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 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.

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

74% of schools sell soft drinks to students.

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

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

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

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

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/](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