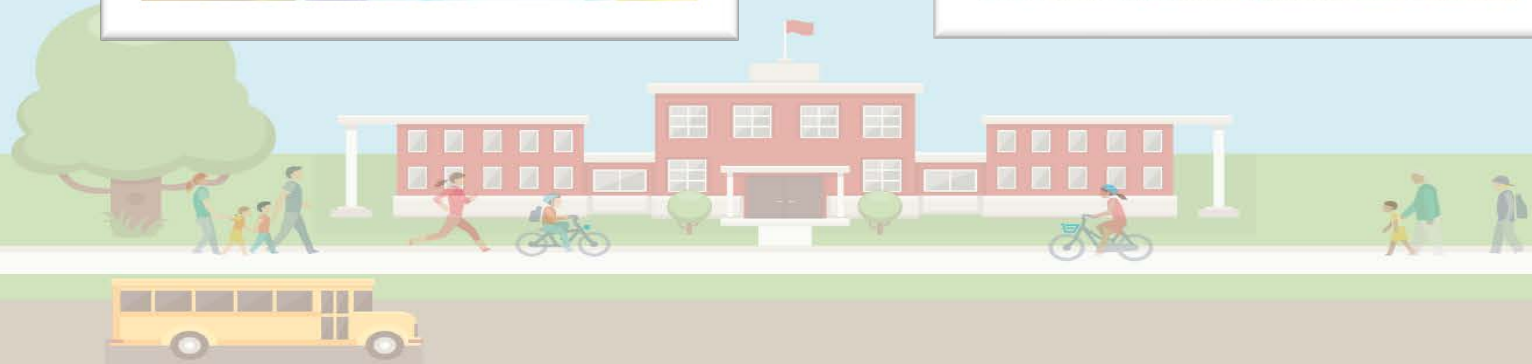
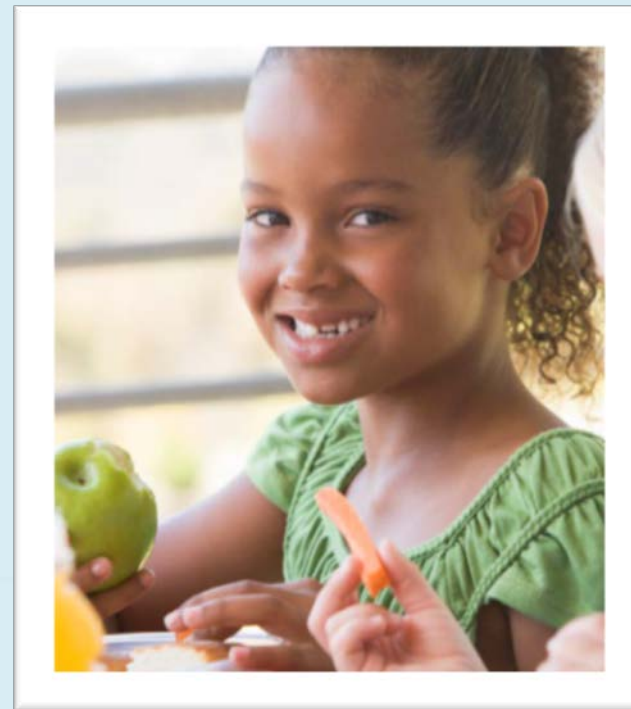
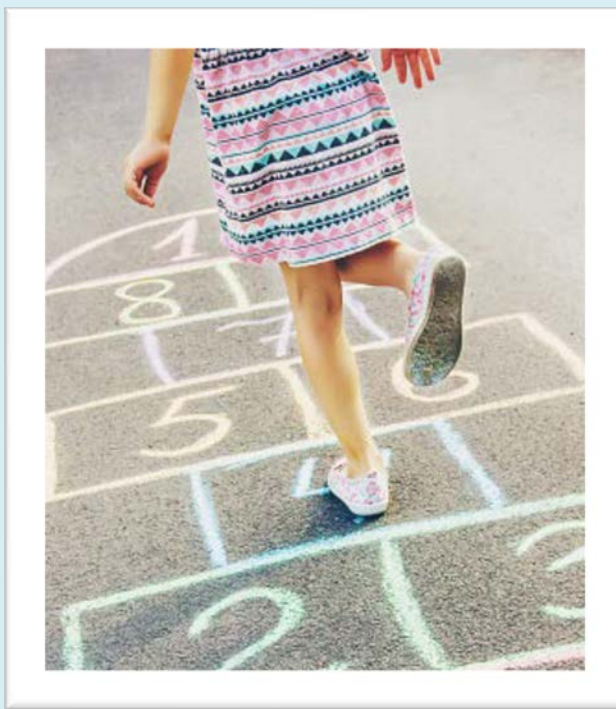
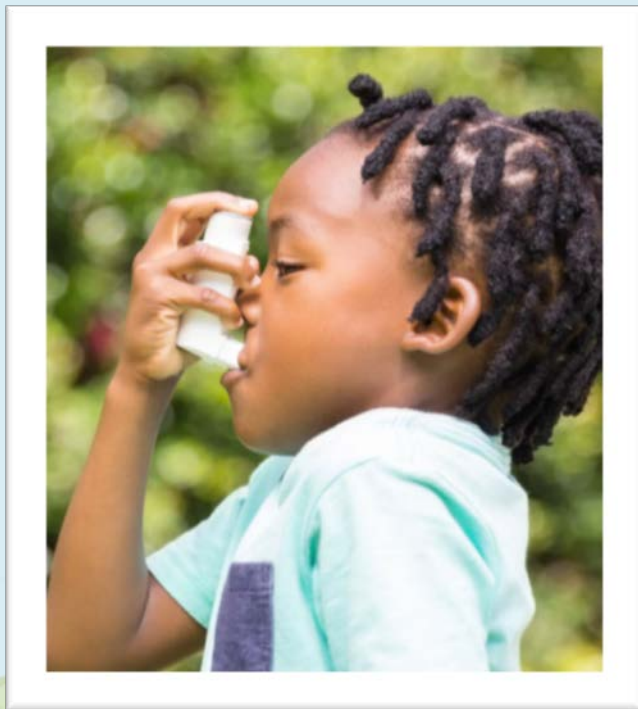


