

Frequently Asked Questions

Presentation on the *School Health Guidelines to Promote Healthy Eating and Physical Activity*

1. What are CDC's *School Health Guidelines to Promote Healthy Eating and Physical Activity*?

The CDC report, [School Health Guidelines to Promote Healthy Eating and Physical Activity](#), contains a series of nine guidelines for promoting healthy eating and physical activity through schools serving students in grades K–12 and students served by other educational programs within schools, such as pre-K. This report provides evidence-based guidance for schools on how to most effectively promote the health of children and adolescents aged 5 to 18 years. The guidelines establish a foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. Each of the nine guidelines is accompanied by a series of strategies for schools to use when implementing the guidelines.

2. What is the purpose of the presentation on CDC's *School Health Guidelines to Promote Healthy Eating and Physical Activity*?

This presentation is a tool to introduce individuals at education and health agencies and other stakeholders invested in student wellness to the evidence-based *School Health Guidelines to Promote Healthy Eating and Physical Activity (Guidelines)*.

3. What are the goals of this presentation?

The presentation and suggested activities will

- Inform participants from state, territorial, regional, or local education and health agencies or other stakeholders about the rise in rates of childhood obesity, the health consequences of obesity among children and adolescents, and the factors that contribute to obesity that can be changed.
- Familiarize participants from state, territorial, regional, or local education and health agencies or other stakeholders with CDC's *School Health Guidelines to Promote Healthy Eating and Physical Activity*.
- Guide participants from state, territorial, regional, or local education and health agencies or other stakeholders in making a commitment to improve healthy eating and physical activity in schools.

4. What are the learning objectives of this presentation?

Following this presentation and activity, participants from state, territorial, regional, or local education and health agencies or other stakeholders will be able to

- Define the terms *overweight* and *obesity*.
- Describe three health consequences of childhood obesity.
- Explain the purpose of CDC's *School Health Guidelines to Promote Healthy Eating and Physical Activity*.
- Identify at least two healthy eating and two physical activity policies or practices that can be implemented in schools to address obesity.
- Prioritize two guidelines that can be used to address obesity, physical activity, and nutrition in their state, region, city, or school district.
- Name three groups of stakeholders in their state, region, city, or school district that need to be informed about the *Guidelines*.

5. Who are the audiences for this presentation?

Participants attending this presentation may represent a variety of jurisdictions, including states, regions, cities, communities, and school districts, or they may be on teams representing individual agencies and organizations. Participants may also include physical education and health education teachers, school nutrition directors, school health council members, other school staff, medical care providers, community members, policy makers, parents, caregivers, and students. The presentation is organized to meet the needs and interests of various participants, whether they are coming as individuals or as teams.

6. Who can lead the presentation?

Individuals wanting to inform staff at education and health organizations about school-based healthy eating and physical activity policies and practices can use the presentation as a vehicle to disseminate CDC's *School Health Guidelines to Promote Healthy Eating and Physical Activity*.

7. Do I need to have special training to facilitate this presentation?

No. The presentation was developed for individuals who want to inform leaders in education and health about school-based physical activity and healthy eating policies and practices. The presentation has corresponding talking points for every slide, allowing the presenter to be able to read the talking points aloud as narration for the presentation. However, the presenter should read CDC's full report, [School Health Guidelines to Promote Healthy Eating and Physical Activity](#), prior to the presentation.



8. How should this presentation be used?

This presentation and related activities can be used in a variety of ways. Some suggestions are provided below:

- **Continuing Education.** Offer continuing education (CE) as an incentive for participants from state, territorial, regional, or local education and health agencies or other stakeholders attending the presentation.
- **Training of the Trainers.** Offer the presentation to teams of participants from state, territorial, regional, or local education and health agencies or other stakeholders to introduce them to the *Guidelines* and to the *Facilitator's Guide*, and to prepare them to conduct the presentation with their local counterparts and stakeholders (e.g., school district teams).
- **Multiple Levels Within Jurisdiction.** Invite teams representing education and health agencies or other stakeholders in the same venue (e.g., states, counties, parishes, towns) to attend the presentation and to represent a variety of knowledge, experience, and perspectives of the health status of local children and adolescents.
- **Meetings and Conference Presentations.** Individuals from state, territorial, regional, or local education and health agencies or other stakeholders could deliver the presentation at a state, regional, or district health or education conference or professional association meeting.

9. How much time is required for this presentation?

The presentation may take 70–95 minutes, depending on the speaking style of the presenter and the activities selected. As a point of reference, the introduction and pretest time is estimated at 10 minutes; PowerPoint® presentation, at 30 minutes; activity option A, at 25–30 minutes; activity option B, at 35–45 minutes; and posttest and feedback, at 5–10 minutes.

10. If I am interested in leading the presentation, how should I proceed?

The [Facilitator's Guide](#) provides step-by-step instructions on how to present the PowerPoint® presentation (with facilitator narrative and notes). The guide offers an agenda, objectives, procedures, activities, handouts, a list of materials and equipment, and recommended preparation steps for delivering the presentation. [The presentation](#) has corresponding talking points for every slide. The presenter will be able to read the talking points aloud as narration for the presentation. Prior to the presentation, the presenter should read CDC's full report, *School Health Guidelines to Promote Healthy Eating and Physical Activity*.

11. Is there an Executive Summary of CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity?

Yes. The [Executive Summary](#) is included within the Facilitator's Guide for the presentation.

12. Are there any resources related to CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity?

Yes. The [Executive Summary](#) includes resources that are linked to each of the nine guidelines. The *Executive Summary* is included within the Facilitator's Guide for the presentation.

13. How are CDC’s School Health Guidelines to Promote Healthy Eating and Physical Activity organized?

This report includes nine general guidelines for school health programs to promote healthy eating and physical activity among children and adolescents. Following each guideline is a series of strategies for implementing the general guidelines. Each guideline is important to school health, and there is no priority order. The guidelines presented first focus on the importance of a coordinated approach for nutrition and physical activity policies and practices within a health-promoting school environment. Then, guidelines pertaining to nutrition services and physical education are provided, followed by guidelines for health education. Next are guidelines for health, mental health, and social services; family and community involvement; staff wellness; and professional development for staff. Every school and school district is unique; some schools may be well poised to implement all of the guidelines, while others may need to take a more gradual implementation approach.

14. What is a coordinated school health approach?

Schools can promote the acquisition of lifelong healthy eating and physical activity behaviors through strategies that provide opportunities to practice and reinforce these behaviors. School efforts to promote healthy eating and physical activity should be part of a coordinated school health framework—an integrated set of planned, sequential, and school-affiliated strategies, activities, and services designed to promote the optimal physical, emotional, social, and educational development of students. A [coordinated school health framework](#) involves families and is based on school and community needs, resources, and standards. It is coordinated by a multidisciplinary team, such as a school health council, and is accountable to the school and community for program quality and effectiveness.