



Classification of Laws Associated with School Students

Concordance in Physical Education and Nutrition Laws in Elementary Schools: 2003-2007

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About C.L.A.S.S.

Classification of Laws Associated with School Students (C.L.A.S.S.) is a scoring system that monitors and evaluates state-level school physical education (PE) and nutrition policies that have been codified into law.

Policy Areas Covered In C.L.A.S.S. Include:

Physical Education	Nutrition
<ul style="list-style-type: none"> PE time requirements Staffing requirements (i.e., teacher qualifications) Curriculum standards Assessment of health-related fitness Recess time 	<ul style="list-style-type: none"> Competitive foods-<i>a la carte</i> (e.g., vending machines) Reimbursable school meals School meal environment (i.e., meal scheduling time and length requirements) Food service director qualifications Coordinating or advisory council requirements Nutrition education Marketing restrictions Body mass index screening

Introduction

Federal law in 2004 required states to address Nutrition and Physical Education (PE) in schools

However, states were not directed to uniformly enact laws for Nutrition and PE, especially regarding competitive foods and time allotted for PE

Purpose

Assess changes (2003 – 2007) in PE-Time and Competitive Food laws relating to elementary schools

Determine the concordance between changes in competitive food and PE laws

Methods

PE-Time: C.L.A.S.S. scores at elementary school level for each state and DC were dichotomously recoded (*Require vs. Do Not Require*) in 2003 and 2007

Competitive Foods: C.L.A.S.S. scores at elementary school level were recoded for each state and DC (*Food Restriction Requirement vs. No Requirement*) for the following Nutrition areas:

- Vending (beverages and foods)
- Ala Carte Items
- School Store (food & beverages items)
- Fundraising Activities (foods & beverages)

Items were combined to form a State Composite score (*Any Competitive Food Restriction Law Requirement vs. No Requirement*)

Data Analysis

Chi Square analyses compared the *relative frequency* of states with and without *PE-Time* and *Competitive Food Restriction* laws (2003 – 2007)

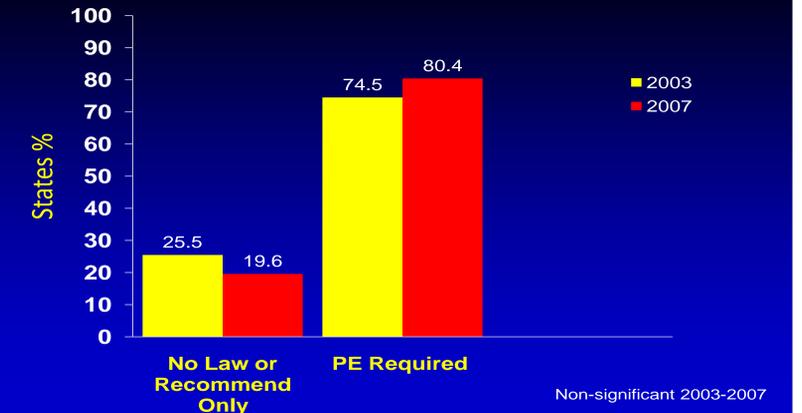
Nonparametric Mann-Whitney U tests compared *relative stringency of Laws Restricting Competitive Food* in states either with or without law requiring PE in 2003 and 2007

Conclusions

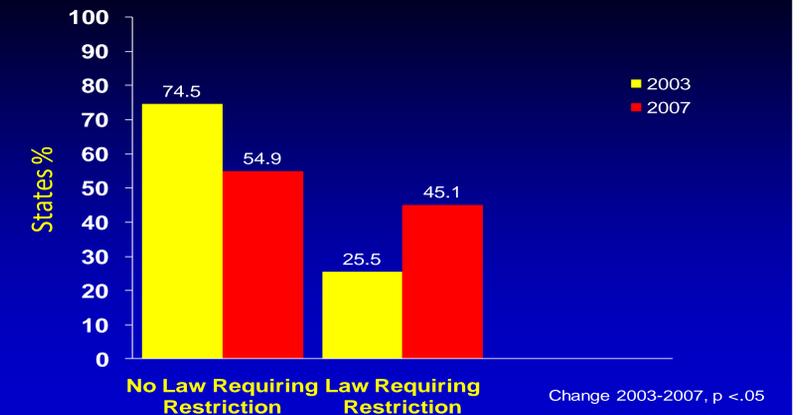
- States with *Law requiring* Time for PE in elementary schools were prevalent in 2003 (74.5%), but changed little (80.4% in 2007).
- States with *Law requiring* Restriction in Competitive Foods in elementary schools were sparse in 2003 (25.5%), but changed significantly (45.1% in 2007).
- States with relatively stronger PE-Laws in 2003 were more likely to significantly improve their Competitive Food Restriction laws in 2007.

Results

State's Physical Education Time: Elementary School



State's Competitive Food Law: Elementary School



States' Competitive Food Law Change by PE Status