# Parents for Healthy Schools: Making a Difference in Your Child's School



# HEALTHY STUDENTS

do better in school.

Students that are:



Physically active



Eating breakfast & healthy foods



Managing their chronic health conditions like asthma & diabetes

Are students that:



Have increased test scores



Have better grades



Have increased school attendance

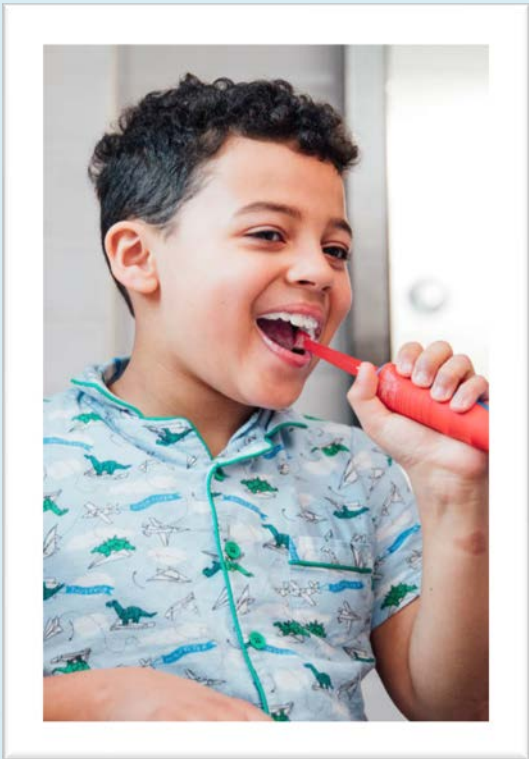
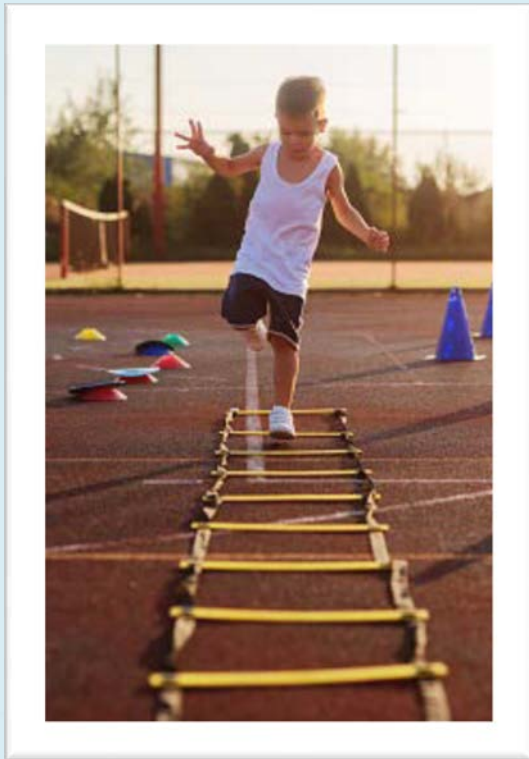


Have improved classroom behavior



Source: Centers for Disease Control and Prevention. *Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12*. Atlanta: US Dept of Health and Human Services; 2019.

