

Network Support for the NYC FITNESSGRAM Assessment

Office of School Wellness Programs
Wellness@schools.nyc.gov

Today's Session

1. NYC FITNESSGRAM background
2. Network level support
3. Available resources

NYC FITNESSGRAM Background

- What is NYC FITNESSGRAM?
- What are the assessments and who administers them?
- What determines student exemptions?
- What is the data entry and validation timeline?
- What do the reports look like, and who receives them?

What is NYC FITNESSGRAM?

- Annual assessment of health-related fitness
- Designed as part of a comprehensive PE program
- Produces reports for students and for parents
- Report summarizes each student's performance on fitness assessments and suggests ways to reach the "Healthy Fitness Zone"

What is NYC FITNESSGRAM?

- The PE teacher attends the Physical Best training and learns how to integrate the assessments into PE instruction
- Completing all assessments requires planning
- The school's timeline can be affected by class size, personnel, available space, grade level, quality of classroom management, and school-wide policies

What are the Assessments?

- **Grades K-3:** Only height and weight
- **Grades 4-12:** Height and weight
15 meter P.A.C.E.R.
Sit and reach (left and right)
90° Push-up
Curl-up
Trunk lift

What Determines Student Exemptions?

- **Automatic Exemptions:** The NYC FITNESSGRAM system automatically exempts students who are categorized for alternate assessment (e.g., Districts 75 & 79)
- **FG User Exemptions:** PE teachers have the ability to exempt students for **rare** circumstances:
 - Those with a doctor’s note or a 504 Plan
 - Long term absence (LTA) or “no show”
 - Students with testing modifications on their IEP that exclude them from standardized assessment
 - “Other”

NYC FITNESSGRAM Timeline

- The system opened the first week of school in September, 2010
- **April 8, 2011 is the last day to enter and validate data**
- Teacher must attend training to gain access
- Schools have the flexibility to decide when to conduct the assessments
- Recommended pacing calendars:

[K-3](#)

[4-5](#)

[6-8](#)

[9-12](#)

Data Validation

- Validation feature added during FY10
- Makes it *easier* for users to catch errors or data outside of normal ranges
- These checks ensure the accuracy of the assessments and improve the quality of the reports that are sent home
- Teachers must validate their data for the student information to be “complete”
- [Validation directions and FAQ](#)

NYC FITNESSGRAM Reports

- Annual NYC FITNESSGRAM progress reports are distributed in May
 - Student reports: Grades 4-12
 - Parent reports: Grades K-12
- Reports are printed centrally and shipped to each school for distribution
- Only students with validated assessments receive reports
- Parent reports available in 8 other languages

Student Report



Department of Education

Joel I. Klein, Chancellor

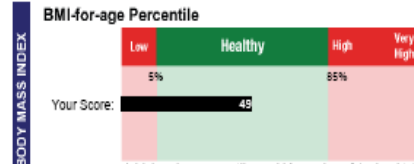


REPORT FOR STUDENT

Test ID	Test Name	Height	Weight
4	Current: 2007-2008 Test	4' 5"	87 lbs

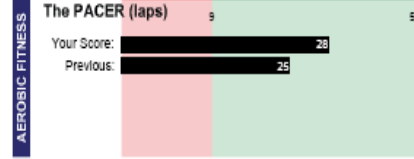
Ashley Sample
 Grade: 05 Age: 10 Class: 500
 P.S. 000 School District 00
 Instructor: John Smith

To be healthy and fit, it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.



Ashley, your BMI is in a healthy range. Stay healthy! Get at least 60 minutes of physical activity most days. Avoid sugary foods and drinks. Eat plenty of fruits and vegetables.

A high or low percentile could be a sign of (or lead to) health problems.



Your aerobic capacity score is in the Healthy Fitness Zone. To maintain fitness, you should be active most days of the week. Try to play active games, sports, or other activities you enjoy a total of 60 minutes each day.



You can improve your trunk extension by doing repeated trunk lifts in a slow, controlled manner. Do these exercises 3 to 5 days each week.



Your abdominal and upper-body strength are both in the Healthy Fitness Zone. To maintain your fitness, abdominal exercises should be done 3 to 5 days each week. Strength activities for other parts of your body should be done 2 to 3 days each week.



Your flexibility is in the Healthy Fitness Zone. Maintain your fitness by stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.



