

School Physical Activity

Best Practice:

Ban using or withholding physical education class or physical activity (e.g., recess or unstructured play time) as punishment.

#1

School Physical Activity

Best Practice:

Provide access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.

#2

School Physical Activity

Best Practice:

Provide opportunities for student feedback about available physical activity resources.

#3

School Physical Activity

Best Practice:

Provide equal opportunity for all students to participate in physical activity regardless of mental or physical abilities.

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School Physical Activity

Best Practice:

Require that all equipment complies with the Americans with Disabilities Act (i.e., equal access to appropriate play spaces for individuals with disabilities).

#5

School Physical Activity

Best Practice:

Implement a walk to school initiative.

#6

School Physical Activity

Best Practice:

Mandate 60 minutes of physical activity every school day of the week, with 45 minutes of that being from physical education (middle/high schools only).

#7

School Physical Activity

Best Practice:

Mandate 60 minutes of physical activity every school day of the week, with 30 minutes of that being from physical education (elementary schools only).

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School Physical Activity

Best Practice:

Provide daily recess breaks for unstructured play (elementary schools only).

#9

School Tobacco Use

Best Practice:

Institute a tobacco free policy 24/7.

#1

School Tobacco Use

Best Practice:

Adopt health messages about the harm of tobacco use and exposure.

#2

School Tobacco Use

Best Practice:

Provide tobacco use prevention specific training for teachers.

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School Nutrition

Best Practice:

Institute healthy food and beverage options in the cafeteria or onsite food venues.

#1

School Nutrition

Best Practice:

Institute healthy food and beverage options beyond school food services (e.g., all vending machines, school stores food brought in for celebrations, fund-raising efforts).

#2

School Nutrition

Best Practice:

Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in cafeteria/onsite food venues.

#3

School Nutrition

Best Practice:

Ban the sale and distribution of minimal nutritional foods throughout the school grounds until after the end of the last lunch period.

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School Nutrition

Best Practice:

Ban marketing of unhealthy food onsite, including through vending machines, posters, and other print materials.

#5

School Nutrition

Best Practice:

Provide adequate time to eat school meals (10 minutes for breakfast/20 minutes for lunch, from the time students are seated).

#6

School Nutrition

Best Practice:

Ban giving students food as a reward and withholding food as punishment.

#7

School Nutrition

Best Practice:

Provide water to drink (e.g., have bottled water, clean sources of tap water, or working water fountains).

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School Nutrition

Best Practice:

Provide free and reduced-price meals for qualified students.

#9

School Nutrition

Best Practice:

Provide access to school land or other resources to support school gardens.

#10

School Nutrition

Best Practice:

Discourage consumption of sugar-sweetened beverages (ban sugar sweetened beverages including flavored/sweetened milk and limit the portion size of 100% juice.)

#11

School Tobacco Use

Best Practice:

Involve families in support of school-based tobacco use prevention.

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School Tobacco Use

Best Practice:

Provide cessation referrals for students who use tobacco.

#3

School Tobacco Use

Best Practice:

Limit exposure to cigarette advertising (e.g., visible billboards, flyers, placards, or store signs).

#4

School Tobacco Use

Best Practice:

Ban wearing or carrying tobacco promotional items at school.

#5

School Tobacco Use

Best Practice:

Institute a selective purchase policy indicating that tobacco company subsidiary food products will not be bought or accepted as a donation.

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School Chronic Disease Management

Best Practice:

Meet the nutritional needs of students with special health care or dietary requirements (e.g., allergies, diabetes, and physical disabilities).

#1

School Chronic Disease Management

Best Practice:

Adopt curricula to raise awareness of the signs and symptoms of heart attack and stroke among students.

#2

School Chronic Disease Management

Best Practice:

Adopt curricula to raise awareness of the importance of calling 9-1-1 during a medical emergency among students.

#3

School Chronic Disease Management

Best Practice:

Offer school-based CPR training for students.

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School Chronic Disease Management

Best Practice:

Provide access to chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers).

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School Chronic Disease Management

Best Practice:

Provide a full-time licensed, registered school nurse online.

#6

School Chronic Disease Management

Best Practice:

Provide immediate and reliable access to student medications (e.g., inhaler, insulin, epinephrine pen) for chronic disease management throughout school day.

#7

School Chronic Disease Management

Best Practice:

Establish communication plans with students, families, and school staff about chronic disease management action steps necessary for at-risk students.

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School Leadership

Best Practice:

Have a representative committee that meets at least twice a year to oversee school health programs (e.g., physical activity and nutrition programs).

#1

School Leadership

Best Practice:

Have a health promotion budget.

#2

School Leadership

Best Practice:

Have a mission statement (or a written policy statement) that includes the commitment to student health and well-being.

#3

School Leadership

Best Practice:

Recruit credentialed teachers (e.g., physical education, health).

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School Leadership

Best Practice:

Provide training and support to food service and other relevant staff to meet nutrition standards for preparing healthy meals.

#5

School Leadership

Best Practice:

Provide access to opportunities for professional development or continued education to teachers (e.g., physical education, health, school nurse).

#6

School Leadership

Best Practice:

Comply with the Child Nutrition and WIC Reauthorization Act of 2004 (i.e., requires that all school districts that participate in the National School Lunch Program have local wellness policies).

#7

School Leadership

Best Practice:

Provide orientation to staff on the physical activity and nutrition policies related to their job responsibilities.

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School Leadership

Best Practice:

Involve families in support of school-based chronic disease prevention efforts.

#9

School Leadership

Best Practice:

Participate in community coalitions and partnerships to address chronic diseases and associated risk factors (e.g., obesity, diabetes, tobacco use).

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