

Parents for Healthy Schools: Making a Difference in Your Child's School



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion

Healthy Students Do Better in School

STUDENTS THAT ARE



Physically active



*Eating breakfast
and healthy foods*



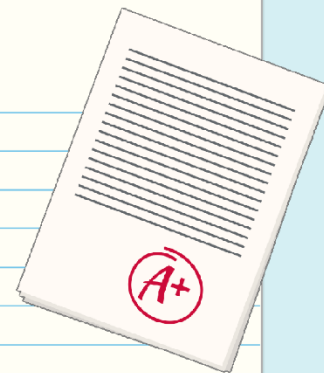
*Managing their
chronic health
conditions like
asthma or
diabetes*

✓ *Have increased test scores.*

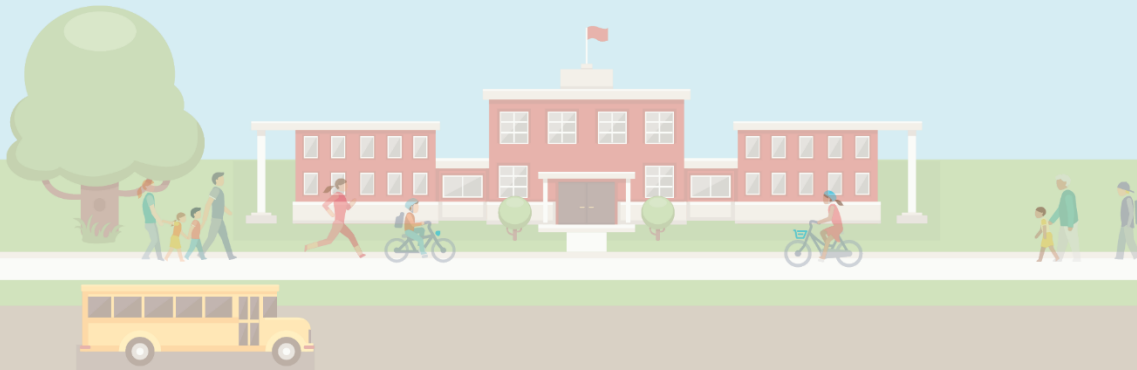
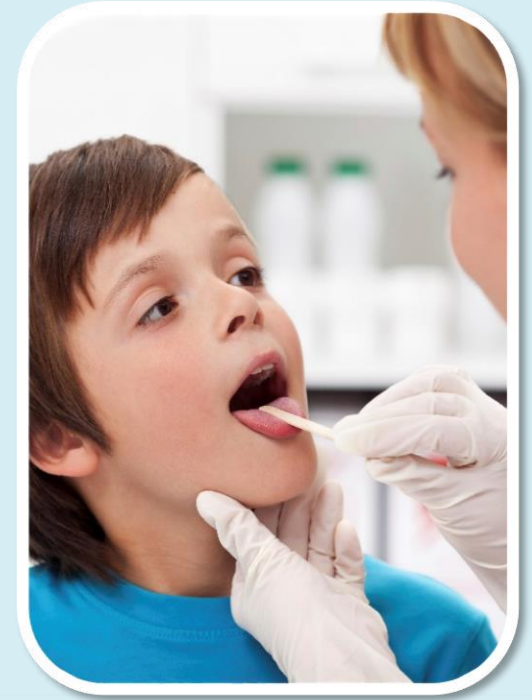
✓ *Have better grades.*

✓ *Have increased
school attendance.*

✓ *Have improved
classroom behavior.*



What's Happening in Your Child's School?



RECOMMENDATION:

Offer and promote healthy food and beverage options in all areas of the school

REALITY:



Only 6% of schools sell fruits and vegetables in vending machines, school stores, or snack bars.



74% of schools sell soft drinks to students.

22% of schools allow soft drink companies to advertise soft drinks on vending machines.



Over 1/2 of schools sell baked goods not low in fat, such as cookies, for school fundraisers.



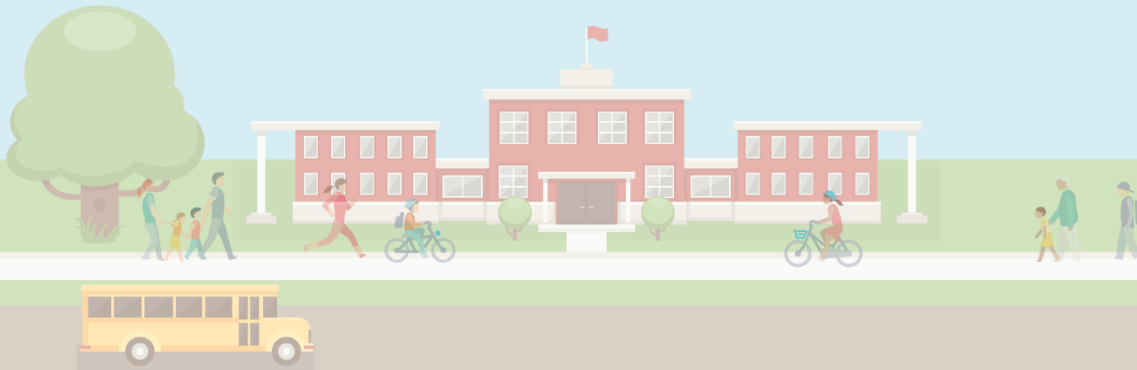
Less than 1/2 of schools prohibit or actively discourage staff from using food or food coupons as a reward for good behavior or good academic performance.



