

### **Mission of School-Aged Youth Workgroup**

The mission of the School-Aged Youth Workgroup is to develop realistic, science based and measurable strategies directed to youth (from the ages of 5-18) for the 2011-2020 State of Montana Obesity Prevention Plan. Recognizing childhood obesity is a multifaceted issue and that healthy students are better learners, healthy school environments are critical to the well being of our nation. Recommended strategies will be carried out by a variety of public and private stakeholders with the overall goal to create school environments and surrounding neighborhoods that support children to maintain healthy weights by offering better access to nutrient-rich food and beverage choices; and motivate and teach children to make healthful choices and keep physically active through education and school and community initiatives. The strategies will focus on implementing policy or procedural changes or expanding educational opportunities, in line with the federal school wellness mandate, to create sustainable healthy environments that address healthy nutrition and physical activity before, during and after the school day.