



DAILY PHYSICAL ACTIVITY

Evaluating Policy Implementation Fidelity

Study Participants: School Administrators

BACKGROUND

In 2005, the Ontario Ministry of Education introduced the Daily Physical Activity (DPA) policy in elementary schools, as part of Ontario's Healthy Schools Strategy to support the physical activity guidelines.^{1,2} The DPA policy requires school boards to "ensure that all elementary students, including students with special needs, have a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time."¹

In 2012, researchers at Public Health Ontario, in collaboration with others, initiated a series of studies to better understand and evaluate DPA policy implementation in Ontario. This infographic presents findings from the third and final study, in which online surveys were sent to a representative sample of Ontario elementary school administrators and teachers during the 2013-14 school year.³ The surveys asked participants to answer questions about the extent to which the policy is being implemented in their school or classroom during that academic year, and the factors that may influence how it is implemented.

Complete results from this study can be found on the [DPA Study 3 webpage](#).

WHO RESPONDED?

209 school administrators responded on behalf of their schools

This means that 39% of the 532 schools sampled had responses from school administrators. Schools in the study had the following characteristics:

A bit more about the school administrators who responded:

94%
English school board

74%
Urban school board

72%
Public school board

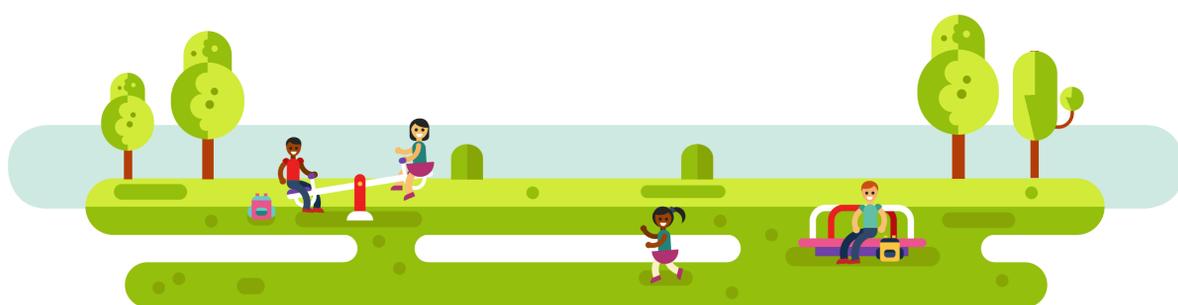
51%
Small school
(up to 200 students)

Gender
68% are female

Experience
59% have 6-15 years of experience in current role

Training
76% indicate they have little to no Health and Physical Education training

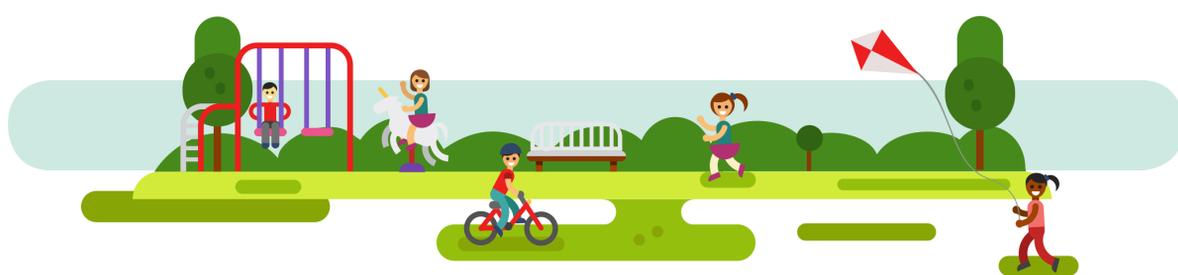
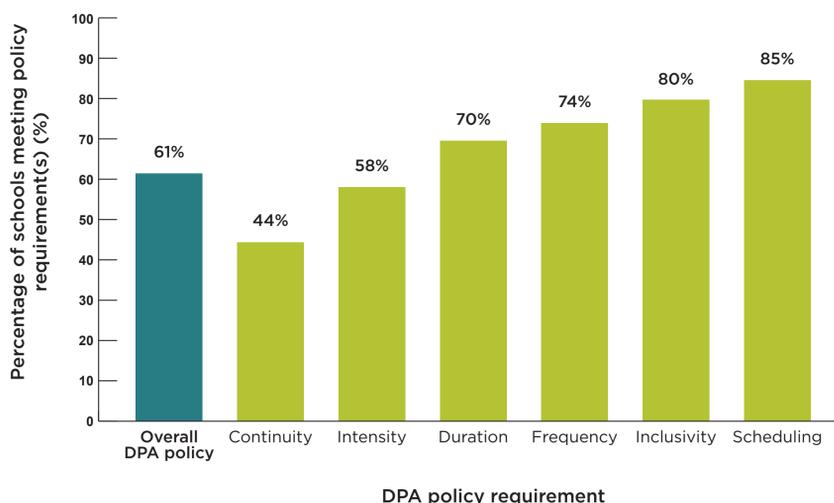
Priority level
60% indicate that physical activity is a high priority in their personal lives



