

## **School Workgroup**

The mission of the School Workgroup is to develop realistic and measurable objectives directed to youth (from the ages of 5-18) for the 2011-2020 State of Montana Obesity Prevention Plan. The objectives will be carried out by a variety of public and private stakeholders reaching youth across the age span and the state in a variety of settings from schools to community organizations that serve school-aged children. The objectives will focus on implementing policy or procedural changes, in line with the federal school wellness mandates, to help create sustainable healthy environments that help to:

1. Increase opportunities for youth to make healthful choices, especially to increase the consumption of fruits and vegetables.
2. Increase opportunities for youth to obtain moderate to vigorous physical activity in the schools.
3. Increase support and opportunities for nutrition education, including connecting children with local food sources, to motivate them in making healthful food and beverage choices. Nutrition education will be implemented through a standards-based health education program.
4. Limit the marketing of and availability of high calorie, low nutrient dense foods and drinks in schools.
5. Educate stakeholders on the importance of limiting screen time in children and to encourage them to be more physically active each day.
6. Support monitoring and surveillance of childhood overweight and obesity rates in Montana.