

# ITTSY BITTSY SPIDER – BY LITTLE RICHARD





COPA: Transforming schools to a culture of daily physical activity



# POWER TO CHANGE

Link between the schools and health systems

Outside the normal school hierarchy

Primary mission of health care



“Without concerted initiatives to prevent and treat overweight adults, the health care system will increasingly be overwhelmed with individuals who require treatment for obesity –related health conditions”

- The disease burden associated with overweight and obesity  
Aviva must, PHD, Jennifer Spandano, MS; Eugenie H. Coackly MA, MPH;  
Alison E. Field, ScD;Grahm Colditz, MD, DrPH, William H. Dietz, MD, PHD



“Obesity in childhood also substantially increases the risk of being an obese adult”

-Childhood Obesity Prevention and Treatment  
Recommendations for the future research

Charlotte A. Pratt, PhD, June Stevens, PhD, Stephen Daniels, MD

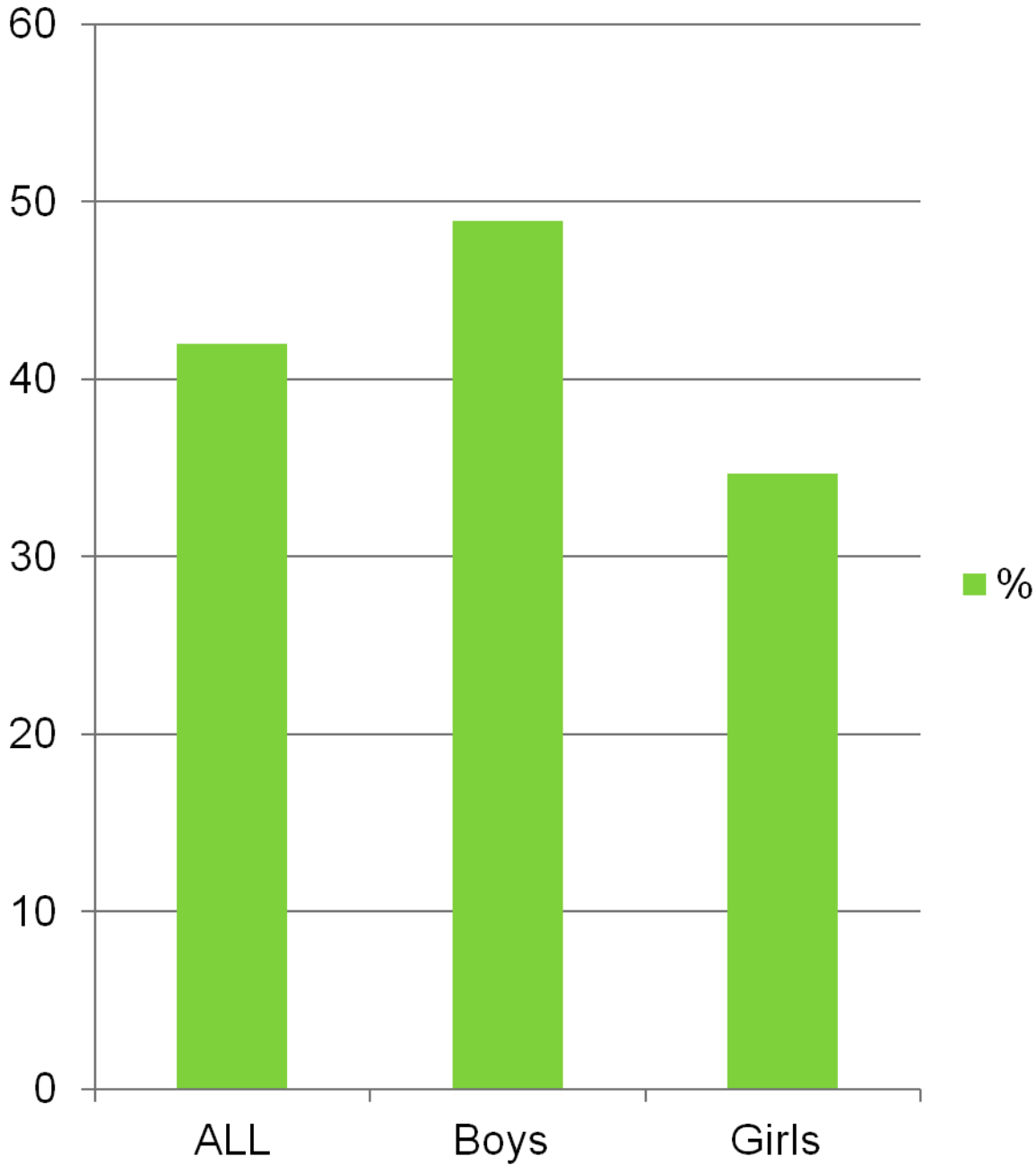


“Across all sex and ethnic groups there was a consistently small percentage of adolescents who reversed obesity”

