

School Based Strategies to Prevent or Reduce Childhood Obesity and Promote Healthy Weights Concerning Nutrition and Physical Activity

Strategies are intended to be an environmental or policy change and influence individual behaviors of children.

Identified strategies fall into one of two categories focused on:

- 1) Helping children make healthy food choices through access, marketing and education;
- 2) Helping children to be physically active through education and receiving multiple opportunities before, during or after school hours, such as in after school programs.

Strategy	Rationale	Resource/Reference
Implement strong nutrition standards for all foods and beverages sold or offered in schools, including limiting access to unhealthy foods and beverages	Improve availability of nutrient rich foods that are consistent with the Dietary Guidelines for Americans	Institute of Medicine (IOM) Recommended Nutrition Standards for Foods in Schools www.iom.edu/CMS/3788/30181/42502.aspx ; CDC – Strategy # 1 www.leadershipforhealthycommunities.org
Restrict access or availability of non healthy foods	Improves consumption of healthy foods such as fruits/veggies and decreases fat consumption	CDC – Strategy # 7
Implement a pricing strategy to discourage consumption of foods and beverages that have minimal nutritional value, such as sugar sweetened beverages	Improve consumer motivation to purchase nutrient rich foods or beverages through the price point.	California Center for Public Health Advocacy. Bubbling Over: Soda Consumption and Its Link to Obesity in California CDC- Strategy # 2 & 10; University of Wisconsin-Madison School of Medicine and Public Health (UW); North Carolina Center of Excellence for Training and Research Translation (NC)
Increase availability of a variety of healthy foods	Increase access to healthy foods	CDC-Strategy # 1; and NC USDA – HealthierUS School Challenge Award- Lunch Criteria www.leadershipforhealthycommunities.org
Support free fruit and	Increase access and opportunity	http://preventioninstitute.org/NPAPubs.html MT Team Nutrition/OPI Survey to 2008-09 Sponsors of

vegetable snacks in schools	for children to taste and eat fruits/veggies	Fresh Fruit/Veggie Snack Program
Decrease the portion size of high energy dense foods	Reduce calorie content of foods to help reduce caloric intakes	CDC- Strategy # 8
Provide point of decision labeling for healthy eating	Educate consumer on energy and nutrient content of food/beverages	NC
Implementing standards based health education program. Should a minimum number of lessons of nutrition education be taught/required each year?	Educate students on nutrition education; adopt high quality certification standards that require teachers be adequately trained in HE; Encourage integration of health education into other subjects	www.leadershipforhealthycommunities.org
Enforce a strong wellness policy that includes the implementation of strict the competitive foods and beverages standards	Increase availability of healthy foods to support better learning, behavior and good health	www.leadershipforhealthycommunities.org
Expand school breakfast service options in schools serving high risk populations	Eating breakfast is linked to better learning, behavior and healthy weights	Breakfast study of teenagers and healthy weight Breakfast links to better learning and behavior
Limit or eliminate advertisements of less healthy foods and beverages	Reduce the media's influence on food choices	CDC

Develop media campaigns using multiple channels to promote healthy eating and active living	Educate and motivate youth to adopt healthy behaviors	Institute of Medicine
Require a specific number of minutes of daily quality physical activity in all schools (150 minutes- gr K-5 225 minutes gr 6-12)	Increase energy output and help youth adopt an active living lifestyle	CDC www.leadershipforhealthycommunities.org
Increase opportunities for frequent, more intensive and engaging physical activity during and after schools	Increase energy output and provide opportunities to adapt an active lifestyle	Recess walking and active recess programs (MT Action for Healthy Kids- Recess in Action) Energizers – 5-10 exercise/brain breaks during classes - NC
Facilitate joint-use agreements to allow public access to school facilities	Improve access to recreational facilities	IOM www.leadershipforhealthycommunities.org
Support walk to school and Safe Routes to Schools (SR2S) programs	Enhance support and safe routes for walking or bicycling	CDC-Strategy # 18 www.leadershipforhealthycommunities.org
Provide extra curricular sports/after school activities for children	Increase opportunities for youth to affordable methods of physical activity	CDC – Strategy # 14; UW; NC
Reduce or limit screen time in schools; Participate in TV and Screen Free awareness/turnoff activities	Reduce sedentary behaviors and exposure to advertisements to unhealthy foods	CDC- Strategy # 15; NC
Support farm to	Improve access	www.leadershipforhealthycommunities.org

<p>school and school garden programs</p>	<p>to fresh foods and fun nutrition education/physical activity</p>	
<p>Implement policies to support breastfeeding in schools for student mothers</p>	<p>Increase support for breastfeeding</p>	<p>Minnesota State Health Improvement Plan, Menu of Interventions www.health.state.mn.us/healthreform/ship/SHIPRFP_Section3.pdf</p>

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