Your scores on 5 of 8 tests were in or above the Healthy Fitness Zone. In addition to doing strength and flexibility exercises, you should play active games, sports, or other activities most every day.

Parent Report



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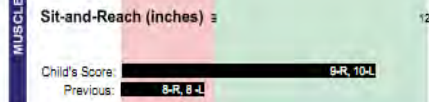
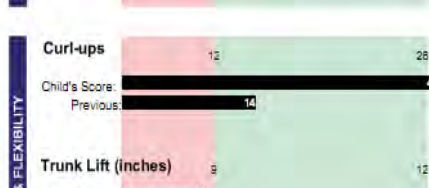
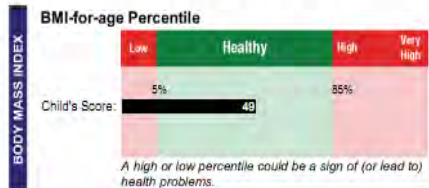


REPORT FOR PARENTS

Test ID	Test Name	Height	Weight
4	Current: 2007-2008 Test	4' 5"	67 lbs

Ashley Sample
 Grade: 05 Age: 10 Class: 500
 P.S. 000 School District 00
 Instructor: John Smith

People come in all shapes and sizes, but regular exercise and a healthy level of fitness are good for everyone! NYC FITNESSGRAM measures different parts of health-related fitness, each of which is explained below. Adults play an important role in shaping students' physical activity and eating habits. This report will help you understand your child's current level of health-related fitness and help you find ways to improve your family's health.



BMI-for-age Percentile
 Body Mass Index (BMI) measures height and weight. The percentile compares your child's BMI to other children. Having a BMI that is high or low can lead to health problems. Parents should discuss their child's BMI results with a health care provider. To protect your child's health, avoid sugary foods and drinks, offer fruit and vegetables and other healthy food choices, and encourage at least 1 hour of regular physical activity daily.

AEROBIC FITNESS
 Aerobic fitness measures how well the heart, lungs, and muscles can perform physical activity. In general, the more a person exercises, the better his or her aerobic fitness will be. Aerobic fitness is measured with the PACER test (see reverse). Good aerobic fitness can reduce the risk of heart disease, stroke, and diabetes during childhood and later in life.

MUSCLE STRENGTH, ENDURANCE & FLEXIBILITY
 Muscle strength, endurance, and flexibility use the curl-up test, the push-up test, the sit-and-reach test, and the trunk lift (see reverse) to measure the fitness of muscles and bones. Muscle fitness helps to prevent injury and to keep the body working properly. Strength, endurance, and flexibility are important for good posture, a healthy lower back, and overall body function.

UNDERSTANDING THE NYC FITNESSGRAM REPORT
 With regular physical activity, most young people will be able to score in the Healthy Fitness Zone (HFZ) on most tests. The HFZ uses science-based standards about how fit young people should be for good health. These standards are different for boys and girls, and for different ages and sizes. Young people need to be active every day (60 minutes per day is recommended), even if they are already fit. If your child's scores fall within the red areas on any test, it is important to find more ways for her or him to be active to improve fitness.

Childhood Obesity is a Serious Concern in New York City Higher Levels of Fitness Associated with Better Academic Performance

Childhood obesity is epidemic throughout the United States. In 1980, 7% of children ages six to 11 years were considered obese. By 2006, this figure more than doubled to 17%. Childhood obesity increases the likelihood of adult obesity, which is associated with heart disease and cancer. Both childhood and adult obesity are associated with diabetes, high blood pressure, and high cholesterol.

Physical activity has many health benefits, including preventing obesity and losing weight. The Office of Fitness and Health Education was created in 2003 as a joint effort between the NYC Department of Health and Mental Hygiene (DOHMH) and the NYC Department of Education (DOE). An initiative from this

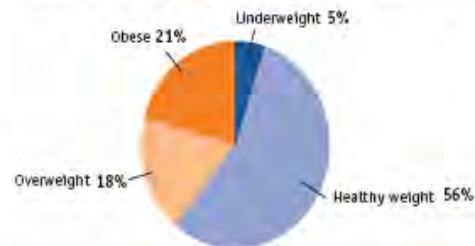
collaboration includes extensive teacher training and the introduction of a standards-based fitness curriculum and assessment (NYC FITNESSGRAM).

