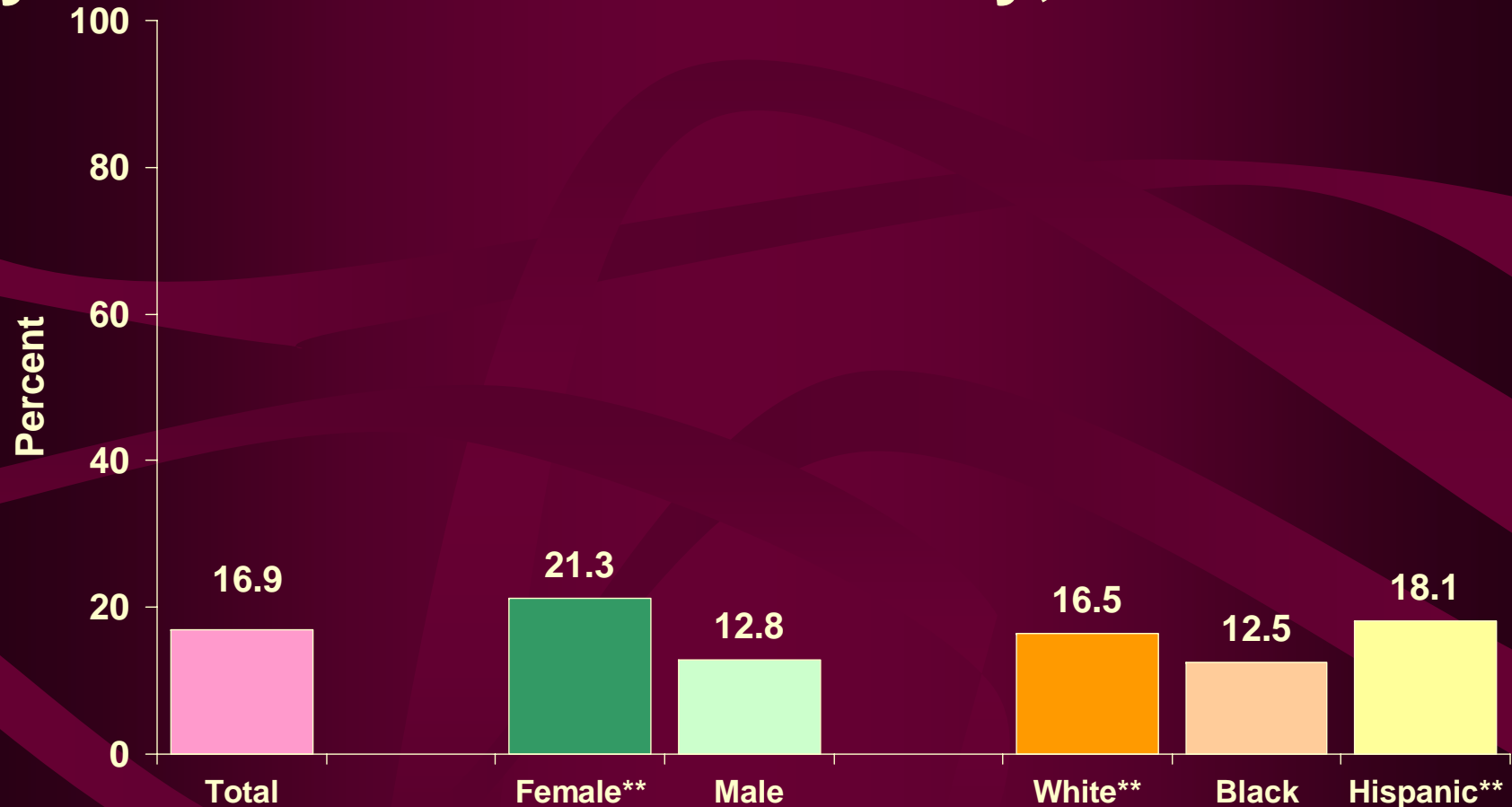
490,000 live births occur each year to  
teen mothers aged 15-19 years

3 million sexually transmitted diseases  
occur each year among 13-19 year  
olds

