

## Guideline 1: Policies and Practices

### Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 1: Policies and Practices. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon. Image of report cover, School Health Index.

### Video Summary

- Guideline 1: Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.
- School health councils and teams serve as advisory, decision-making, and planning groups to assess current policies and practices.
- Healthy eating and physical activity programs should be evaluated after implementation to see if change has improved student health.

### Audio Script

Guideline 1: Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.

People from different segments of the school and community, including students and parents, should work together to maximize healthy eating and physical activity opportunities for students.

This coordination of individuals and groups may help programs be sustained over time.

School districts should establish a school health council. Schools should establish a school health team.

These serve as advisory, decision-making, and planning groups, addressing school health policies and practices. Each school health council and school health team should have a school health coordinator to lead the group.

The school health team or council can assess current healthy eating and physical activity policies and practices using CDC's *School Health Index*: to identify strengths and weaknesses.

After the assessment is completed, schools can develop a plan for improving the current environment also using CDC's *School Health Index*.

Next, districts and schools should establish a system to implement and monitor healthy eating and physical activity policies. Once policies and practices have been implemented, schools and districts will need to evaluate the program to see if change has improved students' health.