

Priority Recommendations for School Districts and Schools



- Adopt a Los Angeles County Office of Education (LACOE)–approved Physical Education Curriculum district-wide and ensure teachers are fully trained in its implementation to improve the quality and increase the quantity of physical education instruction time.
- Establish district-level policies/resolutions to prioritize physical education, and implement action plans in order to come into compliance with state physical education requirements.
- Establish district-level policy outlining district commitment to joint/shared use and providing district support for joint/shared use practice that goes beyond the Civic Center Act to provide community access to school recreational facilities during non-school hours.
- Establish district-level policies prohibiting the withholding of recess or use of physical activity as a disciplinary measure.
- Establish safe routes to schools.
- Modify existing school wellness policies to ensure joint/shared and community use agreements are included.
- Site schools where they will promote physical activity, support smart growth and stronger communities, and avoid adverse impacts on neighborhood traffic patterns.

TYPE OF SCHOOL

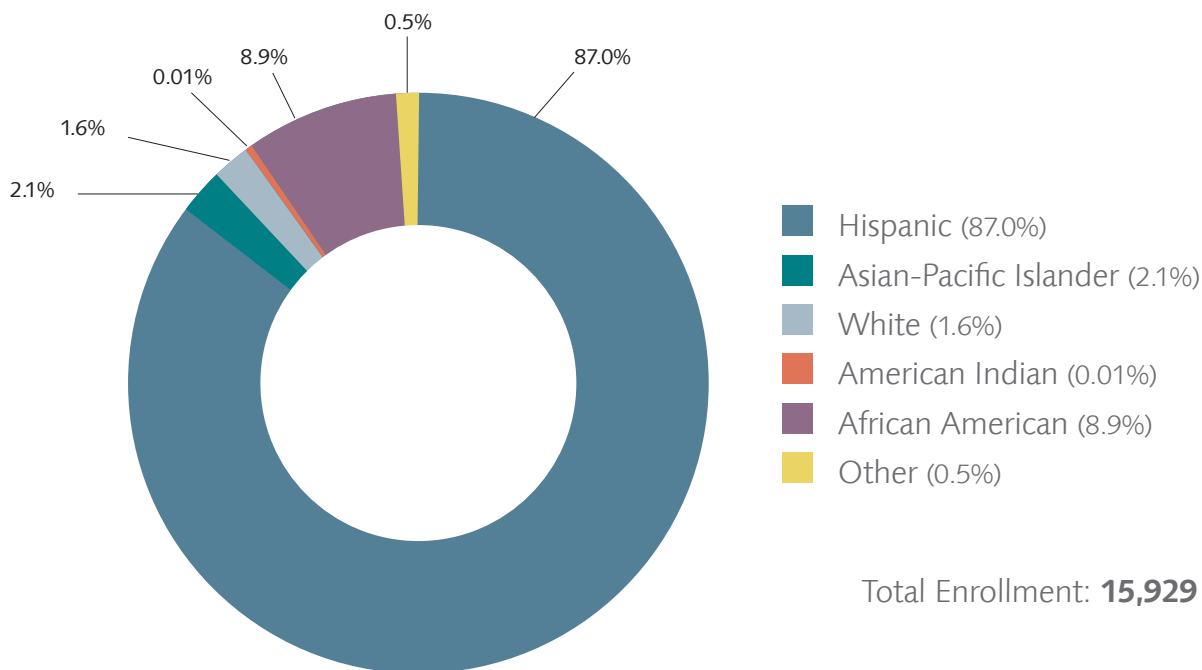
Elementary Schools	11
Middle Schools	4
High Schools	1

Source: California Department of Education, 2011-2012;
<http://dq.cde.ca.gov/dataquest/>

CARDIOVASCULAR AND SCHOOL HEALTH

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District Enrollment by Ethnicity¹



Source: California Department of Education, 2011-2012; <http://dq.cde.ca.gov/dataquest/>

