

---

# Report Card on Physical Education and Health Education in Maine



Courtesy of Sun Journal

**This report was sponsored by:**

**Maine Association for Health, Physical  
Education, Recreation, and Dance  
(MAHPERD)**

**[www.maineahperd.org](http://www.maineahperd.org)**

**and**

**American Heart Association in Maine**

**[www.heart.org/maine](http://www.heart.org/maine)**

## MAHPERD's Mission

---

MAHPERD is a non-profit professional organization whose 600+ members are committed to excellence in health education (HE), physical education (PE), recreation and dance for Maine youth.

Our goals are:

- ✦ To continue to build a partnership with the American Heart Association, American Lung Association, Department of Education, Maine Recreation and Park Association, Health Policy Partners, universities & colleges and other organizations who are passionate for quality programs in health, physical education, recreation & dance.
- ✦ To provide a quality conference that is based on current research & best practices and to provide the best professional development for our members.
- ✦ To provide members an opportunity to communicate, network, and stay current in their profession through regional workshops, newsletters, websites, membership directory and e-mails.
- ✦ To continue representing and advocating for quality health, physical education, recreation and dance programs at the local, state, regional and national levels.

## Health Education and Physical Education Guidelines

---

Maine's HE and PE standards (Maine Department of Education, 2002, Chapter 127), "Instructional Requirements and Graduation Standards," **require that HE and PE be taught every year from kindergarten through eighth grade** and that HS students must attain 1.0 credit in PE and .5 credit in HE to meet graduation requirements.

### **NASPE Guidelines\***

The National Association for Sport and Physical Education (NASPE) believes every child in the United States deserves both a quality PE and physical activity program. NASPE recommends that schools provide 150 minutes of instructional PE for elementary school children and 225 minutes for middle and high school students per week for the entire school year.

\*Included in the Scientific Statement from the American Heart Association.

## Maine's Report Card on Physical Education and Health Education

---

**Cost of health care in Maine compared to other states** **F**

**Number of obese or overweight adults in Maine** **D**

**Number of obese or overweight children in Maine** **D**

**Maine has legislated standards for health education and physical education, one of eight required content areas** **A**

**Maine students meet NASPE guidelines for physical education minutes** **D**

**Health education in Maine grades K-8 is taught by certified health education teachers\*** **C**

**Physical education in Maine grades K-12 is taught by certified physical education teachers** **A**

\*Grades 9-12 rank A-

## ***OBESITY-RELATED FACTS FOR MAINE\****

- Maine has the 29<sup>th</sup> highest rate of adult obesity in the nation at 25.8%.
- Only 32.7 % of adults had 20 or more minutes of vigorous physical activity three or more days per week.
- Only 41.5 % of high school students attended physical education (PE) classes.
- Only 5.7 % of high school students attended PE classes daily.

\*Behavioral Risk Factor Surveillance System, 2009

### Obesity Rates for Youth & Adults in Maine:

- **28% of kindergarteners** are overweight or obese (Maine Integrated Youth Health Survey, 2009).
- More than **1/4 of high school students** are overweight or obese (Maine Integrated Youth Health Survey, 2009).
- Nearly **2/3 of adults** are overweight or obese (Behavioral Risk Factor Surveillance System, 2009).

### Conditions Linked to Obesity:

- High Blood Pressure
- Lack of Exercise
- Poor Nutrition
- Diabetes
- Heart Disease
- Cancer

### Obesity-Related Health Care Expenses:

- The estimated annual medical expenditures in Maine attributable to obesity are \$357 million (Maine Physical Activity and Nutrition Plan, 2005-2010).
- About 11% of Maine's Medicaid expenditures or roughly \$137 million per year are spent on obesity-related illnesses (Maine Physical Activity and Nutrition Plan, 2005-2010).
- Obese people generally have higher health care costs, face greater health risks, and are more likely to experience a disability. People who are obese incur annual medical expenses that are 36% higher than those who are of normal weight (Maine Physical Activity and Nutrition Plan, 2005-2010).

## Why Kids Need More Physical Education and Health Education

---

- ✓ Healthy, active children are less likely to participate in risky behaviors
- ✓ Healthier and more active children learn better
- ✓ Improve student attention/focus and academic achievement
- ✓ Reduce health care costs
- ✓ Improve overall health
- ✓ Enhance quality of life
- ✓ Prevent disease and disability
- ✓ Reduce the risk of obesity and overweight
- ✓ Encourage physically active lifestyles in adulthood
- ✓ Gain more knowledge, skills and confidence to make healthy lifestyle choices



## Parameters for Essential Instruction in Health Education and Physical Education

---

- A. Health Concepts: Students comprehend concepts related to health promotion and disease prevention to enhance health.
- B. Health Information, Products and Services: Students demonstrate the ability to access valid health information, services, and products to enhance health.
- C. Health Promotion and Risk Reduction: Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- D. Influences on Health: Students analyze the ability of family, peers, culture, media, technology, and other factors to enhance health.
- E. Communication and Advocacy Skills: Students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.
- F. Decision-Making and Goal-Setting Skills: Students demonstrate the ability to make decisions and set goals to enhance health.
- G. Movement/Motor Skills and Knowledge: Students demonstrate the fundamental and specialized movement skills and apply principles of movement for improved performance.
- H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.
- I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

## How to Get in Touch with Legislators

---

### Communicating with your Legislator

Personal visits are valuable. Personal postcards, phone calls, e-mails and well-written letters all help. Be sure to tell your legislator why you support or oppose a measure.

**BY E-MAIL:** [http://www.maine.gov/legis/house/e\\_mail.htm](http://www.maine.gov/legis/house/e_mail.htm)

Please include your name and address so the legislator can respond.

**BY MAIL:** To reach your Representative: **House of Representatives, 2 State House Station, Augusta, Maine 04333-0002**

**BY PHONE:** 1-800-423-2900 TTY number is 207-287-4469

**BY MAIL:** To reach your Senator: **Senate of Maine, 3 State House Station, Augusta, Maine 04333-0003**

**BY PHONE:** 1-800-423-6900 TTY number is 207-287-1583



---

November 2010



**MAHPERD**

**[www.maineahperd.org](http://www.maineahperd.org)**



**American Heart Association® | American Stroke Association®**

*Learn and Live®*

**[www.heart.org/maine](http://www.heart.org/maine)**

This Report Card is available at [www.maineahperd.org](http://www.maineahperd.org)