School Health Policies and Practices Study data collected in Spring 2014, prior to implementation of Smart Snacks in School rule.

WHAT'S HAPPENING IN OUR SCHOOL?

SCHOOL NUTRITION ENVIRONMENT AND SERVICES



RECOMMENDATION:

Students should do 60 minutes (1 hour) or more of physical activity daily

REALITY:

Many students are not getting opportunities to be active.

Over half of all schools have **10%** or less of their students walking or biking to and from school.



Only **45%** of all schools provide opportunities for students to participate in classroom physical activity breaks.



Less than **4%** of schools require daily physical education.

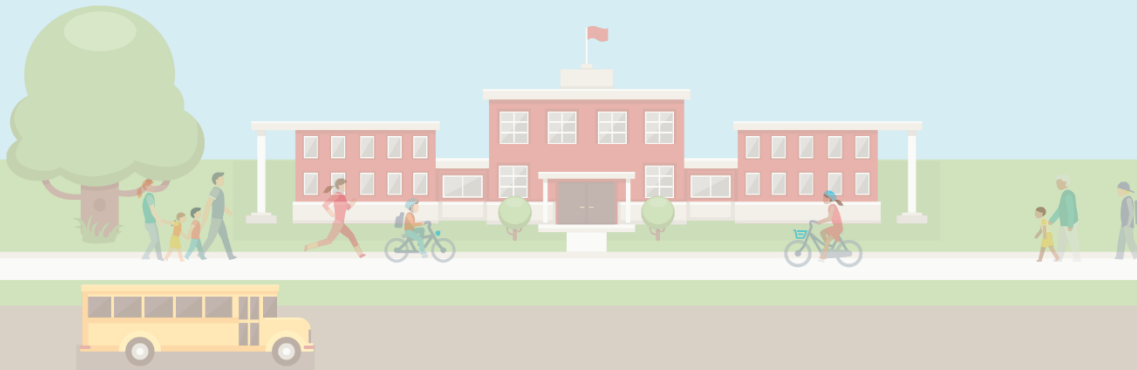
Only **55%** of all schools offer opportunities for students to participate in physical activity clubs or intramural sports programs.



Source: School Health Policies and Practices Study 2014

WHAT'S HAPPENING IN OUR SCHOOL?

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY



RECOMMENDATION:

Every school should have a full-time registered nurse (RN) all day, everyday

REALITY:



Only about **50%** of public schools have a full-time RN.

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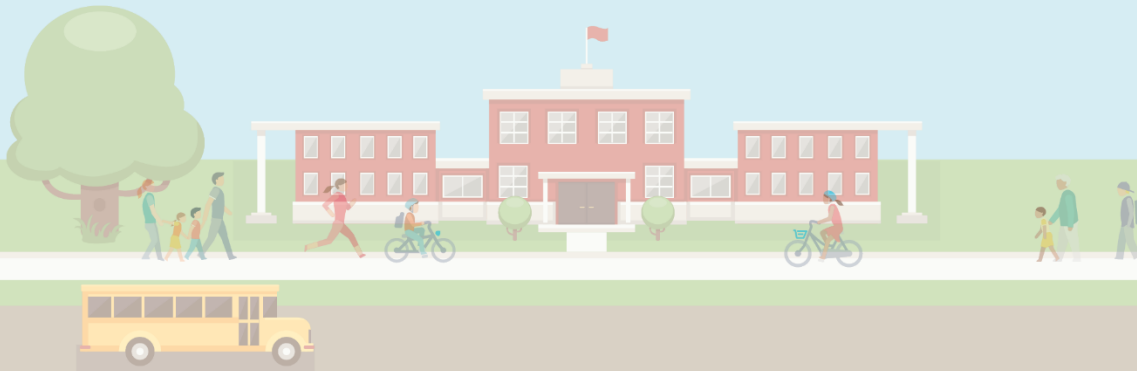
For every **\$1** invested in a full-time RN, society gains **\$2.20** in savings.



