

IsPOD: In-School Prevention of Obesity and Disease



“Issy”

“For the first time in more than 100 years, our children’s life expectancy is declining due to the increase in being overweight.”

~New England Journal of Medicine



North Carolina is ranked 5th in the nation for having the highest rates of obesity. Childhood obesity has hit epidemic proportions. NCAAHPERD believes that education encourages changes in attitudes and behaviors and that *daily quality* physical education provides the foundation for knowledge and the skills to become more physically fit, healthier and happier adults.

THE NCAAHPERD INTERVENTION:

IsPOD: The **In-School Prevention of Obesity and Disease (IsPOD)** initiative is designed as a comprehensive school prevention program to improve physical activity and eating habits in order to reduce obesity and the number of overweight children in grades K-8. By partnering with the NC Department of Public Instruction, we work with teacher education programs to create change within the current educational system. These changes will specifically target obesity prevention in our state during a time in which policy changes around students’ health needs are at a peak. Our goal is to implement IsPOD for all 100 counties in North Carolina. We will reach 1,876 K-8 schools or approximately 5,500 teachers who, in turn, teach 1,060,000 students.



North Carolina
Department of
Public Instruction

GRANTS: The **North Carolina Health and Wellness Trust Fund** provided a grant to help launch the IsPOD program and an additional grant from the **Blue Cross Blue Shield of North Carolina Foundation** allowed us to expand IsPOD. With substantial funding from the **Kate B. Reynolds Charitable Trust**, every K-8 school will be given the opportunity to participate in IsPOD over the course of the next four years.



ISPOD ENCOMPASSES:

- **Curriculum Training:** SPARK (Sports, Play and Active Recreation for Kids) curriculum training is provided to all physical education teachers, grades K-8.
- **FITNESSGRAM:** Software, manuals, training tools provided to measure fitness levels & body mass index.
- **Evaluation:** NCAAHPERD is conducting the most comprehensive and ambitious evaluation process in the country. This includes teacher and student on-line surveys and FITNESSGRAM testing. Aggregate data will be available in reports to our funders, state legislators, state board of education, etc.
- **Train the Trainer:** IsPOD provides opportunities for exceptional teachers to become SPARK trainers.
- **Sustainability:** We hope to maintain the IsPOD program by utilizing our own trainers while preparing new professionals ready to implement SPARK/FITNESSGRAM as colleges and universities instruct their students in teacher preparation programs.

Visit www.ispod.info

Reversing the obesity epidemic requires a long-term, well-coordinated approach to reach young people where they live, learn and play. Schools play a critical role in reshaping social and physical environments while providing information, tools, and practical strategies to help students adopt healthy lifestyles.

