



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



October 2011

National Center for Chronic Disease Prevention and Health Promotion



Learning Objectives

Presentation and Activity

1. Define the terms *overweight* and *obesity*.
2. Describe three health consequences of childhood obesity.
3. Explain the purpose of CDC's *School Health Guidelines to Promote Healthy Eating and Physical Activity*.
4. Identify at least two healthy eating and two physical activity policies or practices that can be implemented in schools to address obesity.
5. Prioritize two guidelines to address obesity, physical activity, and nutrition in your state, region, city, or school district.
6. Name three groups of stakeholders in your state, region, city, or school district that need to be informed about the *Guidelines*.

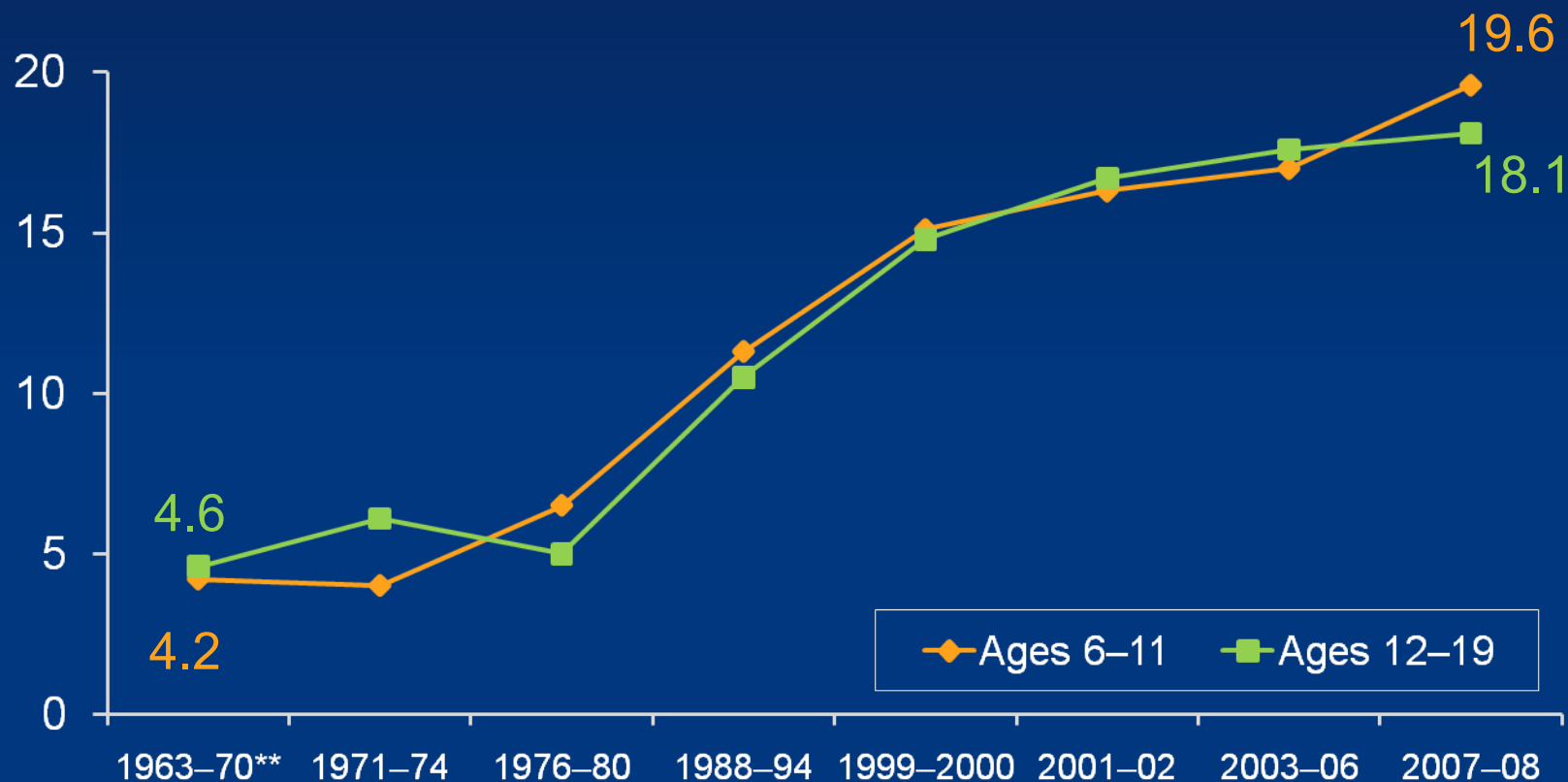
Overweight and Obesity Defined

- **Overweight:** having extra body weight, for a particular height, from fat, muscle, bone, or water.
- **Obesity:** having a high amount of excess body fat.

Energy Balance

Energy In = Energy Out

Percentage of U.S. Children and Adolescents Classified as Obese, 1963–2008*



*>95th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts.

