



STATE OF HAWAII
DEPARTMENT OF EDUCATION
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Date: 03/19/2018
Time: 02:45 PM
Location: 229
Committee: Senate Education

Department: Education

Person Testifying: Dr. Christina M. Kishimoto, Superintendent of Education

Title of Resolution: SCR 025 REQUESTING THE DEPARTMENT OF EDUCATION TO REPORT TO THE LEGISLATURE ON THE STATUS OF PHYSICAL EDUCATION IN HAWAII'S PUBLIC SCHOOLS.

Purpose of Resolution:

Department's Position:

The Department of Education (Department) supports the intent of SCR 025 and respectfully is providing information regarding data pertinent to physical education in Hawaii's public schools.

The Department currently has middle and high school data from the Hawaii Youth Risk Behavior Survey (YRBS) that is conducted in compliance with the requirements of a cooperative agreement with the Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health. The survey is a joint project of the Hawaii Departments of Education and Health (DOH) and the University of Hawaii's Curriculum Research and Development Group. The YRBS report is available on odd-numbered years, and the state is able to get data on physical education, such as the percentage of students who were physically active at least 60 minutes per day on 5 or more days. Health risk behaviors are also correlated to academic achievement; such as grades that students mostly earned in school. Brochures are printed so the data can be shared with teachers, parents, and community partners. All of these reports are available at the Hawaii Health Data Warehouse - <http://hhdw.org/health-reports-data/other-reports/>.

As part of the Department's cooperative agreement with the CDC, the Department administers the School Health Profiles Surveys on even-numbered years to secondary public and charter schools so trends and patterns can be examined about practices at the school level, such as the physical education provided. Hawaii's 2016 School Health Profiles data can be found at: <http://bit.ly/2016HIPprofiles>

Hawaii is also compared to other states in a CDC report, School Health Profiles 2016: Characteristics of Health Programs Among Secondary Schools, which can be found at: https://www.cdc.gov/healthyyouth/data/profiles/pdf/2016/2016_Profiles_Report.pdf

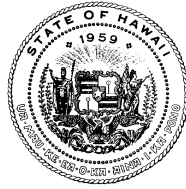
Information such as "Percentage of Secondary Schools in Which Teachers Taught Specific Physical Activity Topics in a Required Course During the Current School Year, Selected U.S. Sites: School Health

Profiles, Lead Health Education Teacher Surveys, 2016” is available.

Each year, Hawaii public schools also complete the Safety and Wellness Survey (SAWS) that provides data on the implementation of the Department’s Wellness Guidelines for physical education at public, non-charter schools, such as the percentage of schools where “All required PE classes have instructional periods totaling a minimum of 45 minutes per week for grades K-3, 55 minutes per week for grades 4-5, 107 minutes per week for elementary grade 6, and 200 minutes per week for secondary grades 6-12.” <http://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/WellnessGuidelines/Pages/home.aspx>

Thank you for this opportunity to provide testimony on SCR 025.

The Hawaii State Department of Education seeks to advance the goals of the Strategic Plan which is focused on student success, staff success, and successful systems of support. This is achieved through targeted work around three impact strategies: school design, student voice, and teacher collaboration. Detailed information is available at www.hawaiipublicschools.org.



**STATE OF HAWAII
DEPARTMENT OF HEALTH**

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**Testimony COMMENTING on S.C.R 25
REQUESTING THE DEPARTMENT OF EDUCATION TO REPORT TO THE
LEGISLATURE ON THE STATUS OF PHYSICAL EDUCATION IN HAWAII'S PUBLIC
SCHOOLS**

**SENATOR MICHELLE N. KIDANI, CHAIR
SENATE COMMITTEE ON EDUCATION**

Hearing Date: March 19, 2018

Room Number: 229

1 **Fiscal Implications:** The Department of Health (DOH) appreciates the intent of Senate
2 Concurrent Resolution 25 (S.C.R 25), and respectfully defers to the Department of Education
3 (DOE) regarding implementation of the measure and to the priorities set forth in the Governor's
4 Supplemental Budget Request.

5 **Department Testimony:** The purpose of this Act is to request the DOE to provide a report on
6 the status of physical education (PE) in Hawaii's public schools.

7 The DOH supports the DOE in its vision of "*educated, healthy, and joyful lifelong*
8 *learners*" and its strategic plan which outlines objectives for "whole child" and "well-rounded"
9 education. The DOH also supports the Hawaii State Board of Education in full implementation
10 of its policies 103-1 (Health and Wellness) and 105-1 (Academic Program) which cover
11 requirements for PE in schools.

12 Quality PE contributes to a child's daily accumulation of physical activity and helps to
13 meet the recommendation of 60 minutes or more of physical activity each day (Physical Activity
14 Guidelines for Americans, U.S. Department of Health and Human Services). Regular physical
15 activity also helps students to achieve an energy balance - which is essential for maintaining a

1 healthy weight. Almost one-third (28.3% YRBS 2015) of Hawaii’s adolescents are currently
2 overweight or obese.

3 SHAPE America, the American Heart Association, and a number of other national health
4 organizations recommend that schools provide 150 minutes per week of instructional PE for
5 elementary school children, and 225 minutes per week for middle and high school students
6 throughout the school year. Currently in Hawaii, DOE Wellness Guidelines recommend 45
7 minutes for elementary school children and 200 minutes for secondary (middle and high school)
8 youth.¹²

9 According to the Youth Risk Behavior Survey (YRBS) 2015, only 6.7% of Hawaii’s
10 public school students have daily PE compared to the national average of 29.8%. Female
11 students in Hawaii are significantly less likely to participate in daily PE when compared to males
12 (5.0% vs. 8.5%). There is also variation in student participation in PE when the YRBS data are
13 analyzed by ethnicity, grade level, and county of residence.

14 PE provides a safe learning environment for all children, including those with disabilities,
15 to develop movement skills that contribute to lifelong healthy behaviors. According to the
16 Superintendent’s Annual Report (2015), 10% of public school students qualify for Special
17 Education. PE is especially important for youth who lack access to physical activity
18 opportunities in their home or community environment. More than half (58%) of Hawaii’s
19 public school students are considered economically disadvantaged (Superintendent’s Annual
20 Report 2015).

21 The DOH recognizes that capacity building is needed so schools can provide quality PE
22 and advance the recommended national standards. The DOH has partnered with DOE and

¹ Society of Health and Physical Educators. *Physical Education Guidelines*. Retrieved
from <https://www.shapeamerica.org/standards/guidelines/peguidelines.aspx>.

² American Heart Association. (2015, April 25). Increasing and Improving Physical Education and Physical Activity in
Schools: Benefits for Children’s Health and Educational Outcomes. Retrieved
from https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_473782.pdf.

1 supported PE and health education (HE) capacity building efforts for more than 15 years. For
2 the school year 2018-19, the DOH will fund eight (8) PE and HE resource teachers with one (1)
3 to be located in each District statewide. These resource teachers will provide training, technical
4 assistance, and a lending library of instructional materials for schools to help them to implement
5 quality, standards-based instruction in PE.

6 Thank you for the opportunity to provide testimony.

7 **Offered Amendments:** None.

SCR-25

Submitted on: 3/18/2018 5:35:26 PM

Testimony for EDU on 3/19/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	Testifying for OCC Legislative Priorities Committee, Democratic Party of Hawai'i	Support	No

Comments: