

MINUTES OF THE HOUSE COMMITTEE ON EDUCATION K-12.

The meeting was called to order by Chairperson Ralph Tanner at 9:00 a.m. on March 15, 2002 in Room 313-S of the Capitol.

Committee staff present:

Ben Barrett, Legislative Research Department
Carolyn Rampey, Legislative Research Department
Jill Wolters, Revisor of Statutes
Ann Deitcher, Committee Secretary

Conferees appearing before the committee:

The Chair invited the Committee to the resolution regarding physical activities and dietary issues in public schools. (Attachment 1).

After a brief discussion on this topic, the hearing was closed.

Representative Williams asked that the Chair consider working SB 409. The Chair asked if the hearing on SB 409 could be delayed until Tuesday, March 19.

Representative DeCastro asked for HB 2904 to be considered possibly for an interim or task force committee. She was assured that the deadline for submitting memoranda on that bill would be Thursday, March 21.

Representative Lloyd said that HB 2668 which had been passed out of Committee contained an issue of some concern so it was pulled back and re-referred to the Education Committee. She pointed out that SB 551 dealt with the same issue and she felt it could be used as a vehicle to make the changes they'd made in HB 2668.

Representative Reardon explained the sub-committee action on HB 2668 and said it could be changed by absorbing it into SB 551.

Chairman Tanner asked the Committee if they would rather re-open the hearing on HB 2668 or if they felt it necessary to have a formal hearing on SB 551 if they desire to substitute it.

Representative Ostmeyer said he wanted the Committee to consider SB 551.

Following a period of questions and answers, it was decided to take up SB 551, for purposes of marking the bill up, and doing with it what needs to be done. It was also felt there should be an up-dated version of HB 2668 for consideration.

The meeting was adjourned at 9:50 a.m. The next meeting is scheduled for Monday, March 18, 2002.

Problem

According to a report from the Secretary of Health and Human Services and the Secretary of Education (2000), "physical inactivity has contributed to an unprecedented epidemic of childhood obesity. The percentage of young people who are overweight has doubled since 1980." In addition, 61% of overweight children ages 5 – 15 have one or more cardiovascular disease risk factors. Alarming, 27% of these children have two or more of these risk factors. Overweight and obesity problems are new and significant health challenges that must be addressed.

Kansas is not immune to these problems. Currently, only 22% of Kansas citizens are active five times per week for at least 30 minutes (BRFSS, 2000). 78% of Kansas citizens are either inactive or not active at sufficient levels to provide health benefits. A report from the Surgeon General indicated that if "left unabated, overweight and obesity may soon cause as much preventable disease as cigarette smoking (Call to Action, 2001, p. XIII). These trends must be reversed in order to insure a healthy future for Kansas.

While overweight and obesity may be caused by a number of factors (genetic, metabolic, behavioral, environmental, cultural, and socioeconomic), the vast majority of individuals have this condition from poor nutritional habits and the lack of physical activity (Call to Action, 2001). The promotion of healthy nutritional habits and regular physical activity should be the focus of all individuals concerned with the health and wellness of Kansas students and citizens.

Current Projects and Responses to Problem in Kansas

Kansas is one of the most progressive and proactive states in the nation in relation to its response to this problem. The Health and Physical Education Professionals in Kansas have instituted various initiatives to address this problem. These initiatives include:

1. Physical Essentials – PreK – 5 elementary physical Education curriculum/training.
2. Physical Focus – Middle school physical education/health curriculum/training.
3. Physical Dimensions – High School physical education/health curriculum/training.
4. Annual Conventions, workshops and conferences on health and physical education.
5. All curricula are based on National Physical Education Standards and emphasize health-related fitness and lifetime benefits of physical activity.
6. Numerous school districts have or are developing Physical Education for Progress (PEP) Grants.

Grant Money

Professionals in Kansas have been extremely proactive in finding funding sources to improve the quality of health and physical education. In particular, the Kansas Health Foundation has been instrumental in providing funding for the development of quality physical education.

1. Over 2 million dollars of grant money was awarded for Physical Dimensions (secondary) and Physical Focus (middle)
2. 300,000 dollars in grant money was awarded for Physical Connections (university)
3. 240,000 dollars in grant money was awarded for Physical Essentials (elementary)

House Education Committee

Date: 3/15/02

Attachment # 1-1

Number of teachers trained

1. Over 700 teachers trained in Physical Dimensions (5 years)
2. Over 300 teachers trained in Physical Focus (2 years)
3. All Undergraduates at the following university are trained in Focus and Dimension
 - Emporia State University
 - Pittsburg State University
 - Wichita State University
 - Fort Hays State University
 - Baker University
 - Mid America Nazarene
 - Kansas Wesleyan University
 - University of Kansas
4. Summer of 2000 and 2001, Pittsburg State, Fort Hays State, Emporia State, University of Kansas all offered workshops on Dimensions and Focus. Each site trained about 40 people. Total trained 320.
5. Teachers in over 15 states have been trained with these curriculums
6. Physical Essentials training 2001 summer (6 workshops). 2002 summer there will be 4 additional workshops. Total projected teachers trained 600.

Recognitions and Awards

1. Centers for Disease Control (CDC) are reviewing Dimensions, Focus and Essentials as national model programs in physical education.
2. Many school districts in the State of Kansas will only hire new teachers who have been trained in Physical Dimension, Physical Focus or Physical Essentials.
3. The only Pre K - university curriculum of instruction in the United States.

Legislative Support

Currently, Kansas does not mandate daily physical education in grades K - 12. In fact, only one year of physical education at the high school level is required. By the time students have reached high school, they have already developed health/fitness patterns and attitudes that are difficult to change. If the overweight and obesity epidemic is to be addressed, there needs to be in place systems that work toward preventing it. We need to create environments that reinforce and enable healthy lifestyles. Efforts to reverse these trends are the responsibility of all people in Kansas. If physical education programs are not required or continually eliminated, children will become increasingly inactive. Inactivity will exacerbate the overweight and obesity problems and these problems will lead to future health problems and strain on the health care system.