

## What are the School Health Guidelines?

### Audio Descriptive Text

Title: Chapter 1. Introduction; What are the School Health Guidelines? Image of CDC logo. Image of report cover, *School Health Guidelines to Promote Healthy Eating and Physical Activity*.

### Video Summary

- Schools have an opportunity to help prevent obesity and promote physical activity and healthy eating at an early age.
- The *School Health Guidelines to Promote Healthy Eating and Physical Activity* were developed in response to the serious effects of inadequate physical activity and unhealthy eating.
- Use the *School Health Guidelines to Promote Healthy Eating and Physical Activity* as a reference guide.

### Audio Script

Since 1980, there has been a dramatic rise in childhood obesity. 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.

The CDC publication *School Health Guidelines to Promote Healthy Eating and Physical Activity* outlines evidence-based recommendations for schools to address healthy eating and physical activity. These guidelines were developed in response to the serious effects associated with inadequate physical activity and unhealthy eating.

This training is based on the CDC report, *School Health Guidelines to Promote Healthy Eating and Physical Activity*. In addition to the information provided throughout this training, you are encouraged to refer back to the full report for more detailed information on strategies to promote healthy eating and physical activity in schools. The full report is intended to be a reference guide for you to identify evidence-based practices that can be implemented in schools and also includes extensive information on practices to achieve the guidelines.