

Guideline 6: School Health Services

Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 6: School Health Services. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon.

Video Summary

- Guideline 6: Provide students with health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.
- Schools are key providers or links to services that address physical and mental health needs and the safety of students.
- Health services staff should assess student needs related to physical activity, nutrition, and obesity, and provide counseling and referrals to medical providers.

Audio Script

Guideline 6: Provide students with health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.

Schools are responsible for students' physical health, mental health, and safety during the school day. Because students' academic success and well-being are intertwined with their physical and mental health and safety, schools have become key providers or links for services to address these needs. These services are especially useful for those students with chronic health conditions.

School staff, especially school nurses, play a critical role in coordinating student health care services.

School health, mental health, and social services staff should ensure resources are available for health conditions related to diet, activity, and weight.

Health services staff should assess students' needs related to physical activity, nutrition, and obesity, provide counseling, and refer students to medical providers in the community.

In addition to providing direct services for students, these staff should advocate to create a healthy, safe, and supportive school environment.

A supportive environment allows students to make healthy dietary choices inside and outside of the school setting.