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

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,

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>53%</td>
<td>53% of secondary schools did not sell less nutritious foods and beverages on school grounds.*</td>
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<tr>
<td>17%</td>
<td>17% of secondary schools allowed students to buy fruits and vegetables from vending machines, school stores, canteens, or snack bars.</td>
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<tr>
<td>31%</td>
<td>31% of secondary schools prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance.</td>
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<tr>
<td>39%</td>
<td>39% of secondary schools prohibited less nutritious foods and beverages from being sold for fundraising purposes.</td>
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<tr>
<td>54%</td>
<td>54% of secondary schools prohibited advertisements.**</td>
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* 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.

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

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

Source: School Health Policies and Practices Study 2014
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/](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