

CDC's School-based Surveillance of School Healthy Eating and Physical Activity Policies and Practices

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**School Health Guidelines to Promote
Healthy Eating and Physical Activity**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

SCHOOL HEALTH GUIDELINES TO PROMOTE HEALTHY EATING AND PHYSICAL ACTIVITY

School Health Guidelines

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1. **Policies and Practices**
 2. **School Environments**
 3. **Nutrition Services**
 4. **Physical Education and Physical Activity**
 5. **Health Education**
 6. **School Health Services**
 7. **Family and Community**
 8. **School Employee Wellness**
 9. **Professional Development**

CDC School-based Surveillance

☐ **School Health Policies and Practices Study**

- National Representative Sample
- Schools and Districts
- www.cdc.gov/shpps

☐ **School Health Profiles**

- State Representative Samples
- Schools
- www.cdc.gov/SchoolHealthProfiles

School Nutrition

National Data

2014

48%

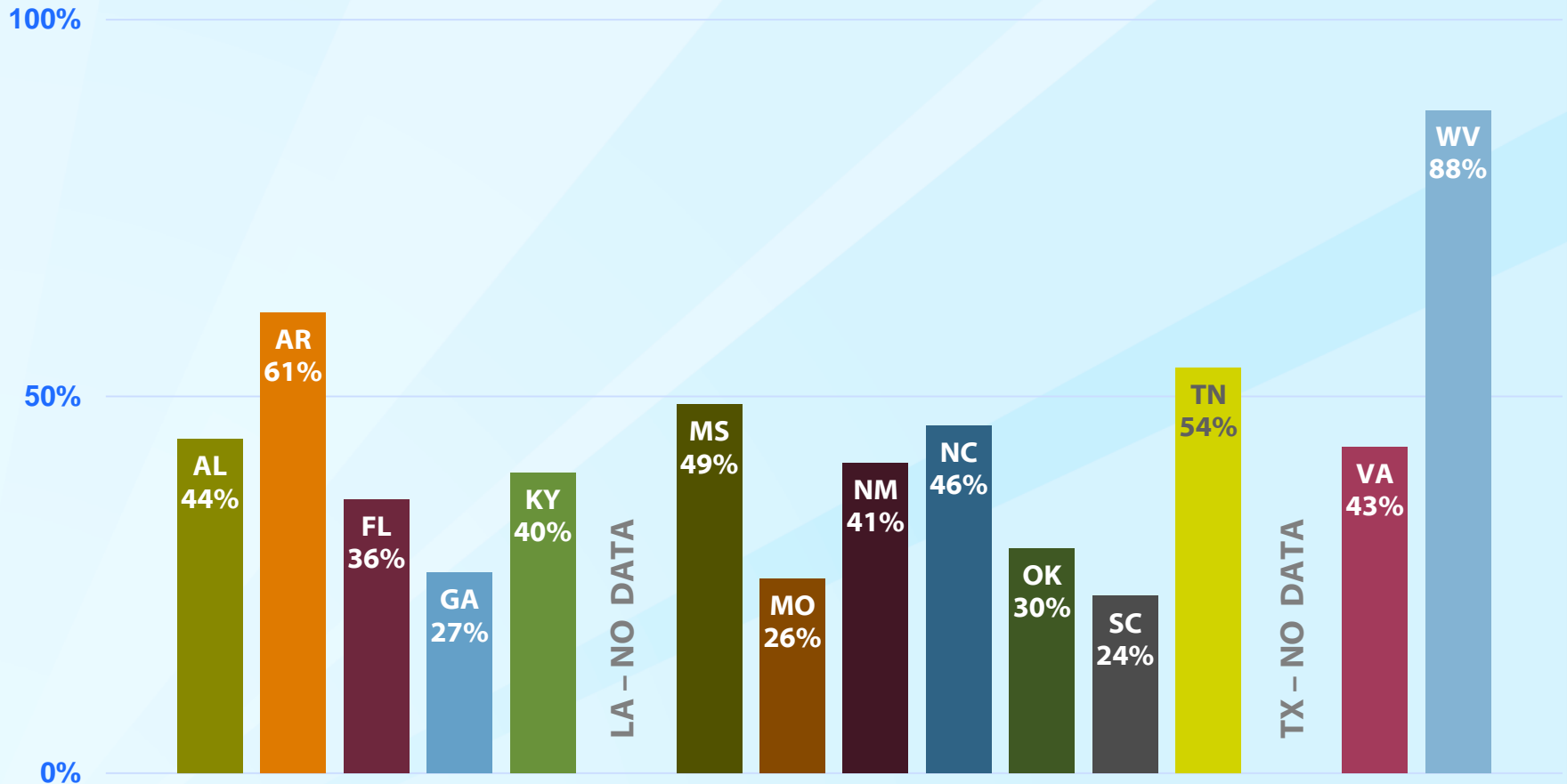
**Of middle schools and
high schools in the U.S.**

