

Select Tools and Resources for Schools Nutrition, Physical Activity, and Obesity



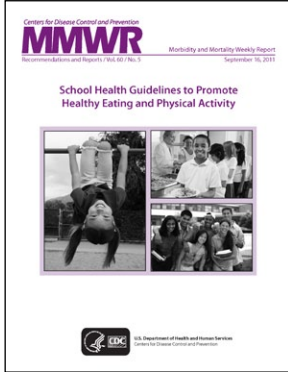
www.cdc.gov/HealthyYouth/npao

Centers for Disease Control and Prevention
Division of Population Health

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health



School Health Guidelines



School Health Guidelines to Promote Healthy Eating and Physical Activity

CDC combined the research and best practices for promoting healthy eating and physical activity in schools into nine guidelines. The guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students.

www.cdc.gov/HealthyYouth/npao/strategies.htm



Presentation Materials

To inform education and health professionals about the *School Health Guidelines to Promote Healthy Eating and Physical Activity*, CDC developed a free PowerPoint® presentation and accompanying materials that can be downloaded for public use. The PowerPoint® presentation includes speaker notes for each slide. In addition, CDC also developed a facilitator's guide for using the PowerPoint® presentation with step-by-step instructions on leading the presentation, including an agenda, objectives, handouts, professional development activities, and an Executive Summary of the *Guidelines*.

www.cdc.gov/HealthyYouth/npao/presentation.htm

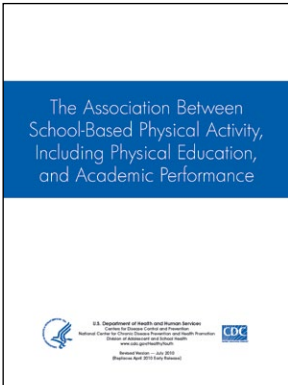
School-Based Physical Activity and Physical Education



Youth Physical Activity Guidelines Toolkit

To promote the *2008 Physical Activity Guidelines for Americans* and support youth physical activity, CDC and several partner organizations developed the *Youth Physical Activity Guidelines Toolkit*, that highlights specific strategies that schools, families, and communities can use to support youth physical activity. The toolkit can be used by anyone who promotes youth physical activity, including community leaders; physical education and health education teachers; physical activity coordinators at the school, district, and state levels; and physical activity practitioners working in health or community-based organizations.

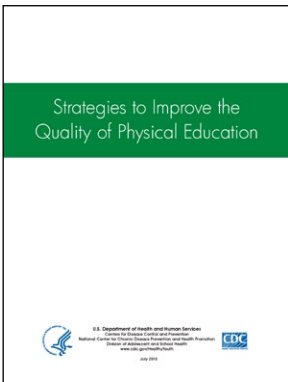
www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm



The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

This report is a literature review that examines the existing research on the relationship between school-based physical activity, including physical education, and academic performance. It spans 23 years of research and includes 50 studies. The majority of the studies in this review report that physical activity was positively related to academic performance. Most importantly, adding time during the school day for physical activity does not appear to take away from academic performance. Schools should continue to offer and increase opportunities for student physical activity.

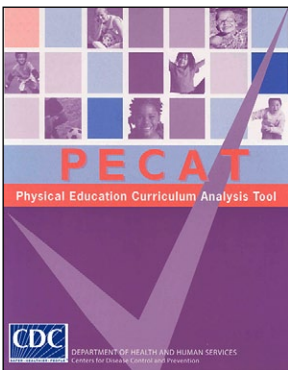
www.cdc.gov/HealthyYouth/health_and_academics



Strategies to Improve the Quality of Physical Education

This document outlines key strategies for increasing the amount of time that students are engaged in moderate to vigorous physical activity while in physical education class.

