

BEPA 2.0 Grant Application Support Document

If you are writing a grant to fund BEPA 2.0 for your school, we have created this document to support your success! Included is a brief background about the need for integrating more physical activity time into the elementary school environment, background about the BEPA 2.0 evidence-base, and budget options to fit the budget range to which you must align.

Good luck! If you have additional questions or comments, please feel free to contact us at BEPA2.0@oregonstate.edu.

DRAFT

General Background Importance of Physical Activity in School Settings

Schools can play a critical role in obesity prevention, as more than 95% of U.S. youths (ages 5 - 17) are enrolled in school¹. Youth spend, on average, 6.5-7 hours a day over 180 days at school each year, highlighting the importance of a health promoting school environment for enrolled students². In geographic regions where community resources for healthy eating and physical activity (PA) may be scarce (e.g. rural, remote, low-income), schools provide a critical venue for obesity prevention and health promotion³. **[Add here if relevant: In Oregon, data show that rural children accrue low levels of PA at school and that the amount of PA rural children attain at school is inversely associated with their body mass index (BMI)⁴.]**

Specific Findings about Providing Classroom Activity Breaks

A recent study in Oregon examined how school physical activity environment and policy factors were associated with elementary students' physical activity levels at school⁵. A finding of particular interest to our grant application was that when school policies and practices encouraging classroom teachers to include 3- to 5-minute physical activity breaks were implemented, this was associated with 8.36 min/d more total activity and 3.81 min/d more health promoting moderate-to-vigorous (MVPA) among children than when these practices were not implemented. For elementary schools where funding for regular PE programming is limited, classroom teachers may be tasked with providing PE and/or other physical activity opportunities for children. Thus, the need exists to provide schools resources and training to implement these policies and practices.

Specific Information and Research Findings about BEPA 2.0

BEPA 2.0 includes over 50 unique activity cards aligned to PE and health education (HE) standards, implementation guidance cards, and a set of portable play items such as beach balls, beanbags, buckets, chalk, cones, floor tape, and scarves. Other resources include access to training, policy and reporting templates, and an implementation manual. All educators can implement BEPA 2.0 to provide classroom-based physical activity breaks. In Oregon, licensed teachers can use BEPA 2.0 to provide standard-aligned PE minutes in compliance with statewide policies. The effectiveness of the original BEPA-Toolkit was evaluated in six elementary schools located in under-resourced, rural communities. Results showed that when teachers use the BEPA-Toolkit, children are more active⁶ and the more active children are at school, the less likely they are to be obese⁵. Study findings also showed that when teachers are trained, have the support of administration, and understand the value of physical activity for their students, they are more likely to implement short activity breaks and children are more likely to be active^{7,8}. The toolkit is included in the National Coalition for Childhood Obesity Research and SNAP-Ed Toolkit (2016) of approved obesity prevention resources⁹.

Request for Funding of BEPA 2.0 Toolkits and Training

Based on the evidence and the needs of our school community, we are proposing to purchase BEPA 2.0 kits for every classroom. We are also proposing to obtain a schoolwide training to implement the kits, as the data clearly show that when teachers are trained and feel confident delivering physical activity breaks, the outcomes for students are optimized.

BEPA 2.0 Budget [create a budget that fits your need]

The table below shows the costs for BEPA 2.0 kits and training. We also show the cost if you were to purchase the activity book without the equipment.

BEPA 2.0 Items	Cost per Item
BEPA 2.0 Activity Book, Spiral Bound	\$35.00 per book (1-5); Email for bulk price details
Full BEPA 2.0 Toolkit (includes duffel, all activity equipment, reporting tools, and spiral bound activity book)	Email BEPA2.0@oregonstate.edu for current pricing
Full BEPA 2.0 Toolkit and Training Package (includes 10 full kits + Training)	\$2000.00 per package
Training only (we have kits, just need training)	\$1000.00 per training

BEPA 2.0 Toolkit On-Site Training. We come to you! You receive a three-hour training for up to 30 participants (larger groups possible). We will share the research and provide hands on training and practice. You will be able to use BEPA 2.0 to provide activity breaks aligned to health and physical education standards!

References

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2. U.S. Department of Education, National Center for Education Statistics. Schools and Staffing Survey (SASS). Schools and Staffing Survey (SASS), "Public School Data File," 2007-08. 2016, [cited 15 July]. Available from: https://nces.ed.gov/surveys/sass/tables/sass0708_035_s1s.asp
3. Hatfield DP, Chomitz VR. Increasing Children's Physical Activity During the School Day. *Curr Obes Rep.* 2015;4(2):147–56. doi: 10.1007/s13679- 015-0159-6. [PubMed: 26627212].
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5. Gunter KB, Jackson JJ, Abi Nader P, John DH. The association of rural elementary school environmental characteristics with children's physical activity levels at school. *Int J School Health.* 2018 July; 5(3):e58213. doi: 10.5812/intjsh.58213.
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7. Abi-Nader P*, Hilberg, E*, Schuna, J, John, D., Gunter, KB. Association of Teacher-Level Factors with Implementation of Classroom-Based Physical Activity Breaks. *J School Health*, *in press*.
8. Abi-Nader P*, Hilberg, E*, Schuna, J, John, D., Gunter, KB. Teacher-level factors, classroom physical activity opportunities, and children's physical activity levels. *J Phys Act Health*, 2018 Sep 1;15(9):637-643. doi: 10.1123/jpah.2017-0218.
9. National Collaboration on Childhood Obesity Research (NCCOR) and SNAP-Ed (2016). SNAP-Ed Strategies and Interventions. An Obesity Prevention Toolkit for States. April 2016 Update. Available at: <https://www.nccor.org/downloads/SNAPEdStrategiesAndInterventionsToolkitForStates.pdf>.