-Five year obesity incidence in the transition period between adolescence and adulthood: the National Longitudinal Study of Adolescent Health

Penny Gordon-Larsen, Linda S Adair, Melisa C. Nelson and Barry Popkin





**OVERWEIGHT AND OBESITY STATISTICS NIH 2009-2010**

Children ages 6-11 getting at least 60 minutes of Physical Activity, United States 2003-2004



# PREVENTING CHILDHOOD OBESITY: THE NEED TO CREATE HEALTHY PLACES

COUNTY OF LOS ANGELES PUBLIC HEALTH 2005

## Lawndale

- Prevalence of childhood obesity %

26.9

- Rank of 2005 obesity prevalence

83

- Park area per capita (acres/ 1k persons)

0.6

- Rank of park area per capita

102

## Manhattan Beach

- Prevalence of childhood obesity %

4.2

- Rank of 2005 obesity prevalence

2

- Park area per capita (acres/ 1k persons)

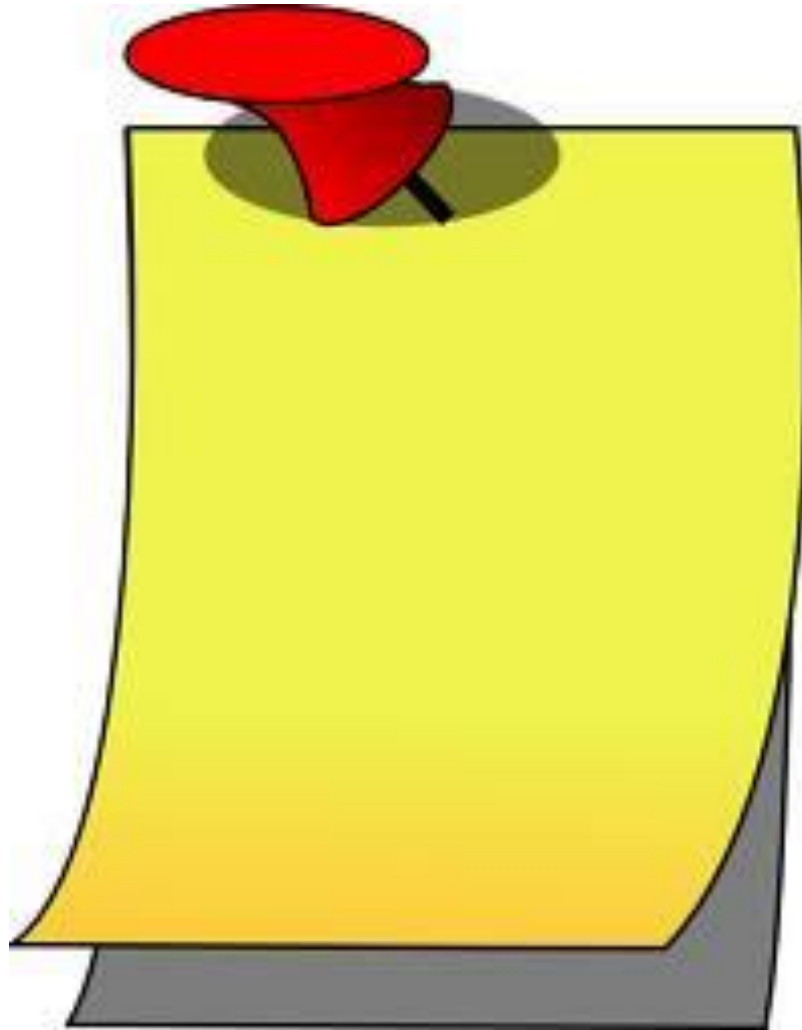
5.7

- Rank of park area per capita 32





POST IT!



# PEER COACH MODEL: PLAYING BRIDGE TAG



Independence

Co-teaching

Observation

# OVER 12 YEARS IN THE MAKING

PEER coach model

Data collection

After school intervention

Parent Engagement

Instant Recess

Student Leadership

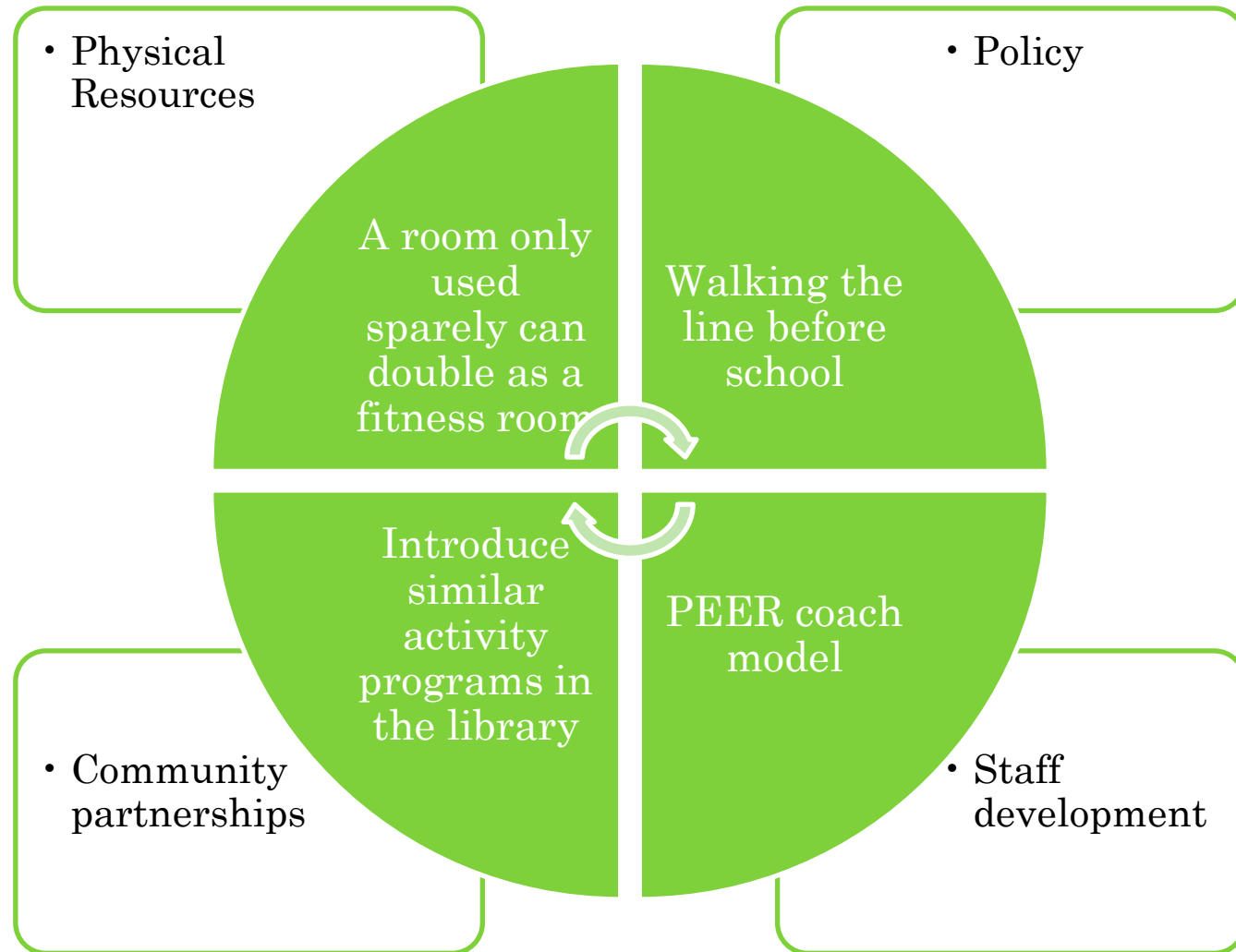
Nutrition Education

COPA Coaches

Online – fall 2013



# SCHOOL CULTURE



# STAFF DEVELOPMENT



## Internally

- Consistent product to the public
- Establish environment of promoting creative ideas and collaboration with each other



## Teachers & Staff

- Motivate
- Practical usable tools



## Parents & Students

- Engage
- Empower



# PARTNERSHIPS

## Internally

- PFHK
- CHIP
- SBHC

## CBO

- Schools
- Boys & Girls
- UCLA

## Funders

- Grants
- Foundations
- Private Donors



# SUBPOPULATIONS

Underserved  
communities

At risk students  
with early  
indicators

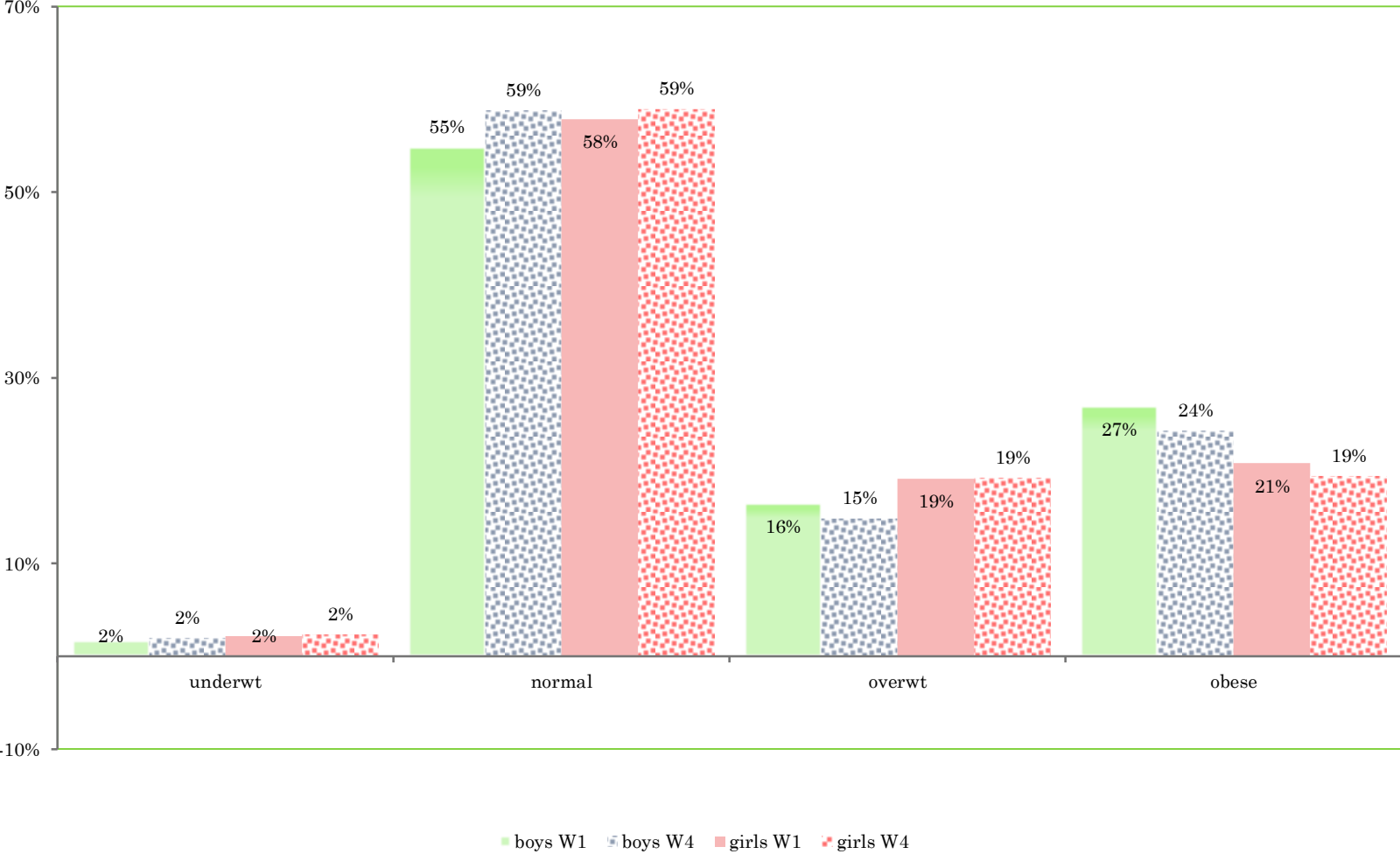
Teacher &  
Community  
identified  
populations