To better understand the prevalence of childhood obesity and how physical fitness may be associated with academic performance in New York City, the DOHMH and DOE reviewed academic and fitness records of public school students in grades K-8 who participated in the NYC FITNESSGRAM program during the 2007-08 school year. The results of this study will be used to inform strategies to continue raising student achievement levels. Page four provides recommendations for improving student wellness through increased physical activity and improved nutrition.

More than 20% of students are obese

- More than one in five public school children (kindergarten through eighth grade) are obese (21%), and a similar number of students are overweight (18%).
- Compared with children nationwide, NYC children are more likely to be obese (21% vs. 17%) and overweight (18% vs. 14%).

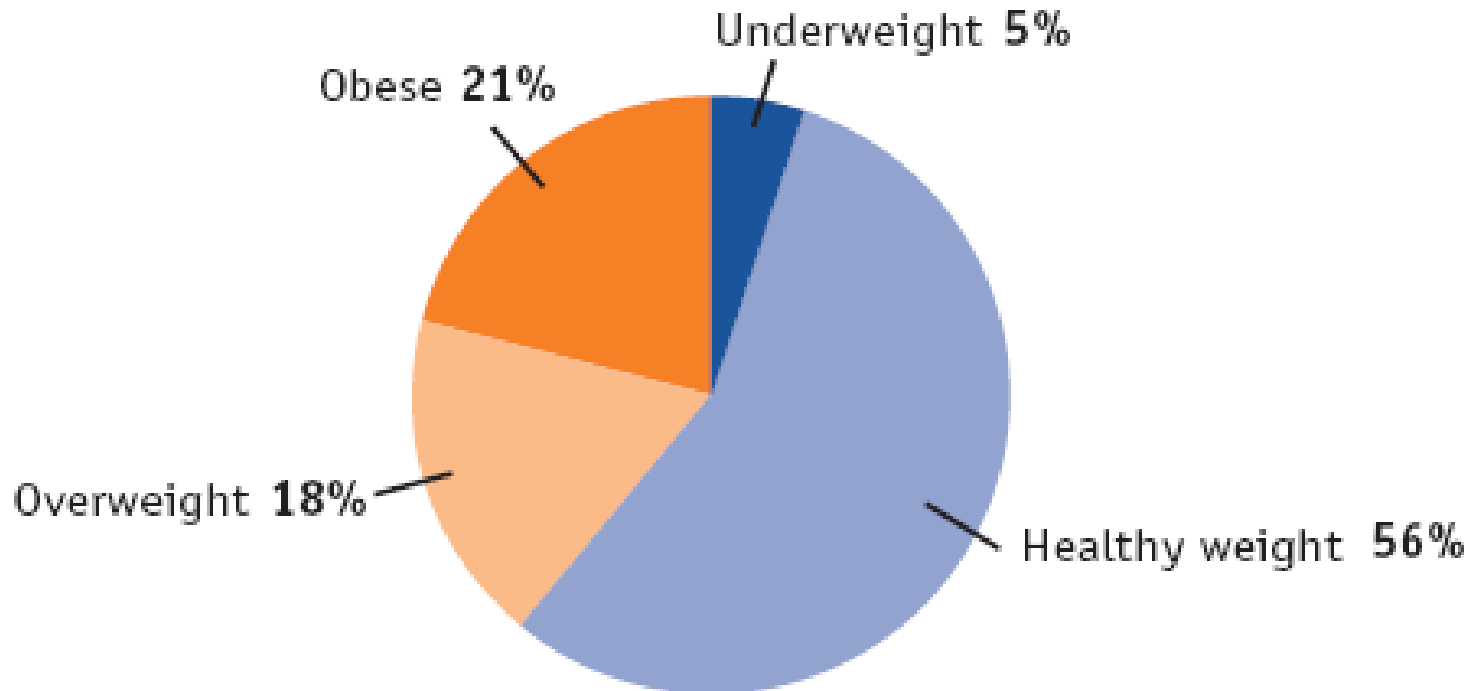
Weight status in NYC public schools, kindergarten–eighth grade



