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# CORRELATION BETWEEN SOCIAL, EMOTIONAL, PHYSICAL, NUTRITIONAL, AND FINANCIAL WELL-BEING AND ACADEMIC PERFORMANCE

*“Obesity now affects 18.5% of all children and adolescents in the United States Triple the rate from just one generation ago”. - [Centers for Disease Control and Prevention 2020](#)*

Today, obesity is one of the most pressing health concerns for children. Nearly one-third of children and teens, more than 23 million kids, are overweight or obese — and physical inactivity is a leading contributor to the epidemic. The Surgeon General recommends children should engage in 60 minutes of moderate activity most days of the week. Despite this, only six states require physical education (PE) in every grade, and only 20% of school districts require daily recess. (Trost)

Schools serve as an excellent venue to provide students with the opportunity for daily physical activity, to teach the importance of regular physical activity for health, nutrition, and to build skills that support active lifestyles. Unfortunately, most children get little to no regular physical activity while in school.

Budgetary constraints and increasing pressure to improve standardized test scores have caused school officials to question the value of PE and other physical activity programs. This has led to a substantial reduction in the time available for PE, and in some cases, school-based physical activity programs have been eliminated (Trost).

## NUTRITION

Nutrition is another important aspect that can best be addressed through the schools, since kids consume about 50% of their daily calories there. Did you know that:

- 60% of obese children between 5 – 10 have at least one cardiovascular disease risk factor
- 30% of boys and 40% of girls born in 2000 are at risk of being diagnosed with Type 2 diabetes

A plant-based diet can help address these health risk factors, and lead to better fitness. People on plant-based diets typically have:

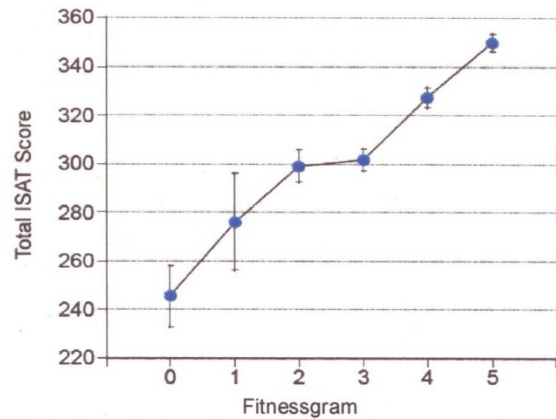
- Lower blood pressure and cholesterol
- [Better glycemic control](#)
- Improved blood viscosity which helps more oxygen reach muscles
- Reduced weight (Barnard)

**THE HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™** creates an opportunity to bridge this gap by bringing physical activity, nutrition, and health into the daily curriculum

### PHYSICAL WELL-BEING

Recent studies have found a strong correlation between aerobic fitness and academic performance as measured by grades in core subjects and standardized test scores (ACA, ADA, AHA). The chart represents the strong correlation between the “Fitnessgram” standards, currently used in California and Texas, with their relative ISAT scores.

**Physical Fitness & Achievement Test Performance\***



Source: Hillman CH, Erickson K I, Kramer A F Be smart, exercise your heart: Exercise effects on brain and cognition. *Nat Rev Neurosci*, 2008;9, 58-65.

**THE HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™** provides the following modules that introduces a healthy and physically active lifestyle as a part of the daily curriculum:

- **Meet Doctor Beat©** ... *Your Fascinating Heart*
- **Eat Good Food, Dude©** ... *Nutrition for Great Health*
- **Improve Your Groove©** ... *The Many Benefits of Activity*
- **Grin It, Win It©** ... *Dental Health Means Heart Health*

Leading national education organizations recognize the close relationship between health and education, as well as the need to foster health and well-being within the educational environment for all students (Medicine). Physically active and educated children are more likely to thrive academically and socially (CDC).

## **SOCIAL WELL-BEING**

In a 2019 nationally representative sample of youth in grades 9-12:

- 8% of high schoolers reported being in a physical fight on school property in the 12 months preceding the survey.
- 20% reported being bullied on school property
- 7% had been threatened or injured with a weapon on school property
- 9% did not go to school on one or more days in the 30 days preceding the survey because they felt unsafe at school or on their way to or from school.
- 3% reported carrying a weapon (gun, knife, or club) on school property on one or more days in the 30 days preceding the survey. ([National Center for Injury Prevention and Control](#))

[Statistics like those on school violence](#) have a direct effect on attendance, involvement in school activities and overall academic performance on all children, but especially those in K – 6<sup>th</sup> grades. They have not yet developed the necessary skills to cope. To have the most positive impact on adolescent health, schools and other community members must work together in a comprehensive approach. Providing safe and nurturing environments for our nation’s youth can help ensure that adolescents will be healthy and productive members of society.

With bullying and school violence hanging over their heads, kids need coping skills, like meditation, to deal with the anxiety. A 2019 study of meditation in elementary school students indicated that mindfulness seems to lower anxiety and may strengthen cognitive skills. (Shanok)

**THE HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™** provides the following modules that introduces a lifestyle as a part of the daily curriculum that build positive social skills at a young age.

- Take Down the Pressure© ... Mind/Body/Emotion Techniques
- Think Hip 'n Happy© ... Positive Thinking for a Healthy Heart
- Join the Green Team© ... Teamwork for a Healthy Planet

Children and adolescents are establishing patterns of behavior and making lifestyle choices that affect both their current and future health. Families, schools, and communities all need to work together to create an environment that facilitates healthy development of children and adolescents. Research has shown that students who feel more connected to school are more likely to have positive health and education outcomes.

## **FINANCIAL WELL-BEING**

Lastly, but by no means least. Hip Hop Healthy Heart Program for Children™ addresses the issue of financial literacy among our youth. Though young people in America have for decades struggled with financial literacy, state curricula have not shifted much to address the gaps. Fewer than half of states make high school students take an economics class, and 21 now require a personal finance class, according to a [2019 survey by the Council for Economic Education](#). In those states, though, the payoff is clear: Students who had taken such courses were more likely to go on to save money and pay off a credit card bill in full each month, and less likely to be compulsive buyers, max out credit cards and make late payments (Malcolm).

**THE HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™** provides a module as a part of the curriculum that introduces financial literacy to develop habits at the earliest stages. This module can be introduced to the state curricula internationally.

- Money Matters© ... First Steps to Financial Freedom

To ensure that rising generations have the tools to be financially successful, financial literacy experts and advocates say that education must start in the early years. This program provides that opportunity.

The challenges facing today's adolescents are many. The statistics are clear that the current physical, social, and financial well-being of the next generation of leaders is far from optimistic. Hip Hop Healthy Heart Program for Children™ provides an innovative approach to solve many of the greatest problems that face today's youth, all of which affect academic performance.

**THE HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™** not only exceeds the Surgeon Generals recommendation of 60 minutes of daily physical activity but provides a well- rounded comprehensive curriculum that provides healthy and active lifestyles, social skills, and financial literacy. Jyl LLC is excited to offer this opportunity to present this innovative curriculum and improve the current state of educating our nation's youth.

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