Over 80% of Schools Taught the Following Physical Activity Topics
in a Required Course for Students Grades 6 through 12

- Short- and Long-Term Benefits of Physical Activity
- Decreasing Sedentary Activities
- Incorporating Physical Activity into Daily Life
- Recommended Amounts and Types of Physical Activity
- Benefits of Drinking Water Before, During, and After Activity

All information in this Fact Sheet comes from the 2014 Iowa School Health Profiles survey, which gathers information about middle school and high school health education practices from the perspectives of school principals and lead health teachers. This Fact Sheet was developed by the National Resource Center for Family Centered Practice at the University of Iowa School of Social Work for the Iowa Department of Education.

Learn More at https://www.educateiowa.gov/
37.8% of Schools Provided Parents and Families with Health Information Designed to Increase Parent and Family Knowledge of Physical Activity

Percentage of Schools Which:

- Allowed Students to Participate in Physical Activity Breaks in Classrooms During the School Day Outside of Physical Education
  - High Schools: 95.0%
  - Middle Schools: 92.6%
- Offered Opportunities for All Students to Participate in Intramural Sports or Physical Activity Clubs
  - High Schools: 53.5%
  - Middle Schools: 55.3%
- Offered Interscholastic Sports to Students
  - High Schools: 92.6%
  - Middle Schools: 80.3%
- Offered Opportunities for Students to Participate in Physical Activity Before School through Organized Activities or Access to Facilities or Equipment
  - High Schools: 50.5%
  - Middle Schools: 69.9%
- Prohibited Staff from Excluding Students from Physical Education or Activity as Punishment
  - High Schools: 69.9%
  - Middle Schools: 66.5%
- Had a Joint Use Agreement for Shared Use of School or Community Physical Activity Facilities
  - High Schools: 65.8%
  - Middle Schools: 68.9%

89.0% of Schools Taught Students to Balance Food Intake and Physical Activity

&

70.5% of Schools Taught Students How to Assess Body Mass Index (BMI)