

## Impact of the Nine School Health Guidelines

### Audio Descriptive Text

Title: Chapter 4: Conclusion; Impact of the Nine School Health Guidelines. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. 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. Chart illustrating percentage of U.S. Children and Adolescents classified as obese, from 1963-2012 that shows an upward trend of 4.2% in 1963 to 17.7% in 2012 for children between 6-11 years old and 4.6% in 1963 to 20.5% in 2012 for children between 12-19 years old. Image of Active Child icon. Images of Tips for Teachers, School Health Guidelines to Promote Healthy Eating and Physical Activity presentation slide. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity.

### Video Summary

- School-based healthy eating and physical activity policies and practices will contribute to a healthy future for students.
- The childhood obesity epidemic is not likely to be reversed without a strong contribution from schools.
- The mission of schools is to educate young people to become healthy, productive citizens.

### Audio Script

School-based healthy eating and physical activity policies and practices will make a powerful contribution toward a healthy future for our students. By adopting these nine guidelines, schools can help ensure that all students have the opportunity to attain their maximum educational potential and pursue a lifetime of good health.

The childhood obesity epidemic and the chronic diseases associated with poor dietary habits and physical inactivity are not likely to be reversed without a strong contribution from schools. Intensifying efforts to promote healthy eating and physical activity is consistent with the mission of schools—educating young people to become healthy, productive citizens who can make meaningful contributions to society.

You are encouraged to use the resources available throughout this course in your real world applications. For example, you can use Tips for Teachers in Promoting Healthy Eating and Physical Activity in the Classroom to share with classroom teachers in schools you work with. You can also deliver presentations on the guidelines using public use presentation materials complete with CDC language for your presentation. It can be delivered at meetings, conferences, trainings of trainers, continuing education activities, or other events with individuals interested in promoting healthy eating and physical activity through schools. Finally, you can refer back to the full CDC report on the *School Health Guidelines to Promote Healthy Eating and Physical Activity* to go further with your learning on topics discussed in the course.