



**Oklahoma Fit Kids Coalition
Supports HB 2989 (J. McDaniel/Crain)
Student Fitness Testing**



Problem: With no site-based testing, we won't know if our efforts are making a difference.

- Although the rates of childhood overweight and obesity in the state have been calculated based on scientific surveys, no data exists at the local school level to calculate the scope of the problem.
- Schools need better information about their students' health status in order to tailor curricula and activities to meet the needs of their students.
- Parents need better information about their children's health status in order to make informed decisions about their diets and activities.

Solution: Implement a program of fitness testing for Oklahoma students.

- Student fitness testing provides a means to establish a baseline of data by which to measure progress, and plan programs and activities to address identified needs.
- Student fitness testing provides a comprehensive picture of a student's overall fitness level, and provides parents with the tools to plan activities that include opportunities for all family members to be physically active, to attain and maintain fitness together.

Legislation: HB 2989

HB 2989 directs the Dept. of Health to develop a fitness assessment software program with the ability to track various measurements of student fitness, including Body Mass Index, aerobic endurance, strength and flexibility. *** Note: The State Department of Health has already provided the funding ****

HB 2989 provides that the program shall have the capability of creating confidential reports for parents that include explanations of the data and suggestions for appropriate actions.

HB 2989 provides for the program to be piloted in selected elementary schools for testing of 3rd, 4th and 5th graders (where physical education is required).