



**TRAINING AND DEVELOPMENTAL  
OPPORTUNITIES**



## Availability of health promotion programs for staff

Schools can promote healthy living to faculty and staff by offering supportive programs, such as those for healthy weight management, promoting and supporting active commuting, providing seminars on how to incorporate physical activity into everyday life, providing access to school physical activity facilities and so on. Seven in ten schools do not offer any such program, and this proportion is the same for both elementary and secondary schools. In general, the availability of health promotion programs for staff increases as community size increases. The availability of health promotion programs for staff varies widely by province and region.

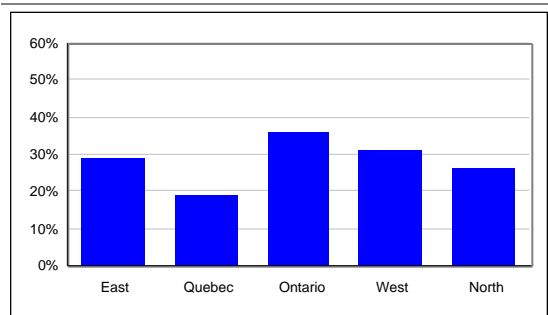
**Student population size** In general, schools with a smaller student population are less likely than schools with a larger student population to offer health promotion programs to staff or faculty.

**School setting** Schools in rural areas are less likely than other schools to have health promotion programs available for staff and faculty.

**School type** Non-public schools are no more likely than public schools to offer health promotion programs to faculty and staff.

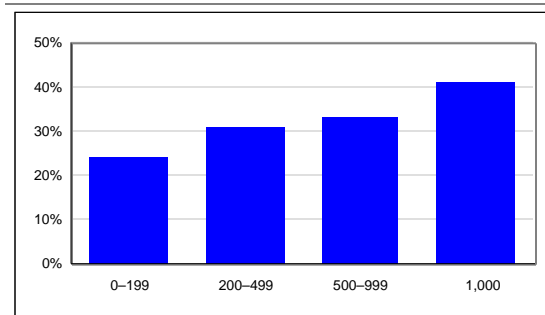
**Implications** Health promotion programs for both students and staff are important factors in developing health-promoting behaviours, especially related to physical activity. A health promotion program involving topics such as the benefits of physical activity, overcoming barriers to physical activity, establishing goals and monitoring progress towards goals, as well as lectures and seminars from experts, are just some examples of a comprehensive program. Schools can impart to staff the importance of being physically active during breaks and after schools hours, as staff members can serve as an important role model for students. Having an active staff can also contribute to creating a more conducive environment for physical activity at school.

**HEALTH PROMOTION PROGRAMS FOR STAFF  
by region**



2001 Survey of physical activity in Canadian schools, CFLRI

**HEALTH PROMOTION PROGRAMS FOR STAFF  
by student population size**



2001 Survey of physical activity in Canadian schools, CFLRI

## Availability of physical activity resources for staff

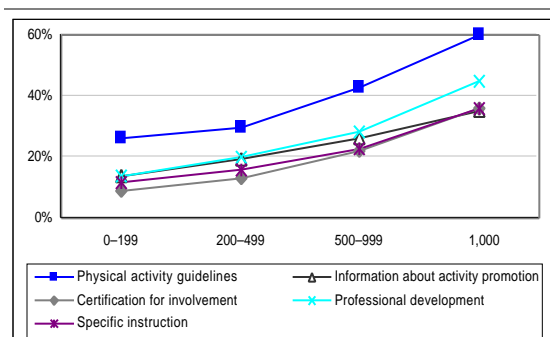
Schools can help physical education specialists and other staff foster the physical activity of students by providing information about physical activity guidelines, methods of promotion, certification, and professional development. Information about current guidelines is the most common resource available to staff: 34% of schools provide this information to physical education specialists, and an additional 28% of schools provide all staff with this resource. Although schools are more likely to provide each type of resource to physical education specialists rather than to all staff, only 22% of schools provide ongoing professional development to physical education specialists, and only 20% of schools provide information about physical activity promotion to this group. Certification for staff who are involved in students' physical activities and specific instruction by external experts are each offered to physical education specialists in less than 20% of all schools. Secondary schools are more likely than elementary schools to make physical activity resources available only to physical education specialists. The provision of resources varies by province, community size and type of resource.

**Student population size** In general, schools with a larger student population are more likely than smaller schools to offer physical activity resources exclusively to physical education specialists.

**Language** French schools are less likely than English schools to provide all teachers and staff with resources such as physical activity guidelines, information about promoting physical activity, and certification for staff involved in students' physical activity. When French schools do provide these resources, they are more likely than English schools to provide these resources exclusively to physical education specialists.

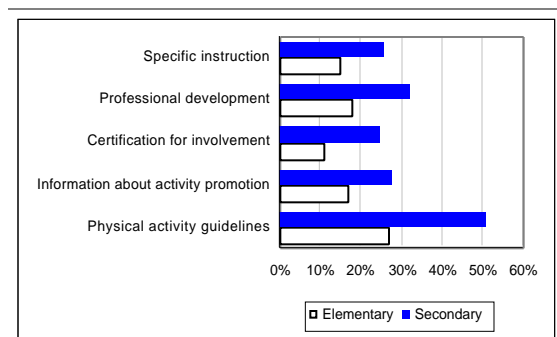
**Implications** The provision of resources on physical activity appear to be generally lacking in Canadian schools. It is important that teachers are provided with appropriate resources for physical activity related to children, including information on gender issues, guidelines for physical activity, the benefits of and barriers to physical activity, and so on. (One source of such information is the Leisure Information Network at [www.lin.ca](http://www.lin.ca).) Ideally, concise resources should be compiled based on consultations with specialists, schools boards, provincial and territorial governments, as well as national organizations.