Cities and Communities Health Data²

		Paramount	Bellflower	Lakewood	Long Beach	South Gate	Los Angeles County
Childhood Obesity Prevalence 2008 ^{3,4}	Percent	27.3	23.4	20.9	21.5	30.7	23.0
	Rank ⁵ (1-119)	81	64	49	56	109	N/A
Adult Obesity Prevalence 2007 ^{3,6}	Percent	35.5	25.2	21.2	24.5	30.1	23.9
	Rank ⁵ (1-127)	121	74	54	70	107	N/A
Diabetes Mortality 2004-2008 ³	Death rate per 100,000	29	31	24	24	32	25
	Rank ⁵ (1-101)	54	66	35	35	70	N/A
Stroke Mortality 2004-2008 ³	Death rate per 100,000	47	43	39	43	29	40
	Rank ⁵ (1-114)	94	83	53	83	5	N/A
Coronary Heart Disease Mortality 2004-2008 ³	Death rate per 100,000	162	197	160	199	131	161
	Rank ⁵ (1-127)	76	114	75	115	32	N/A
Park Area per Capita 2006 ^{7,8}	Acres per 1000 persons	0.8	0.9	2.8	3.9	1.5	86
	Rank ⁵ (1-127)	92	86	55	48	68	N/A
Economic Hardship 2005-2009 ^{9,10}	Rank ⁵ (1-117)	95	63	31	68	101	N/A

District¹¹

Grade Levels	% of students not in Healthy Fitness Zone (HFZ) Aerobic Capacity	% of students not in Healthy Fitness Zone (HFZ) Body Composition
Grade 5	56.8	55.8
Grade 7	51.8	55.9
Grade 9	40.5	51.2

DISTRICT AVERAGE ACADEMIC PERFORMANCE INDEX (API) - 747

Schools¹¹

School Name	School Enrollment	% of students not in HFZ Aerobic Capacity	% of students not in HFZ Body Composition	API
ELEMENTARY SCHOOL				
Abraham Lincoln (K - 5th)	581	43.7	63.1	833
Captain Raymond Collins (K - 5th)	624	68.8	52.3	742
Harry Wirtz (K - 5th)	694	66.7	56.9	741
Hollydale (K - 8th)	1097	60.2	52.3	775
Howard Tanner (K - 5th)	644	56.5	60.9	732
Jefferson (K - 5th)	500	46.3	48.8	790
Los Cerritos (K - 5th)	557	57.8	53.9	794
Major Lynn Mokler (K - 5th)	669	40.4	60.5	786
Mark Keppel (K - 5th)	603	81.5	53.3	784
Theodore Roosevelt (K - 5th)	760	50.9	58.6	791
Wesley Gaines ¹² (K - 3rd)	449	-	-	799
MIDDLE SCHOOL				
Alondra (6th - 8th)	935	50.8	57.6	789
Frank J. Zamboni (6th - 8th)	935	51.7	56.1	800
Leona Jackson (4th - 8th)	757	53.6	56.6	767
Paramount Park (6th - 8th)	823	48.1	53.7	753
HIGH SCHOOL				
Paramount High (10th - 12th)	5,015	40.4	51.2	704

References

- 1 Pie chart not to scale.
- 2 Cities and communities are defined according to the 2000 Census Incorporated Place and Census-Designated Place (CDP). Cities/Communities entirely within the District's attendance boundaries include: Paramount. Cities/Communities partially within the District's attendance boundaries include: South Gate, Long Beach, Lakewood, Bellflower.
- 3 Source: Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, Obesity and Related Mortality in Los Angeles County: A Cities and Communities Health Report; September 2011.
- 4 Includes students from grades 5, 7, and 9 enrolled in California public schools. Childhood obesity is defined as having a gender-specific body mass index (BMI)-for-age \geq 95th percentile.
- 5 Rankings are low to high comparing selected Los Angeles County incorporated cities, communities, and Los Angeles city council districts (except for park area for capita which is ranked high to low).
- 6 Adult obesity is defined as having a BMI of 30 kg/m² or above.
- 7 Source: Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, Preventing Childhood Obesity: the need to create healthy places: A Cities and Communities Health Report; October 2007.
- 8 Parks include parks, beaches, historical parks, open spaces, recreational areas, forests, and wilderness areas. To account for the number of people parks serve, park area per capita was used to indicate park acres in each city/community per 1,000 persons.
- 9 Source: Senterfitt JW, Long A, Shih M, Teutsch SM. How Social and Economic Factors Affect Health. Social Determinants of Health, Issue no. 1. Los Angeles County Department of Public Health; January 2013.
- 10 The economic hardship index was measured by combining six indicators: crowded housing, percent of households living below the federal poverty level, percent of persons over the age of 16 years that are unemployed, percent of persons over the age of 25 years without a high school education, dependency, and per capita income. Data for these indicators were obtained from the U.S. Census. Bureau, 2005-2009 5-Year American Community Survey.
- 11 Source: California Department of Education; 2011-2012 Physical Fitness Test; 2011-2012 Enrollment; 2011 Base API; <http://dq.cde.ca.gov/>
- 12 HFZ Data not available for Wesley Gaines as this data is only reported for 5th, 7th, and 9th grades, and this school is K-3rd.