**1963–1970 data are from 1963–1965 for children 6–11 years of age and from 1966–1970 for adolescents 12–17 years of age.

Source: NCHS. Health, United States, 2010: With Special Feature on Death and Dying. Hyattsville, MD. 2011

Obesity in adults

Not just an adult concern anymore...



Conditions Seen in Children

- High Cholesterol
- Type 2 Diabetes/
Impaired Glucose Tolerance
- High Blood Pressure
- Social Problems and
Poor Self-Esteem
- Sleep Disturbances
- Orthopedic Problems

Obesity in adults



Obese children and adolescents are more likely to become overweight or obese adults

- Heart Disease
- Cancer
- Stroke
- Type 2 Diabetes
- Osteoarthritis
- Physical Disability
- High Blood Pressure
- Sleep Apnea

Factors Contributing to Obesity

Genetics

Environment

Unhealthy Diet

Sedentary Lifestyle

Lack of Physical Activity





MEDIA



**GOVERNMENT
AGENCIES**



**FAITH-BASED
ORGANIZATIONS**



**YOUTH-SERVING
ORGANIZATIONS**



SCHOOLS



**POSTSECONDARY
INSTITUTIONS**



FAMILY



**HEALTH CARE
PROVIDERS**



EMPLOYERS

YOUTH

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.



(cont.)

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.



Rationale

Physical activity and healthy eating are linked with



- Academic Success
- Health and Well-being



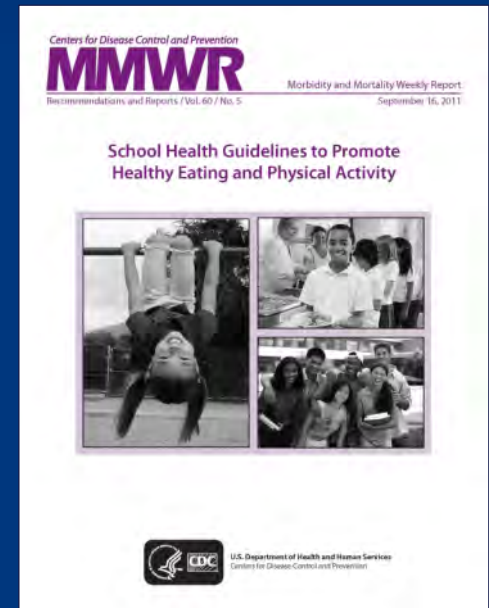
- Risk for Obesity
- Risk for Chronic Conditions (e.g., osteoarthritis)
- Risk for Chronic Diseases (e.g., cancer)