**Suicide**  
**is the third**  
**leading cause of**  
**death among**  
**15 to 24 year olds**

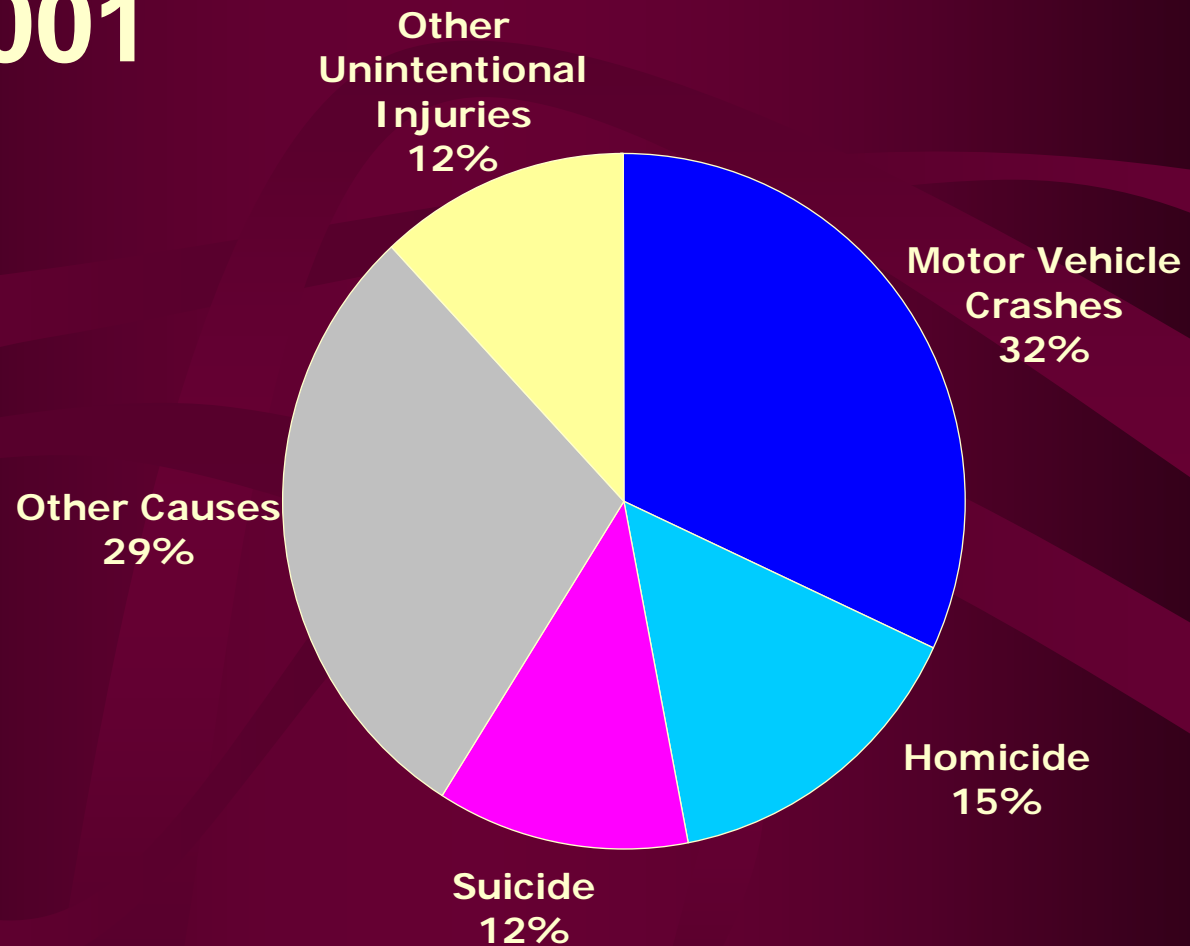


# Percentage of High School Students Who Seriously Considered Attempting Suicide,\* by Gender and Race/Ethnicity, 2003



**#1 Cause of  
Teen Death  
Motor Vehicle  
Accidents**

# Leading Causes of Death Among Persons Aged 10-24 Years in the U.S., 2001



**50% involved  
Alcohol**

**Did You Know**

**NYSUT SURVEY**

**IN 2001**

**FOUND**

- **One third** of the state is **Not** in compliance with **State Mandates** for Health, P.E. and Family & Consumer Sciences

