

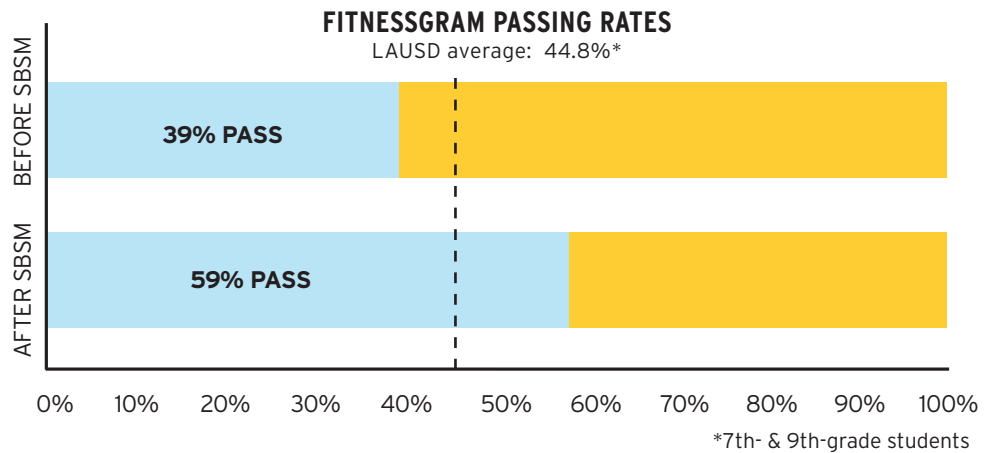
# DATA COLLECTION RESULTS

## OVERVIEW

New schools receiving the full SBSM program participate in data collection to determine improvements in student fitness levels. Our data collection also explores changes in behaviors and perceptions surrounding PE class, participation in healthy behaviors, and improvements in self-confidence. We use the California state-mandated FitnessGram test to study student fitness levels. Our student health and wellness outcomes are determined using a survey administered before and after the implementation of our program.

## FITNESS DATA

Since 2017, across 30 schools that completed data collection, the average FitnessGram pass rate before our program was 39%. After implementing our program for an eight-week period, passing rates improved to 59%.



