



HEALTH.
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A Symposium for School Health

Mental Health, Physical Health, Emotional Health

Exclusively for Indiana Superintendents

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What is the most common factor leading to chronic absenteeism?

- A. Emotional health issues, struggling in class (bad grades), bullying
- B. Physical illness, chronic conditions
- C. Mental health issues
- D. Difficulties with housing, food, transportation

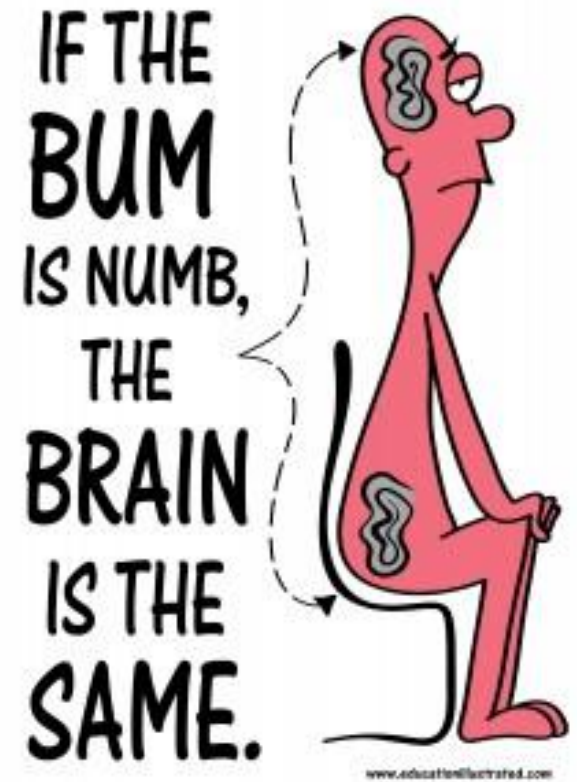
Chronic absenteeism

Answer: All of these are important factors. Top factors vary school to school, community to community.

In order to understand how to reduce chronic absenteeism, an understanding of the reasons behind missed school days is key. Research indicates that common health conditions resulting in missed school include asthma, influenza, diabetes, obesity and related illness, seizure disorders, mental health and anxiety and vision problems. The health-related causes of absenteeism stretch even further than those listed here, and continue into students' home environments and beyond.

Classroom teachers are discovering the benefits of 'brain boosts' to activate the brain prior to learning. How long does the positive effect of physical activity last on learning?

- A. Minutes
- B. Hours
- C. Days
- D. Weeks



Answer: A. Minutes

The chemical hit (“fertilizer for the brain”) is short lived. Naperville High School reported large improvements in high stakes test scores when pairing physical education the period before critical academic classes. Finnish schools commonly offer 15 minutes of physical activity every hour of the school day.

What is the impact of freshman PE on the learning of a junior or senior?

Which one of the following school policy “levers” has the most compelling body of evidence regarding improvement in academic performance?

- A. Balanced scheduling
- B. 1:1 devices
- C. Regular physical activity
- D. Later start times

Answer: C. Regular physical activity

The breadth and depth of sustained studies conducted by hundreds of reputable worldwide institutions offer compelling evidence that regular physical activity improves cognition, attention, learning, and academic scores.

Can a school ever reach full academic potential without a culture of regular movement?

A single skittle has 4 calories. That is equivalent to the energy required for a person to walk from the endzone of a football field to what yard line?

- A. 25 yard line (1/4 of a football field)
- B. Mid-field (1/2 of a football field)
- C. Opposite 25 yard line (3/4 of a football field)
- D. Opposite end zone (Full football field)

Answer: D. Full length of the field

A 120-lb person burns about 65 calories a mile or about 27 yards/calorie. That person would need to cover 108 yards to burn 4 calories – the back of the opposite end zone. A 180-lb person burns about 100 calories per mile placing them about three quarters of the way down the field.

Bigger picture: while we have unprecedented access to nutritional information, it is difficult to make the calories-in, calories-out connection.

Which one of these has the most impact on motivating youth to be physically active?

- A. Sports and activities
- B. Friendship
- C. Music and dance
- D. Fitness equipment and facilities

Answer: B. Friendship

Indiana high school students report that they are most likely to be physically active when they have the support of a peer (iPE 2015-2018). The power of personal relationships, accountability, support, and trust demonstrate the relationship of social, emotional, and physical health.

What is the best activity for general well-being and health?

- A. Walking, running
- B. Strength and conditioning
- C. Swimming
- D. Active team sports (i.e. soccer, basketball)
- E. Other

Answer: E. Other

The best activity to improve or maintain health and well-being is the one that you enjoy. If you don't enjoy it, you won't do it on a regular basis thus losing out on any potential benefit.

More specifically, the best activity has these three attributes:

- Likely to do it on a regular basis.*
- Elevates your heart rate.*
- Not likely to cause injury.*

A person's maximum heart rate is a function of:

- A. Height and weight
- B. Age
- C. Heart strength
- D. Leg strength

Answer: D. Leg strength

HR_{max} is measured, not calculated. Most of us grew up learning the “220 minus age” formula to calculate one’s maximum heart rate (HR_{max}). While generally accepted, there is no evidence to support the accuracy of the equation. In fact, the standard deviation is quite high.

HR_{max} is a function of your largest muscle’s ability to pump blood back to the heart. The heart responds to flexing muscles by pumping harder. In medicine, this is referred to as the Bainbridge reflex.

Improvements in health and fitness require 60 minutes or more of heart-elevating physical activity per day, every day. What is the shortest bout of activity that qualifies?

- A. 2 minutes
- B. 5 minutes
- C. 10 minutes
- D. 20 minutes

Answer: A. 2 minutes (actually a bout of any length)

You might be able to get a killer workout in less time than it takes to brush your teeth, according to a study published in the American Journal of Physiology. The 2018 research found short bursts of ultra high-intensity exercise were just as effective for triggering beneficial changes in the cells that could reduce the risk of chronic disease. New research found engaging in high-intensity interval exercises three times per week helped lower blood pressure. HIIT has also been shown to improve aerobic capacity, help lower blood sugar, improve insulin resistance and aid in weight loss.



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