Centers for Disease Control and Prevention’s
School Health Guidelines to Promote Healthy Eating and Physical Activity
Presentation

National Center for Chronic Disease Prevention and Health Promotion
1. Explain the purpose of CDC’s *School Health Guidelines to Promote Healthy Eating and Physical Activity*.

2. Identify at least two healthy eating and two physical activity policies or practices that can be implemented in schools to address obesity.

3. Name at least one CDC tool that can assist in improving school-based healthy eating and physical activity policies and practices.
School Environments

School Food Environment

Low-nutrient, energy-dense foods and beverages are

• Served in vending machines, à la carte lines, school stores, fundraisers, and classroom parties.

• Marketed to students.
School Environments

*School Physical Activity Environment*

- Daily physical education is not provided in most schools.
- Daily recess for elementary school students is not offered at many schools.
- Walking or biking to school is less common.
Physical activity and healthy eating are linked with

- Academic Success
- Health and Well-being
- Risk for Obesity
- Risk for Chronic Conditions (e.g., osteoarthritis)
- Risk for Chronic Diseases (e.g., cancer)
Purpose: To provide science-based guidance for schools on establishing a school environment supportive of healthy eating and physical activity.

The Guidelines support the

- Dietary Guidelines for Americans
- Physical Activity Guidelines for Americans
- U.S. Healthy People 2020 objectives
CDC’s School Health Guidelines to Promote Healthy Eating and Physical Activity are based on:

A) Private and public opinion
B) Scientific research and expert opinion
C) Best practices and school staff experiences
D) CDC staff opinions
Questions ?
School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development
Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.
Policies and Practices

Assess*  
Develop and Implement  
Evaluate

* Using the School Health Index  
(www.cdc.gov/HealthyYouth/SHI)
School Environments

Establish school environments that support healthy eating and physical activity.
School Environments

Selected Strategies to Encourage Healthy Eating and Physical Activity

• Promote access to healthy foods and physical activity at school.

• Provide suitable facilities for healthy eating.

• Establish safe spaces and facilities for physical activity.

• Avoid using physical activity as punishment.

• Avoid using food items to reward students.
Nutrition Services

Provide a quality school meal program and ensure that students have only appealing, healthy food and beverage choices offered outside of the school meal program.
Which students are not eligible to participate in the National School Lunch and School Breakfast Program?

A) Family Income $\leq 130\%$ of Federal Poverty Guidelines

B) Family Income $> 130\%$ but $\leq 185\%$ of Federal Poverty Guidelines

C) Family Income $> 185\%$ of Federal Poverty Guidelines

D) No one – All students are eligible to participate
Nutrition Services

Promote access to and participation in school meals

Align all foods with Dietary Guidelines for Americans

Make all foods nutritious and appealing
GUIDELINE 3

Nutrition Services

Institute of Medicine’s Nutrition Standards for Foods Served in School

www.cdc.gov/healthyyouth/nutrition/standards.htm
Physical Education and Physical Activity

Implement a comprehensive physical activity program with quality physical education as the cornerstone.
True/False

CDC recommends secondary school students receive 225 minutes of PE per week.

A) True
B) False
Physical Education and Physical Activity

A Quality PE Program:

1. Curriculum
2. Supportive Policies and Environment
3. Instruction
4. Student Assessment
CDC’s Physical Education Curriculum Analysis Tool

www.cdc.gov/HealthyYouth/HECAT
Physical Education and Physical Activity

Comprehensive School-Based Physical Activity Program

Walk- or Bike-to-School Programs

Daily Recess for Elementary Schools

Classroom-Based Physical Activity Breaks

Quality Physical Education

Interscholastic Sports

Intramural and Physical Activity Clubs

GUIDELINE 4
Health Education

Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.
Health Education

Guideline 5

Pre-K–12

- National Health Education Standards
- Interactive Learning Strategies
- Science-Based Curricula
CDC’s Health Education Curriculum Analysis Tool

www.cdc.gov/HealthyYouth/HECAT
Questions ?
School Health Services

Provide students with health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.
School Health Services

GUIDELINE 6

STAFF

ASSESS

REFER

ADVOCATE
Family and Community

Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.
Family and Community

Promote Communication and Involvement

Schools

Families

Community Members
School Employee Wellness

Provide a school employee wellness program that includes healthy eating and physical activity services for all school staff members.
School Employee Wellness

- Determine Needs of Staff
- Engage Administrative Support Staff
- Establish and Evaluate Programs
Employ qualified persons, and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members, as well as staff members who supervise recess, cafeteria time, and out-of-school-time programs.
Professional Development

**REQUIRE:**
Certification

**PROVIDE:**
Professional Development

**FOR:**
- PE Teachers
- Health Education Teachers
- Nutrition Services Staff
- Teachers and All Staff

GUIDELINE 9
Q&A

Which of the following is not a *Guideline*?

A) Employee Wellness
B) Environment
C) Extracurricular Activity
D) Health Services
School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development
School Health Guidelines to Promote Healthy Eating and Physical Activity: Executive Summary

Healthy eating and regular physical activity play a powerful role in preventing chronic diseases, including heart disease, cancer, and stroke—the three leading causes of death among adults aged 18 years or older. Engaging students in healthy eating and regular physical activity can help lower their risk for obesity and related chronic diseases during adulthood.

Schools play a critical role in improving the dietary and physical activity behaviors of students. Schools can create an environment supportive of student efforts to eat healthy and be active by implementing policies and practices that support healthy eating and regular physical activity and by providing opportunities for students to learn about and practice these behaviors. CDC synthesized research and best practices related to promoting healthy eating and physical activity in schools, culminating in nine guidelines. These guidelines were informed by the Dietary Guidelines for Americans, the Physical Activity Guidelines for Americans, and the Healthy People 2020 objectives related to healthy eating and physical activity among children and adolescents, including associated school objectives.

The guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. Each of the nine guidelines is accompanied by a set of implementation strategies developed to help schools work toward achieving each guideline. Although the ultimate goal is to implement all nine guidelines included in this document, not every strategy will be appropriate for every school, and some schools, due to resource limitations, might need to implement the guidelines incrementally.

www.cdc.gov/HealthyYouth/npao/strategies.htm
Access to Public-Use Materials on the Guidelines

- **School Health Guidelines to Promote Healthy Eating and Physical Activity**
  [www.cdc.gov/healthyyouth/npao/strategies.htm](http://www.cdc.gov/healthyyouth/npao/strategies.htm)

- **PowerPoint® Presentation**
  [www.cdc.gov/healthyyouth/npao/presentationslides.ppt](http://www.cdc.gov/healthyyouth/npao/presentationslides.ppt)

- **Facilitator’s Guide to Using the PowerPoint® Presentation**

- **References for PowerPoint® Presentation**
  [www.cdc.gov/healthyyouth/npao/references.pdf](http://www.cdc.gov/healthyyouth/npao/references.pdf)

- **Frequently Asked Questions**
Buttons to Promote Guidelines

www.cdc.gov/healthyouth/multimedia.htm#buttons
Training Tools for Healthy Schools

Promoting Health and Academic Success

Free Workshops!

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Thank You!

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