MAJOR FINDINGS: MEETING DPA POLICY REQUIREMENTS

61% of schools are meeting DPA policy

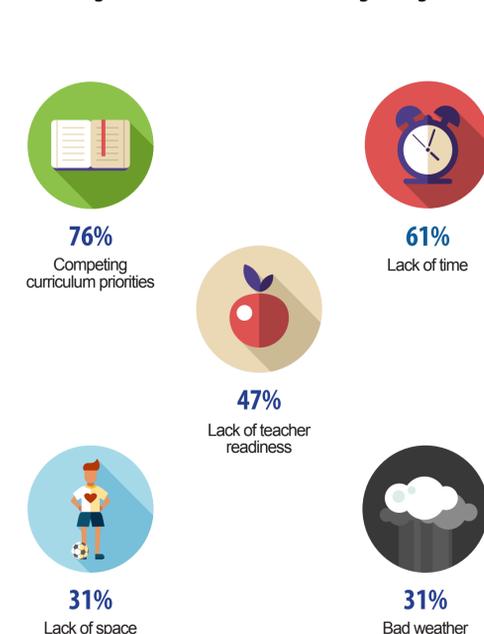
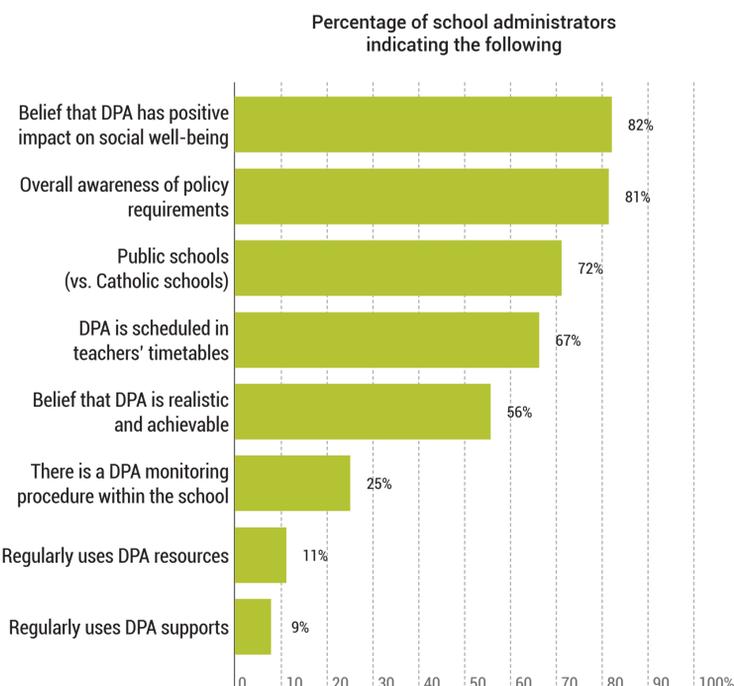
The DPA policy was also broken down into 6 individual components. Each bar represents the percentage of school administrators who reported that their school is meeting the policy component specified. (e.g., 70% of schools are meeting the 'Duration' component).



FACTORS INFLUENCING IMPLEMENTATION:

Key school-level factors associated with DPA implementation.

Barriers to implementing school-level DPA



References:

1. Ontario, Ministry of Education. Policy/program memorandum no. 138: Daily physical activity in elementary schools, grades 1-8 [Internet]. Toronto, ON: Queen's Printer for Ontario; 2005 [updated 2007 Aug 23]. Available from: www.edu.gov.on.ca/extra/eng/ppm/138.html

2. Ontario, Ministry of Education. Healthy schools: questions and answers [Internet]. Toronto, ON: Queen's Printer for Ontario; 2007 [updated 2007 Jul 23]. Available from: www.edu.gov.on.ca/eng/healthyschools/dpaqanda.html

3. Allison K, Vu-Nguyen K, Ng B, Schoueri-Mychasiw N, Dwyer J, Manson H, et al. Evaluation of Daily Physical Activity (DPA) policy implementation in Ontario: surveys of elementary school administrators and teachers. BMC Public Health. 2016;16:746. Available from: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-016-3423-0>

GET IN TOUCH WITH US

For more information about this study, please visit www.publichealthontario.ca/dpa or email hpccip@oahpp.ca.