

DAILY PHYSICAL ACTIVITY

Evaluating Policy Implementation Fidelity

Study Participants: Teachers



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.<sup>1,2</sup> 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."<sup>1</sup>

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.<sup>3</sup> 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?

307 teachers responded on behalf of their classrooms

This means that 60% of the 508 classrooms sampled had responses from teachers. From the grade 3, 5 and 7 classrooms sampled, the percentage of respondents from each grade are:

36% grade 3, 35% grade 5, 26% grade 7

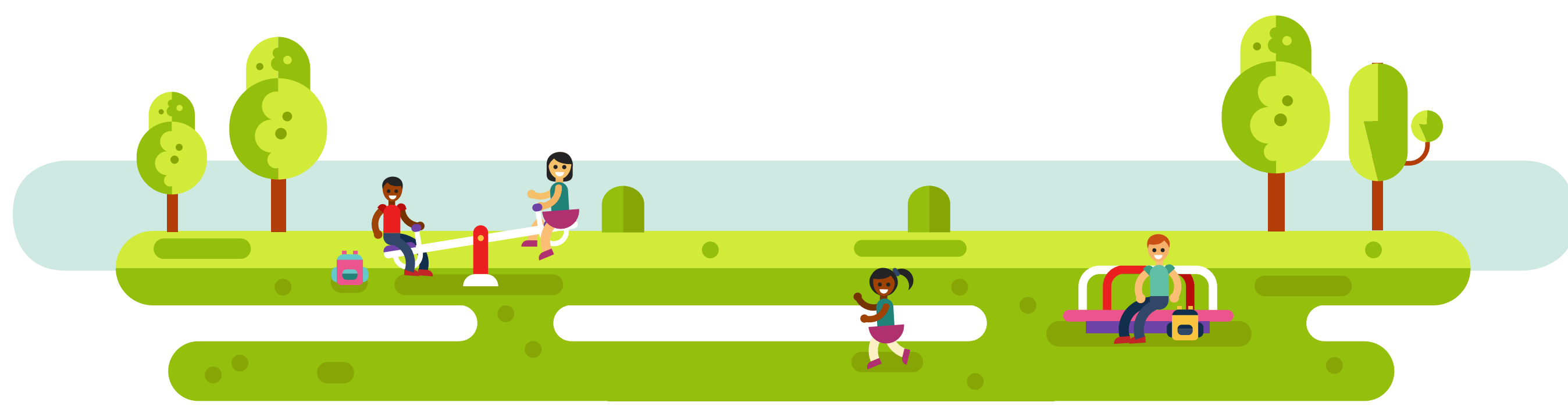
A bit more about the teachers who responded:

Gender: 72% are female

Experience: 50% have 6-15 years of experience in current role

Training: 81% indicate they have little to no Health and Physical Education training

Priority level: 63% indicate that physical activity is a high priority in their personal lives

