



Move together.
Be yourself.



INPACT Policy Brief | 2024

Presented by Rebecca Hasson, Ph.D., FACSM

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Introductions

An overview of who we are and why we do what we do.



INPACT, which stands for Interrupting Prolonged Sitting with ACTivity, promotes physical activity in both school and home settings. It offers training and resources for teachers to implement activity breaks in schools and encourages healthy behaviors through its “INPACT at Home” component. Together, these school and home components provide children with over 30 minutes of health-enhancing physical activity, meeting half of the daily recommended amount.



We know that physical activity is essential for child learning. And so, we really want to make sure that every child has an equitable opportunity to move to prime the brain for learning, regulate their emotions, and just get the wiggles out.”

Dr. Rebecca Hasson, Ph.D., FACSM

Dr. Rebecca Hasson is an associate professor of Movement Science and director of the Childhood Disparities Research Laboratory (CDRL) at the University of Michigan School of Kinesiology. She holds a dual appointment as assistant professor of Nutritional Sciences in the School of Public Health. Among many other accolades, Dr. Hasson teaches Movement Science courses at the undergraduate and graduate level.

Program Overview

A snapshot of our offerings at school and at home.



INPACT AT SCHOOL

Support InPACT at School
Interrupting Prolonged sitting with ACTivity.

Move together. Be yourself. Incorporating purposeful movement in the classroom to prepare the brain for learning.

InPACT at School is a classroom-based, physical activity program designed for elementary school students. Many professionals partnered to develop and tailor the program for teachers to implement in their classrooms.

- > Michigan Elementary & Middle School Principals Association
- > Michigan School Health Coordinators' Association
- > Blue Cross/Blue Shield
- > Michigan Department of Education
- > University of Michigan Researchers
- > Michigan Department of Health & Human Services
- > Wayne State University Researchers

Free Online Resources Providing teachers with online resources to lead healthy activity breaks:

- > Teacher Manuals
- > Active Learning Lessons
- > Online Printable Resources
- > Teacher Training Programs
- > Game Design Elements
- > Instructional Exercise Videos
- > Training Activity Videos
- > Online Implementation Guide
- > Compendium of Activities
- > Michigan Model for Health Integration Guide

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INPACT AT SCHOOL



INPACT AT HOME

Discover InPACT at Home
Interrupting Prolonged sitting with ACTivity.

Move together. Be yourself. Improving the overall health and well-being of Michigan children and their families.

InPACT at Home is an evidence-informed, physical activity program that gets your kids moving at home. Many professionals came together to develop and disseminate the program.

- > School District Consultants
- > Behavioral Interventionists
- > Regional School Health Coordinators
- > Community Outreach Specialists
- > Pro Sports Teams
- > State & Local Legislators
- > Implementation Scientists
- > Parents, Families & Volunteers

Free Online Resources Support your child through their movement journey at home.

- > Free Physical Activity Play Cards
- > Free Interactive Program Website
- > Free Online Printable Resources
- > Free Family Toolkit
- > Free Exercise Videos
- > Free Online Family Account
- > Free Online Challenge Calendar

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The Numbers

What the stats tell us.

9%
INCREASE
in emotional regulation

InPACT Enhances Social-Emotional Development | At North Elementary, the introduction of InPACT activity breaks in the classroom led to a 9% increase in students' emotion regulation and an 18% increase in their sense of belonging from the beginning to the end of the school year.

13%
HIGHER
participation rate

InPACT Reduces Physical Activity Disparities | At Munger Elementary, children with asthma—who are at a higher risk of inactivity—had a 13% higher participation rate in InPACT activity breaks compared to children without asthma. Additionally, girls, who are typically less active, participated at the same rate as boys.

34%
DECREASE
in discipline referrals

InPACT Reduces Behavioral Referrals | Whitmore Lake Elementary School observed a 34% decrease in student discipline referrals compared to the previous academic year without implementing InPACT.

68%
POSITIVE RESPONSE
for improved test scores

InPACT Enhances Academic Achievement | At North Elementary, when asked, “What, if any, academic changes have you observed since implementing InPACT?” 68% of teachers responded positively, citing improved student test scores.

99%
RETURN TO TASK
within 30 seconds after
an activity break

InPACT Enhances On-Task Behavior | At Columbia Upper Elementary, Estabrook Learning Center, and Jesse L. Anderson Elementary, 99% of children returned to task within 30 seconds of completing an InPACT activity break.

Program Partners

Many professionals partnered to develop and tailor the program.



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Testimonies 01



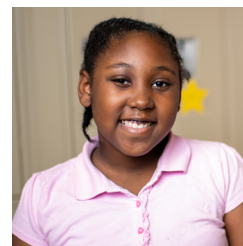
Heidi Roy-Borland - Principal
Whitmore Lake Elementary School

Whitmore Lake Elementary School is truly embracing InPACT! With InPACT, students and staff are moving more, and we know how to strategically place breaks to give young brains what they need to be attentive and ready to learn. Since implementing InPACT, our school has had a reduction in behavior referrals and our students recognize when they will benefit from activity breaks. InPACT definitely influenced the positive changes. I look forward to year two with InPACT!



