Preventive Health and Health Services Block Grant

Indiana

Increasing Physical Activity through Classroom-Based Technology

"It [Go Noodle activities] helps me lose my anger."
 "When I am tired, it [Go Noodle activities] wakes me up!"

4th grade students, when asked about
Go Noodle activities

Public Health Problem (Issue)
Childhood obesity rates are on the rise in Indiana with 33.9% of Hoosier children, ages 10-17, overweight or obese (National Survey of Children's Health, 2016). According to the U.S. Department of Health and Human Services' (HHS) 2008 *US Physical Activity Guidelines for Americans*, children and adolescents are recommended to have 60 minutes or more of physical activity each day. There is an opportunity for improvement in Indiana with only 25.3% of high school students meeting the national goal for daily physical activity minutes (YRBS, 2015).

Taking Action (Intervention)
Schools are in a unique position to influence youths' development of a physically active lifestyle. According to the HHS 2008, *Physical Activity Guidelines Advisory Committee report,* engaging in a variety of aerobic, muscle-strengthening and bone-strengthening activities will enable children to improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression and reduce the risk of developing chronic health conditions. Following guidelines set forth in models such as the [Comprehensive School Physical Activity Program](#) (CSPAP), schools can increase the opportunities for students at school to engage in physical activity and reduce levels of physical inactivity.
One of the five hallmarks of the CSPAP model is Physical Activity during School. Using PHHS Block grant funding, the Department of Nutrition and Physical Activity (DNPA) worked with a variety of stakeholders to provide 11 school-wide subscriptions to the classroom-based physical activity platform, [Go Noodle Plus](#). Using existing usage data, provided by Go Noodle, DNPA worked with existing school partners from around the state to narrow down elementary schools that were already using the free Go Noodle platform and would likely benefit from the enhanced Plus version. Funding would encourage brain breaks in the classroom, allow for closer alignment to core subjects and likely engage teachers that were not already utilizing classroom-based physical activity strategies. These 11 schools, with a combined potential reach of 4,510 students, would have access to this online platform for an entire school year.
DNPA, in partnership with school administrators, district wellness coordinators and Go Noodle, collaborated to onboard teachers and communicated the benefits of using Go Noodle as a tool for increasing students' access to physical activity. Communication between all parties was essential in ensuring that districts were reimbursed for their purchase and had all of the correct communication tools provided by Go Noodle to get teacher buy-in.

Impact
As schools began to roll out access to this online tool, Go Noodle provided DNPA and school leaders with usage reports showing the number of teachers engaging with the tool and the total minutes for each school per month. From the months of August to November, the number of physical activity minutes started to increase for every school. In August, the average minutes per school was 728 and this increased to 20,739 by the end of November. The number of teachers engaging with the physical activity platform increased from 5 teachers per school, on average, to 16 in just three months. Usage reports also indicated which teachers were leading their school and showed one teacher in particular completing up to

220 monthly activities with her students.

One northern Indiana school, in particular, took this opportunity and ran (literally!). With 12 teachers completing a total of 1,443 minutes in August, by November the school saw a 26-fold increase in usage. Over 80% of the educators at this school, whom had access to the software, were utilizing Go Noodle Plus on a monthly-basis with a total of 38,758 physical activity minutes in just one month. This success and change in school culture was sustained through the month of November.

This funding stream and collaborative use of technology to increase physical activity levels for youth in Indiana schools has proven to be an effective strategy and will continue to be evaluated for future implementation efforts.

Footnotes

None

Success Story Author Contact:

Jessica Kennedy Yoder, Childhood Obesity Program Coordinator
Division of Nutrition and Physical Activity
Indiana State Department of Health
Jyoder@isdh.in.gov
317-232-3155

Block Grant Coordinator Information:
Indiana State Department of Health
Katherine Hokanson, PHHS Block Grant Coordinator
2 N. Meridian Street
Indianapolis, IN 46204
Phone: 317-234-2865
E-mail: khokanson@isdh.in.gov
Web site: www.in.gov/isdh

Healthy People Objective
Adolescent Aerobic Physical Activity and Muscle-Strengthening Activity

PHHS Block Grant Funding
100% - Total source of funding

PHHS Block Grant Coordinator
Indiana State Department of Health

2 N. Meridian Street
Indianapolis, IN 46204
Phone: 317-234-2865
Web: www.in.gov/isdh

For more information on the
PHHS Block Grant, go to
www.cdc.gov/phhsblockgrant

For more information on
Healthy People, go to www.healthypeople.gov

PHHS Block Grant Supports
Indiana Healthy People Priorities

The PHHS Block Grant provides flexible funding that states can use to prevent and control chronic diseases, respond quickly to outbreaks of infections and waterborne diseases, and address their specific public health needs. States can align their programs with health objectives from *Healthy People*.

Indiana uses its funds to address 14 health objective priorities, including

- Cardiovascular Health.
- Community Water Fluoridation.
- Accredited Public Health Agencies.
- Public Health Agency Quality Improvement Program.
- Health Improvement Plans.

For a complete list of funded health objectives, go to
http://www.cdc.gov/phhsblockgrant/stateHPprior.htm.