



*American Alliance for  
Health, Physical Education,  
Recreation and Dance*

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February 15, 2012

The Honorable Susan Davis  
1526 Longworth HOB  
Washington, DC 20515

The Honorable Jared Polis  
501 Cannon House Office Building  
Washington, D.C. 20515

Dear Congresswoman Davis and Congressman Polis,

As the Education and the Workforce Committee continues its work to reauthorize the Elementary and Secondary Education Act (ESEA), we enthusiastically support the work of the New Democrat Coalition and its Education Task Force in the recognition of the vital role health education and physical education play in a student's school day, academic achievement, and overall health and well-being. We urge you to work with the Committee to include support for a well-rounded curriculum in its ESEA reauthorization language.

Specifically we applaud your goals of ensuring that students receive access to a quality, well-rounded education that includes *a wide range of classes that contribute to school engagement and academic achievement, such as social studies, service learning, career and technical education, art, music, **physical education and health education***.

At a time when one-third of our nation's children are overweight or obese, educating them in physical competence, health-related fitness and healthy behaviors is critical to their development and long-term success as healthy and productive citizens. And while we realize that schools are but one component in this process, quality health education and physical education programs are essential components of a comprehensive K-12 curriculum.

Recent studies show that health and fitness are linked to improved academic performance, cognitive ability, and behavior as well as reduced truancy. Healthy graduates are less likely to rely on government health care, use public services such as food stamps or housing assistance, and are more likely to raise healthier, better-educated children. Further, the lack of physically fit and health-literate graduates has become a national security issue—being overweight or obese has become the leading medical reason why applicants fail to qualify for military service.

Unfortunately, many schools today do not provide adequate health education or physical education, as recommended by leading health-related national organizations and the Centers for Disease Control and Prevention. Subjects that are not considered “core” under the current law, are frequently at risk of being marginalized and eventually eliminated due to a lack of funding or administrative priority.



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To rectify this dangerous trend, we hope you will work with the Education and Workforce Committee to recognize physical education and health education as part of a student's well-rounded education and work to ensure that schools *have the ability to use* Title I and Title II funds for physical education and health education programs and teacher professional development.

Again, we thank you for your commitment to our nation's youth and your vision to provide them with a well-rounded education. Please know that we are happy and eager to support your efforts.

With gratitude,

National Organizations

Active Network

American Alliance for Health, Physical Education, Recreation and Dance

American Association for Health Education

American Association for Physical Activity and Recreation

American School Health Association

Directors of Health Promotion and Education

Fizika Group

HealthCorps

HOPSports

Interactive Health Technologies

National Association of County and City Health Officials

National Association for Sport and Physical Education

National Dance Association

Richard Simmons Ask America

Society for Public Health Education

Society of State Leaders of Health and Physical Education

Speed Stacks, Inc.

Sporting Goods Manufacturers Association

Street Soccer USA

The SPARK Programs

Trust for America's Health

Up2Us

World Sport Stacking Association

State Organizations

Alabama State Association for Health, Physical Education, Recreation and Dance

Arizona Association for Health, Physical Education, Recreation and Dance

California Association for Health, Physical Education, Recreation and Dance

Childhood Obesity Prevention Coalition – Washington State

American Association for Health Education • American Association for Physical Activity and Recreation

National Association for Girls and Women in Sport • National Association for Sport and Physical Education • National Dance Association



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Colorado Association for Health, Physical Education, Recreation and Dance  
Eastern District Association for Health, Physical Education, Recreation and Dance  
Great Lakes Chapter, Society for Public Health Education  
Greater New York Society for Public Health Education  
Illinois Association for Health, Physical Education, Recreation and Dance  
Illinois Chapter, Society for Public Health Education  
Iowa Public Health Association  
Michigan Association for Health, Physical Education, Recreation and Dance  
Michigan Fitness Foundation and EPEC  
Minnesota Association for Health, Physical Education, Recreation and Dance  
Missouri Association for Health, Physical Education, Recreation and Dance  
New Hampshire Association for Health, Physical Education, Recreation and Dance  
New Jersey Association for Health, Physical Education, Recreation and Dance  
New Mexico Association for Health, Physical Education, Recreation and Dance  
New York State Association for Health, Physical Education, Recreation and Dance  
North Carolina Society for Public Health Education  
Ohio Association for Health, Physical Education, Recreation, and Dance  
Oklahoma Association for Health, Physical Education, Recreation and Dance  
Pennsylvania State Association for Health, Physical Education, Recreation, and Dance  
Rhode Island Association for Health, Physical Education, Recreation and Dance  
Southern District Association for Health, Physical Education, Recreation and Dance  
Tennessee Association for Health, Physical Education, Recreation and Dance  
Texas Association for Health, Physical Education, Recreation and Dance  
Utah Association for Health, Physical Education, Recreation, and Dance  
Virginia Association for Health, Physical Education, Recreation, and Dance  
Wyoming Association for Health, Physical Education, Recreation and Dance