

Policy Extract

School-Based Obesity Prevention Strategies for State Policymakers

Schools play a critical role in preventing childhood obesity. Governors, state agencies, and state boards of education can do much to help them. Below are some strategies that states have used and that have shown promise in helping schools address childhood obesity.

- Strategy 1: Coordinate and integrate school health-related programmes across state agencies and with nongovernmental organisations.
- Strategy 2: Use state and local data to guide decision-making and policy formulation.
- Strategy 3: Support the development of school health councils and rigorous school health planning processes.
- Strategy 4: Establish strong wellness policies.
- Strategy 5: Improve the capacity of school staff through certification and professional development.
- Strategy 6: Establish requirements for how much time students must spend in physical education.
- Strategy 7: Set nutrition standards for foods and beverages offered in schools.
- Strategy 8: Promote high quality health education and physical education.
- Strategy 9: Support student participation in high quality school meal programmes.
- Strategy 10: Support opportunities for students to engage in physical activity and consume healthier foods.