**Did not sell the following less nutritious
foods and beverages in vending machines,
schools stores, canteens, or snack bars:**

- chocolate candy
- other kinds of candy
- salty snacks not low in fat
- baked goods not low in fat
- soda pop
- fruit drinks that are not 100% juice
- sports drinks

**During the school year prior to USDA
Smart Snacks in School implementation**

Percent of middle and high schools in select states not selling less nutritious foods and beverages*, 2012



*In vending machines, school stores, canteens, and snack bars

Less nutritious foods and beverages: Chocolate candy, other types of candy, salty snacks not low in fat, baked goods not low in fat, fruit drinks that are not 100% juice, soda pop, sports drinks

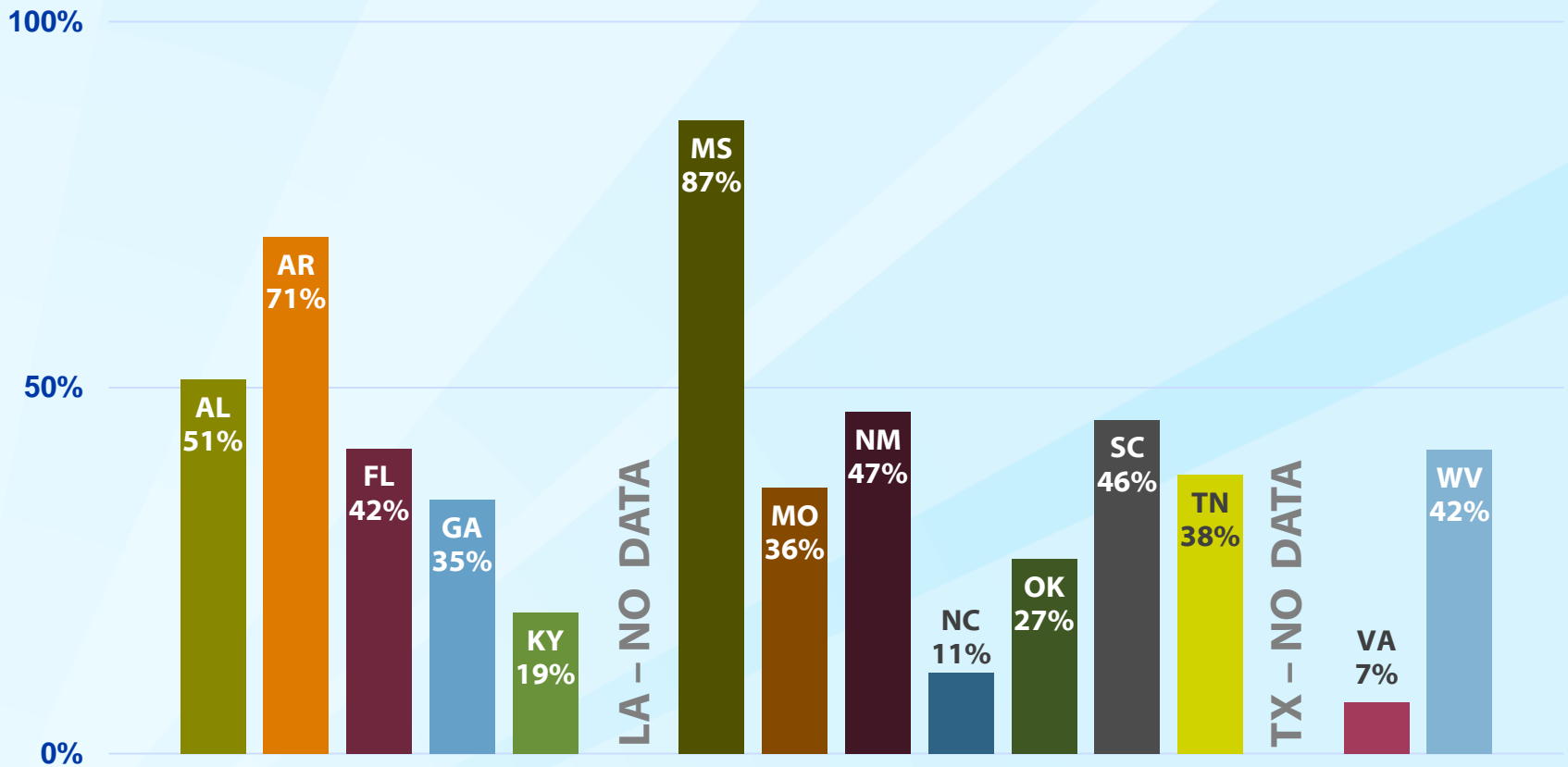
Physical Education

National Data (2014)

21%

Of high schools in the U.S. required Physical Education in all grades.

Percent of high schools in select states that required PE in all grades, 2012





Thank you!

www.cdc.gov/HealthySchools