**RESOURCES FOR P.E. SPECIALISTS  
by student population size**



2001 Survey of physical activity in Canadian schools, CFLRI

**RESOURCES FOR P.E. SPECIALISTS  
by grade level**



2001 Survey of physical activity in Canadian schools, CFLRI

## Availability of health promotion programs for staff

2001 Survey of Physical Activity in Canadian Schools

	Health promotion programs available to staff:	
	Yes	No
<b>OVERALL</b>	30%	70%
Elementary	30	70
Secondary	31	69
<b>REGION</b>		
East	29	71
Newfoundland	20	80
Prince Edward Island	–	67
Nova Scotia	24	76
New Brunswick	44	56
Quebec	19	81
Ontario	36	64
West	31	69
Manitoba	32	68
Saskatchewan	25	75
Alberta	37	63
British Columbia	27	73
North	–	74
<b>STUDENT POPULATION SIZE</b>		
0–199	24	76
200–499	31	69
500–999	33	67
1,000	41	59
<b>SCHOOL SETTING</b>		
Urban	33	67
Suburban	33	67
Rural	27	73
<b>SCHOOL TYPE</b>		
Public	31	69
Other	32	68
<b>ESTIMATED FAMILY INCOME</b>		
More lower income	29	71
Even mix	32	68
More higher income	32	68
<b>LANGUAGE</b>		
English	32	68
French	22	78
Both	33	67

– Data unavailable because of insufficient sample size.

## *Availability of physical activity resources for all staff*

2001 Survey of Physical Activity in Canadian Schools

	Physical activity guidelines	Information about activity promotion	Certification for student involvement	Professional development in active living	Specific instruction by experts
<b>OVERALL</b>	28%	16%	9%	14%	12%
Elementary	34	19	9	15	13
Secondary	12	8	10	10	9
<b>REGION</b>					
East	16	12	7	10	9
Newfoundland	–	–	–	–	–
Prince Edward Island	–	–	–	–	–
Nova Scotia	12	9	–	–	–
New Brunswick	32	22	–	21	20
Quebec	7	7	–	–	–
Ontario	40	21	11	15	13
West	29	16	11	17	15
Manitoba	26	13	11	11	10
Saskatchewan	39	24	12	25	22
Alberta	33	17	13	21	15
British Columbia	23	14	10	13	16
North	–	–	–	–	–
<b>STUDENT POPULATION SIZE</b>					
0–199	29	17	8	12	11
200–499	32	18	9	14	13
500–999	23	13	11	16	11
1,000	8	9	12	7	–
<b>SCHOOL SETTING</b>					
Urban	26	16	10	14	12
Suburban	30	16	11	16	14
Rural	28	16	9	12	10
<b>SCHOOL TYPE</b>					
Public	28	15	10	14	12
Other	31	20	9	13	14
<b>ESTIMATED FAMILY INCOME</b>					
More lower income	28	16	9	13	10
Even mix	28	17	9	14	13
More higher income	25	14	11	15	13
<b>LANGUAGE</b>					
English	34	18	11	16	14
French	7	9	4	4	4
Both	25	15	10	15	13

– Data unavailable because of insufficient sample size.

## *Availability of physical activity resources for physical education staff*

2001 Survey of Physical Activity in Canadian Schools

	Physical activity guidelines	Information about activity promotion	Certification for student involvement	Professional development in active living	Specific instruction by experts
<b>OVERALL</b>	34%	20%	16%	22%	18%
Elementary	27	17	11	18	15
Secondary	51	28	25	32	26
<b>REGION</b>					
East	37	21	12	23	19
Newfoundland	39	22	–	20	19
Prince Edward Island	–	–	–	–	–
Nova Scotia	43	26	16	30	23
New Brunswick	24	16	–	15	–
Quebec	36	23	18	24	17
Ontario	33	20	15	20	15
West	34	19	16	24	22
Manitoba	47	29	22	35	29
Saskatchewan	29	18	14	18	18
Alberta	43	21	20	28	28
British Columbia	21	12	11	17	15
North	–	–	–	–	–
<b>STUDENT POPULATION SIZE</b>					
0–199	26	14	9	14	12
200–499	30	19	13	20	16
500–999	43	26	22	28	23
1,000	60	35	36	45	36
<b>SCHOOL SETTING</b>					
Urban	37	21	17	25	20
Suburban	33	21	17	23	18
Rural	34	20	14	20	18
<b>SCHOOL TYPE</b>					
Public	35	21	16	23	19
Other	32	18	15	20	17
<b>ESTIMATED FAMILY INCOME</b>					
More lower income	32	19	13	19	16
Even mix	33	19	17	24	19
More higher income	39	24	20	25	22
<b>LANGUAGE</b>					
English	33	19	15	21	19
French	37	24	20	25	17
Both	41	20	15	27	18

– Data unavailable because of insufficient sample size.