

School Health Guidelines

Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; School Health Guidelines. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon. List of nine School Health Guidelines: Policies and Practices; School Environments; Nutrition Services; Physical Education and Physical Activity; Health Education; School Health Services; Family and Community; School Employee Wellness; and Professional Development.

Video Summary

- The *School Health Guidelines to Promote Healthy Eating and Physical Activity* provide science-based guidance.
- Each guideline is important to school health, and there is no priority order.
- Not every guideline is feasible for every school.

Audio Script

The *School Health Guidelines* provide science-based guidance on establishing a school environment supportive of healthy eating and physical activity.

Here is a list of the nine guidelines. We will address each one in more detail along with strategies for implementing the guidelines in schools and districts.

Each guideline is important to school health, and there is no priority order. Although the ultimate goal is to implement all guidelines, not every guideline will be feasible for every school.