# What's Happening in Your Child's School?



# Nutrition Recommendation vs. Reality

A healthy school nutrition environment provides students with opportunities to learn about and practice healthy eating throughout the time they spend on school grounds.

## RECOMMENDATION

Schools should offer and promote healthy food and beverage options in all areas of the school.

## REALITY

Across states in 2018,

**53%**

of secondary schools did not sell less nutritious foods and beverages on school grounds.\*

**17%**

of secondary schools allowed students to buy fruits and vegetables from vending machines, school stores, canteens, or snack bars.

**31%**

of secondary schools prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance.

**39%**

of secondary schools prohibited less nutritious foods and beverages from being sold for fundraising purposes.

**54%**

of secondary schools prohibited advertisements.\*\*



Source: Centers for Disease Control and Prevention. *School Health Profiles 2018: Characteristics of Health Programs Among Secondary Schools*. Atlanta: Centers for Disease Control and Prevention; 2019.

\* baked goods not low in fat, salty snacks not low in fat, candy, soda pop and fruit drinks that are not 100% juice, and sports drinks in vending machines, school stores, canteens, or snack bars.

\*\* advertisements for candy, fast food restaurants, or soft drinks in school buildings, on school grounds, on school buses or other vehicles used to transport students, or in any educational materials.

# WHAT'S HAPPENING IN OUR SCHOOL?

## SCHOOL NUTRITION ENVIRONMENT AND SERVICES



# ACTIVE STUDENTS *are better learners.*

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



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



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



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



# WHAT'S HAPPENING IN OUR SCHOOL?

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY



# The **IMPACT** of a full-time **SCHOOL NURSE**

For every

**\$1**

invested in a full-time  
school RN...



society gains

**\$2.20**

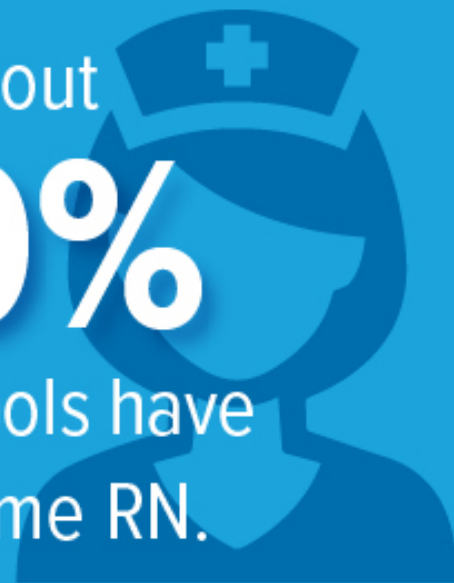
in savings.



Only about

**50%**

of schools have  
a full-time RN.



All students — especially those with chronic health conditions — should have access to a full-time, registered nurse (RN) at school to keep them healthy and ready to learn.





