

# 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:**

Sarah Lee, PhD; Health Scientist, CDC Healthy Schools, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention  
Seraphine Pitt Barnes, PhD, MPH, CHES; Health Scientist, School Health Branch, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention  
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**ORIGINATION DATE**

November 1, 2019

**RENEWAL DATE:**

**EXPIRATION DATE:**

November 1, 2021

**URL:**

[https://www.cdc.gov/healthyschools/professional\\_development/e-learning/CSPAP/index.html](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.

**CECH:** Sponsored by the Centers for Disease Control and Prevention, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES<sup>®</sup>) and/or Master Certified Health Education Specialists (MCHES<sup>®</sup>) to receive up to **1** total Category I continuing education contact hours. Maximum advanced level continuing education contact hours available are **0**. CDC provider number **98614**.

**For Certified Public Health Professionals (CPH)**

The Centers for Disease Control and Prevention is a pre-approved provider of Certified in Public Health (CPH) recertification credits and is authorized to offer 1 CPH recertification credits for this program.

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CDC did not accept commercial support for this continuing education activity.

## **Instructions for Obtaining Continuing Education (CE)**

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.