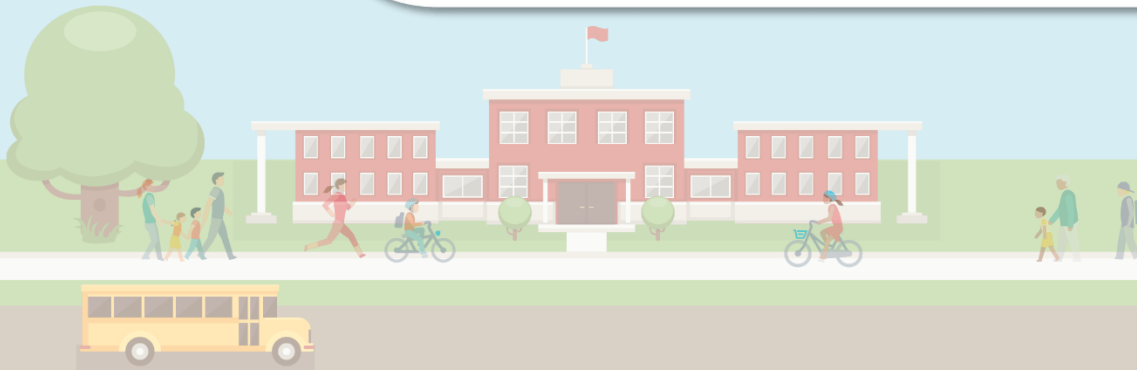
Source: School Health Policies and Practices Study 2014; Wang L, et al. JAMA Pediatr, 2014

WHAT'S HAPPENING IN OUR SCHOOL?