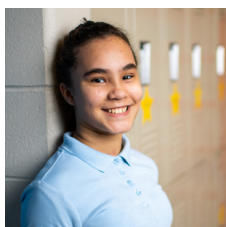
Luke - Elementary Student

It is important to me to be active so I can have strong muscles, which I need for sports like baseball and football. I like how I feel when I'm moving during an InPACT video because it's fun!



Jada - Elementary Student

Activity breaks give me more energy.



Gisselle - Student

My blood goes to my brain during activity breaks!



Sebastian - Elementary Student

I think the whole class likes the activity breaks!

Testimonies 02



Amy Wassmann
Michigan Department of Education

When working with elementary educators, I often ask them how much of their day is spent managing behaviors. It is surprising to hear that many say over 50% of their day is spent redirecting or addressing student behavior. With the pressure of student academic success on teachers, they do not need something that takes up a lot of time, both in the classroom and in training. InPACT at School is an easy strategy for teachers to implement and checks off all the boxes: kids love it; it primes the brain for learning; it gets the “wiggles out” so students can focus; it ends with an activity that helps students settle down and get ready for instruction. Teachers who implement InPACT state that they love the flexibility of implementing the 5, 4-minute physical activity breaks and notice that students are more focused after. And best of all? They get some of their instructional time back. It is a win-win for all involved.



Barry Schmidt - Regional School Health Coordinator
Bay-Arenac/Saginaw/Iosco ISD

One of the things I appreciate the most about the InPACT Program is that it does not add any additional burden to the teachers' workload. Instead, it provides an opportunity to prime the brain for learning. Recently, I had the chance to participate in a teacher training session on the importance of InPACT and physical activity breaks. This was an “aha” moment for me because I realized how physical activity (working out to the Eye of the Tiger song) made me feel and how it affected the teachers attending the training. They were happy, laughing, and smiling, and it was clear that they were having a great time. If teachers can enjoy physical activity breaks, imagine how the students feel. InPACT fosters a lifelong practice of engaging in physical activity.

Testimonies 03



**Dr. Pamela Pugh - President
State Board of Education**

My goddaughter played basketball for her school team, had one hour of physical education per day for one marking period, and played AAU basketball in the summer. During COVID-19, she and her friends mostly slept during the day and stayed up at night playing video games together virtually. Her mom sporadically took her to a local basketball court and allowed her to play on it only when there were no other children there. It was critical that we developed novel partnerships to create innovative alternatives or new normals for our children, to increase their daily physical activity. The InPACT programs do both. Research shows that physical activity is one of the most effective ways to promote mental and physical health, prevent disease, and most importantly as we emerged from the COVID-19 pandemic, bolsters a strong immune system. Let's continue to work together to get students, teachers, families, and communities moving again.



**Scott Biskup - Inclusion Coach
Bay Arenac ISD**

My role as an Inclusion Coach is to support students with Individualized Education Plans who need extra support to be successful at school. My number one intervention that I use is structured movement breaks. These tier 2 and 3 movement breaks help students regulate their emotions and prime their brain to learn. I have created gross motor sensory rooms in two of the schools I work in. These spaces help create a space for students to get the extra movement and sensory input they need to be successful at school. As an Occupational Therapist, I know how important movement is in regulating the nervous system. I am currently working to pilot InPACT in one of the elementary schools I work in as a tier 1 intervention. I know the InPACT program would benefit all students and will likely decrease the need for me to create structured movement breaks for the students I am working with.

Movement Highlights



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Why Facilitators Matter

Investing in facilitators drives sustainable change in schools.

To achieve long-lasting improvements in student health through programs like InPACT, we need more than just program materials and curriculum—it requires dedicated facilitators who can guide schools through the complex process of implementation and sustainment. We are seeking funding to support a network of facilitators who will play a critical role in ensuring the success and sustainability of this initiative across schools and districts.

Facilitators act as the driving force behind effective program delivery. They go beyond simply providing training—they help schools overcome barriers, enhance collaboration, and ensure that physical activity programs are integrated into daily practices in a meaningful and lasting way.

Removing Barriers to Implementation

Schools face many challenges, from limited resources to staff resistance and competing priorities. Facilitators are trained to identify and address these barriers. With their expertise, they can help schools adapt the InPACT program to fit their specific needs, ensuring it is feasible and practical within each district's unique context. Funding facilitators means we can reduce friction and make program adoption smoother for every school, regardless of their challenges.