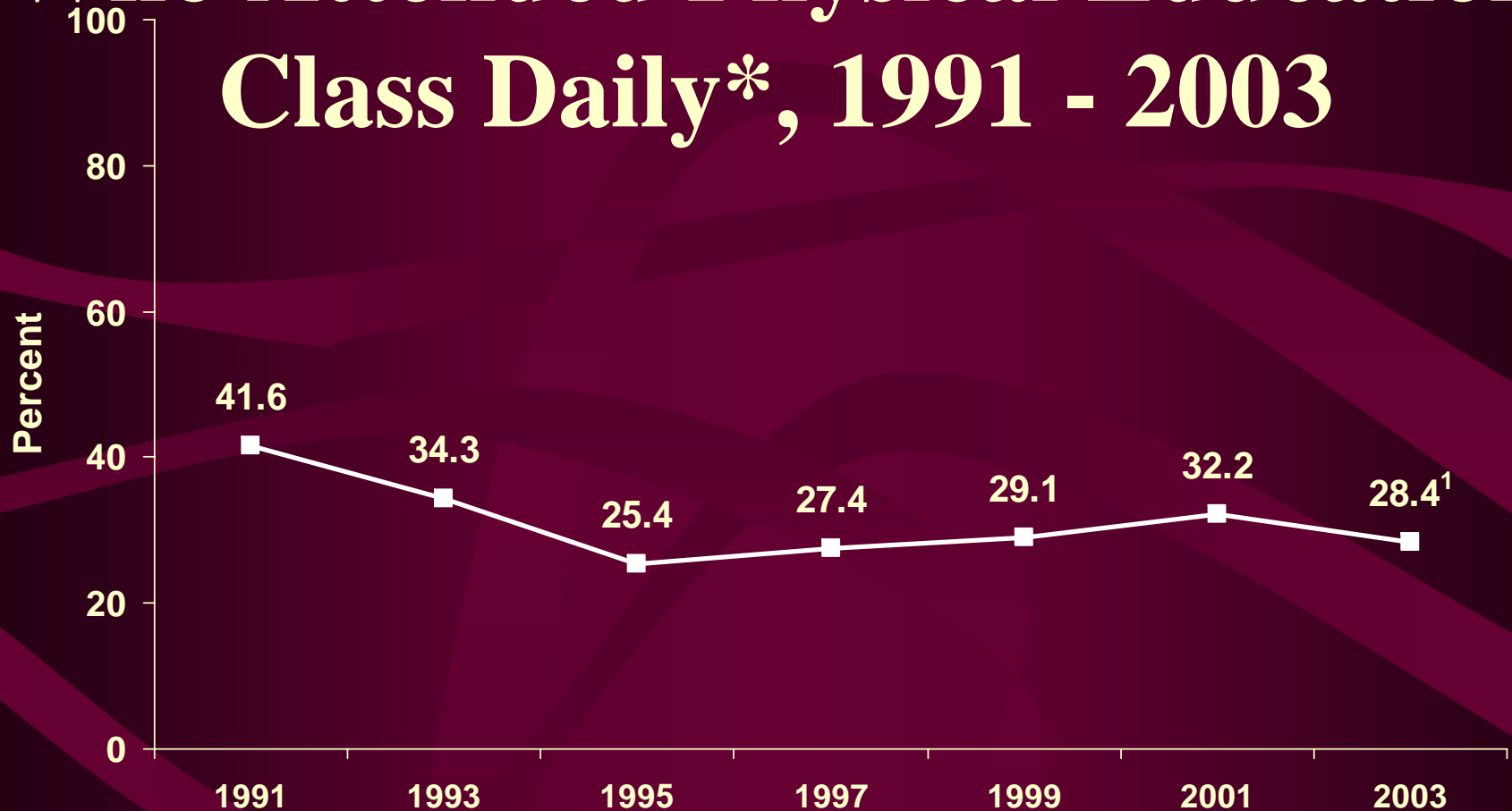
# **Minimum time requirements for Physical Education**

- **K-3 Daily**
- **Elementary 4-6 at least 120mins/week**
- **Secondary 3x/week in one semester  
2x/week in the other semester**

- **31%** of NYS schools **Do not** have a Director of Physical Education as required
- **65%** **Do not** have a Health Coordinator as mandated
- **13%** **Fall short** on the 30 week requirement for Family and Consumer Sciences



# Percentage of High School Students Who Attended Physical Education Class Daily\*, 1991 - 2003



\* 5 days in an average week when they were in school

<sup>1</sup> Significant linear decrease and quadratic effect,  $p < .05$

*National Youth Risk Behavior Surveys, 1991 - 2003*

# WHY?

**Because no one thinks to  
ask the state, where on  
the school's report  
card are the...**

# **Essential Disciplines**

**Health**

**Physical Education**

**Family & Consumer  
Science**

# **The Future**

**Without wellness a  
student's ability to  
perform in other areas  
will be greatly  
compromised**

**We need to prepare our  
students for the demand  
of the workforce,  
personal fitness, wellness,  
responsibility of family,  
community and concern  
for the environment**

**Regents policy statement of  
January 27, 2003 on middle  
level education is in  
alignment with the  
philosophy of:**

**Health, Physical Education,  
Family & Consumer Sciences**

**Every young adolescent  
needs a course of study  
that is:**

**Comprehensive,  
Challenging, Purposeful,  
Integrated and Standards  
Based**

**Young adolescents learn  
and develop Best in a school  
that is:**

**Organized and structured to  
promote both academic  
achievement and personal  
development**



**Every young adolescent  
deserves a school that  
values:**

**Academic achievement,  
personal development and  
provides an environment free  
from violence, bullying and  
other negative behavior**

**What can parents do?**

**Ask your Boards  
of Education**

**Are they meeting  
the mandates?**

**Tell New York State  
Education Department**

**That you want to see  
Health, Physical Education &  
Family & Consumer Sciences  
on the State School Report  
Card**



**Here is how  
you  
can make a  
difference**

**Email them at**  
**emscurric@mail.nysed.gov**  
**or call**  
**518-474-5922**

# Resources

**Healthy Heart Program**

**Columbia County Health Dept. 2004**

**Healthy Youth [healthyyouth@cdc.gov](mailto:healthyyouth@cdc.gov) 2003**

**New York State Youth Risk Survey 2003**

**National Youth Risk Behavior Survey  
1991-2003**

**Developed by**

**New York State United Teachers**

**Health, Physical Education,  
Family & Consumer Sciences  
Subject Area Committee  
2006**

**Power Point developed by Lenny Brown**