

Policy Extract

[Preventing Childhood Obesity: Research on Effective School-based interventions](#)

Schools are a natural place to identify health problems and offer solutions. Children spend 6-8 hours per day at school, making it a logical and convenient access point for obesity prevention. The established infrastructure of schools makes school-based intervention efforts one of the most cost-effective methods of preventing childhood obesity.

Policy and Program Recommendations: *What now?*

- Prevention should be the primary focus of school-based nutrition and fitness programs
- Family involvement should be incorporated into school-based interventions
- Obesity Prevention efforts should include older children and adolescents
- School-based interventions should be tailored to target populations
- School-based interventions should be integrative and multi-component

Policymakers should also give careful consideration to increasing the number of school health centers, where clinical services, health education, and fitness programmes can combine in order to optimise the role of school health services in the fight against childhood obesity