

SCHOOLS

Overarching Recommendations

Target both physical activity and nutrition practices and behaviors

Include combinations of environment and policy, and education and counseling strategies.

<u>Environment and Policy Recommendations</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none">• Commit additional resources to increase time spent in moderate/vigorous activity	<u>Curriculum mandate</u> : Add minutes of required instruction time to each PE class and/or increase the number of days per week of required PE
	<u>Adopt Proven PE programs</u> : Use highly structured programs that have been shown to be effective in increasing the amount of moderate/vigorous activity done by students (in and out of PE class).
<ul style="list-style-type: none">• Improve access to healthy food choices in schools	<u>Access to food/drink machines during school day</u> : Eliminate or control the use of food/drink machines and snack bars in schools to reduce excess caloric intake during the school day. For example: restrict until after school; provide low-fat milk or bottled water in place of high calorie carbonated drinks and fruit drinks; provide fruits and nuts in the place of candy bars, etc.

SCHOOLS (con't)

<u>Education and Counseling Recommendations</u>	<u>Strategies with Descriptions</u>
Increase physical education (PE) class time spent in moderate/vigorous activity	<u>PE class activities:</u> Change PE class format to emphasize more activities done at a higher intensity. This could include circuit training programs including both aerobics and strength training.
Provide curricula that target chronic disease risk factor reduction	<u>Health education curriculum:</u> Use health education programs that have been shown to be effective in lowering chronic disease risk factors (e.g., blood pressure and cholesterol) in high risk students.
Increase curriculum strategies to reduce physical inactivity	<u>Classroom lessons:</u> Implement classroom-based educational programs shown to be effective in reducing time children spend watching TV and/or playing video games.
Provide education on healthy eating for students and staff	<u>Nutrition education:</u> Provide nutrition education program to develop better control over caloric intake, using effective tactics such as decreasing soda and fruit-drink intake, and increasing consumption of fruits and non-fried vegetables.
	<u>Lifestyle choices:</u> Provide lifestyle choices training on a school-wide basis to foster development of appropriate dietary and physical activity habits.
	<u>Role model education:</u> Provide educational programming to help teachers, food service personnel and parents develop healthy behaviors to model for the students.