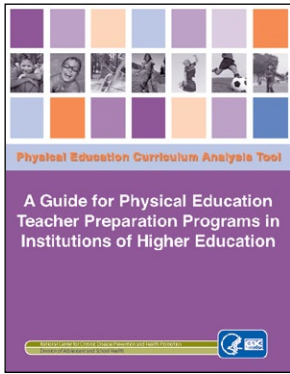
www.cdc.gov/HealthyYouth/physicalactivity/pdf/quality_pe.pdf



Physical Education Curriculum Analysis Tool (PECAT)

The *Physical Education Curriculum Analysis Tool (PECAT)* will help school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based on national physical education standards. The PECAT is customizable to include local standards. The results from the analysis can help school districts enhance existing curricula, develop their own curricula, or select a published curriculum for delivering quality physical education in schools.

www.cdc.gov/HealthyYouth/PECAT



PECAT Guide for Physical Education Teacher Preparation Programs in Institutes of Higher Education

To help future physical education teachers understand how they can use the *PECAT* to analyze and improve physical education curricula, CDC developed a free training guide for colleges and universities. The guide and accompanying presentation materials are designed for use by college and university instructors in physical education professional teacher preparation programs. The lessons can be used for upper-division undergraduate, preservice courses that focus on physical education curricula and instruction, as well as for graduate-level physical education courses.

www.cdc.gov/HealthyYouth/pecat/manual.htm

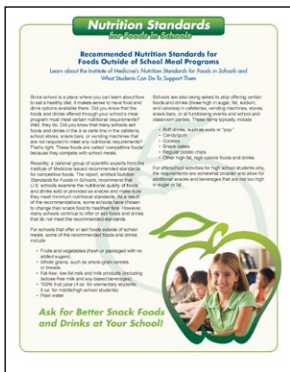


CDC's Healthy Youth Website: Physical Activity

This Web site provides a general overview of school-based physical activity.

www.cdc.gov/HealthyYouth/physicalactivity

School-Based Nutrition



Nutrition Standards for Foods in Schools Fact Sheets

Using the findings of the *Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth* report, published by the Institute of Medicine, CDC developed a set of four audience-specific fact sheets as a resource for school board members, administrators, and staff; parents; and youth to use in the support and development of strong nutrition standards for foods outside of the school meal programs. These fact sheets answer commonly asked questions about the *Nutrition Standards for Foods in Schools* report and provide recommendations for implementing them.

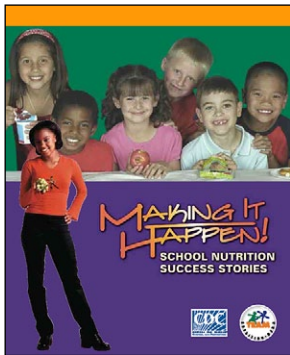
www.cdc.gov/HealthyYouth/nutrition/standards.htm



Implementing Strong Nutrition Standards for Schools: Financial Implications

Outlines the evidence-based, financial implications of schools that have implemented strong nutrition standards to address childhood obesity.

www.cdc.gov/HealthyYouth/nutrition/pdf/financial_implications.pdf



Making It Happen! School Nutrition Success Stories

Making It Happen! School Nutrition Success Stories is about schools and school districts that have implemented innovative strategies to improve the nutritional quality of foods and beverages sold outside of federal meal programs.

www.cdc.gov/HealthyYouth/mih

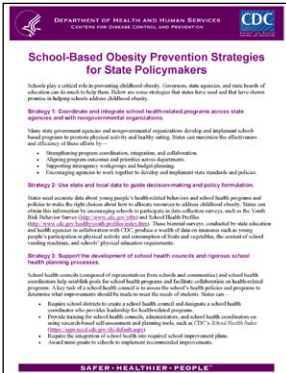


CDC's Healthy Youth Website: Nutrition

This Web site provides a general overview of school-based nutrition.

www.cdc.gov/HealthyYouth/nutrition

Childhood Obesity



School-Based Obesity Prevention Strategies for State Policymakers

This document offers recognized physical activity and healthy eating strategies, undertaken by states that have shown promise in helping schools address and prevent childhood obesity.

