



# Pennsylvania

## KEYSTONE HEALTHY ZONE Profile 2007-2008

Provided by Pennsylvania Advocates for Nutrition & Activity (PANA)



The Keystone Healthy Zone (KHZ) campaign is free to all schools that commit to “make healthy easy” for the students they serve. The campaign provides resources, materials, training, technical assistance, and pre-packaged events to help schools improve nutrition and physical activity.

Keystone Healthy Zone schools participate in events and programs offered through a branded social movement called nrgBalance. nrgBalance initiatives rally schools and community recreation centers to make healthy policy and environment changes that support access to healthy eating and active living. Central to the movement is nrgBalance 12345!, a simple framework of recommendations for achieving “energy balance” every day:

- 1** • one or more hours of physical activity
- 2** • two or less hours of screen time
- 3** • three meals with family and friends (emphasis on breakfast)
- 4** • four or more glasses of water or no/low calorie beverages
- 5** • five or more fruits and vegetables

Sites enroll by committing to make a healthy change that supports one of the nrgBalance 12345! recommendations, and complete an online assessment about policies and practices related to coordinated school health, nutrition, and physical activity. KHZ schools then receive recognition and evidence-based awards for improving healthy food and physical activity options in their setting.

### The following results are compiled from 2007-2008 KHZ assessment data:

- The 5th annual KHZ campaign reached 69% of Pennsylvania's school districts from rural (36%), suburban (57%), and urban (8%) settings
- Early findings indicate that the focus on policy and environmental changes in Pennsylvania schools has resulted in childhood obesity rates that are lower than national estimates
- Elementary Schools: 16.3% of children in KHZ schools were screened as obese compared to 18.8% of 6-11 year olds nationally (NHANES 2003-04)
- Secondary schools: 17.2% of children in KHZ schools were screened as obese compared to 17.4% of 12-19 year olds nationally (NHANES 2003-04)

Note: 205,202 students were screened in KHZ schools, representing 11.7% of students in Pennsylvania Public Schools

# Pennsylvania 2007-2008 Accomplishments

- **82% of schools have a representative committee/council that exists to oversee school health policies and programs**
- **95% of schools seek parental, student and staff buy-in for programs and policies that promote health eating and active living**

## Percentage of settings participating in PANA programs and events:

- 14% - nrg Powered by Choice teen campaign
- 19% - PANA state updates and trainings
- 6% - Keystone Active Zone Passport Program (Spring/Summer 2007)
- 6% - nrg Summit (9/07)
- 24% - Walk to/at School Day (10/07)
- 64% - Apple Crunch (10/07)
- 5% - WeCAN! Training (11/07)
- 59% - Go for the Greens (3/08)
- 24% - Move it Outside! (4/08)



## Balancing Nutrition and Physical Activity in Pennsylvania

### Nutrition

- 80% of schools offer breakfast
- 67% of schools with a policy specifying that food and snacks have less than 35 percent of calories from fat
- 17% of schools with a policy specifying that beverages are caffeine free & less than 5 calories per serving
- 79% of schools have strategies in place to promote the sale of healthy food and beverage choices
- 58% of schools have existing efforts in place to purchase Pennsylvania produce
- 85% of schools communicate consistent nutrition messages

### Physical Activity

- 76% of schools provide opportunities for--and encourage students to participate in--before/after school physical activity programs
- 78% of schools partner with community organizations to provide community access to school facilities for physical activities outside normal school hours
- 18% of schools have a supervised walk to school program
- 84% of schools report having adequate equipment for every student to participate fully in each physical education lesson
- 87% of schools provide instruction for lifetime physical activity

### Lifetime Physical Activities offered:

Activity	In Phys Ed Class	Before or After School
walking/jogging	81%	22%
biking	12%	3%
paddling	3%	2%
snow sports	6%	10%
hiking	10%	6%
dance	44%	10%
yoga	19%	6%

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