



Pennsylvania

nrgBalance Zone Profile 2008-2009

The nrgBalance Zone Campaign is a free, annual program that recognizes Pennsylvania schools that commit to improving healthy eating and physical activity options for the students they serve. Throughout the school year, nrgBalance Zone schools participate in events and programs offered through a branded social movement, nrgBalance™ – make healthy easy.

nrgBalance initiatives rally schools and community recreation centers to make healthy policy and environment changes that support student's access to healthy eating and physical activity. Central to the movement is a health education message, nrgBalance 12345!, that provides five 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

Schools enroll by completing an online assessment about policies and practices related to coordinated school wellness – student health, nutrition and physical activity. In return, nrgBalance Zone schools are equipped with online resources; health education materials, professional development opportunities; and an annual report on school health practices.

The following results are compiled from 2008-2009 nrgBalance Zone School assessment data:

- The 6th annual campaign reached 55% of Pennsylvania's school districts from rural (39%), suburban (56%), and urban (4%) settings
- Elementary Schools: 15.34% of children in participating schools were screened as obese compared to 17% of 6-11 year olds nationally (NHANES 2003-06)
- Secondary schools: 17.94% of children in participating schools were screened as obese compared to 17.6% of 12-19 year olds nationally (NHANES 2003-06)

Note: 341,449 students were screened in participating schools, representing 16.65% of students in Pennsylvania schools

Pennsylvania 2008-2009 Accomplishments

- **85% of schools have a representative committee/council that exists to oversee school health policies and programs**
- **87% of schools communicate policies that promote healthy eating and active living through school newsletters, staff meetings, and school website**

Number of schools participating in nrgBalance programs and events:

- 76 - nrg Powered by Choice teen campaign
- 137 - Annual School Webcast (9/08)
- 83 - Safe Routes to School Webcast (2/09)
- 128 - Growth Screening Webcast (1/09)
- 215 - Walk to/at School Day (10/08)
- 614 - Apple Crunch (10/08)
- 579 - Go for the Greens (3/09)
- 342 - Move it Outside! (4/09)



Balancing Nutrition and Physical Activity in Pennsylvania

Nutrition

- 79% of schools offer breakfast
- 69% of schools with a policy specifying that food and snacks have less than 35 percent of calories from fat
- 61% of schools have a policy specifying that water must be free of flavoring, additives, or carbonation
- 63% of schools have existing efforts in place to purchase Pennsylvania produce
- 40% of schools offer food and beverage choices that are consistent with education in the classroom
- 85% of schools apply nutrition guidelines to foods sold in the cafeteria, fundraisers, vending, and school stores. 30% apply these guidelines at sporting events.

PENNSTATE HERSHEY
 **Children's Hospital**
Center for Nutrition and Activity Promotion

Physical Activity

- 78% of schools provide opportunities for--and encourage students to participate in--before/after school physical activity programs
- 79% of schools partner with community organizations to provide community access to school facilities for physical activities outside normal school hours
- 30% of schools have a supervised walk to school program. 90% offer the program daily.
- 82% of schools report having adequate equipment for every student to participate fully in each physical education lesson
- 91% of schools provide instruction for lifetime physical activity

Lifetime Physical Activities offered:

Activity	In Phys Ed Class		Before or After School	
	2008	2009	2008	2009
walking/jogging	81%	88%	22%	23%
biking	12%	11%	3%	4%
paddling	3%	4%	2%	4%
snow sports	6%	6%	10%	12%
hiking	10%	14%	6%	7%
dance	44%	52%	10%	10%
yoga	19%	22%	6%	6%