Providing Ongoing Support and Adaption

Change doesn't happen overnight, and sustained success requires continuous support. Facilitators will provide ongoing technical assistance and professional development, ensuring teachers and staff are confident in delivering the program and can make necessary adjustments as challenges arise. This support is vital for maintaining momentum and ensuring long-term success. With your investment, we can ensure that facilitators are available to guide schools through every phase of the process, from exploration to sustainment.

Building a Culture of Collaboration

Facilitators serve as connectors, bridging the gap between district leaders, teachers, and external partners. By fostering collaboration and clear communication, they ensure that all stakeholders are aligned on the goals and benefits of the program. This coordination is key to driving district-wide change and improving student outcomes. Funding will enable facilitators to work closely with schools to build this collaborative culture, making physical activity a central component of educational strategies.

Ensuring Sustainability and Long-Term Impact

By investing in facilitators, you are investing in the longevity of this initiative, ensuring it remains an integral part of schools' commitment to student health, well-being, and academic achievement for years to come.



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Investing in Our Future

Be a part of a long-term solution for students.

We invite you to partner with us in funding this vital role and ensuring that programs like **INPACT** become lasting, impactful solutions for student health, wellness, and academic achievement for years to come.

Investing in facilitators is a cost-effective strategy for creating scalable, sustainable change.

Facilitators multiply the impact of every dollar spent on program development by ensuring successful implementation, adaptation, and long-term sustainability. Without this support, programs risk becoming short-term fixes rather than permanent solutions. By funding facilitators, you enable schools to break through implementation barriers and create environments where physical activity is part of every student's day. The result will be healthier students, improved academic outcomes, and more resilient school systems.



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Proposed Budget

The proposed budget would cover approximately 50 schools per year.

\$775,000 is our budget request.

This estimate assumes a moderate level of support and engagement in each school. If the number of teachers or the scale of implementation per school increases, adjustments would be needed to expand the facilitator team or increase teacher stipends.

\$300,000/year

Facilitator - Salaries & Benefits

Covers full-time salaries and benefits for five regional facilitators responsible for overseeing implementation, providing ongoing support, and ensuring sustainability in 10 schools.

\$100,000/year

Program Resources & Materials

Funds the development and distribution of program materials, including curriculum updates, activity guides, and digital resources to support teachers and schools.

\$50,000/year

Facilitator - Travel & Development

Includes costs for travel between schools, attendance at professional development conferences, and training sessions to enhance facilitation skills.

\$50,000/year

Program Maintenance & Support

Ensures regular updates to the program, technical support for digital tools, and adaptation to evolving needs within schools and districts.

\$200,000/year

Teacher Stipends

Provides \$1,000 stipends to 200 teachers (four per school) for their participation in additional training, program adaptation, and the continued implementation of the INPACT program.

\$75,000/year

Evaluation & Monitoring

Covers data collection, analysis, and reporting to monitor program effectiveness, track progress, and inform ongoing improvements to both facilitation and program delivery.



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Proposed Budget

The proposed budget to support just one school per year.

\$15,500 is the total cost to support one school per year.

This cost covers all key elements, including facilitator support, teacher stipends, program materials, and evaluation to ensure effective implementation and long-term success.

Facilitator Support

\$7,000/school/year

This assumes each facilitator covers 10 schools, with a portion of their salary and travel expenses allocated to each school. ($\$300,000$ total facilitator salary + $\$50,000$ travel = $\$350,000 \div 50$ schools = $\$7,000/\text{school}$)

Program Support

\$3,000/school/year

This accounts for program materials, curriculum updates, and digital resources allocated per school. This ensures regular adaptation to evolving needs within the school. ($\$150,000 \div 50$ schools = $\$3,000/\text{school}$)

Teacher Stipends

\$4,000/school/year

Assuming four teachers at each school receive a \$1,000 stipend. ($\$1,000 \times 4$ teachers = $\$4,000/\text{school}$)

Evaluation & Monitoring

\$1,500/school/year

To ensure program success, this includes data collection, analysis, and feedback for each school. ($\$75,000 \div 50$ schools = $\$1,500/\text{school}$)



Call-To-Action

Invest in lasting change for student health and academic success.

Your investment ensures a sustainable, scalable solution for student well-being and academic success.

We are committed to promoting physical activity in schools and at home. Our program provides teachers with the training and resources to implement activity breaks that help children engage in over 30 minutes of health-enhancing movement every day, contributing to improved learning, emotional regulation, and overall well-being

We need your support to scale and sustain this vital initiative. The success of InPACT relies on the dedication of facilitators who are the driving force behind the program's long-term impact. By investing in facilitators, you are investing in the future of student health and education. Facilitators ensure that schools can overcome implementation barriers, build a culture of collaboration, and sustain physical activity programs that enhance academic performance, reduce behavioral issues, and foster emotional development.

By funding facilitators, you enable schools to embed physical activity into daily routines, creating healthier, more resilient students and school systems. Join us in making a lasting difference—let's move toward a healthier future for every child!

ACT NOW!



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 **Connect**

Thank you for your time today.

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