Parents and  
Families

Key  
stakeholders  
and sparkplugs

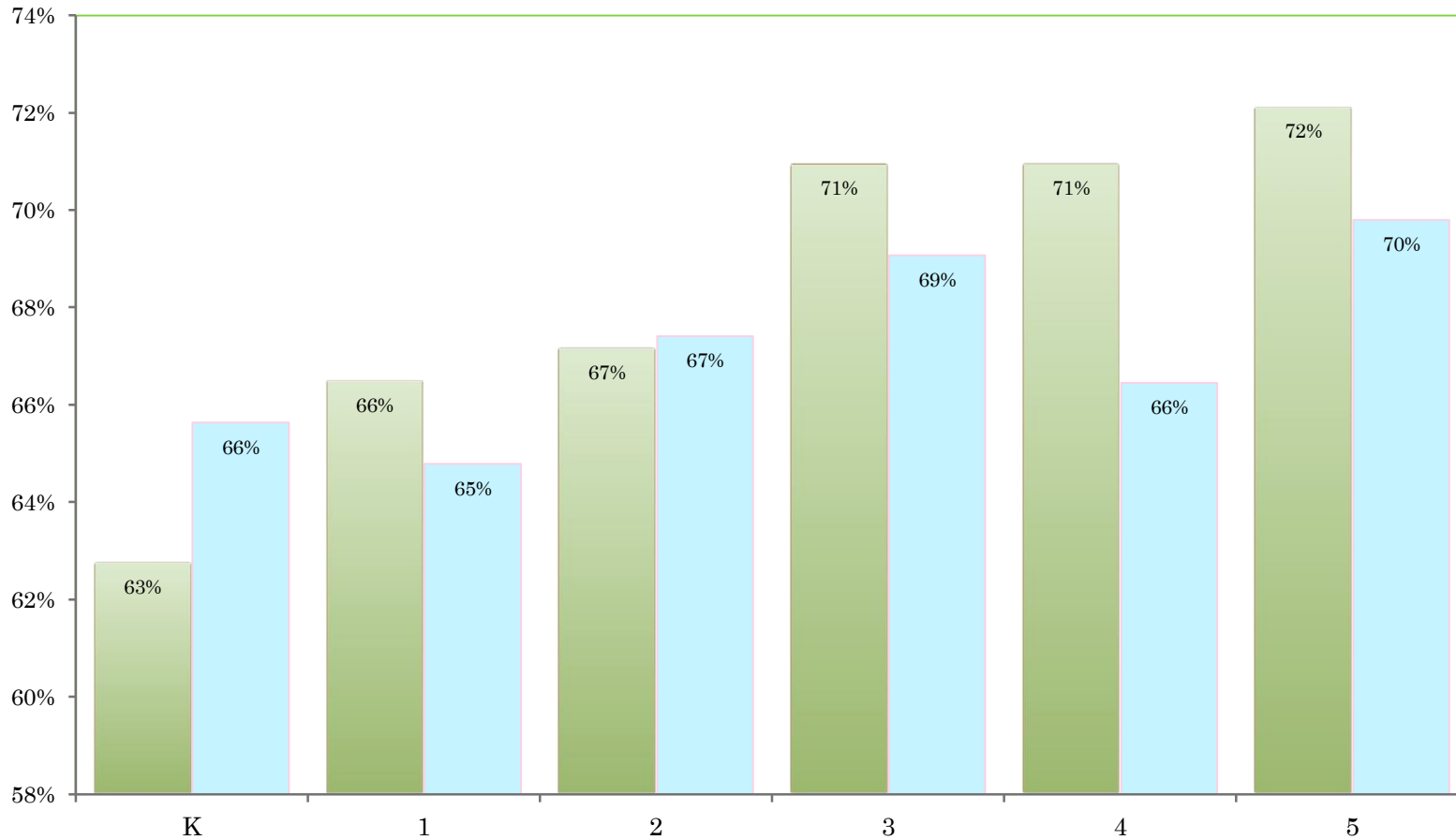


# WEIGHT STATUS BASED ON BMI %ILE BY GENDER (WINDOW 3.1 VS. 3.4) 2012-2013 DOE GRANT





# MEAN BMI PERCENTILE BY GRADE (YEAR 3) 2012-2013 DOE GRANT

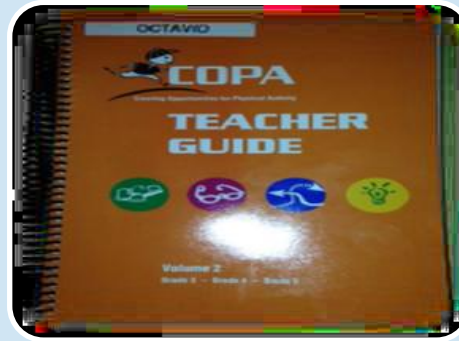


# COPA: THE NEXT STEP



## Training

Practical field tested games and implementation strategies to engage students in activity



## Content

Teacher training manual advanced PE guide and middle school P.E. guide bound or online curriculum



## Resources

Technical advice on active school culture and access to on-line services such as message boards and additional curriculum



# WHAT'S YOUR NEXT STEP?