Data presented in this report are taken from NYC FITNESSGRAM reports from the 2007-08 school year, when more than 600,000 students K-12 were assessed. This report examines BMI data in grades kindergarten through eighth grade and physical fitness results in grades four through eight. BMI data were weighted to reflect all NYC public school students in these grades. National estimates of overweight and obese children (ages five to 14) are from National Health and Nutrition Examination Survey (NHANES), 2005 and 2006 combined data. Fitness assessment: NYC FITNESSGRAM measures individual fitness performance and improvement. Students are not compared with each other or to a standardized norm. The NYC FITNESSGRAM report provides students with feedback on their performance as compared with criterion-reference standards and offers suggestions for lifelong fitness (schools.nyc.gov/fitness). The NYC FITNESSGRAM is based on FITNESSGRAM/ACTIVITYGRAM™ 3.0, owned by the Cooper Institute, Dallas, TX, and published by Human Kinetics, Champaign, IL.

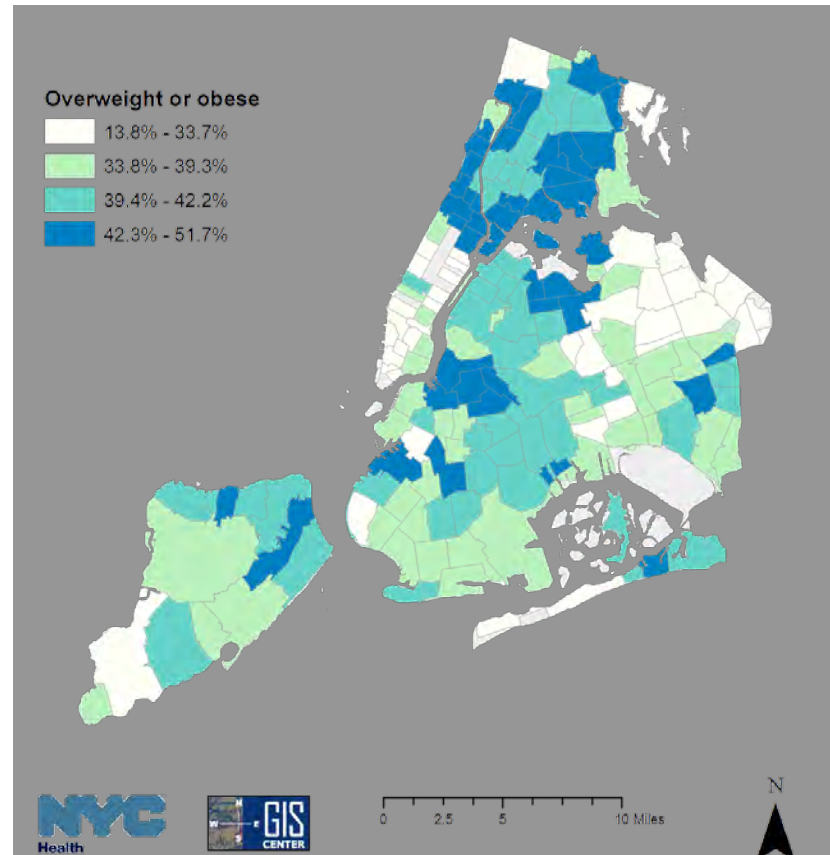
In New York City, almost 40% of public schools students are overweight or obese*

Weight status in NYC public schools, Kindergarten–8th grade



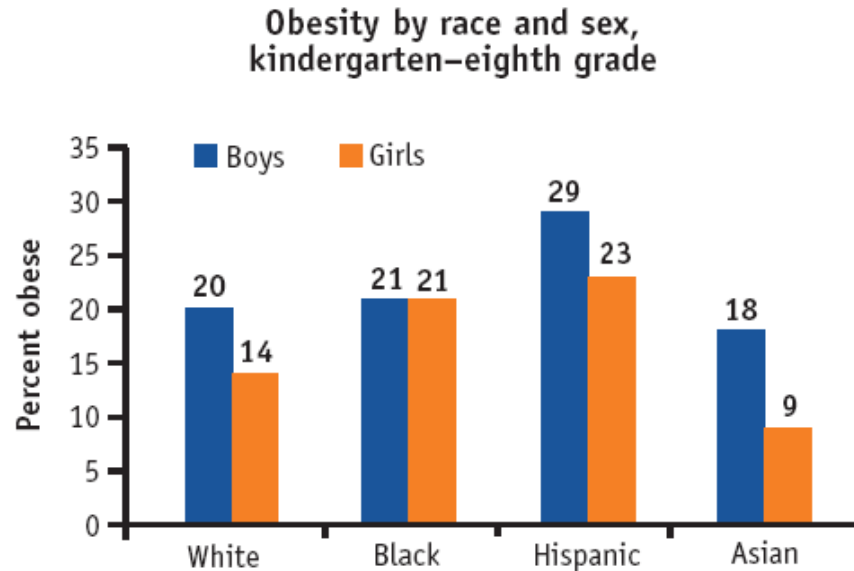
*Based on 2007-08 NYC FITNESSGRAM results published in *NYC Vital Signs*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>