School Health Guidelines to Promote Healthy Eating and Physical Activity

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



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**



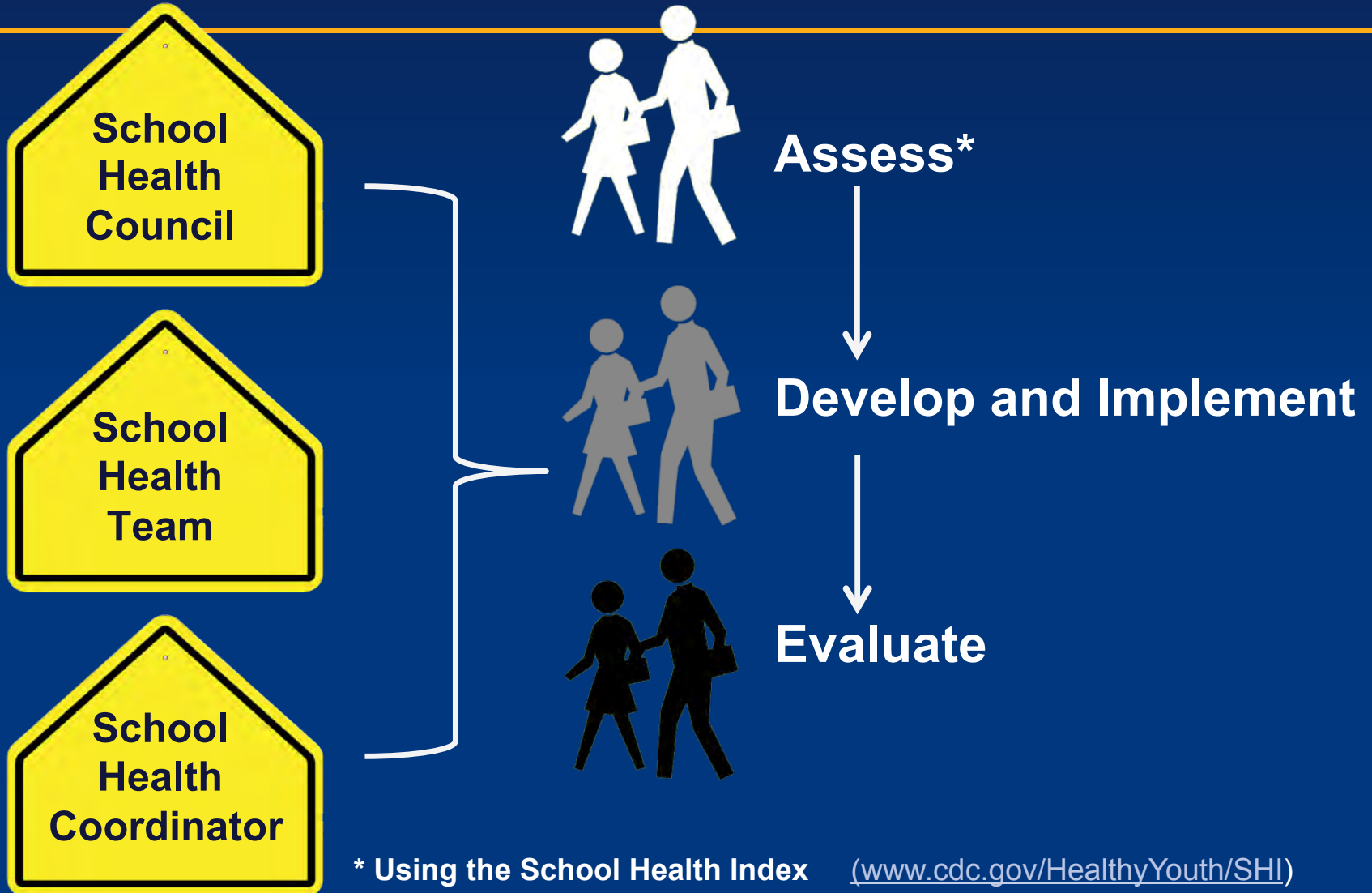


1

Policies and Practices

Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.

Policies and Practices





2

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.**



3

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.