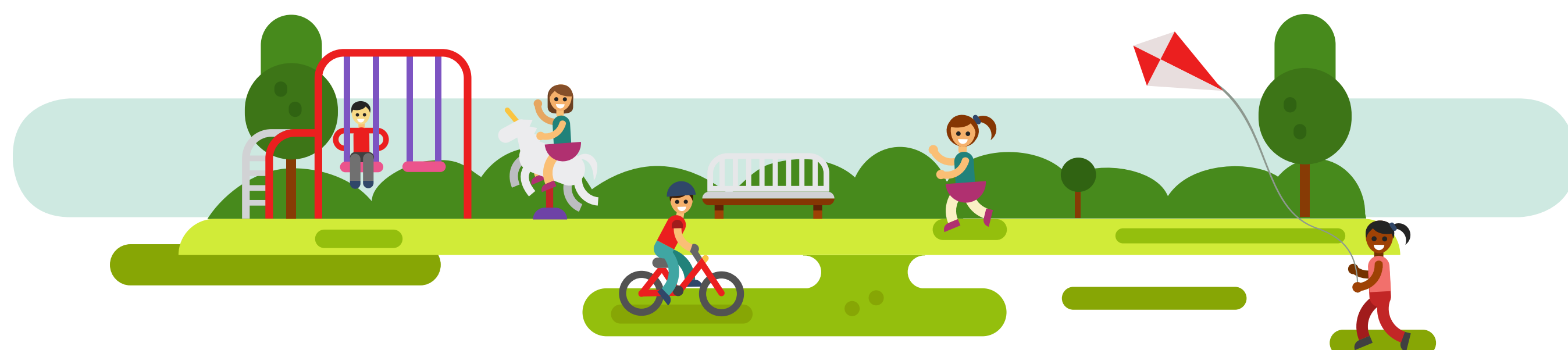
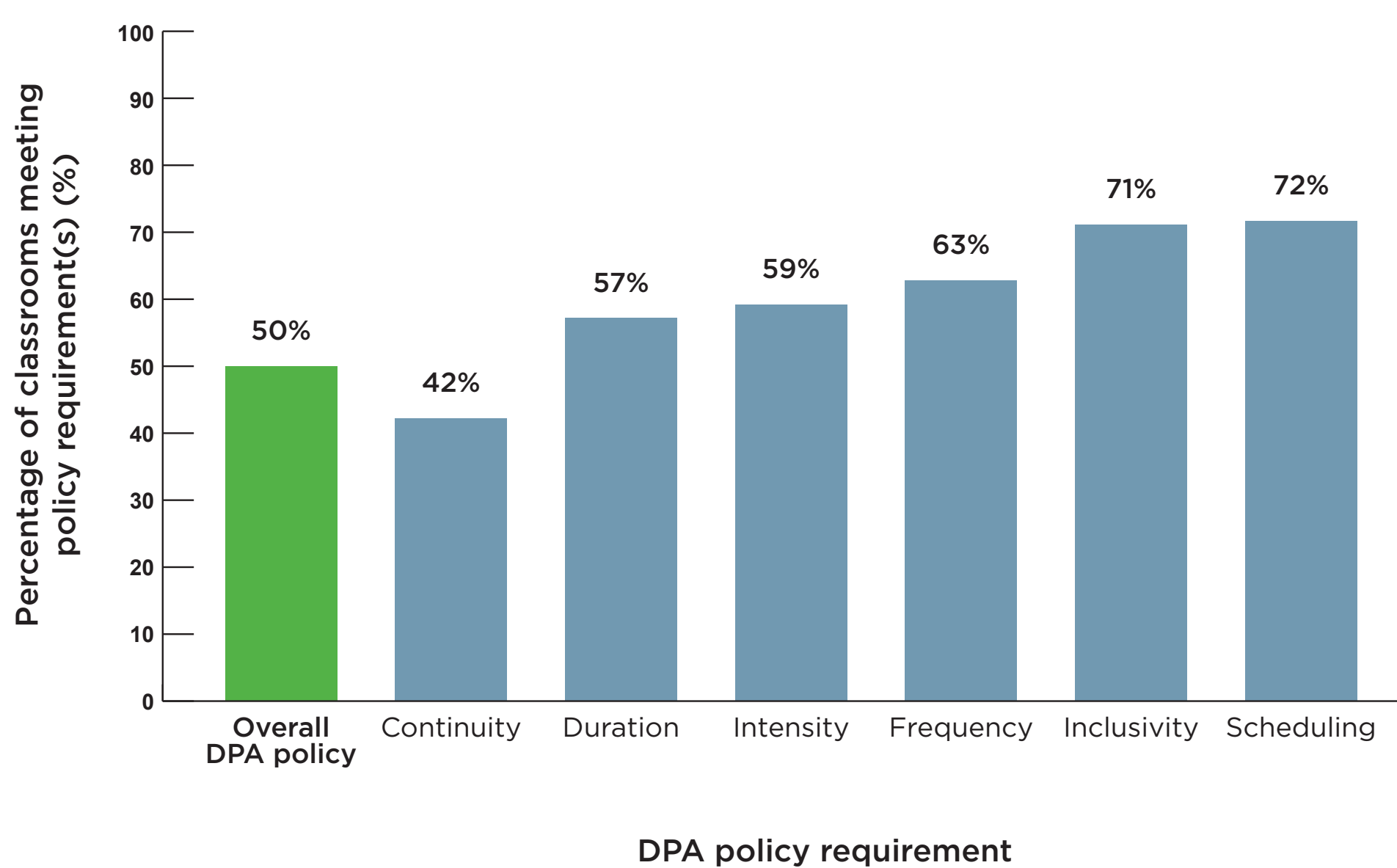


MAJOR FINDINGS:

Meeting DPA policy requirements

50% of classrooms are meeting DPA policy

The DPA policy was also broken down into 6 individual components. Each bar represents the percentage of teachers who reported that their classroom is meeting the policy component specified. (e.g., 57% of classrooms are meeting the 'Duration' component).