www.cdc.gov/HealthyYouth/policy/pdf/obesity_prevention_strategies.pdf



Body Mass Index Measurement in Schools

This article describes the purpose of school-based BMI surveillance and screening programs, examines current practices, and reviews research on BMI measurement programs. The article summarizes the recommendations of experts, identifies concerns surrounding programs, and outlines needs for future research. Guidance is provided on specific safeguards that need to be addressed before schools decide to collect BMI information.

www.cdc.gov/HealthyYouth/npao/publications.htm#10

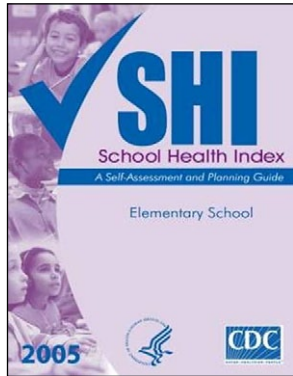


CDC's Healthy Youth Web site: Childhood Obesity

This Web site provides a general overview of childhood obesity.

www.cdc.gov/HealthyYouth/obesity

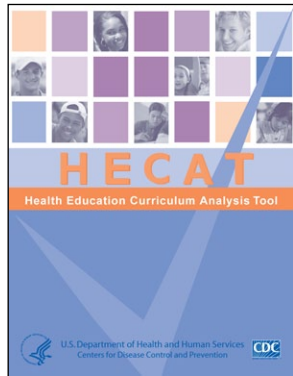
Additional Physical Activity, Nutrition, and Obesity Resources for Schools



School Health Index: A Self-Assessment and Planning Guide (SHI)

The *School Health Index: A Self-Assessment and Planning Guide* is a self-assessment and planning tool that elementary, middle, and high schools can use to improve their health and safety policies and programs. The tool is easy to use and completely confidential.

www.cdc.gov/HealthyYouth/SHI



Health Education Curriculum Analysis Tool (HECAT)

The *Health Education Curriculum Analysis Tool (HECAT)* can help school districts, schools, and others conduct a clear, complete, and consistent analysis of health education curricula based on the *National Health Education Standards* and CDC's *Characteristics of Effective Health Education Curricula*. The *HECAT* results can help schools select or develop appropriate and effective health education curricula and improve the delivery of health education. The *HECAT* can be customized to meet local community needs and conform to the curriculum requirements of the state or school district.

www.cdc.gov/HealthyYouth/HECAT



CDC's Healthy Youth Web site: Local School Wellness Policies

This Web site provides links to tools and resources for school districts to assist with developing, implementing, and evaluating local school wellness policies.

www.cdc.gov/HealthyYouth/npao/wellness.htm

Surveillance



YRBSS: Youth Risk Behavior Surveillance System

The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors and the prevalence of obesity and asthma among youth and young adults. The YRBSS includes a national school-based survey conducted by the Centers for Disease Control and Prevention (CDC) and state, territorial, tribal, and district surveys conducted by state, territorial, and local education and health agencies and tribal governments.

www.cdc.gov/HealthyYouth/yrbs

The National Youth Physical Activity and Nutrition Study (NYPANS), a component of YRBSS, was conducted in 2010 to provide nationally representative data on behaviors and behavioral determinants related to nutrition and physical activity among high school students. The NYPANS included a school-based survey that collected self-report data, height and weight measurements for students participating in the survey, and 24-hour dietary recall interviews among a subsample of students.

www.cdc.gov/healthyYouth/yrbs/nypans.htm



Youth Online

This electronic resource allows users to create and print custom tables and graphs as well as perform statistical tests on high school and middle school YRBS results from 1991–2009, by site and health topic.

<http://apps.nccd.cdc.gov/youthonline>



School Health Profiles

The School Health Profiles (Profiles) is a system of surveys assessing school health policies and practices in states, large urban school districts, territories, and tribal governments. Profiles surveys are conducted every 2 years by education and health agencies among middle and high school principals and lead health education teachers. Profiles also includes surveys of elementary school principals and lead physical education teachers in middle and high schools.

www.cdc.gov/HealthyYouth/profiles



SHPPS: School Health Policies and Practices Study

The School Health Policies and Practices Study (SHPPS) is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels.

www.cdc.gov/HealthyYouth/shpps/index.htm