MANAGING CHRONIC HEALTH CONDITIONS

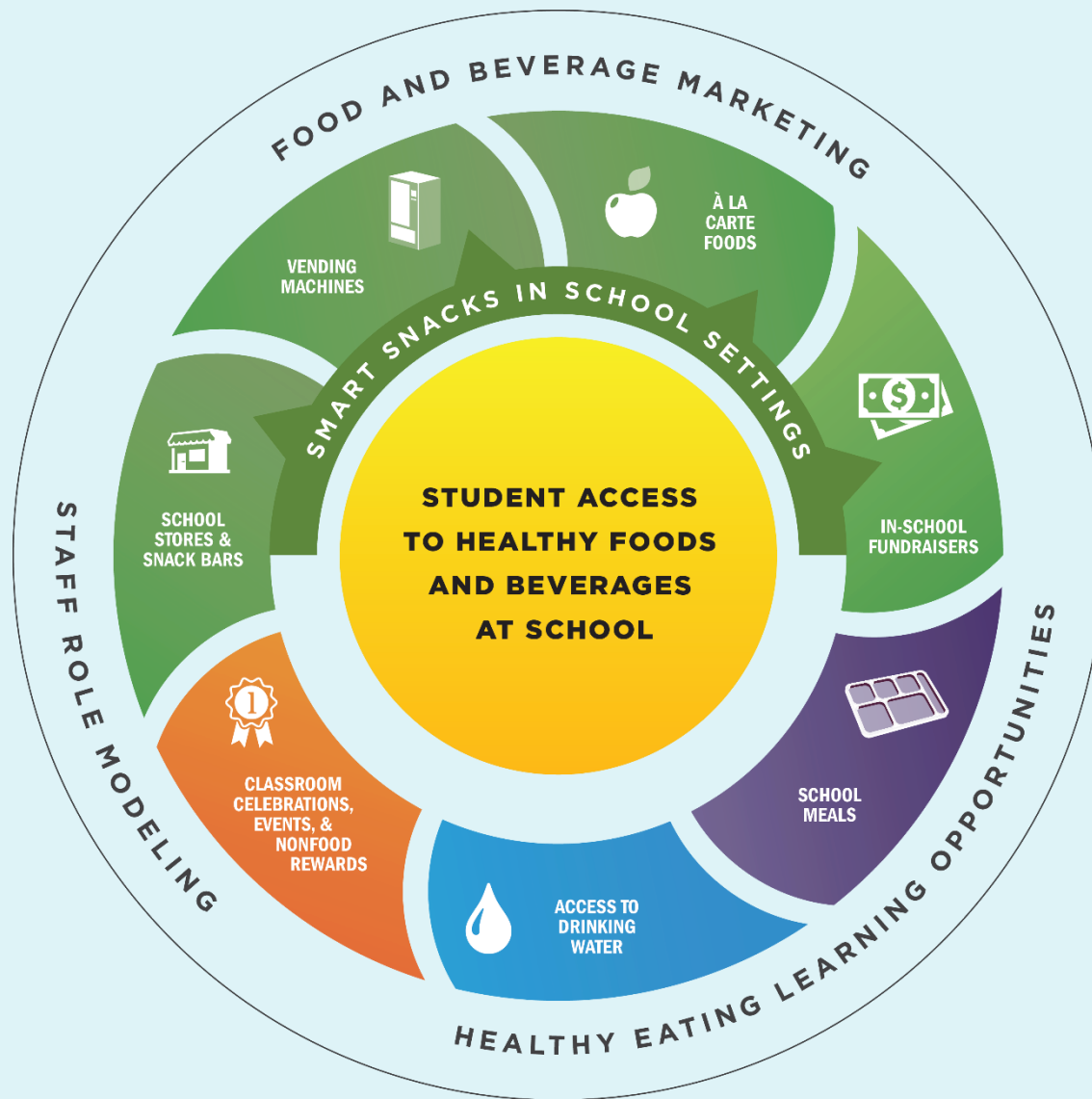


What Can Parents Do?



Help Promote Healthy School Practices

Healthy school nutrition environment and services



Help Promote Healthy School Practices

Physical Education and School-based Physical Activity



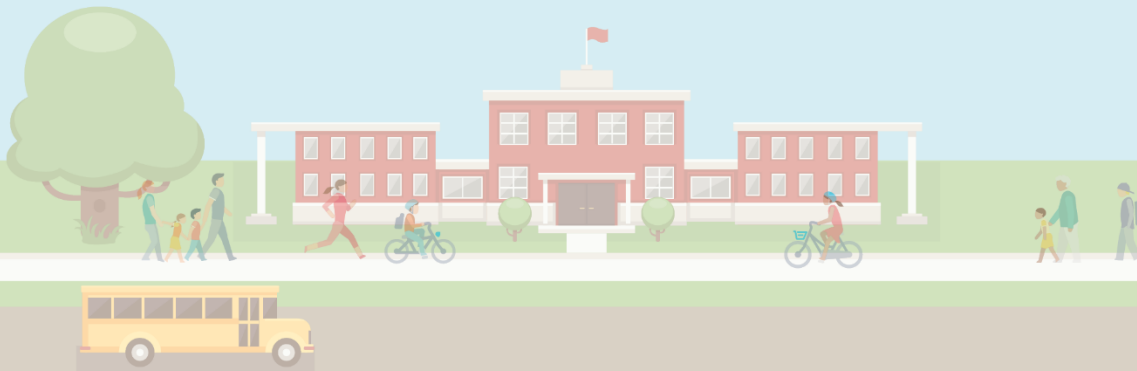
Help Promote Healthy School Practices

Managing Chronic Health Conditions in Schools



Key Actions For Parents

- Bring your voice and expertise to help with school health activities in your child's school.
- Help your school put into action the local school wellness policy or other school board policies.
- Ask the school to provide educational opportunities for parents.
- Join a school group that addresses a healthy school environment.

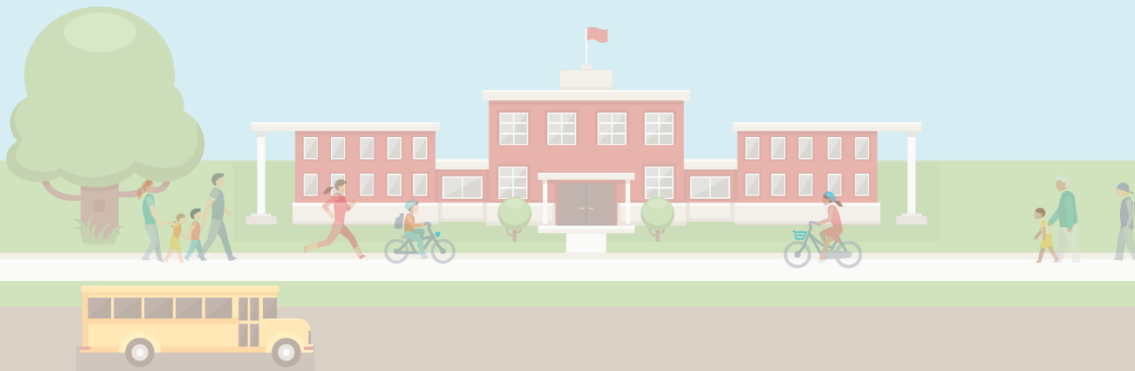


What Should Be Your Next Steps?

1. Learn more about

- The healthy school nutrition environment
- Opportunities for physical activity in schools
- Helping students manage chronic health conditions in schools

2. Get involved in a school group that addresses the healthy school environment.



Thank You!

For more information, please contact the Centers for Disease Control and Prevention:

4770 Buford Highway NE, Atlanta Georgia 30341 USA

Visit <http://www.cdc.gov/healthyschools/>

Email CDC-INFO www.cdc.gov/cdc-info

Call: 1-800-CDC-INFO (232-4636); TTY: 1-888-232-6348