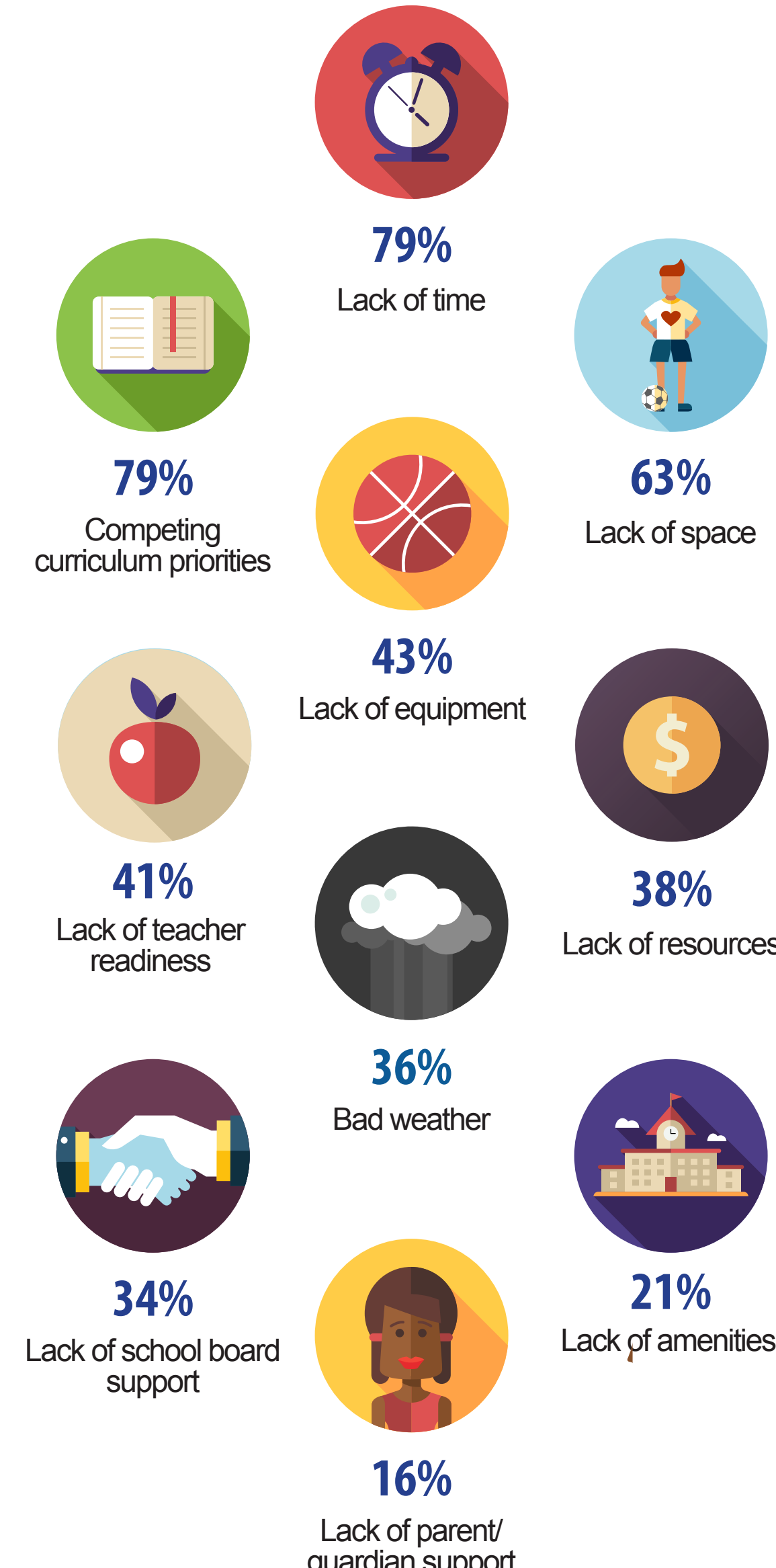
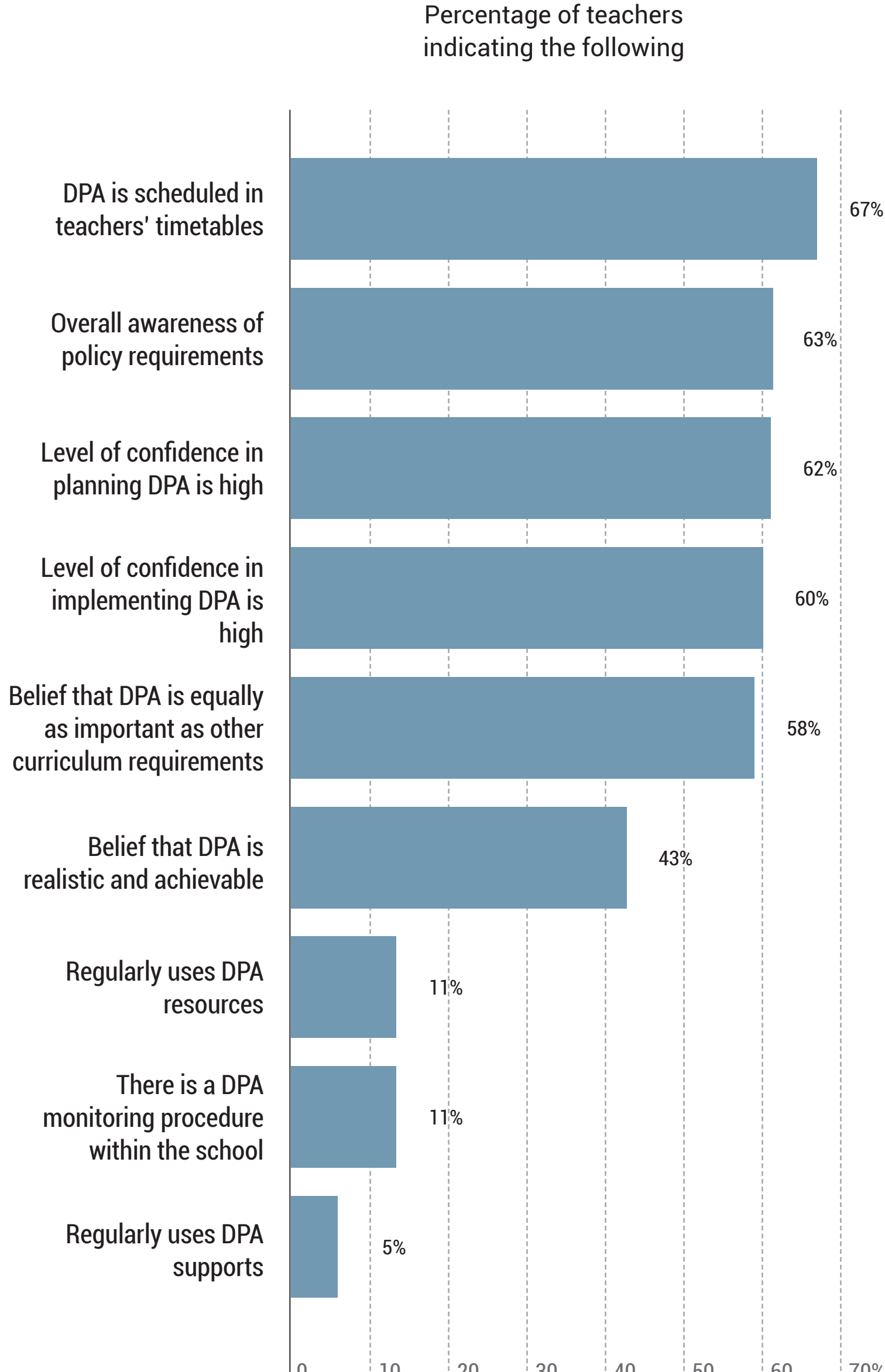


FACTORS INFLUENCING IMPLEMENTATION:

Key classroom-level factors associated with DPA implementation.

Barriers to implementing classroom-level DPA

Percentage of teacher agreeing



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-Mychasi 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

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For more information about this study, please visit [www.publichealthontario.ca/dpa](http://www.publichealthontario.ca/dpa) or email [hpccip@oahpp.ca](mailto:hpccip@oahpp.ca).