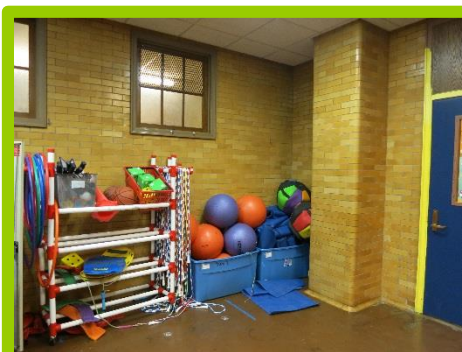




Healthi Kids

The Barriers of Meeting a District-Wide Recess Policy: Lessons Learned from Rochester, New York



Rochester: A tale of two-cities

- Headquarters of Eastman Kodak
- Birthplace of health planning in the US
- Fantastic city parks & waterfront
- Home of the Strong National Museum of Play
- High poverty rates & low graduation rates
- Vacant housing, lots, and poor housing stock
- Transit oriented development
- Lack of safe play spaces in neighborhoods

A Community Coalition



Healthi Kids Community Partners

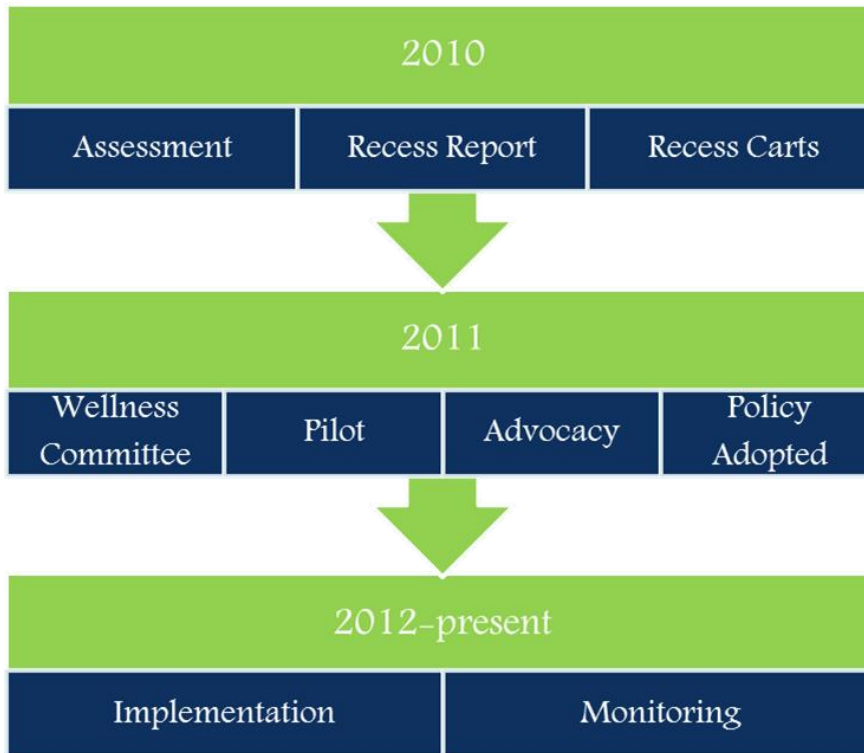
TheChildren'sAgenda



Healthi Kids Change Agenda

- ☐ Better School Food
- ☐ Safer Play Areas
- ☐ 60 Minutes of In-School Physical Activity
- ☐ Food Standards at Child-Care Centers
- ☐ Policies that Support Breastfeeding