# WHAT'S HAPPENING IN OUR SCHOOL?

## MANAGING CHRONIC HEALTH CONDITIONS

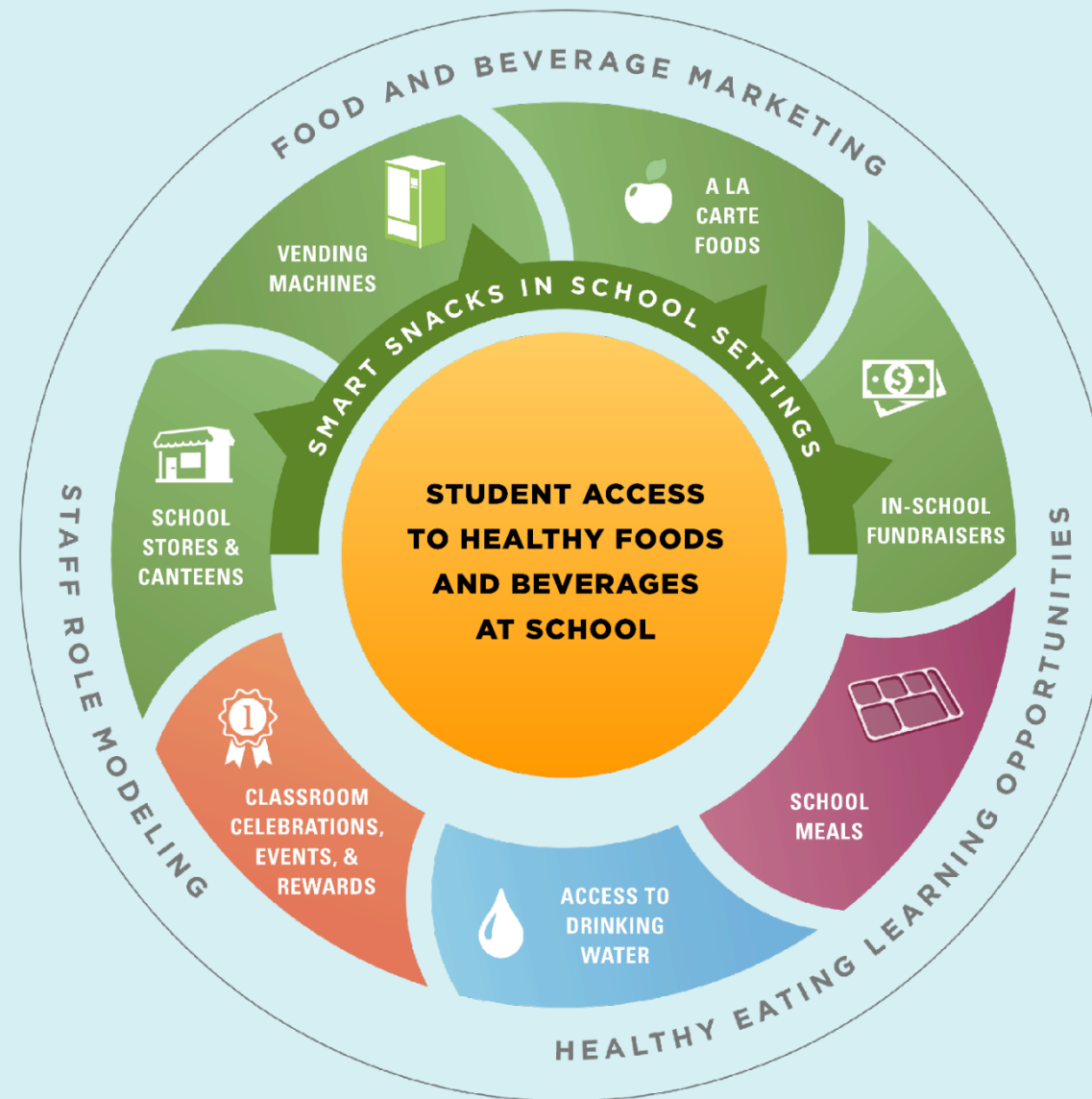


# What Can Parents Do?



# Help Promote Healthy School Practices

## Healthy school nutrition environment and services



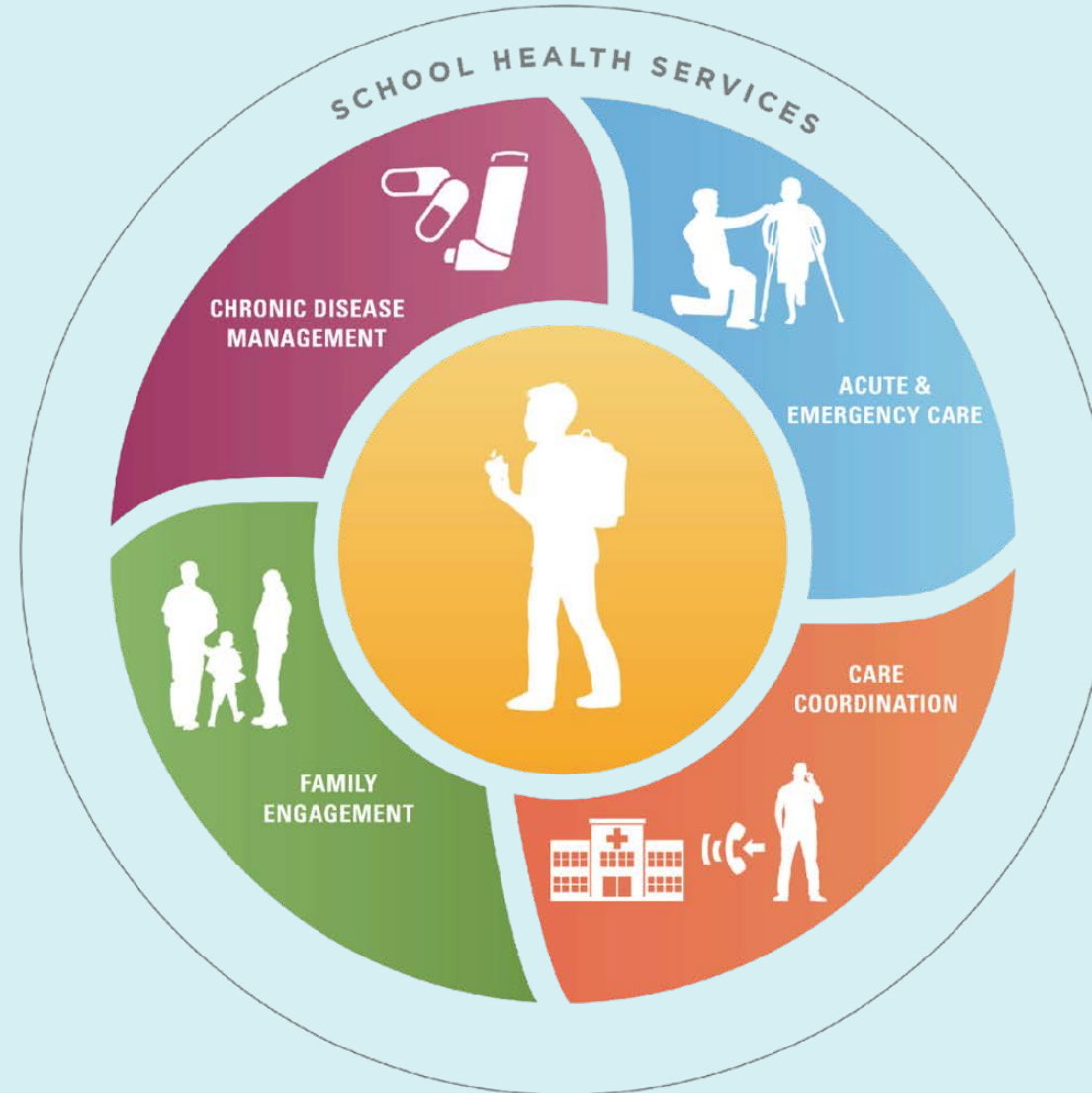
