

ISCA North America Report

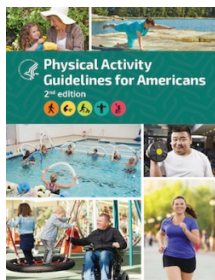
By Jayne Greenberg

In North America, I have been building relations and understanding of the role and contribution of ISCA with key US stakeholders and initiatives, several of whom I am engaged in myself.

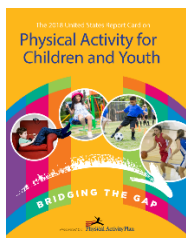
I am the Education Sector Chair for the National Physical Activity Plan and the US Program Director for the I Can Do It! program, which will be in at least 28 states by the end of this school year.

Very soon the National Youth Sport Strategy will be released, and I have contributed to this key document as well.

More details on key developments and documents below:



The ***Physical Activity Guidelines for Americans, 2ND edition***, released in 2018, is an essential resource for health professionals and policymakers as they design and implement physical activity programs, policies, and promotion initiatives. It provides information that helps Americans make healthy choices for themselves and their families, and discusses evidence-based, community-level interventions that can make being physically active the easy choice in all the places where people live, learn, work, and play.



The 2018 United States Report Card on Physical Activity for Children and Youth, is the third comprehensive assessment of physical activity in U.S. children and youth, updating the first Report Card released in 2014 and second released in 2016. The primary goal of the 2018 U.S. Report Card is to assess the levels of physical activity and sedentary behaviors in American children and youth, facilitators and barriers for physical activity, and health outcomes related to physical activity. The Report Card is an advocacy tool that provides a level of accountability and call-to-action for decision makers regarding how we, as parents, teachers, health professionals, community leaders, and policy makers, can implement new initiatives, programs, and policies in support of healthy environments to improve the physical activity levels and health of our children and youth.

The report card is a part of the bigger Active Healthy Kids Global Alliance, with whom ISCA now has a memorandum of understanding is working towards enhanced collaboration.



Promoting Walking and Walkable Communities

Walking is the most common form of physical activity, and it is popular with people of all ages and most abilities. Brisk walking contributes to attainment of current physical activity guidelines and can provide important health benefits. Improved walkability can make communities safer, support social cohesion, reduce air pollution, and benefit local economies. Leading experts created “Promoting Walking and Walkable Communities – Cross-Sector Recommendations”. The recommendations identify and prioritize the activities that will have the greatest impact on improved walkability and increased walking. The final recommendations outline priority actions organized into six comprehensive strategies. Addressing these strategies and tactics through the lens of equity and inclusion will help to ensure improved walking and walkability for people living in varied and diverse communities nationwide.

The recommendations call for changes in multiple societal sectors including transportation and community planning, public health, business and industry, education, and healthcare.



The **I Can Do It!** Program (ICDI), released through the U.S. Department of Health and Human Services, (Administration for Community Living), in partnership with the U.S. Department of Education, is a voluntary school-based physical activity program designed to provide access, facilitate, and encourage opportunities for students with disabilities to be physically active for 60 minutes a day. This can be accomplished by accumulating the 60 minutes through physical education, adapted physical education, recess, classroom physical activity breaks, active transport to and from school, and extracurricular activities, including a variety of club and sport activities.

ICDI works to achieve its objectives through the program’s three core tenets:

MENTORING: School site personnel (teachers, paraprofessionals, therapists, counselors, etc.) guide students through physical education, physical activity, and sports opportunities and healthy eating habits;

GOAL SETTING: School site personnel work with students on setting weekly, grading period, or semester goals.

RECOGNITION: After completing the program for a minimum of 8 weeks, students earn their PALA+ awards (certificate and patch). It is recommended that in the school setting the program is conducted all year long with an end of year awards celebration/ceremony.

The ICDI Program is offered in eight week intervals throughout the school year, but the program can begin at any time. Ideally, the program is conducted all year long culminating with an end of year awards ceremony/celebration where students receive the PALA+ award certificate. The program manual and certificate can be found at: <https://acl.gov/programs/health-wellness/icdi>.



Aspen Institute Project Play

The *State of Play 2019* report offers the latest update on how well stakeholders are serving all children, regardless of zip code or ability. In presenting data and key developments over the past year, the report helps clarify gaps and, more importantly, identifies opportunities to drive progress.

Retiring from sports at a young age can reduce the chances of the benefits of being physically active, and Project Play thus recently released the “Don’t Retire, Kid” campaign