In some zip codes, more than 1/2 of public school K-8 students are overweight or obese



Childhood obesity affects all student groups, regardless of race, ethnicity or sex*

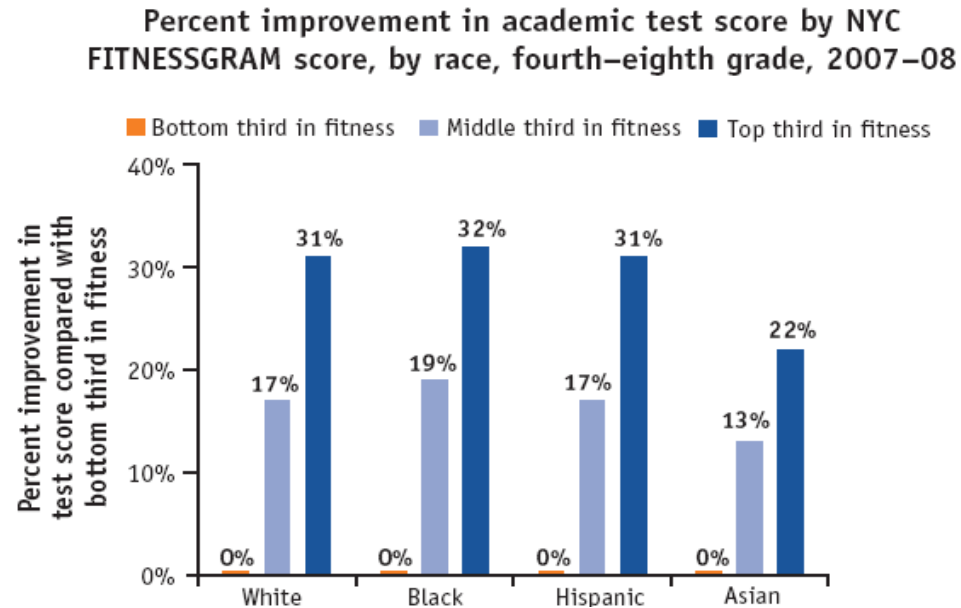
Obesity by race and sex, Kindergarten–8th grade



*Based on 2007-08 NYC FITNESSGRAM results published in *NYC Vital Signs*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>

Students with better physical fitness have higher academic test scores.*

Percent improvement in academic test score by NYC FITNESSGRAM score, by race, fourth-eighth grade, 2007-08



*Based on 2007-08 NYC FITNESSGRAM results published in *NYC Vital Signs*
<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2009fitnessgram.pdf>

Network Level Support

- Create awareness and understanding
- Review completion rates and send reminders
- Help explain connection to compliance
- Connect schools to resources

Reviewing Completion Reports

- Using a DOE PC computer, go to DOE Website:
<http://schools.nyc.gov>
- Using the search bar, type in NYC FITNESSGRAM, click on the first link
- Click on *View and Enter NYC FITNESSGRAM Data* in the center of the page

OR

- Add this link to your “Favorites”:

<https://www.nycboe.net/applications/fitnessgram/>

*****Important note:** *You can only access the NYC FITNESSGRAM system from a PC computer (not an apple) that is connected to the DOE instructional or administrative network, or via your VPN account.*