Nutrition Services



**Promote
access to and
participation
in school
meals**



**Align all foods
with *Dietary
Guidelines for
Americans***



**Make all foods
nutritious and
appealing**

Nutrition Services

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

[www.cdc.gov/healthyyouth/
nutrition/standards.htm](http://www.cdc.gov/healthyyouth/nutrition/standards.htm)

Nutrition Standards
for Foods in Schools

**Recommended Nutrition Standards for
Foods Outside of School Meal Programs**

Learn about the Institute of Medicine's *Nutrition Standards for Foods in Schools* and
What Students Can Do to Support Them

Since school is a place where you can learn about how to eat a healthy diet, it makes sense to have food and drink options available there. Did you know that the foods and drinks offered through your school's meal program must meet certain nutritional requirements? Well, they do. Did you know that many schools sell foods and drinks in the à la carte line in the cafeteria, school stores, snack bars, or vending machines that are not required to meet any nutritional requirements? That's right. These foods are called "competitive foods" because they compete with school meals.

Recently, a national group of scientific experts from the Institute of Medicine issued recommended standards for competitive foods. The report, entitled *Nutrition Standards for Foods in Schools*, recommend that U.S. schools examine the nutritional quality of foods and drinks sold or provided as snacks and make sure they meet minimum nutritional standards. As a result of the recommendations, some schools have chosen to change their snack food to healthier fare. However, many schools continue to offer or sell foods and drinks that do not meet the recommended standards.


For schools that offer or sell foods outside of school meals, some of the recommended foods and drinks include

- Fruits and vegetables (fresh or packaged with no added sugars).
- Whole grains, such as whole-grain cereals or breads.
- Fat-free, low-fat milk and milk products (including lactose-free milk and soy-based beverages).
- 100% fruit juice (4 oz. for elementary students; 8 oz. for middle/high school students).
- Plain water.

Schools are also being asked to stop offering certain foods and drinks (those high in sugar, fat, sodium, and calories) in cafeterias, vending machines, stores, snack bars, or at fundraising events and school and classroom parties. These items typically include

- Soft drinks, such as soda or "pop."
- Candy/gum.
- Cookies.
- Snack cakes.
- Regular potato chips.
- Other high-fat, high-calorie foods and drinks.

For afterschool activities for high school students only, the requirements are somewhat broader and allow for additional snacks and beverages that are not too high in sugar or fat.



**Ask for Better Snack Foods
and Drinks at Your School!**



4

Physical Education and Physical Activity

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

Physical Education and Physical Activity

A Quality PE Program:



