Overview
Approximately one-third of American children and adolescents are unfit, failing to meet nationally recommended standards for cardiorespiratory fitness. Cardiorespiratory fitness, which has been associated with academic performance during childhood and adolescence, can be a benefit of school physical education (PE) programs.

The Main Questions
How do states implement, communicate, monitor, enforce, and evaluate school-based PE and PA policies and regulations?

The Study
We interviewed 24 key informants from state departments of health and education, state boards of education, and advocacy/professional organizations in 9 states. Key informants described their organizations’ roles in tackling existing state policies and regulations governing school-based PE.

The Bottom Line
Work is needed to focus state, district and school level efforts on compliance with existing laws and regulations and adoption of strategies to monitor, enforce, and evaluate their impact.

What You Can Do
- **Communicate with stakeholders**: Ensure existing policies are communicated effectively to key local and state-level stakeholders with primary roles in PE and PA policy implementation. Possible strategies include using planned professional development opportunities and electronic media.

- **Develop proactive strategies for monitoring implementation of policies**: State or local agencies can document implementation by using cyclical monitoring strategies in schools and districts or combining self-reported implementation monitoring with administrative record reviews. Visit [www.letsmove.gov/active-schools](http://www.letsmove.gov/active-schools) or [www.cdc.gov](http://www.cdc.gov) for additional tools and resources.


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