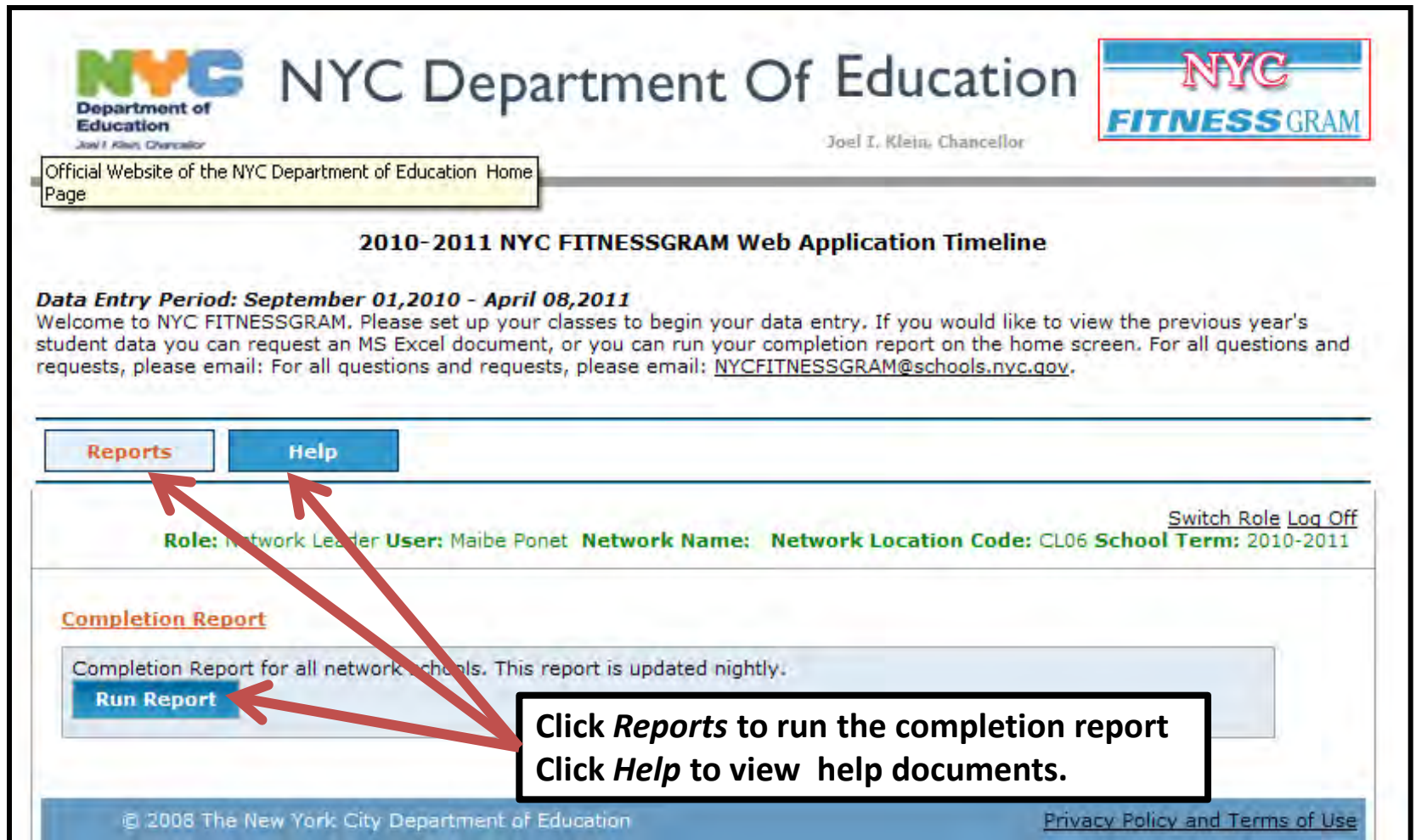
Reviewing Completion Reports

- You'll be prompted to enter your Outlook username and password.
- Be sure to enter central\username (e.g., central\jsmith)



Reviewing Completion Reports

Click on the **Reports** button and then **Run Report**



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FITNESSGRAM

Official Website of the NYC Department of Education Home Page

2010-2011 NYC FITNESSGRAM Web Application Timeline

Data Entry Period: September 01,2010 - April 08,2011

Welcome to NYC FITNESSGRAM. Please set up your classes to begin your data entry. If you would like to view the previous year's student data you can request an MS Excel document, or you can run your completion report on the home screen. For all questions and requests, please email: NYCFITNESSGRAM@schools.nyc.gov.

Reports **Help**

Switch Role Log Off

Role: Network Leader User: Maibe Ponet Network Name: Network Location Code: CL06 School Term: 2010-2011

Completion Report

Completion Report for all network schools. This report is updated nightly.

