



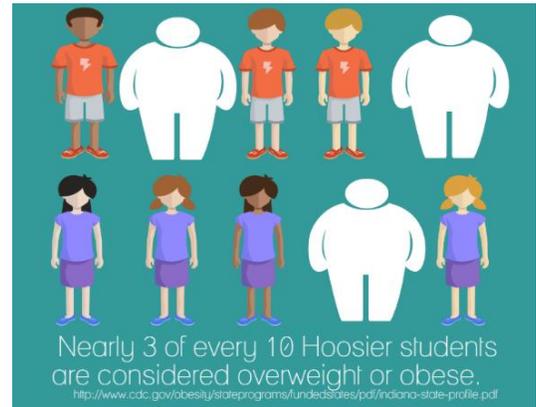
# The Every Student Succeeds Act

Opportunities to improve physical activity, physical education and nutrition in Hoosier schools.

The Indiana Healthy Weight Initiative (IHWI) has long supported efforts to increase physical activity and good nutrition in schools. Evidence supports that “schools are important partners in efforts to improve the health of Indiana’s residents.”<sup>i</sup> More than 28% of Hoosier students are overweight or obese and only 1 in 4 high school students are physically active for 1 hour a day each day.<sup>ii</sup>

The Every Student Succeeds Act (ESSA) passed in late 2015 reauthorizes the Elementary and Secondary Education Act of 1965. Most important to the IHWI, ESSA now includes school health and physical education in its definition of a “well-rounded education.”<sup>iii</sup>

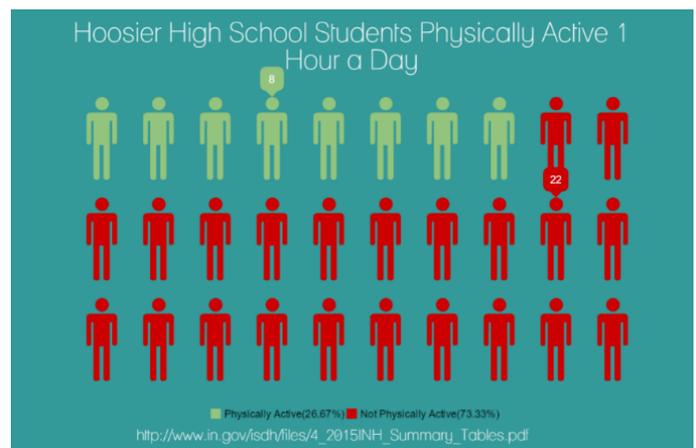
This means that schools can now add school health programs and P.E. into their curriculum in more robust ways. The IHWI supports using ESSA to make broad changes to school physical activity, physical education and nutrition activities. There are 2 ways this needs to happen: through the specific use of federal **Title Funding** and through changes to Indiana’s **School Accountability Measures**.



**Title Funding:** Under ESSA guidelines Title I, II, and IV funds can be used to support physical activity, physical education and nutrition.

- **Title I - Improving The Academic Achievement Of The Disadvantaged**
  - Title I funds could be used to hire more P.E. teachers or to implement specific programs designed to increase physical activity or improve nutrition among low-income students. Title I could fund programs for low-income students like expanded school breakfasts, FitnessGram and others.
- **Title II – Improving Teacher Quality**
  - Title II funds could be used specifically for new P.E. teachers but also to train all teachers and staff on how to incorporate more physical activity or better nutrition into the classroom.
- **Title IV – 21<sup>st</sup> Century Schools**
  - Title IV funds could fund current, effective and evidenced-based programs like Farm to School, Walk and Bike to School, Fitness-gram and others to improve school physical activity and nutrition

**School Accountability Measures:** Under ESSA states must choose at least one measurement of school quality. The IHWI encourages Indiana to use an evidenced-based measure of accountability that measures school health and wellness. This will increase the importance that all public schools place on physical education, physical activity, and nutrition activities. Examples include developing an accountability measure based on a comprehensive school wellness measuring tool such as the [School Health Index](#) or [School Climate Surveys](#). Additionally individual measures such as chronic absenteeism or student discipline might be used as an accountability measure of student health.



Indiana must take advantage of ESSA to make important changes to education policy to support school health. It is our stance that every Hoosier student has the right to an education that supports their good health.

<sup>i</sup> Indiana’s Comprehensive Nutrition and Physical Activity Plan 2010-2020

<sup>ii</sup> [http://www.in.gov/isdh/files/4\\_2015INH\\_Summary\\_Tables.pdf](http://www.in.gov/isdh/files/4_2015INH_Summary_Tables.pdf)

<sup>iii</sup> <https://www.congress.gov/bill/114th-congress/senate-bill/1177/text>, Page 129 STAT. 2099