# Help Promote Healthy School Practices

## Physical Education and School-based Physical Activity



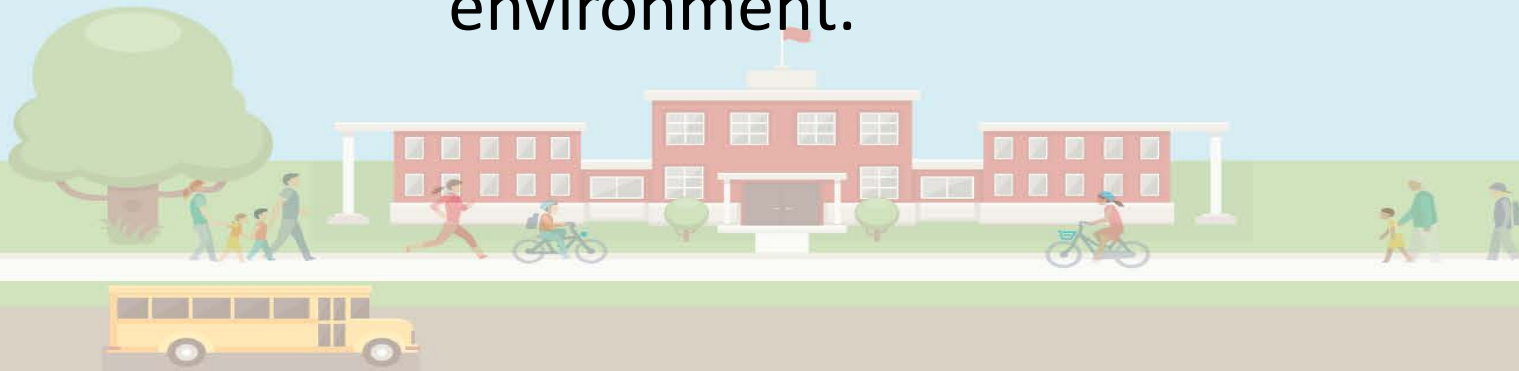
# Help Promote Healthy School Practices

## 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](http://www.cdc.gov/cdc-info)

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

