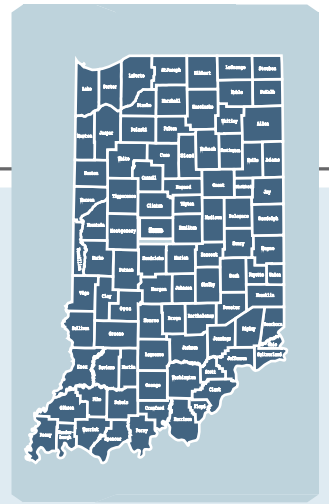


# CSPAP Assessment and Implementation



## SUMMARY

The Indiana State Department of Health (ISDH), Division of Nutrition and Physical Activity (DNPA) has provided extensive regional training and coordination to support the implementation of the Comprehensive School Physical Activity Program (CSPAP). The CSPAP model aims to help schools and districts develop, implement and evaluate both new and existing school physical activity programs with the end goal of providing a variety of school-based physical activities that ensure students receive 60 minutes of moderate-to-vigorous physical activity each day. ISDH provided mini-grants to priority school districts in response to a needs assessment. Let's Move Active Schools-informed action plans were developed for each participating district. Schools used funds to purchase physical activity equipment, build capacity and use technology to promote movement in the classroom and before and after school.



## CHALLENGE

Currently, only 25.3% of high school students in Indiana meet the physical activity guidelines of being active for 60 minutes every day and only 46.5% of high school students were physically active for 60 minutes on five or more days in a week (2015 YRBS). Teams attending the CSPAP trainings walked away with ideas and action steps to improve their schools' physical activity environments but didn't always have the capacity, whether that be time, money or invested leaders to see their actions steps through. Furthermore, physical activity leaders' objectives were often misaligned with their school's working policies and priorities. Continued attention to the action plan set forth during CSPAP trainings requires a team in place to oversee implementation and problem-solve unforeseen barriers.

## YOUR INVOLVEMENT IS KEY

For more information about the Comprehensive School Physical Activity Program, visit <https://www.shapeamerica.org/cspap/>. More information about DNPA can be found at <http://www.dnpa.isdh.in.gov>. This project is supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

*"We feel this endeavor will certainly help fill the gap in offering physical activities before and after school for our staff and students."*

*-- Batesville Community School Corporation*

## Contact

Jessica Kennedy Yoder  
Indiana State  
Department of Health  
Division of Nutrition and  
Physical Activity  
2 North Meridian Street  
Indianapolis, IN 46204  
Phone: 317-232-3155  
E-mail: [Jyoder@isdh.in.gov](mailto:Jyoder@isdh.in.gov)  
Website:  
<http://www.dnpa.isdh.in.gov>

## SOLUTION

ISDH presented an opportunity to partnering schools that had representation at CSPAP trainings and completed the Let's Move Active Schools (LMAS) assessment. This opportunity empowered schools to move forward with their CSPAP action steps and, if chosen, would provide seed funding to implement those actions. School districts were asked to describe 1) how their proposed activities would fill the gaps identified by the LMAS assessment; 2) a specific timeline; and 3) costs associated with the proposed activities. Additional technical assistance would also be provided by ISDH.

**RESULTS** Five school districts in Indiana were awarded CSPAP Implementation mini-grants after completing the LMAS assessment and submitting the resulting action plan. ISDH has seen promising practice changes in physical activity within each district. Each mini-grant was individualized to each school district's physical activity gaps and provides a system of accountability and support through technical assistance provided by ISDH.

U.S. Department of Health and Human  
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Prevention  
NCCDPHP

### Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

### Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

## SUSTAINING SUCCESS

Wellness coordinators from each of these school districts presented at the Indiana School Health Network, providing updates and guidance from other school partners. This also gave leaders a chance to celebrate their achievements and promote innovative ideas for other schools to also move forward with their own CSPAP action plans. Additional funding was provided in the second year for continued CSPAP Implementation. ISDH has worked closely with physical activity leaders to sustain implementation plans and build on the progress already made through conference calls and site visits.



Indiana State  
Department of Health