Run Report

**Click Reports to run the completion report
Click Help to view help documents.**


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Reviewing Completion Reports

You will see “read only” information for all of the schools in your Network

FGNetworkManager Group - CHILDREN FIRST NETWORK 301 (Network Location Code N301) COMPLETION REPORT 

SCHOOLDBN	TOTAL STUDENTS	AUTOMATIC EXEMPTIONS*	FG USER EXEMPTIONS	TOTAL ELIGIBLE STUDENTS	VALIDATION NEEDED	INCOMPLETE	COMPLETED	REMAINING	% COMPLETED
19K108	903	1	0	902	0	465	437	465	48.45%
19K218	597	0	0	597	0	597	0	597	0.00%
19K260	303	0	0	303	0	138	165	138	54.46%
22K194	411	1	0	410	0	410	0	410	0.00%
22K203	892	1	1	890	0	890	0	890	0.00%
23K151	304	4	1	299	0	299	0	299	0.00%
23K518	265	0	0	265	0	265	0	265	0.00%
23K631	434	4	0	430	0	430	0	430	0.00%
23K634			0	200	0	200	0	200	0.00%
24Q087			4	534	0	294	240	294	44.94%
27Q051			0	235	0	235	0	235	0.00%
27Q104			0	626	0	307	319	307	50.96%

 Click on the school DBN to see class lists.

Reviewing Completion Reports

You will see “read only” information for all classes

CLASS	TEACHER NAME	TOTAL STUDENTS	AUTOMATIC EXEMPTIONS*	FG USER EXEMPTIONS	TOTAL ELIGIBLE STUDENTS	VALIDATION NEEDED	INCOMPLETE	COMPLETED	REMAINING	% COMPLETED
Official Class 011	Lovich-Kennedy Lisa	13	0	0	13	0	0	13	0	100.00%
Official Class 012	Lovich-Kennedy Lisa	26	0	0	26	0	0	26	0	100.00%
Official Class 013	Lovich-Kennedy Lisa	26	0	0	26	0	0	26	0	100.00%
Official Class 014	Russo Destefano Deborah	26	0	0	26	0	0	26	0	100.00%
Official Class 101	Lovich-Kennedy Lisa	14	0	0	14	0	0	14	0	100.00%
Official Class 102	Russo Destefano Deborah	15	0	0	15	0	0	15	0	100.00%
Official Class 103	Russo Destefano Deborah	28	0	0	28	0	0	28	0	100.00%
Official Class 104	Russo Destefano Deborah	28	0	0	28	0	0	28	0	100.00%
Official Class 105	Lovich-Kennedy Lisa	28	1	0	27	0	0	27	0	100.00%
Official Class 201	Russo Destefano Deborah	15	0	0	15	0	0	15	0	100.00%
Official Class 202	Lovich-Kennedy Lisa	16	0	1	15	0	0	15	0	100.00%
Official Class 203	Lovich-Kennedy Lisa	20	0	0	20	0	0	20	0	100.00%
Official Class 204	Russo Destefano Deborah	19	0	0	19	0	0	19	0	100.00%
Official Class 205	Lovich-Kennedy Lisa	21	0	0	21	0	0	21	0	100.00%
Official Class 301	Russo Destefano Deborah	25	0	0	25	0	0	25	0	100.00%
Official Class 302	Lovich-Kennedy Lisa	23	0	0	23	0	0	23	0	100.00%
Official Class 303	Lovich-Kennedy Lisa	25	0	0	25	0	0	25	0	100.00%
Official Class 318	Russo Destefano Deborah	12	0	0	12	0	0	12	0	100.00%
Official Class 401	Lovich-Kennedy Lisa	26	0	0	26	0	0	26	0	100.00%
Official Class 402	Lovich-Kennedy Lisa	26	0	0	26	0	0	26	0	100.00%

NYC FITNESSGRAM & Compliance

- Compliance Officers have access to completion reports
- Principal's compliance checklist requires a minimum of 75% of eligible students assessed annually
- 75% completion = 100% compliance
- Compliance office provides partial compliance if <75% of students are assessed

OSWP Resources and Support

- NYCFITNESSGRAM@schools.nyc.gov
- [NYC FITNESSGRAM web page](#)
- Free professional development and technical assistance