History of Recess in the RCSD



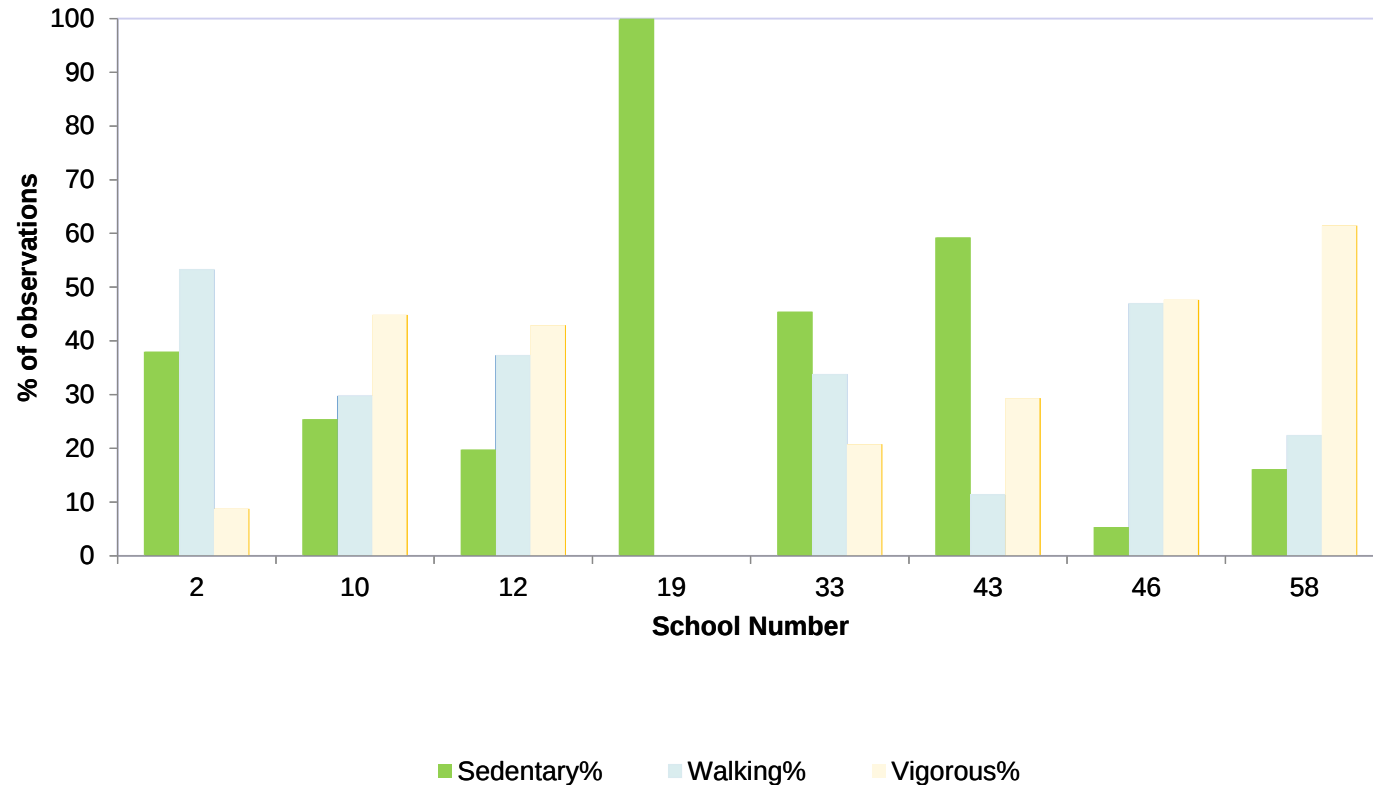
From Policy to Practice

- Monitoring implementation in 8 elementary schools
- January 2014 to February 2015
- 242 SOPLAY scans
- 16 SPAPA scans



