

Policy Extract

[School Health Guidelines to Promote Healthy Eating and Physical Activity](#)

This report describes school health guidelines for promoting healthy eating and physical activity, including coordination of school policies and practices; supportive environments; school nutrition services; physical education and physical activity programmes; health education; health, mental health, and social services; family and community involvement; school employee wellness; and professional development for school staff members.

The new guidelines in this report synthesise the scientific evidence and best practices during 1995-2009 and combine healthy eating and physical activity into one set of evidence-based guidelines for schools serving students in kindergarten through 12th grade; other educational programmes within schools, such as prekindergarten, might also be able to apply these guidelines in their settings. The guidelines establish a foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. Each of the nine guidelines is accompanied by a series of strategies for schools to implement.

School Health Guidelines to Promote Healthy Eating and Physical Activity

- **Guideline 1.** Use a Coordinated Approach to Develop, Implement, and Evaluate Healthy Eating and Physical Activity Policies and Practices.
- **Guideline 2.** Establish School Environments that Support Healthy Eating and Physical Activity.
- **Guideline 3.** Provide a Quality School Meal Programme and Ensure that Students Have Only Appealing, Healthy Food and Beverage Choices Offered Outside of the School Meal Programme.
- **Guideline 4.** Implement a Comprehensive Physical Activity Programme with Quality Physical Education as the Cornerstone.
- **Guideline 5.** Implement Health Education that Provides Students with the Knowledge, Attitudes, Skills, and Experiences Needed for Healthy Eating and Physical Activity
- **Guideline 6.** Provide Students with Health, Mental Health, and Social Services to Address Healthy Eating, Physical Activity, and Related Chronic Disease Prevention.
- **Guideline 7.** Partner with Families and Community Members in the Development and Implementation of Healthy Eating and Physical Activity, Policies, Practices, and Programmes.
- **Guideline 8.** Provide a School Employee Wellness Programme that Includes healthy Eating and Physical Activity Services for All School Staff Members.
- **Guideline 9.** Employ Qualified Persons, and Provide Professional Development Opportunities for Physical Education, Health Education, Nutrition Services, and Health, Mental Health, and Social Services Staff Members, as well as Staff Members Who Supervise Recess, Cafeteria Time and Out-of-School-Time Programmes.