1. Curriculum
2. Supportive Policies and Environment
3. Instruction
4. Student Assessment

Physical Education and Physical Activity

Comprehensive School-Based Physical Activity Program



Walk- or Bike-to-School Programs



Daily Recess for Elementary Schools



Interscholastic Sports



Classroom-Based Physical Activity Breaks



Intramural and Physical Activity Clubs



Quality Physical Education



5

Health Education

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

Health Education

Pre-K-12

National
Health
Education
Standards



Interactive
Learning
Strategies



Science-Based
Curricula

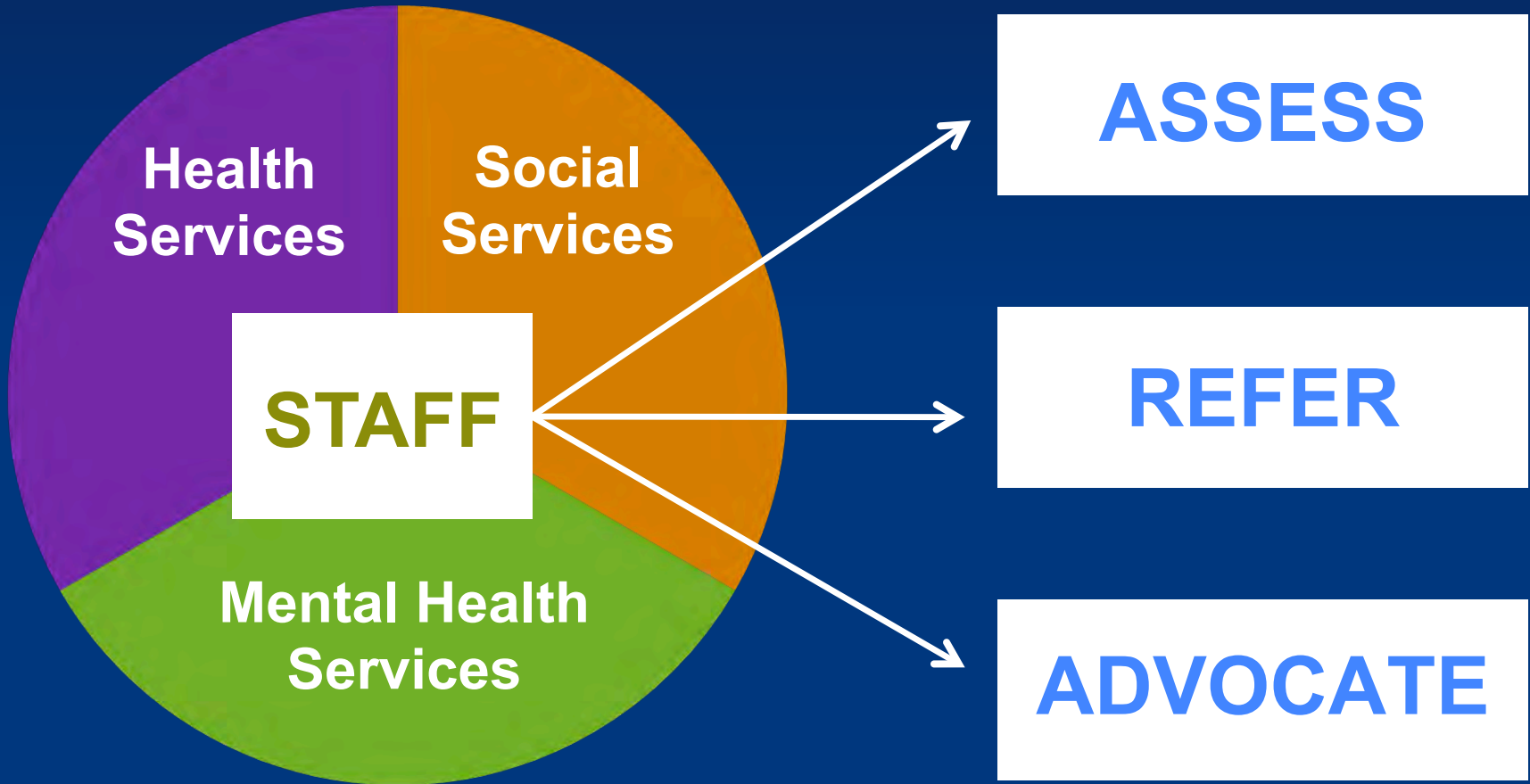


6

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





7

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





8

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**



Professional Development



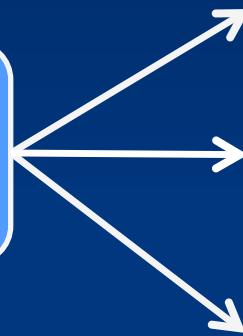
9

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



FOR:

PE Teachers

Health Education
Teachers

Nutrition Services
Staff

PROVIDE:

Professional
Development



Teachers and All
Staff

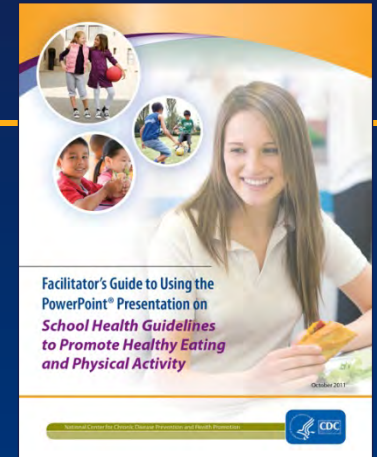
School Health Guidelines



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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
- **PowerPoint® Presentation**
www.cdc.gov/healthyyouth/npao/presentation/slides.ppt
- **Facilitator's Guide to Using the PowerPoint® Presentation**
www.cdc.gov/healthyyouth/npao/facilitatorguide.pdf
- **References for PowerPoint® Presentation**
www.cdc.gov/healthyyouth/npao/references.pdf
- **Frequently Asked Questions**
www.cdc.gov/healthyyouth/npao/faq.pdf





Thank You!