### SPECIFIC FITNESSGRAM OUTCOMES FROM A SELECTED GROUP OF SBSM SCHOOLS

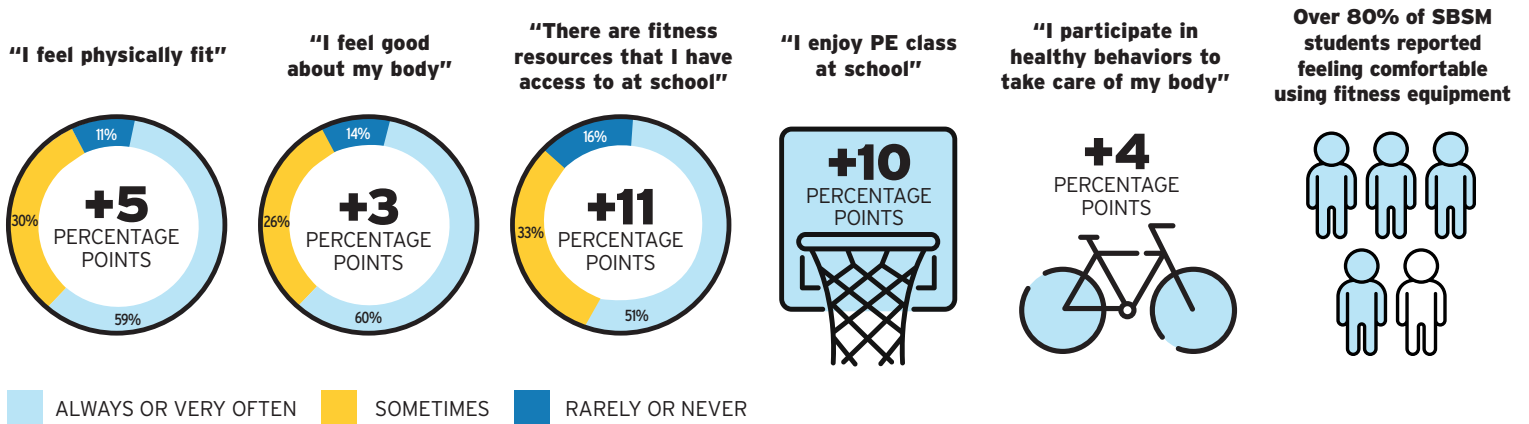
SCHOOL	DISTRICT	PRE-TEST PASS RATE	POST-TEST PASS RATE	PERCENTAGE POINT CHANGE
LUTHER BURBANK MIDDLE SCHOOL	LOS ANGELES	20%	55%	<b>+35%</b>
HENRY T. GAGE MIDDLE SCHOOL	LOS ANGELES	10%	42%	<b>+32%</b>
MT. GLEASON MIDDLE SCHOOL	LOS ANGELES	43%	62%	<b>+19%</b>
HELEN BERNSTEIN HIGH SCHOOL	LOS ANGELES	26%	44%	<b>+18%</b>
DOMINGUEZ HIGH SCHOOL	COMPTON	22%	40%	<b>+18%</b>
EL SERENO MIDDLE SCHOOL	LOS ANGELES	21%	37%	<b>+16%</b>
WALTER REED MIDDLE SCHOOL	LOS ANGELES	16%	30%	<b>+14%</b>
JOHN BURROUGHS MIDDLE SCHOOL	LOS ANGELES	31%	44%	<b>+13%</b>
WASHINGTON MIDDLE SCHOOL	LONG BEACH	40%	52%	<b>+12%</b>
FRANKLIN CLASSICAL MIDDLE SCHOOL	LONG BEACH	22%	34%	<b>+12%</b>

\*At each school, 125 students were selected for the pre-test and tested again 8 weeks later to determine fitness level improvements.

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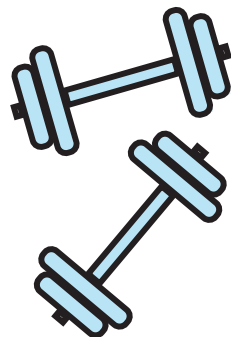
## HEALTH AND WELLNESS DATA

The following charts show student responses from a selection of survey questions after just eight weeks of participation in the SBSM program. Reported improvements represent an increase in students responding “always” or “very often” on the post-test health and wellness survey.



## COVID-19 SUPPORT

Existing divides in resource availability and health disparities in under-served communities were significantly amplified during the COVID-19 pandemic. To address these issues, UCLA Health Sound Body Sound Mind launched the following efforts:



Distribution of **thousands of home physical activity kits** across Los Angeles



**Weekly remote learning digests** for physical education teachers along with online curriculum tools and resources



**Pilot mindfulness program** in collaboration with the UCLA Mindful Awareness Research Center

## PROGRAM IMPACT QUOTES



"We knew exactly what the problem was. We knew that kids needed to get out; they needed to exercise; they were stressed. They needed an outlet to exert their energy and we didn't have that (prior to receiving the SBSM program)."

**-SBSM SCHOOL ADMINISTRATOR**

"I used to be very self-conscious about my weight and how I looked. Now I feel very proud of myself and how I have done in the fitness center. It has helped me grow confidence."

**-SBSM MIDDLE SCHOOL STUDENT**

"What we do find often is that a lot of kids don't take physical education as seriously as they should. The program has helped us shift that mindset and mentality for many of our kids."

**-SBSM HIGH SCHOOL PRINCIPAL**

"For me it's all about making change, it's all about equality, it's all about access. Before we got the Sound Body Sound Mind equipment, our PE program was basically relegated to outdoor activities. Once we got that equipment, it was like a whole new world is available."

**-SBSM PE TEACHER**