SO-PLAY Results

Observed Activity Levels for all Students



S-PAPA Results

4 Building level policies requiring a specific number of daily recess minutes

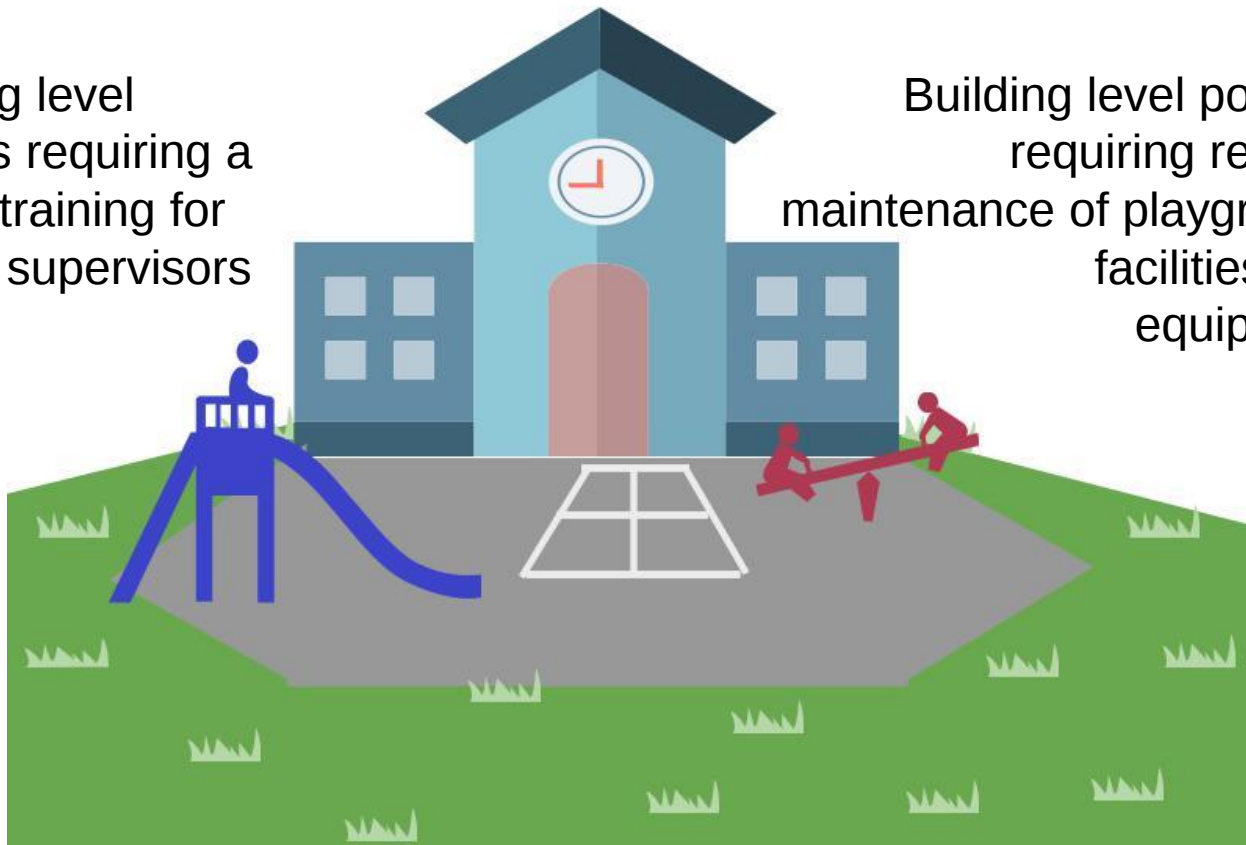
Building level policies requiring organized recess activities

2

3 Building level policies requiring a formal training for recess supervisors

Building level policies requiring regular maintenance of playground facilities and equipment

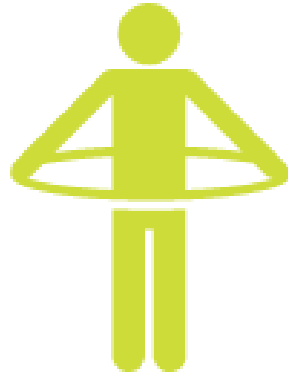
3



How have we promoted implementation?



Professional
Development



Recess Coaches



Parent Engagement



Ongoing Advocacy



Collaboration

Lessons Learned – Facilitators of Success

- Rarely does everything go as planned so must remain nimble
- Implementation results strongly associated with school context and culture
- Strong administrative champions are key to success
- Parents and community members are drivers for change at both district and building level
- Funding to support innovative interventions and training can have profound impact



Lessons Learned – Barriers to Success

- Teacher buy in to the value of recess with competing priorities
- Equipment and space constraints present challenges for active recess
- Centralized master schedule with little building level autonomy
- Advocacy must continue after policy is adopted to ensure implementation



Next Steps



- Ongoing advocacy
- Additional monitoring & evaluation
- Building level support



- Evaluation on successes, challenges and barriers to implementation
- Case studies
- Best Practice review



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Finger Lakes Health Systems Agency is the region's health planning center. Through extensive data collection and analysis, the agency identifies community needs, then brings together residents, hospitals, insurers, physicians and other community partners to find solutions. Located in Rochester, FLHSA serves the nine counties of Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates.

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