The School Health Guidelines to Promote Healthy Eating and Physical Activity

WB4255

PROGRAM DESCRIPTION:
Schools have an opportunity to help prevent obesity and promote physical activity and healthy eating at an early age and possibly change the course of students’ lives. CDC integrated research and best practices related to promoting healthy eating and physical activity in schools, culminating in the School Health Guidelines. There are 9 School Health Guidelines that serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students, and outlines evidence-based recommendations for schools to address these two important areas of students’ lives.

OBJECTIVES:
At the conclusion of the training, the participant will be able to:

1. Describe the nine school health guidelines to promote healthy eating and physical activity.
2. Identify strategies to create opportunities for students to participate in more physical activity and improve healthy eating.

FACULTY/ CREDENTIALS:
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ORIGINATION DATE
November 1, 2019

RENEWAL DATE: November 1, 2019

EXPIRATION DATE: November 1, 2021
URL:
https://www.cdc.gov/healthyschools/professional_development/e-learning/CSPAP/index.html

HARDWARE/SOFTWARE: Computer Hardware; Internet connection; Browser

MATERIALS: None

TARGET AUDIENCE: School Staff; Departments of Education; Departments of Health; Out of School Time Specialist

PREREQUISITES: None

FORMAT: Enduring video based

CONTACT INFORMATION: Office of CDC Healthy Schools, (770) 488-2693

ACCREDITATION STATEMENTS:

CNE: The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides 1 contact hours.

CEU: The Centers for Disease Control and Prevention is authorized by IACET to offer 0.1 CEU's for this program.

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In order to receive continuing education (CE) for WB4255 - The School Health Guidelines to Promote Healthy Eating and Physical Activity please visit TCEO and follow these 9 Simple Steps before 11/01/2021

Complete the activity
Complete the Evaluation at TCEO
Pass the posttest at 80 % at TCEO

FEES: No fees are charged for CDC’s CE activities.